



THE FINALS ISSUE

ENROLLMENT TABLE 4



RESIDENT - 12,691
NON- RESIDENT - 6,117

FINAL EXAM DATES - DECEMBER 15TH-19TH



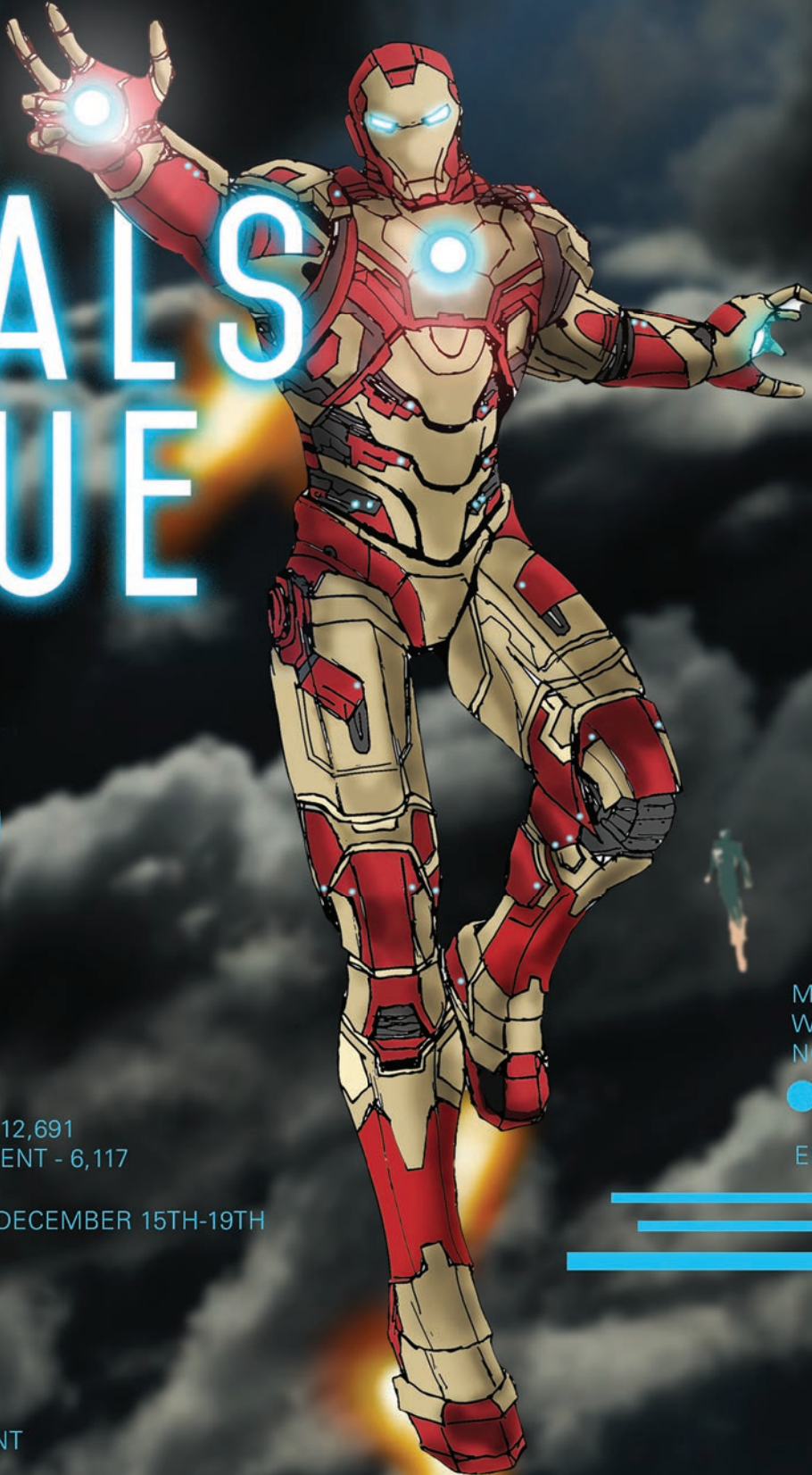
TOTAL ENROLLMENT

18,808

FALL COMMENCEMENT
DECEMBER 20TH



MARK - J LX2



MEN - 8,366
WOMEN - 10,373
NO DATA - 69



ENTERING STUDENTS - 1,670



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** Payment timetable may vary based on individual credit worthiness. Interest will accrue during the 60-day-no-payment period. First payment will be due 60 days from the date of loan disbursement and will be applied to the accrued interest before being applied to principal. Certain terms and conditions may apply.

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SCOOPS

Meet the Crew

Jackson Halford
Editor

Year: Junior

Major: ACM

Favorite Film

Maker:

Edgar Wright

Favorite Film:

Heavy Metal

Why UHP?:

To expand my
knowledge of
filmmaking &
explore new,
creative ways to
express artistic
vision



FRONT MATTER

◀ WHAT'D I MISS?

Chest injury linked with heart condition, UH professor says

Andras Bratincsak, a clinical professor at the John A. Burns School of Medicine, has linked chest injuries with abnormal heart rhythms that can lead to blood clots and strokes. He thinks football players should have protective gear to prevent such injuries.

WANT TO KNOW MORE? VISIT [TINYURL.COM/KL10928-1](http://tinyurl.com/KL10928-1)

UH community colleges reduce energy consumption

Over the last six years, the community colleges have reduced the amount of energy they consume. Since 2008, the colleges worked with energy-optimization companies and have reduced energy consumption by 18 percent.

WANT TO KNOW MORE? VISIT [TINYURL.COM/KL10928-2](http://tinyurl.com/KL10928-2)



Hawai'i submits formal proposal for presidential library

On Dec. 11, the state submitted its formal bid to house Barack Obama's presidential library in Honolulu. Located in Kaka'ako, the library would bring the state 1,000-2,000 construction jobs.

WANT TO KNOW MORE? VISIT [TINYURL.COM/KL10928-3](http://tinyurl.com/KL10928-3)

Researcher says 35 percent of ocean plastic in North Pacific; affects Hawai'i reefs, marine life

Marcus Eriksen, director of research and co-founder of the 5 Gyres Institute, led a study that found that one-third of the 250,000 tons of plastic floating in the ocean is in the vicinity of the North Pacific Ocean. According to Eriksen, 92 percent of the 5.25 trillion plastic particles are the size of grains of rice or smaller.

WANT TO KNOW MORE? VISIT [TINYURL.COM/KL10928-4](http://tinyurl.com/KL10928-4)



Ben Jay speaks out on departure

After his announced resignation, Ben Jay cites frustration and regret regarding his time at the University of Hawai'i.

WANT TO KNOW MORE? VISIT [TINYURL.COM/KL10928-5](http://tinyurl.com/KL10928-5)

Volleyball Coach Scott Wong to leave

The sand volleyball head coach and Wahine volleyball assistant coach left the university to coach the Pepperdine women's volleyball team.

WANT TO KNOW MORE? VISIT [TINYURL.COM/KL10928-6](http://tinyurl.com/KL10928-6)

▶ WHAT'S NEXT? ▶▶

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BACK PAGE: FREEPIK; FILE PHOTO / KA LEO O HAWAI'I; ZEBLEY FOSTER / KA LEO O HAWAI'I



48 | Fall 2014 commencement: Where to go, when to be there and whom you'll see at this year's ceremony on Dec. 20

05_DPS CONSIDERS CENTRALIZED CAMPUS SURVEILLANCE SYSTEM

The campus's Department of Public Safety is researching ways to create a more centralized surveillance system.

08_UH MĀNOA SCHOOLS COPE WITH LIMITED BUDGET

Three UH schools face challenges with their budgets due to increased enrollment.

09_STUDENTS PETITION TO BAN DISPOSABLE WATER BOTTLES

Sustainable UH has already collected 800 signatures on the petition to ban plastic water bottles on campus.

12_KIT N KITCHEN: REASONABLE MEALS AT AFFORDABLE PRICES

Kit n Kitchen serves a fusion of Asian and European cuisine. We walked a couple of blocks from UH to try it out.



38_DAVID HERMAN'S DINING AT THE END OF THE WORLD

Our special issues editor was willing to eat freeze-dried food for an entire month to write about its effects on his body.

36_TO ALL A GOOD NIGHT

We all know what it's like to deal with the relatives over the holidays. Here are some boozy recipes to ease the tension.



42_T.C. CHING DILEMMA

UH Mānoa's track has a brand-new seating area, but the Wahine soccer team is still forced to play its games in Waip'ō.

44_PIPELINE

One of the biggest surf tournaments of the year occurred last week on the North Shore.

THE FINALS ISSUE

P. 15

▼ MEET THE STAFF ▼



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MANAGING EDITOR Fadi Youkhana
CHIEF COPY EDITOR Wesley Babcock
ASSOC COPY EDITOR Zebley Foster
DESIGN EDITOR Lilian Cheng
ASSOC DESIGN EDITOR Mitchell Fong
NEWS EDITOR Noelle Fujii
ASSOC NEWS EDITOR Meakalia Previch-Liu
FEATURES EDITOR Brad Dell
ASSOC FEATURES EDITOR Ikaika Shiveley

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▼ LET'S HAVE A CHAT ▼

KA LEO O HAWAI'I
UNIVERSITY OF HAWAI'I AT MĀNOA
2445 CAMPUS RD., HEMENWAY HALL 107
HONOLULU, HAWAI'I 96822

NEWSROOM (808) 956-7043
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✉ KALEO@KALEO.ORG
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NEWS

news@kaleo.org
@kaleoohawaii

Noelle Fujii
News Editor

Meakalia Previch-Liu
Associate News Editor



COMPILED BY THE NEWS DESK

The following are selections from Ka Leo’s daily News at Nine news briefs. These include the most significant local, national and international news. For more details, visit kaleo.org/news/news9/.

MONDAY, DEC. 8

Iran government officially charges Washington Post correspondent

Jason Rezaian, Washington Post correspondent, was officially charged by the Iran government for unspecified crimes, the Washington Post reported. Rezaian is an American and Iranian citizen. The Iran government has detained him since July and never explained why. The Iran court has denied Rezaian access to an overview of his case file, legal representation and bail, his family said. U.S. Secretary of State John Kerry is pushing Iran to drop these charges and free Rezaian.

SOURCE: CNN NEWS

TUESDAY, DEC. 9

DOE not implementing mandatory CPR training in state’s public high schools

The American Heart Association of Hawai’i accused the state Department of Education of ignoring attempts to add CPR training as part of high school health classes. If the DOE made CPR training mandatory in its public high schools, a 20-minute training video would be shown to all of its students. According to Don Weisman of the Heart Association, the department is not going through with it. The association wants the training to be part of all public schools’ health curriculum as most cardiac arrest cases happen in a home setting.

SOURCE: HAWAII NEWS NOW

WEDNESDAY, DEC. 10

Dan Meisenzahl becomes the University of Hawai’i’s new media spokesperson

The University of Hawai’i has appointed Dan Meisenzahl as the system’s media spokesperson. He will be responsible for speaking for the university along with his responsibilities as the university’s Media Production director. Meisenzahl was previously the spokesperson for the Hawai’i State Department of Transportation. He has 20 years of media experience as a news anchor, reporter and producer for local television news.

SOURCE: UH NEWS

THURSDAY, DEC. 11

UH Mānoa marketing professor is named one of the world’s most influential scientific minds of 2014

Stephen L. Vargo, a marketing professor within the Shidler College of Business, was named one of the world’s most influential scientific minds of 2014. Vargo earned the distinction of publishing the highest number of articles that were most frequently cited by researchers. Vargo has received many awards for his work, and has published over 90 research papers. He also has over 17,000 citations based on his Google Scholar page.

SOURCE: UH NEWS

E-cigarette use triples among Hawai’i teens in two years

E-cigarette use by Hawai’i teenagers has more than tripled in two years, according to a Department of Health study. E-cigarette use increased from 1.8 to 7.9 percent for middle school students from 2011 to 2013, compared to three percent nationally. The high school student E-cigarette use rate has tripled from five to 17 percent, compared to the national average of 12 percent. The UH Cancer Study will reveal the results from its own study of the issue later this month.

SOURCE: HAWAII NEWS NOW

FRIDAY, DEC. 12

Quarantine for O’ahu coffee beans may be needed to keep out pests

A proposal that will require quarantine restrictions to treat coffee beans from O’ahu for pests will go before the state Board of Agriculture at 8 a.m. Tuesday at the plant quarantine office in Honolulu. This comes after the pest known as the coffee berry borer was recently discovered on the Dole Food Hawai’i coffee farm in Waialua. The pest poses a threat to Hawai’i’s \$27 million coffee industry.

SOURCE: STAR-ADVERTISER



COMPILED BY MATHEW URSUA
STAFF WRITER

THURSDAY, DEC. 4

Counterfeit parking permit in car near Korean Studies Center

A counterfeit parking pass was being used inside a silver sedan. It was discovered at 9:52 a.m. The car was parked in the Zone 4 lot between the Department of Public Safety (DPS) and the Korean Studies Center. The vehicle was towed.

Smoke detected at Business College, overcooked food

Smoke from burnt food set off a smoke detector in the Shidler College of Business in the minutes leading up to noon. It appeared that someone microwaved food too long.

Panhandler at Art Building

At 10:48 p.m., a male student reported that a man stood in his way and asked for money. It happened while he was descending a stairway in the Art Building.

FRIDAY, DEC. 5

Sleeping trespasser arrested on warrants

Honolulu Police arrested a man for outstanding warrants at the Hawaiian Studies complex. Staff found him sleeping in an auditorium and contacted DPS.

‘I can’t breathe’ chalked onto Starbucks exterior

Someone used chalk to write words onto the wall outside Starbucks at Campus Center. DPS officers were notified at 12:27 p.m. and arrived to find the words “I can’t breathe,” chalked onto the wall.

Sticky doors at Art Building

Someone sprayed an adhesive substance on the locks of rooms 351, 352, 355 and 356 in the Art Building. It was reported at 9:37 a.m.

DPS ousts woman making a place to sleep at Gateway House

At 8:38 p.m., DPS officers were dispatched to Gateway House following reports of a woman setting up a place to sleep on the upper landing. She appeared to be making a bed out of backpacks and other clothing items. She was issued a trespass warning.

SUNDAY, DEC. 7

Camper trespassed at Wa’ahila

At noon, a female was issued a trespass warning after she was found illegally camping at Wa’ahila Ridge.

Trespass warning issued to Law School sleeper

Nearing 6 a.m., a custodian reported seeing a male sleeping on a table in front of room 132 at the Law School. He was issued a trespass warning.

MONDAY, DEC. 8

Bicycle stolen

At 1:21 p.m., someone reported a stolen bicycle at HELP building at the Lower Campus. The bicycle – a Grante six-speed valued at \$100 – was not secured.

Man issued trespass warning at Jefferson Hall

At 1:25 p.m., staff at Jefferson Hall reported that a male was refusing to leave. Several people said that they felt threatened by him. He was issued a trespass warning and then left. He was in a construction area when officials first asked him to move.

TUESDAY, DEC. 9

Taking it out on the towels

In the early hours of the morning, DPS officers documented a broken paper towel dispenser in the men’s restroom on the second floor of Kuykendall Hall. It appeared someone knocked it down, and pieces of it were all over the floor.

Search for Kuykendall chemical scent turns up nothing

At 2:01 p.m., a female faculty member reported smelling a chemical odor on the seventh floor of Kuykendall Hall. Campus Environmental Health and Safety officials were called, but the original smell was not found.

Lower campus parking booth smashed, Penske truck drivers flee

A Penske truck hit the roof of a parking attendant’s kiosk at 2:53 p.m. The drivers were told to wait for DPS, but fled the scene.

Locked bike taken from Sinclair

At 3:46 p.m., a bicycle was reported taken from the Sinclair Library bicycle and moped parking area. It was locked and secured, the owner said.

Moped theft at Hale Wainani

At 8 p.m., a moped valued at \$1,350 was reported taken from the Hale Wainani lot. The owner noticed that it was stolen at 4 a.m. He said it wasn’t secured.

WEDNESDAY, DEC. 10

Driver flees scene of Music Building accident

A parked car at the Music Building was dented after it was hit by another vehicle. The driver fled the scene. It was reported at 5:02 p.m.

THURSDAY, DEC. 11

Man upset over parking citation

At 2:42 p.m., a man started yelling at staff in the Queen Lili’uokalani Center after he was handed an appeal form. He was complaining about a parking citation. He left before DPS arrived.

BMW damaged, note left at Zone 2 lot

The rear bumper of a BMW sedan in the Zone 2 parking lot was damaged, and someone had left a note. It was reported at 6:56 p.m.



DPS ponders campus-wide security cameras

Most students want additional monitoring, survey says



[ALL PHOTOS] BRIA WELLS / KA LEO O HAWAII

DPS oversees cameras in elevators and 10 emergency call boxes.

MEAKALIA PREVICH-LIU
ASSOCIATE NEWS EDITOR

As the Department of Public Safety (DPS), continues to research safety measures on campus, it recognizes the need for camera surveillance within a centralized system.

"As it currently stands, our university is decentralized in terms of video surveillance; each school, building or department may choose to have its own surveillance or access control system," DPS Community Programs Manager Sarah Rice said. "However, solutions to this decentralization are currently being researched in an effort to maintain a more collaborative approach."

In a recent survey DPS launched at the University of Hawai'i at Mānoa, Rice said that many students believe having more cameras on campus would make them feel safer and be more beneficial.

"We absolutely recognize the need for something like that, or the desire for some students thinking that it would make them feel safer," Rice said. "But it's something that we're always exploring new options of, and part of the goal of our survey that we're conducting right now is to get ideas on attitudes surrounding safety and find out what it is that people desire."

A MORE CENTRALIZED SYSTEM

Rice said DPS is researching ways to make a more centralized system and program because it believes that there is a benefit to the community in doing so. Part of discovering the benefits includes researching to decide how the new system will work.

"It is a university-wide effort, and

ity to have them on live feed, and we don't see a need to have them on live feed," she said. "There is no need for implementing the technology when funds can be better spent on actual security of our community."

The placement of closed circuit cameras on campus is not only a DPS effort but is something that is

"We also don't have the technological capability to have [cameras] on live feed, and we don't see a need to have them on live feed."

— SARAH RICE
DPS COMMUNITY PROGRAMS MANAGER

it isn't a decision just made by our department, so it's something we would need guidance and support from the university as a whole," Rice said.

Although specific DPS departmental cameras are already located within places like elevators and 10 out of the 79 emergency call boxes, Rice said that DPS does not want people to feel as though they're being spied on or as though their privacy is being violated.

"That's why we don't have [cameras] on live feed — we also don't have the technological capabil-

ity to have them on live feed, and we don't see a need to have them on live feed," she said.

"It's just a matter of implementations, but we're in the research phase at this point," she said.

Because of the indecent exposure incident on campus, UH Mānoa student Karie Mikasa said camera surveillance is needed on campus, including in places near the physical education and athletics complex where the incidents took place.

"I wouldn't say [cameras] provides safety, but they probably catch bad people faster," she said.

Mikasa said having a centralized camera surveillance system would be a good idea, but it depends on whether there are funds to afford it and whether people are willing to do it.

"I think it would be a good idea that would mean more cameras around campus, which could be a good thing since there are a lot of places that look really unsafe that don't have security cameras," she said. "And maybe no one would have to just ask the department itself to see security footage if something happens."

NOT AN AUTOMATIC SOLUTION

Harry Partika, the UH system's manager for the College of Social Sciences, said that in certain contexts, such as to prevent burglaries and equipment from getting stolen, cameras provide some benefits, but they're not an automatic solution.

Different departmental budgets are a factor within the decentralization across campus, too, Partika said.

"The budget that we have in the social sciences isn't the same budget that arts and humanities has; we all have our own budgets," he said. "So, there's a certain decentralization across the board on campus."

Partika said that although it would be ideal to have a surveillance system linked altogether, it

comes down to adequate staffing, public safety and whether there are enough people to view and respond.

"I think that there are pros and cons to any model. It comes down to what's the purpose, how are we going to use the data and who's responsible for acting upon the data," he said.

If there were alarm systems along with building surveillance, Partika said the cameras could serve as a tracking mechanism, some examples including the cameras present in the Crawford and Saunders computer labs.

"We have cameras in our computer labs, and they're there to mostly detect and record unauthorized access to the rooms," he said. "They're programmed to detect motion in the lab."

CAMERAS FOR SURVEILLANCE AND SAFETY

Interim Vice President for Information Technology and Chief Information Officer (CIO) Steven Smith said the IT department — which provides support to the UH

continued on p.08

NEWS

news@kaleo.org
@kaleoohawaiiNoelle Fujii
News EditorMeakalia Previch-Liu
Associate News Editor

MATHEW URSUA / KA LEO O HAWAI'I ▲

The number of advisers in the College of Arts and Sciences Student Academic Services has shrunk from 12 in 2004 to five this year.

CAS lacks college-wide advisers, data suggest

Advising office says new hires, delegating advising duties will help situation

ALEX BITTER
EDITOR-IN-CHIEF

The largest college at the University of Hawai'i at Mānoa is far below the national average for the number of advisers per student, data from university and national sources suggest.

For the 8,100 undergraduate students in the College of Arts and Sciences, there were five academic advisers as of Dec. 10, said Ruth Bingham, chair of student academic services for the college (CAS-SAS). That's a ratio of one adviser for every 1,620 students.

Nationally, public doctorate-granting universities have an average of one adviser per 285 undergraduate students, according to data from a 2011 survey conducted by the National Academic Advising Association, a nonprofit organization for professional advisers.

That disparity poses a challenge for CASSAS, which provides advising to students on general education requirements and choosing a major within the college.

While CASSAS's ratio is low, the office says it's in the process of hiring three more academic advisers. Bingham said the college also

began a reorganization process last summer that, once completed, will delegate many of CASSAS's advising duties to smaller units, including departments.

"Some of this advising will be done by faculty and some by professional advisers within each college, which is what we are starting to see in this transitional period," she said. "During this transition, students-to-adviser ratios are changing rapidly and are already significantly different than they were in August."

DEPARTMENTAL DIFFERENCES

The number of advisers in CASSAS wasn't always so low. While the office has maintained five advisers for the past year, it had over 12 a decade ago, according to Bingham.

Over the same period, Bingham said, departments have brought more faculty advisers aboard, which has enabled some departments to provide both general education and major advising.

In August, several departments, including sociology, biology, psychology, officially assumed both roles.

But not all departments are equally prepared to take on the college's advising duties, often because of the presence or lack

of professional adviser positions within each department.

Subramanian Shankar, a professor of English, said his department pushed back when CASSAS approached the faculty about advising English majors on general education requirements using online tools such as STAR.

"Some of us were really worried that we were being asked to do something that we were not trained to do."

— SUBRAMANIAN SHANKAR
PROFESSOR OF ENGLISH

"Some of us were really worried that we were being asked to do something that we were not trained to do," he said, adding that CASSAS cited the lack of advisers at the college level as their reason for coming to the department.

Shankar said he believes providing advising at the college level provides information for students considering multiple paths of study or have not yet decided on a major — something that specific departments cannot do.

"[Students] think they want to be pre-medicine, but then they fig-

ure out that they love English," he said. "That's where we need centralized advising."

Other departments, such as biology, have been using professional advisers for years.

Stephanie Kraft-Terry, advising unit coordinator for UH's biology department, said biology was

students with guidance from CASSAS. The ultimate goal, she said, is to create a "one-stop shop" for biology majors.

CASSAS, meanwhile, will continue to administer some processes, such as applying for graduation or academic discipline proceedings.

Rey Munoz, a sophomore planning to major in creative media who transferred to UH from Santa Barbara City College this semester, said he's been satisfied with the advising that he's received so far.

"It's really up to the student to ask specifically what he or she wants," he said.

one of the first departments to take on CASSAS's advising duties in August. Having professional advisers already on staff made that transition possible.

"We're the only department that has professional advisers doing all of our advising," she said. "The other departments are a lot smaller, and therefore you would really never expect the faculty to do the general education advising."

Kraft-Terry said biology's department-specific staff of advisers has incorporated general education advising into their meetings with

MORE INFO

DEPARTMENTS ADD GEN. ED. ADVISING

The following departments and majors have started to provide advising on general education requirements in addition to major advising to students:

- Sociology
- Psychology
- Biology
- Interdisciplinary Studies

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N145614
MV1234567

NEWS

news@kaleo.org
@kaleoohawaii

Noelle Fujii
News Editor

Meakalia Previch-Liu
Associate News Editor



LYLE AMINE/ KA LEO O HAWAI'I ▲

The William S. Richardson School of Law ranks among the nation's top American Bar Association-accredited law schools.

UH Mānoa schools deal with limited budgets

KEVIN DENEEN
STAFF WRITER

THE LAW SCHOOL

The law and nursing schools, along with the College of Natural Sciences, are facing budgetary challenges this academic year, causing them to reconfigure their programs. According to Kathy Cutshaw, vice chancellor for administration, finance and operations, increased enrollment has caused the three schools' budgetary challenges. Since the start of the semester, the deans of the campus' schools and colleges have met with Cutshaw and Reed Dasenbrock, vice chancellor for academic affairs, to address budgetary challenges. According to Cutshaw, this was a result of the budget review meetings that took place over a six-week period, designed to meet with the deans more closely and work on strategies to overcome budgetary challenges.

"We are still continuing to meet with those deans that have challenges with their budgets," Cutshaw said.

UH Mānoa's William S. Richardson School of Law welcomed its largest incoming class this academic year with 145 students, according to a UH news release. The program's class size nearly doubled from last fall.

According to law school dean Avi Soifer, tuition dollars from the previous year supports law programs for the current year. The law school had a low enrollment of students last year.

"We have the largest entering class this year, which means we will have the benefit of that next year, so this is our tough year," Soifer said.

According to Denise E. Atolini, the associate dean of academic affairs for the law school, since the school

knew the budget was going to be tight, they started to be more cautious about hiring lecturers, some of whom are lawyers from downtown.

The school's lecturers are practitioners in the field and are compensated for their time, according to Atolini. Approximately 20 to 25 lawyers and judges lecture at the school every semester. The school has cut lecture hirings by about 25 percent.

The school also cut research and teaching assistants. The students assisting in operating the law library are projected to be reduced approximately 20 percent, according to Soifer.

He added that the law school has an unusual cost compared to other units. The school is respon-

sible for maintaining its library for the law students and the public, which is required for accreditation. The school works hard at reducing its energy cost, but it is important for the library to stay open 24 hours, Soifer said. Law students use the library to prepare for national competitions.

The school hasn't made major curriculum changes, but for second and third-year law students, certain courses will be offered every other year, according to Atolini.

"By stretching out the offerings a little bit over time we can save money and plan around this dramatic change in enrollment," she said.

There are 202 law schools in the nation, according to a 2013 Forbes article. Previously, UH's law school would have professionals from other law schools fill positions while UH law faculty were on sabbatical. Within the past two years, the school has eliminated that option due to budget restraints. Current faculty now teach extra courses when other faculty are on sabbatical, according to Soifer.

"Richardson has a good reputation and a good relationship with the community," Jason Kasamoto, a first-year law student said.

Kasamoto added that it is different when a practicing lecturer gives his or her perspective to the law students. He believes the regular law professors at Richardson are great but feels that it is good to have practicing members of the community share their perspectives.

ADMINISTRATORS MEET WITH COLLEGE DEANS

UH Mānoa's 19 deans of colleges and schools met with Cutshaw and Dasenbrock over a six-week period that began in September to address budgetary challenges.

The deans met with both chancellors individually during the operational meetings. During the meetings, the deans and administrators reviewed each school's and college's individual budget to project outcomes at the end of the fiscal year.

The deans discussed the classes they are teaching and how they are maintaining them, according to Cutshaw.

"We give the deans full authority to manage their budgets and what they do in order to balance their budget, it is really critical for them to have authority of their budgets, because they are the closest to the teaching mission," Cutshaw said. "Budgeting is an ongoing day-to-day activity because things are constantly evolving."

According to Cutshaw, the only two ways to move forward are to increase revenue through UH Foundation and grant contracts for the schools or become more efficient in operations.

"We are still continuing to meet with the deans who have challenges in their budgets," Cutshaw said.

What do you think?
Let us know @KaLeoOHawaii

////////////////////////////////// Ka Leo O Hawai'i

LAW SCHOOL CUTS

10%

RESEARCH ASSISTANTS

10%

TEACHING ASSISTANTS

25%

LECTURE HIRINGS

Departments currently self-monitor cameras

from page 5

system and provides communication technology services — has no plans to centralize campus surveillance but would help with implementation of a centralized model if it were presented.

"If there was a decision made by the campus leadership that they thought it be better to centralize that, we would discuss with them the means to be able to do that, but we wouldn't go out on our own and say, 'Let's centralize all of this,' Smith said. "That's not really our area; we work more on the infrastructure base — we monitor our own building."

Smith said the IT department

has both internal and external camera coverage of all the public areas at the building, but they don't monitor cameras located elsewhere on campus. These cameras are specific to the IT department. They help prevent crime and protect the equipment and information within their system.

"We have a lot of equipment here, naturally, being at IT department, so to help prevent theft of that, to prevent any kind of vandalism to the equipment here, and we work with the core system that includes the student information system, the financial system," he said. "All of that has confidential and personally identifiable information and we take particular care

to make sure we're secure so that we're not going to have any kind of event where someone might get a hold of that kind of confidential information."

Smith noted that although cameras are helpful, they have to be cautious about how that footage is used. This means following legal procedures in the process and to coordinate with the office of general council when crimes are committed within the boundaries of the IT building.

"We don't just give out the video to anybody who just comes and asks for it," he said. "We make sure that we're going to protect, as well, the privacy interests of the folks that are involved, but we do

cooperate with law enforcement if they're investigating a crime."

Cameras located in public places cause less of a privacy issue, he said, but further caution needs to be made to make sure that the people who are going to have access to any of the content of the video record are doing that with a reasonable cause.

From a personal security standpoint, Smith said the video cameras are needed in the IT department for the safety of staff, some of who work many hours, split-shifts, and will be in there working on evenings or even late at night.

"We have some areas that are staffed 24 hours a day, seven days a week, 365 days a year," Smith said.

"If we have some event or emergency that needs to be dealt with, we can have people in here any time of the day, weekends, or holidays — so we have people coming and going at all times."

MORE INFO

THREE REASONS CAMERA SURVEILLANCE PROVIDES PROTECTION

1. Ensures people are safe while working
2. Surveillance protection for equipment
3. Protects sensitive information



LYLE AMINE / KA LEO O HAWAII ▲

Single-use plastic water bottles are made from type I plastic, which can be recycled into other containers, tote bags and clothing.

No more plastic

Student group heads petition to ban single-use plastic water bottles

NOELLE FUJII
NEWS EDITOR

Less than a month after a student group organized its first plastic-free week, its petition to ban single-use plastic water bottles has more than 800 signatures.

"We hope to see a strong initiative to ban all single-use plastics in the future, but for now, plastic water bottles is [a] good launching-off point," Sustainable University of Hawai'i member Rachael Roehl said in an email interview. "Essentially everyone has come in to contact with plastic water bottles at one time or another, and few really think about what happens after they throw it away."

Sustainable UH, working with the Surfrider Foundation at UH Mānoa, launched its petition during its plastic-free week, which took place from Nov. 17-21. It aimed to raise awareness about the pollution caused by single-use plastics.

BANNING SINGLE-USE PLASTIC WATER BOTTLES

As of Dec. 13, the petition had 833 signatures but hopes to receive more than 1,000, according to Roehl.

"All it really takes are small lifestyle changes, like remembering to bring your reusable water bottle, that make a huge impact on the amount of plastic that is thrown away ending up in either landfills or our oceans," she said. "The best part is, it works like a chain reaction. When one person starts changing their ways and sharing

ideas with their friends, suddenly everyone is doing it."

The petition on MoveOn.org states that the campus community is calling for the ban, as there is a growing need for environmental

"Many students use reusable water containers and fill them in the water filling station at Campus Center across Starbucks," she said in an email interview. "However, there are just as many students who do

a member of Sustainable UH.

Once the policy is drafted, the administration needs to approve it before it can be integrated into university operations.

According to Interim System Sustainability Coordinator Matthew Lynch, such a ban aligns with the Board of Regents' executive policy, which states the university is "committed to social, cultural, environmental and economic sustainability in operations; education, research and service; planning, administration and engagement; and cultural and community connections."

"A ban on single-use plastic water bottles at the UHM campus represents a leverage point to help the university reduce our total solid-waste stream and would be a significant step towards establishing a campus culture that integrates sustainability values in an island context with global impact," Lynch said in an email interview.

The policy also charges the UH president and the chancellors to establish "system-wide and, where appropriate, campus-specific metrics and targets for improved efficiency and reduced resource waste for buildings, climate, dining, energy, grounds, purchasing, transportation, waste and water" and develop initiatives to further reduce waste.

"A ban on single-use plastic water bottles at the UHM campus represents a leverage point to help the university reduce our total solid-waste stream."

— MATTHEW LYNCH

INTERIM SYSTEM SUSTAINABILITY COORDINATOR

stewardship on the campus, island and around the country, as well as an increase in water refill stations. In addition, at least 65 campuses on the mainland have implemented similar bans.

THE EFFECT ON EATERIES ON CAMPUS

According to Roehl, the ban would affect venues that sell water bottles and would ideally eliminate sales all together, leaving room to implement more sustainable choices such as more water refill stations or selling reusable bottles.

Mānoa Dining Services, which oversees many of the retail dining locations on campus, supports sustainability efforts, according to Sodexo General Manager Donna Ojiri. However, the department also feels it needs to support the student's choice to use single-use plastic bottles or a reusable container.

not bring their own reusable containers and purchase bottled water from our operations. We are here to support the choice of the students. As a registered dietitian, I promote drinking water as healthier compared to drinking some other higher-calorie beverages, so if a student wants to purchase bottled water, I support that choice."

Next semester, Mānoa Dining Services (MDS) is considering implementing a reusable beverage container that can be refilled with hot coffee and fountain beverages at specific MDS locations.

MOVING TOWARDS A MORE SUSTAINABLE PLACE

In order to implement a ban on plastic water bottles on campus, a policy needs to be developed by meeting with stakeholders on campus and seeking resolutions of support, according to Kristen Jamieson,



Kaua'i CC faces budget cuts

Chancellor says \$1.3M deficit will cut lecturers, class offerings

SHAINA NACION
KA LEO O KCC EDITOR

While UH Mānoa has dodged cuts to courses for the spring semester as a result of its budget cuts, class offerings and lecturers will be cut at Kaua'i Community College (KCC) in the new year.

KCC Chancellor Helen Cox said Dec. 5 that the college faces a \$1.3 million budget deficit for this academic year. Like Mānoa, KCC has depleted its once-substantial general fund reserves due to three main factors.

"It's low enrollment, it's raises that weren't covered by the legislature, it's depleting our reserves because of the situation," Cox said.

The cuts will not affect the positions of full-time faculty or those who operate under grants.

With pressure from the University of Hawai'i Community College System to spend excess cash, the campus must find a balance between reserves and expenditures, said Brandon Shimokawa, vice chancellor of administrative services.

Hardest hit by the proposed cost reduction plans are the lecturers currently at KCC who, unlike full time faculty, are hired on a semester-by-semester basis. Many of them will not be rehired in the spring, with full-time faculty assigned to the classes.

Some worry about the administration's plans to cut low-enrollment courses.

"You have to remember, we are an open-access, open-admission institution," said faculty member Brian Cronwell. "If we don't offer courses, they won't come. And that's an important thing to keep in mind when we're looking at what we're going to cancel."

According to the UH Institutional Research and Analysis Office, enrollment at KCC dropped from 1,530 in fall 2013 to 1,424 this fall. That's a 6.9 percent decrease and the largest decline among all UH community colleges this semester and the largest drop at KCC during a fall semester since 2004.

MORE INFO

PETITION:
tinyurl.com/p7peknk

OPINIONS

opinions@kaleo.org
@kaleoopinions

Kristen Bonifacio
Opinions Editor

Lisa Grandinetti
Associate Opinions Editor



KASSANDRA FOCHTMAN / KA LEO O HAWAII; SOURCE: WIKIMEDIA COMMONS ▲
Bloomberg Data puts the number of fraternity-related deaths at more than 60 since 2005.

KRISTEN PAUL BONIFACIO
OPINIONS EDITOR

With the new semester approaching, fraternities at the University of Hawai'i at Mānoa will be recruiting new members. But should they have a presence on college campuses? Deaths and rapes have all been linked to these social brotherhood organizations in recent years. It's time that colleges reevaluate the presence of Greek life in their campuses.

THE INITIATION PROCESS

Since the establishment of the first social fraternity in the United States in 1825, many other fraternities have been created throughout the country.

A tradition that college fraternities are known for is hazing – an initiation process that often involves performing embarrassing acts. Inside Hazing, an informational website on the topic by Dr. Susan Lipkins, a psychologist, states that hazing “is a process, based on a tradition that is used by groups for discipline and to maintain hierarchy.”

Worldwide, 400,000 men are members of fraternities, according to the North American Interfraternity Conference (NIC). For many of these people, hazing has become a common practice.

A study conducted by professors from the University of Maine on 11,482 students in 53 campus throughout the U.S. found that 5 percent of college students reported being hazed and 40 percent reported knowing about hazing activities.

College campuses throughout the country are facing problems with their fraternities regarding hazing. A Google search on the issue will yield results as recent as a month

ago. Although I understand that not all hazing ends badly or that all fraternities engage in these activities, deaths have been linked to hazing incidents, and this is a clearly a problem.

In California, a Northridge student died after a barefoot, blindfolded 18-mile hike through the Angeles National Forest. In New York City, a Baruch College student died after he was shoved and hit his head while blindfolded and wearing a backpack with 20 pounds of sand. A college freshman attending the Northern Illinois University died due to alcohol consumption at a pledge event.

Although hazing-related deaths may be rare, they do happen, and they are caused by stupid and irresponsible decisions that could have been avoided.

More likely is that the person

uate students look to their fraternities after they've graduated and are looking for jobs.

Other supporters also raise the idea that it provides leadership skills, friendships and other important qualities. This is true. There are men who have been in fraternities during their college years and have created great memories and lasting friendships. But can't these experiences be created with other organizations that don't haze?

Academic organizations also provide access to leadership skills, lasting friends, community service opportunities, graduate school and career networking.

The job market can also be accessed through other means. Fraternities might provide students access to jobs through connections, but they are not as effective

College campuses throughout the country are facing problems with their fraternities and hazing.

who is hazed will have to live with embarrassment. The parents of a Pennsylvania State University student who committed suicide found text messages on his phone regarding rituals that involve using sex toys or snorting cocaine.

NOT ALL ARE THE SAME

However, not all fraternities share the pattern of extreme hazing. The local fraternities at UH Mānoa have gone without any incident over recent years.

Supporters of fraternities highlight the positive aspects that the Greek life and fraternities offer. According to Katherine Cohen, CEO and founder of IvyWise, undergrad-

as academic advisors and professors. Attending college is a networking experience in itself.

Fraternities can be beneficial for some people. I don't disagree that the experiences they provide have positively impacted some of their members. But the hazing related deaths, sex assaults and rape incidents reported yearly involving fraternities are a problem and don't benefit anyone. When incidents such as these surface, they're just bad press for the university and the frat.

What do you think?
Let us know @KaleoOpinions
////////// Ka Leo O Hawai'i

MAN ON THE STREET

Do you think fraternities are an important part of college?

COMPILED BY KRISTEN PAUL BONIFACIO, OPINIONS EDITOR

"They're important depending on what field you're going into. It does introduce you to other people who are a part of the same interest or mind. In that way it's good. It's weird here because it's not really big."



JASON OKAMOTO
SENIOR
ART, ENGLISH

"I personally do not think so. Most fraternities encourage partying, drinking and aggressive behavior in the campus community. College can be a pleasurable and enjoyable experience without them."



PATRICIA K. CARRENO
SENIOR
PSYCHOLOGY, ATHROPOLOGY

"I think fraternities are outdated and patriarchal, and they reinforce a system of values in which you must be a man's man to get ahead in life and you must make connections with other men."



JOANNA GORDON
JUNIOR
ENGLISH

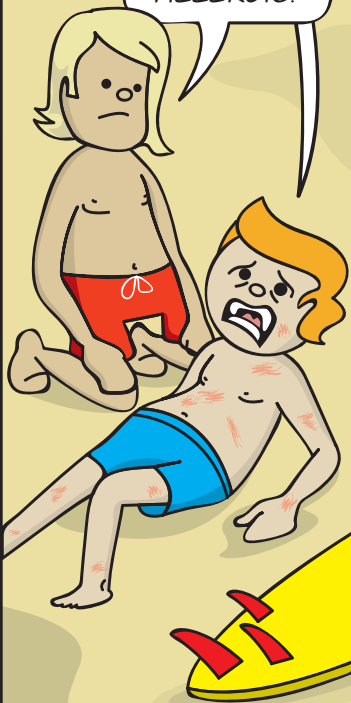
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DANIELLA REYES / KA LEO O HAWAII'Ī ▲

THE FAT GREEK'S GYROS

DANIELLA REYES
SENIOR STAFF WRITER

Open since 2007 with a 10-minute walk from the dorms, The Fat Greek has become a staple for students at UH Mānoa. I went to see if this restaurant on the corner of Wai'ālae and St. Louis is worth the hype after seven years of business.

Because my dining companion and I are both college students with limited pocketbooks – we got the cheapest item on the menu, the gyros (\$8.95). We ordered at the counter (cash only) and picked up the food ourselves. Service at the counter was friendly and informative, describing menu items in detail. Someone also came around to check on us during the meal, so The Fat Greek gets high marks on good service despite being an informal joint.

A gyro (pronounced YEE-roh) is spiced beef and lamb in pita bread, served with tzatziki sauce and salad. The meat was flavorful, but dry and slightly overcooked. It didn't seem to be freshly prepared. The pita bread, however, was soft, fluffy and complemented the herbs in the meat.

The garden salad that comes with the gyro was made up of a generous amount of lettuce, cucumbers, olives and feta cheese, and was served with vinaigrette. The salad was plentiful and tasty. The amount of food in the dish seemed to be slightly smaller than what I remembered from visiting a few years ago, but my dining companion and I were both satisfied after the meal.

For college students on a budget, or those wanting to try new foods, the gyros and garden salad at The Fat Greek are a cheap and healthy way to go.



RATING

MORE INFO

LOCATION

3040 Wai'ālae Ave.

HOURS

Mon-Sun 11 a.m. - 10 p.m.

WEBSITE

thefatgreek.net

Kit n Kitchen

A reasonable meal for a reasonable price

HARRISON PATINO / KA LEO O HAWAII'Ī ▲

Kit n Kitchen offers a variety of Chef's Pasta dishes including Tarako Spaghetti and Baked Sloppy Eggplant.

HARRISON PATINO
STAFF WRITER

Kit n Kitchen, snugly situated next to University Avenue's coffee bar Smokey's, is what you might call "eclectic."

The "East meets West" eatery boasts playful décor – a sort of Japanese pop-art style that charms and bewilders you in the same way a crazy anime would.

A pseudo-shrine of vintage Coke cans and old toys sits in one corner while a collection of fine wines are mounted on an adjacent wall. The atmosphere is fun – casual enough for loud conversations and lax dinner etiquette, yet still formal enough for a dinner date or a casual business lunch.

While the décor may seem quirky and inconsistent, the food (for the most part) is a masterfully executed and thoroughly tasty collection of culinary offerings.

If you're on a budget, then you're in luck. Kit n Kitchen boasts an extensive catalogue of widely varied fine dining staples – all at a more than reasonable price.

Appetizers are about as cheap as they come and will run you anywhere from \$7 to \$12 – with all dishes I tasted being well portioned.

The escargot (\$7), served with a side of garlic toast, is absolutely packed with flavor; in this case, a full-bodied garlic butter sauce. Calamari (\$10), well seasoned as it was cooked, is complemented with a rich side of marinara, and the beef chimichurri (\$10) retains all of the flavor its more tradi-

tional preparations would have.

Kit n Kitchen also seems to offer an endless choice of entrees. Everything from pasta with an Eastern twist, to southern European classics like a (\$16) or risotto (\$14-\$17) to Cajun soul food classics like the kitchen's own sausage jambalaya (\$15).

All entrees are executed with the sort of consistency that is demanded of an established restaurant. If you're looking for tradition, however, you'd best look elsewhere.

Certain additions to the pasta dishes would make the diehard Italian gourmand cry, and I doubt any Southerner would truly consider what Kit n Kitchen is serving up to be authentic jambalaya.

The upside to this culture clash is that the menu is still delicious – I liked everything the kitchen sent out. Besides, the motto of the restaurant is "East meets West," a creed felt in the overall execution of the food.

punch you would expect from such a Middle Eastern staple.

Besides that one shortcoming, the restaurant prevails with both consistent flavor and immense choice. A BYOB establishment that treats you like a regular no mat-

All entrees are executed with the sort of consistency that is demanded of an established restaurant.

At times, though, the food is lacking a certain completion to it. The Moroccan lamb stew (\$16), a dish typically categorized by a heavy complement of North African spices, failed to deliver the sort of

ter how many times you've been there, Kit n Kitchen is a gem for those looking to eat like a king for peasant prices.



HARRISON PATINO / KA LEO O HAWAII'Ī ▲

Kit n Kitchen also has another location at Pearl City located near Walmart.

RATING



MORE INFO

LOCATION

1010 University Ave. Ste B

HOURS

Lunch:
Mon-Sun 11 a.m. - 2 p.m.
Dinner:
Mon-Sun 5 p.m. - 12 a.m.
Breakfast:
Sat-Sun 8 a.m. - 11 a.m.

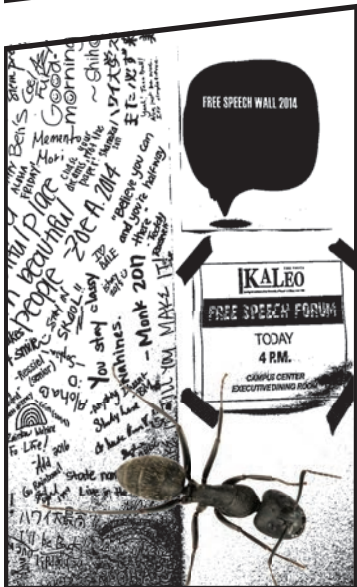
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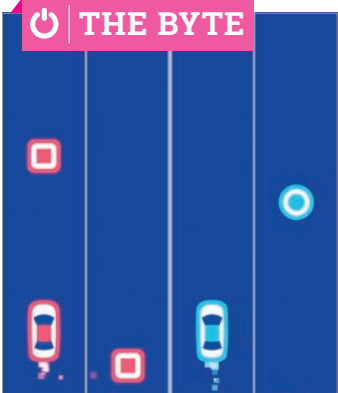
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SOURCE: '2 CARS' ▲

'2 CARS'

IKAIKA SHIVELEY
ASSOCIATE FEATURES EDITOR

Sometimes, “simple” isn’t easy. I quickly learned this with developer Ketchapp’s mobile game app, “2 Cars.”

Like most mobile games, movement is controlled by a touch to the screen. The screen is divided into four lanes. Players control both a red and blue car, and must dodge square symbols while picking up circle symbols to earn points. The main challenge is balancing your attention between both cars. To maneuver the cars between lanes, tap the corresponding side of the screen.

While the game can get extremely difficult, it doesn’t frustrate me as much as other games of its type – probably because of its relaxing music. As my blood pressure rose while repeatedly losing, the music helped calm me down. The upbeat composition reminds me of a new world groove, with a light drumbeat that’s mixed with a piano riff. The music is one of the selling points of the game for me.

This, mixed with a simplistic design, makes for a great pick for casual gameplay. “2 Cars” will not have you throwing your cell phone to the ground, but it is still difficult enough to be heavily invested in as you attempt to advance your high score.

Although frustrating, “2 Cars” packs a punch with an elegant pastel presentation, a catchy tune and addictive gameplay.

RATING

MORE INFO

COST
Free

GENRE
Arcade

DEVELOPER
Ketchapp

SIZE
14.7 MB



CURTIS COMPTON / MCT CAMPUS ▲

The Chapbook features poems from the Hawai'i Review staff and members from the community.

'Write for Ferguson'

Hawaii Review publishes the poetry of protest in online chapbook

DANIELLA REYES
SENIOR STAFF WRITER

“Hands up, don’t shoot.” “I can’t breathe.” These words inspired protests around the nation, and now they inspired poetry from the UHniversity of Hawai’i at Mānoa community.

Hawai’i Review’s online chapbook, “Write for Ferguson,” features 16 local writers’ poetic responses to the deaths of Michael Brown in Ferguson, Missouri, and Eric Garner in New York City, New York.

Anjoli Roy, Ph.D. candidate and editor-in-chief of Hawai’i Review, explained that the idea for the chapbook came about through social media when she saw people writing their reactions on Facebook following the non-indictment of Darren Wilson.

Roy and Nou Revilla, poetry editor for Hawai’i Review, began asking friends if they could publish their work, then reached out to others in the creative writing community for more reactions.

“We do have our little family of artists, but more submissions beyond that started coming in and we just realized that this conversation had to happen,” Revilla said.

Their intent in publishing the chapbook was to bring light to the issue, and give a voice to people who, despite being an ocean away, were compelled to write.

One of the poems, “from under-story: (Kai at 4 months) #poem-sup#blacklivesmatter” written by

UH Mānoa associate professor Craig Santos Perez, compares the shooting of Michael Brown to a high-profile shooting that took place here in Hawai’i in 2011.

Kollin Elderts, a part-Hawaiian local man, was shot by Christopher Deedy, an agent for the Bureau of Diplomatic Security assigned to Hawai’i for the Asia-Pacific Eco-

idarity with Ferguson; I think that was the only criteria.”

Roy said that the reason for doing a chapbook online was not only because of cost, but also because an online chapbook could be continuously updated. After publishing a handful of poems, Roy opened the call to the public and more people submitted their

strate solidarity, demonstrate support, demonstrate even the bravest thing, love, in the face of injustice,” Revilla said. “It doesn’t matter that it’s ‘just a poem.’ Because when you come together, all these ‘just poems’ really do become something larger, something bigger, and that’s where we need to be.”

ARTISTIC RESPONSE TO CONFLICT

There has always been a history of artistic response to conflicts and controversies in our world. “Guernica,” one of Pablo Picasso’s most famous paintings, was created in response to the bombing of Guernica, a village in Northern Spain, by German and Italian forces. Wilfred Owen, a poet and soldier during World War I, changed the image of the war with his poems, depicting the horror of the trenches and gas warfare.

In a local example, UH Mānoa recently hosted “Writing the Pacific Plastic Patch,” an event featuring eco-poets who shared their writing on ecological themes such as climate change, mining and environmental disasters. Hawai’i’s best slam and spoken word poets, some of whom contributed to the chapbook, often draw their inspiration from real-world events.

Their intent in publishing the chapbook was to bring light to the issue, and give a voice to people who, despite being an ocean away, were compelled to write.

conomic Cooperation forum. Perez draws parallels regarding the race issues in both cases and worries that there may be “no safe place” for his young child.

Another poem, entitled, “This could be a poem: because global systems of racism made Ferguson possible,” by Ph.D. candidate and spoken word poet Lyz Soto, brings up the topic of racism throughout the years: “A list of names. Of dates. Do you know where you were when...? Did these lives matter to you? Did you light a candle? Would you have signed a constitution defining humanity in fractions? Would you have leafed it in gold? Would you visit it in state?”

As for selecting poems to be in the chapbook, Revilla said, “It was the spirit behind the art, behind the poetry, the desire to be in sol-

work. Currently, there are 16 poets published in the chapbook, from students, both graduate and undergraduate, to faculty and other community members of UH Mānoa.

Roy and Revilla hope that by publishing the chapbook, people will understand that even though Hawai’i seems so far away from Ferguson, there is still a connection.

“There’s so much space between us... but thinking about the way that structural violence and structural racism continues to impact communities worldwide and in the U.S., making that connection is really important,” Roy said.

Revilla said that even though writing poetry might not seem like the most influential response to Ferguson, it is something that anyone can do.

“Writing a poem ... [can] demon-

MORE INFO

Read “Writing for Ferguson” for free online at: tinyurl.com/WriteForFerguson



LYLE AMINE / KA LEO O HAWAI'I ▲

Dear Reader,

For a fortunate fraction of fall '14 finishers, further fact-finding will be foregone, as they finally finish their four-year foray following their final-est final. The rest of us unfortunates remain indefinitely and deserve neither respite nor alliteration.

Like migratory birds, panicked prodigal students return to classes they wrote off months ago. Lacking an annual snowfall to announce the encroaching winter, we mark this season with a confounding drop-off in parking availability and unclaimed library study space. While most may be rightfully thankful that the stress of finals isn't supplemented by freezing temperatures, there remains a pitiful few who still buy coats and sweaters, hoping, dreaming, wishing for a snow day.

I've bought two this year. I have fond memories of lying outside during the first big snowfall of the season. I'd bundle up like I was planning to train attack dogs, lie down on a hillside and take a nap under a blanket of snow. Even though snowstorms and record-low temperatures pepper our country this year, Hawai'i remains unaffected. Thus, once again, my closet full of nigh-chic winter-wear sits dusty and unfulfilled, a depressing time capsule of unfulfilled weather wishes.

Some may think it silly to whine about something as generally beloved as the temperate nature of our island, but I do love complaining, and more than that, I love avoiding finals. Normally I'd accomplish this by complaining about

finals, but that's damn near impossible this year due to the content the staff here at Ka Leo have accumulated for this Finals and Grad issue.

Finals seldom proceed easily, of course. Those that do depend on rigorous study. We've got that covered, from study apps (p. 22) to study playlists (p. 28), from how to make studying fun (p. 22) to how to make not studying fun (p. 32); it's almost too much content on studying. We've got all the information you need regarding the best places to pull all-nighters (p. 32) located not too far after an article telling you that you should not pull all-nighters (among other unhealthy finals habits) (p. 26). Perhaps we can even help to make universally dreaded group assignments bearable (p. 20), but even if we can't, we can at least ensure that you look decent while trying (p. 20).

Past finals, we still recognize the needs of our soon-to-be-departed graduates. For those among you who are leaving us this semester, consider our list of things to do while you're still a student (p. 34). For commencement, consult our lei guide to better understand the gesture being made to you (p. 16). However, your connection to UH Mānoa doesn't end once you get your diploma. Use your connections to their fullest as an alumnus or an alumna with the help of our alumni networking guide (p. 30). Those with postgraduate ambitions will find useful our guide about finding those who can guide you to grad school better than we can (p. 30).

David Herman

David Herman
Special Issues Editor

Tips for graduate school

NICOLYN CHARLOT
SENIOR STAFF WRITER

Seeking advice about finding and getting into an ideal graduate school is no easy task.

The Internet can be somewhat helpful, and conversing with other undergraduates is also enlightening, but if one wants solid advice, there are several people worth the trouble of seeking out. The process can get a little tiring, and one may frequently hear the same advice repeated multiple times, but by speaking with a wide variety of people, one will gain a much better grasp of what graduate school is all about.

PROFESSORS HERE

Talking with professors about graduate school may seem obvious, but many students are nervous about doing this, which can be a big mistake. Although some professors may seem lofty or too busy to spend a half hour sorting out someone else's life, most are more than happy to take the time to help out. Plus, mustering up the courage to talk to a high-up professor and sitting down with them can alleviate some of the intimidation and show that professors are also human.

One doesn't need to stick to professors one has taken a class with either. The University of Hawai'i at Mānoa is a large school, so many individuals may not be able to take a class with a professor they would like to speak with. A quick look through the department website will illuminate the fields of interest of many professors. After finding a professor with similar interests, a polite email goes a long way. Professors are useful because they often play an important role in selecting graduate students, so they can explain what they look for in applicants. They can also suggest other professors to talk to and provide names of schools and professors they think one may be interested in.

PROFESSORS THERE

After getting advice from professors here at UH Mānoa, it's time to start looking elsewhere. Unless one is certain about going to graduate school at UH Mānoa, it is best to contact professors at schools to potentially apply to. This is key when determining whether a professor is taking on graduate students for the coming year, but also beneficial when seeking general advice about the best ways to get into a program. Although these professors will provide similar advice as those here at UH Mānoa, they may know idiosyncrasies about their own departments that differ from those in Hawai'i.

Once again, a polite email can make all the difference. Stating one's identity, one's current location, areas of interest and reason for emailing are always a good place to start. A simple, "I am wondering if you have any advice on x, y, and z," may prove useful. However, don't fret if a professor doesn't respond. They are busy people, and losing track of emails is commonplace. Either send out another, or just appreciate the advice received from those who did respond. If anything, when applying to a program later on, one's name might just stand out to that professor a little bit more because of a past email.

GRADUATE STUDENTS

Seeking advice from graduate students can be more difficult, but is rewarding in. Some departments will list their graduate students on their website, just like they do with faculty. For those that don't, look at the websites of individual professors – they often list their graduate students. It is usually safe to assume that the professor who has similar interests to you will also have graduate students in the same field. Perhaps when you are seeking advice from a professor you can also ask to speak with one of their graduate students. Talking with an older and a younger graduate student is best, as each will have different and valuable insights into the program.

As always, a polite email will be beneficial. Graduate students are not as frequently sought out for advice as professors, so they may be eager to provide counsel. However, they are also busy people, so pay them equal respect. Younger graduate students are helpful because they have gone through the application process most recently and will be able to advise on application tips and tricks, and the sorts of things you want to have in letters of recommendation. Older graduate students will be able to provide a better idea of what things to be prepared for once one is accepted into a program. If accepted into several different universities, emailing graduate students who work with your potential advisor is worthwhile, as they can provide insight about the professor.

Ultimately, when seeking advice on something as important as graduate school, it is important to remember that everyone is human. People like helping each other out, but they are also busy. Professors and graduate students are no different, so when contacting them, be courteous and be direct about what is desired. The information learned from those who respond will be undoubtedly worthwhile.

Lei Guide

Laying the foundation for lei hunting



VICTORIA CUBA
CONTRIBUTING WRITER

Candy & Plastic Lei

If you don't have the motivation to make a lei, these cheap but hilarious lei are sure to make your graduate smile.

The most common is a plastic lei that can be found in your local grocery store for as little as 50 cents. This will be useful for someone who is looking for lei found in many colors, for many graduates.

The candy lei is another familiar sight in Hawai'i, using netting and any of your favorite candies. This can be made, or bought.

Similar to the candy lei, you can put a favorite nonperishable food in the netting to make a lei. Try adding a canned food like Vienna sausage or Spam, the local favorite.

You can even put together a survival kit with the lei, adding in condoms or water bottles.

Flowers

The flower lei is the most popular type. These fresh flower garlands are often given when anyone arrives in Hawai'i, whether it be when stepping off the plane or checking in to the hotel.

Flower lei can be made of colorful blossoms. The purple, green or white orchid is the most commonly used flower in lei. It represents love, luxury, beauty and is durable enough for the graduate who might receive many lei during the ceremony. Another common flower is the plumeria, a blossom that grows white, cream, yellow, pink and red. It can be found almost anywhere in Hawai'i and is known for its sweet fragrance. The plumeria lei represents optimism and a brand-new start for the graduate.

Leafy Lei

Braiding leaves is one way of making a garland. The leaves, can also be woven in with a flower lei. These could either be made out of ti leaves or the Maile leaf. Maile, the most common leaf lei, is a fragrant leaf that can be worn by men or women. It is said that this lei was worn by royalty and for all types of occasions. The maile lei is open-ended and does not circle the person but is draped around the shoulders to flow downward instead.

Nut Lei

The kukui lei is a nut lei that comes in colors like brown, black, marbled or white. Some people get crafty by painting the sandpaper-smoothened nut different colors. The kukui nut has many uses, such as using the oils for candle fuel or using the inside to flavor fish. The shell, however, has become a main ornament for lei.

These natural lei can be found at your local grocery store, conveniently packaged in containers and stored in a refrigerated area. Tutorials can be found online through DIY videos and instructions, so you can make your own.

Yarn

Instead of buying a lei, you can handmade one.

Traditional crafted lei consist of different types of yarn. You can create a finger lei, which uses the fingers as a type of tool to assemble the yarn. You can crochet an eyelash lei, a soft and furry lei that looks good in any color.

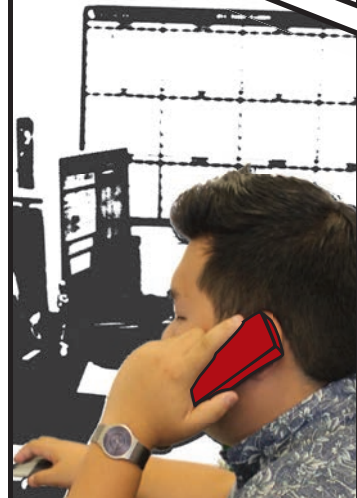
This handmade lei is sure to make the graduate feel special.

[ALL PHOTOS] ZOE MELEMAI / KA LEO O HAWAII'I

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FALL 2014 CAMPUS NEWS HIGHLIGHTS

FADI YOUKHANA
MANAGING EDITOR

The campus has witnessed significant events from June 1 to Dec. 1. Here are five of the most significant news stories that were published by Ka Leo over the summer and fall semester of 2014:



JUNE 2

LASSNER APPOINTED PRESIDENT OF UNIVERSITY OF HAWAII SYSTEM

David Lassner was chosen over Lt. Gen. Frank Wiercinski as the next president of the University of Hawai'i system. Eleven votes by the board of regents were given to Lassner, compared to two for Wiercinski. Two Regents abstained.

The BOR agreed on a \$375,000 annual salary for Lassner in an executive session after the public discussion and vote. Lassner's term became effective on July 1, 2014.

Lassner's selection came after an 11-month search process, which involved a diverse selection committee.

For more information:
tinyurl.com/m9r4qd5



JULY 30

APPLE FIRED, STUDENTS PROTEST

Tom Apple's termination as chancellor of the University of Hawai'i at Mānoa caused students and community members to hold a march from Hawai'i Hall to Bachman Hall to confront UH President David Lassner.

Lassner cited leadership and the current state of the campus budget as reasons for Apple's firing. Apple accepted a job as a tenured chemistry professor on campus, with a

\$299,000 annual salary, as part of a settlement.

Protesters staged a sit-in at Bachman Hall in support of Apple. Supporters also left various messages around campus including 120 apples with phrases in support of Apple written on them.

For more information:
tinyurl.com/ox7j4tn



AUG 14

BLEY-VROMAN SELECTED AS INTERIM CHANCELLOR

UH President David Lassner selected the dean of the university's College of Languages, Linguistics and Literature as the Mānoa campus's next chancellor.

Dr. Robert Bley-Vroman was Lassner's interim pick to replace former Chancellor Tom Apple, who left UH at the president's direction on Sept. 1.

Bley-Vroman came to UH in 1987. He is a full professor of Second Language Studies and has chaired the Faculty Senate. Bley-Vroman said he has no big initiatives planned and sees his function as stabilizing, establishing a degree of harmony and preparing the way for a permanent chancellor.

For more information:
tinyurl.com/kv9ujyo



NOV 21

CARBONE RESIGNS AS DIRECTOR OF CANCER CENTER

After five years as director of the UH Cancer Center, Dr. Michele Carbone resigned at a faculty meeting in November. Carbone said in a statement that he was leaving the position to focus on his research.

"There are cycles in my life," Carbone said. "Now my focus is on finding a cure for cancer."

Jerris Hedges, dean of the John A. Burns School of Medicine at UH Mānoa, will serve as the center's interim head. "The Cancer Center will be left in good hands for the time being," Carbone said.

For more information:
tinyurl.com/pb2ltew



OCT 28

GIB ARNOLD FIRED

The University of Hawai'i at Mānoa removed Gib Arnold as men's basketball coach in the wake of an NCAA investigation into the Rainbow Warrior basketball program. Arnold had been preparing for his fifth season as head coach, and the team had achieved its first 20-win season in a decade.

"I am being fired 'without cause.' That means that UH does not need to prove they have a reason to fire me," Arnold said in a statement released after his dismissal. "It pains me that they are taking my team and career away based on unknown allegations from unknown sources that have not been proven and that I have never been able to defend."

Rainbow Warrior star forward Isaac Fotu left the program shortly after Gib's firing to pursue a professional basketball career. Assistant Coach Benjy Taylor was selected to lead the program for the rest of the season.

For more information:
tinyurl.com/mar2szf

WORLD NEWS

KRISTEN PAUL BONIFACIO
OPINIONS EDITOR

From 2011-2014, the campus has witnessed significant events. Here are some of the most significant news stories that were published over these four years: 2011-2014



2011

TSUNAMI HITS NORTHERN JAPAN

After a 9.0 magnitude earthquake struck 231 miles northeast of Tokyo, a tsunami hit northern Japan less than an hour after the shock. The disaster cut off the power at Japan's Fukushima nuclear power plant and affected the plant's nuclear cooling system. The National Police Agency of Japan reported the death toll at around 16,000. Effects of the Fukushima power plant meltdown can still be observed today from as far as California.

DEATH OF A TERRORIST MASTERMIND

In a statement from the White House, President Barack Obama announced that Osama bin Laden was killed in a raid by CIA paramilitaries and Navy SEAL members. People throughout the country celebrated the news, and some raised their flags near the World Trade Center site.

STEVE JOBS DIES

Co-founder and the mastermind behind one of the world's most popular technological companies, died on October 5, 2011. The Santa Clara County Public Health Department reported that his death was caused by "metastatic pancreas neuroendocrine tumor."



2014

EBOLA OUTBREAK

Ebola became a global issue this year, after the death toll reached over 6,000. The epidemic affected West Africa in Guinea, Liberia and Sierra Leone. This is the largest epidemic for this disease in history according to the Centers for Disease Control and Prevention.

FERGUSON

Riots and protest made national headlines erupted in Ferguson, Missouri, after the shooting of Michael Brown. Due to the amount of rioting, Missouri governor Jay Nixon declared a state of emergency for the city.



2012

OBAMA WINS HIS SECOND TERM

After receiving 332 electoral votes, President Obama won the 2012 presidential election. President Obama ran against Republican Mitt Romney, who received 206 electoral votes.

TRAYVON MARTIN CASE

Florida captured the nation's attention after Trayvon Martin was shot dead by George Zimmerman, a neighborhood watch captain. According to Zimmerman, his actions were in self-defense. Protests and conflict ensued after the jury found him not guilty for the shooting in July, 2013.



2013

SANDY HOOK ELEMENTARY SHOOTING

On the morning of Dec. 14, 2012, Adam Lanza opened fire at an elementary school in Newtown, Connecticut. Before shooting himself, Lanza killed 20 children and six adults. This event has been recorded as the second-deadliest mass shooting in United States history.

BOSTON MARATHON BOMBING

The 117th annual Boston Marathon was one of the year's most devastating events, after two bombs exploded near the finish line. The explosion killed three people and injured more than 250 people. The suspects were identified and one of them was captured after a manhunt. The other was shot dead in a shootout with police.

A POPE RESIGNS

Pope Benedict XVI announced he was stepping down as the Pope of the Catholic Church. Citing health reasons for his decision, this was the first time in 600 years a pope resigned from this position before he died. Jorge Mario Bergoglio from Argentina, who took the name Pope Francis, was elected as his successor.

A LEADER OF PEACE DIES

Nelson Mandela died at the age of 95, on Dec. 5, 2013. He was a Nobel Peace Prize recipient, and he is remembered for ending apartheid, a racial political policy in South Africa. Those who attended his memorial service include President Barack Obama, Michelle Obama and Denmark's Prime Minister Helle Thorning-Schmidt.

'Hell is other people': Surviving the group project

PAIGE TAKEYA
SENIOR STAFF WRITER

We come to college thinking that we've left the shackles of high school behind, and here it is: a group project, that terrible time when your grade is dependent on other human beings. Here are a few tips for surviving this final trial of your fall semester.

DO

Bring food to group meetings

Food is good, food is great. Everyone is more cheerful when they're well-fed. Even if it's just a bag of chips, your teammates will appreciate the gesture.

Appoint (or be) a leader

Being the boss is a thankless job, but someone's got to do it. Without a leader, your group will devolve into bickering and bad grades. The leader is the one who steps up, corrals the hot tempers, sets the deadlines and has backup plans in case something goes wrong. Structure and organization is the key to success of any great team, and your project will only be as good as your boss. However, if you don't feel you can be a good leader, don't volunteer for the role. A bad leader is worse than none.

Exchange contact information

Laulima usually has everyone's email address, but not always. As soon as the group is set, whip out your phone and exchange numbers. Friend each other on Facebook. Set up a shared Google Doc. Make sure you know what everyone's first and last names are (you'd be surprised how often that one slips under the radar). Make sure all channels are wide open before you do anything else. Check everything at least twice a day once the project is underway. Communication is everything.

DON'T

Work with your friends

The best way to end a friendship is to work on a project together. Friendships that grew out of work might be able to weather this storm, but friendships founded on fun were not fated to flourish in these conditions. You think it'll be easy since you already know each other, but you will be disappointed in one another, and you will despise the other's work ethic, whatever it is. A project isn't worth that kind of loss. Better that you stay separate, so you can complain to one another about how awful your groups are.

Tattle

Reporting slacker group members to your professor should stay in high school. Don't do this. You're a grown-up. Negotiate your conflicts yourself.

Slack off

If everyone agrees to have the research done by Friday, do not be that guy who shows up to the group meeting with a blank piece of paper. Your group was counting on you; now that you've bailed out on them, they need to pick up your slack. Even if you vow to have it done by Sunday, it's too late. You've lost their trust. If you feel the workload divisions are unfair, say so immediately; don't decide to drop the ball at the last second as a form of individual protest.

SOURCE: FREEPIK

CHASLENE HALOG
STAFF WRITER



Whether you stayed up all night working on that paper you swore you wouldn't procrastinate on or you're just not a morning person, here are five easy steps so you can fool everyone into thinking you didn't press snooze 10 times.

2

Some people sweat in their sleep. There is nothing wrong with that. Cleansing cloths or baby wipes can fix that. Keep a stash of wipes so that you can quickly clean your body before getting dressed if you don't have time for a shower.

3

Basic outfits are your friend. You can even wear clothes picked up from your floor, just make sure your clothes are clean and comfortable. Find a T-shirt, jeans, and slippers or sneakers. Ladies, dresses and rompers are the easiest outfits to slip on in a hurry. Don't forget a jacket if you get cold easily.

4

If you struggle with bedhead, a hat or beanie is the quickest way to conceal messy hair. Can't find one? Fix short hair by smoothing a bit of water and hair product through, then brushing through hair or styling with your fingers. Throw long hair into a ponytail, braid or messy bun; this works well on unwashed hair.

5

Makeup can be done in a minute. Apply a bit of foundation, concealer or BB cream under your eyes and on the sides of your nose. Your face will instantly look brighter and more awake. If you're feeling ambitious, run some mascara through your lashes and apply a tinted lip balm.

READY IN

5

How to not look like a mess in the morning



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Apps for studying

NICK HUTH
SPORTS EDITOR

1. StudyBlue

Flashcards are a useful studying tool that often prove too unwieldy to use consistently. They get lost, damaged or your handwriting is too messy to understand. StudyBlue attempts to avoid those problems with a crowdsourced approach to flashcards. The free app lets students make their own sets of flashcards, but the true power of the software is the sharing of content between all of the students that use it. More than 200 million flashcards have already been assembled for users to browse, making the common subjects more convenient to learn about. The app also keeps track of your work as you progress through a set of flashcards and can even assemble intuitive study guides containing multiple topics.

PRICE: FREE

With most students taking two years of a foreign language, it's important to find interesting ways to study. DuoLingo supports nine languages with a lesson plan comprised of branching paths, reward systems and quizzes that track your progress. The app even lets users take advantage of the mobile platform with visual, written and oral ways to learn about a foreign language. Your success in the app is tracked via gold and a health bar similar to a classic video game, offering game-like challenges that'll have students working harder to pass that quiz without getting a question wrong.

PRICE: FREE

3. Google Drive

Google's cloud service might be something that students have used before on their computers, but the Android and iOS app turns the platform into one of the easiest ways to collaborate with classmates and study on the go. The free app lets users edit, view and share anything from their smartphone, including spreadsheets, documents, presentations and more. With a little proper planning, the app can also serve as a note-taking platform that lets students take notes on their computer and have access to those notes anywhere.

PRICE: FREE

4. iStudiez Pro

For the person that would rather use a single app to keep track of their classes, assignments and schedules on multiple platforms, this is a worthy investment. The software lets users set up their semester schedule, including class times and locations, while sorting the semester by color that syncs with other calendar apps you might already use. Students can input assignments, projects and exams, while the app helps remind them with push notifications and day-by-day coordination.

The iOS app requires an initial investment of \$2.99, but the potential for expanding this app onto every platform you own is what makes it more than the average experience. There is a \$9.99 program for both Windows and Mac that allows students to sync their schedule and planner on their laptop or home computer. Despite the initial cost, the final result is a comprehensive app that keeps you on schedule.

PRICE:
\$2.99 FOR IOS, \$9.99 ON MAC AND WINDOWS

2. Khan Academy

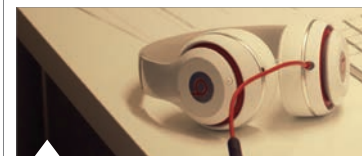
Khan Academy is an encompassing education platform that found most of its success as a website. Now, students can learn on the go via their smartphone and tablet app. Best used when your professor's lecture and textbook begins to lose its impact, the app's library of interactive articles and videos can break the monotony that most often comes at the end of the semester. Use the app as a last-minute review tool for science, math and other subjects without the inconvenience of textbooks or played-out lecture notes.

PRICE: FREE

Fun ways to study

KELLY SLOAN
STAFF WRITER

Finding fun ways to study can be difficult for every kind of student. Maybe you didn't develop good study habits in elementary school, yet here you are at university. You must be doing something right. If you do have days when studying is an overwhelming chore, here are some ideas to get you in the mood:



Playing catchy music

Getting motivated to study can be difficult on any day, especially with the stress of doing well on an exam or research for a project. Listening to music can help motivate you to study. However, finding the perfect genre of music can be the hardest test of all, so find what works for you, such as classical, Broadway hits, country or techno.



Take dance breaks

Taking time for study breaks is important when studying for multiple exams. Be sure to get up and move around after sitting for hours at a time. All you need is a 10-minute break to jump and dance around to stimulate your body and mind to get back to studying.



Study in a group

Motivation is key when trying to study. Grab a few classmates or a friend and head to the library or nearest coffee shop.



Studying outdoors

Breathing fresh air can help clear your mind. Being cramped in a small room or behind a compact desk can make anyone feel tense and stressed. Next time you need to review a few chapters or readings, head out to the park and find a nice, quiet area to settle down for a few hours and crank out those chapters.

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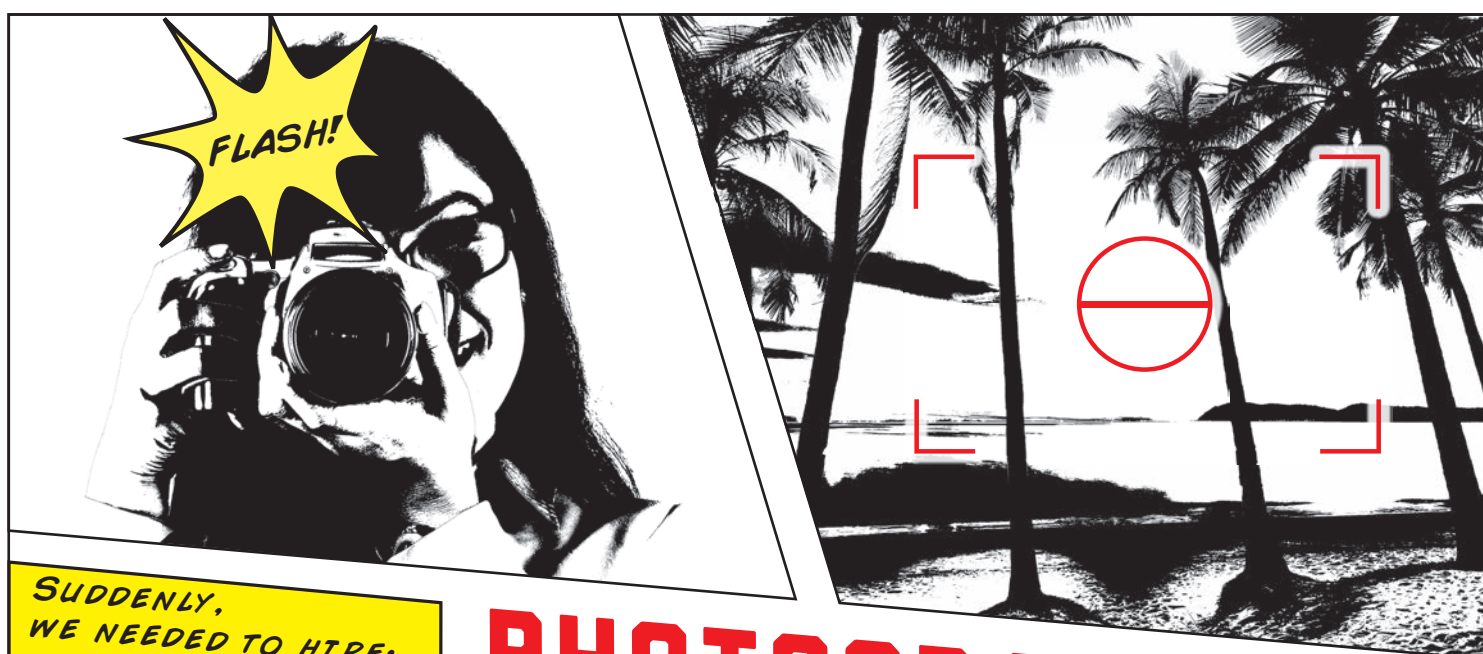
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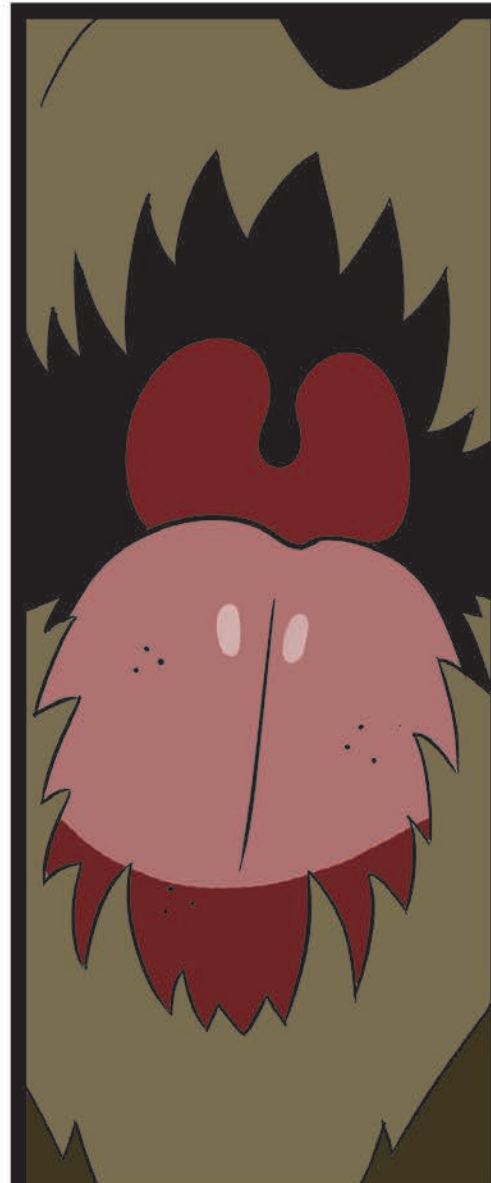
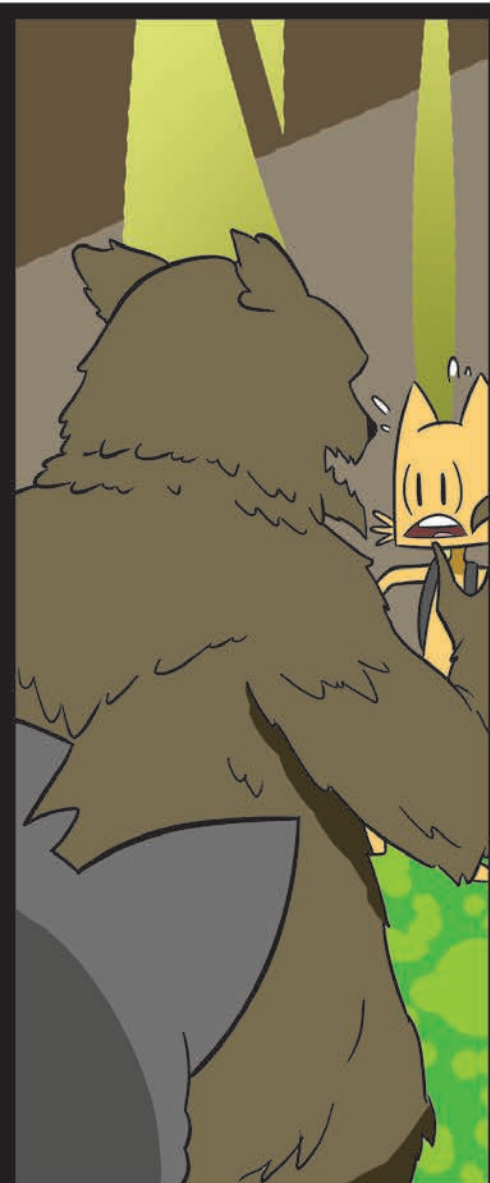
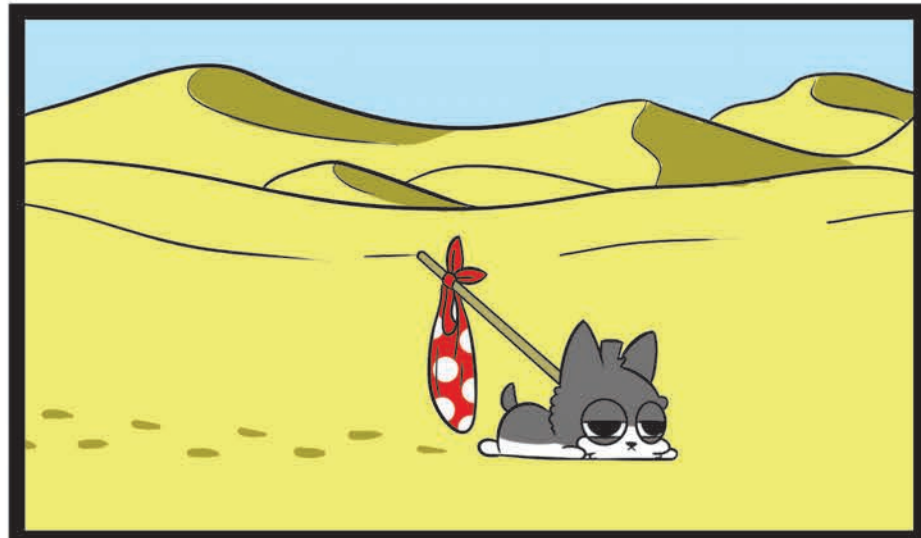
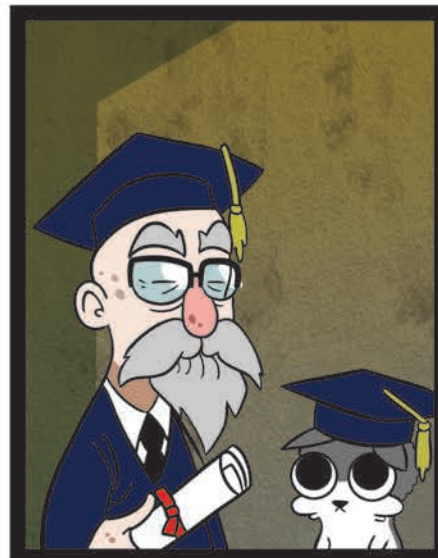
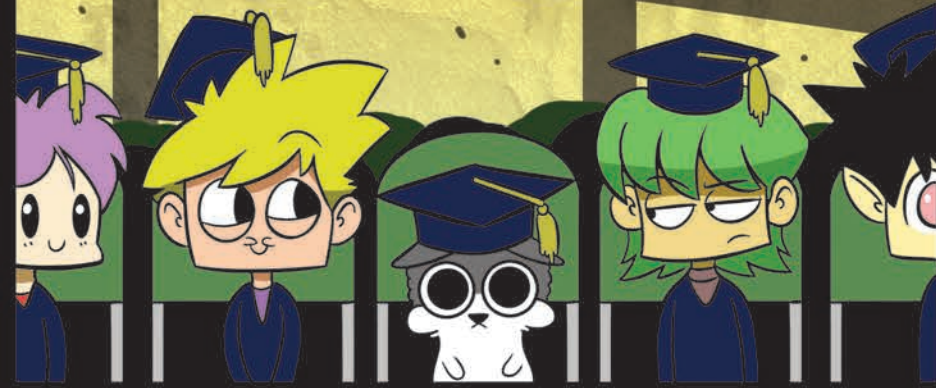
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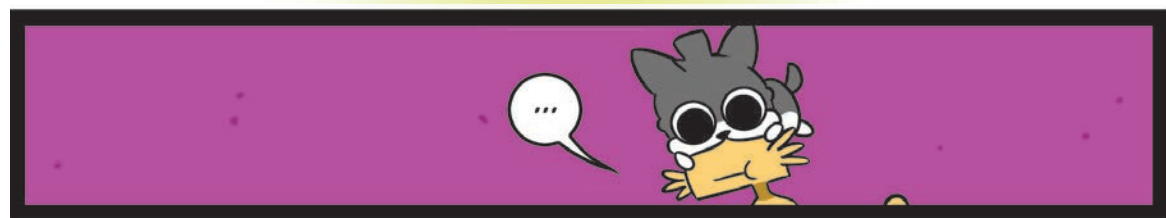
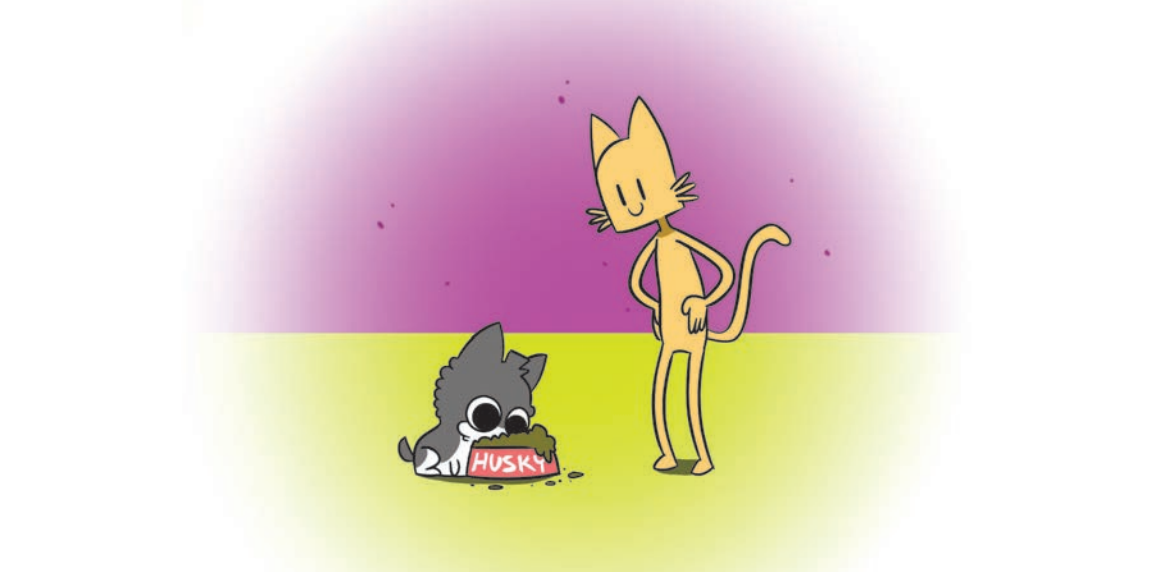
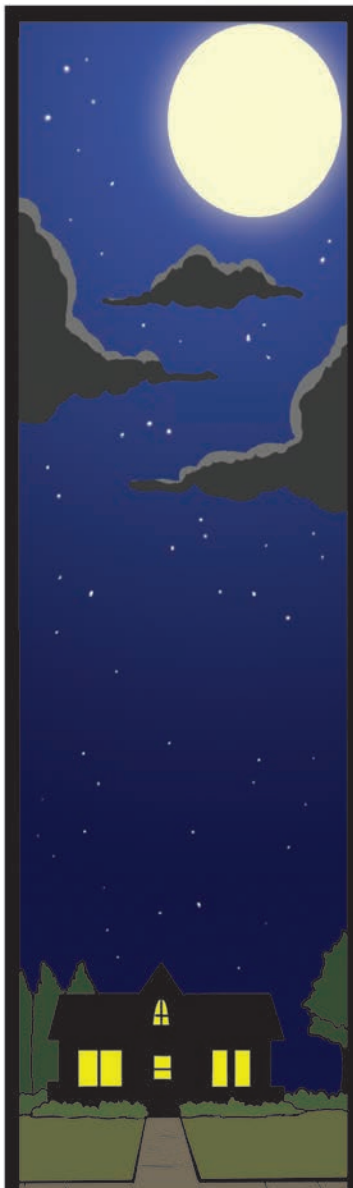
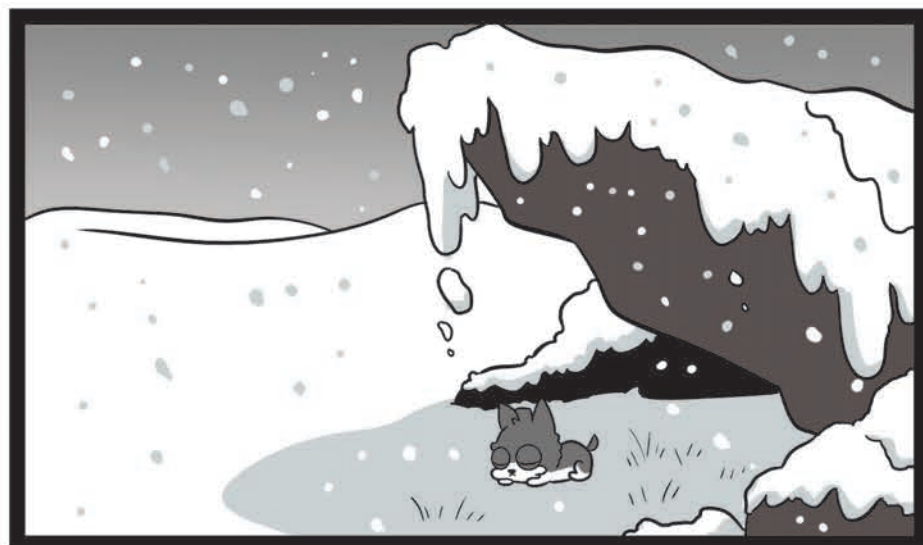
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HUSKY: THE ORIGIN STORY

NICHOLAS SMITH

Long, long ago...





THANKS FOR READING! STAY TUNED FOR UPDATES AT [FACEBOOK.COM/KALEOHUSKY](https://www.facebook.com/kaleohusky)

A note from the artist:

For more than four years, I have served Ka Leo as a comic artist. For most of those years, I have also served as its comics editor. In the time I've spent there, many faces have come and gone from our office. It's an eerie sensation to know that mine will now be gone as well. You may not have read it before, but "Husky" is a comic strip I've drawn for this newspaper over the past two years, spanning more than a hundred strips. It's something that I can safely say has brought greater

joy to others than it has to me, personally, but I think that's what my job as a comic artist is all about. What you've read is my final "Husky" strip to run in Ka Leo. It's also my final comic strip as a member of Ka Leo and as a student of this university. I hope you enjoyed it.

—Nicholas Smith

How to avoid failing your finals

DAVID HERMAN
SPECIAL ISSUES EDITOR

There is no sweeter moment spent than time wasted avoiding something you have to do. While this may not be true for everyone, practiced procrastinators will understand that the more important the deadline, the easier it is to get distracted. Thus, there are few events more tempting than finals. Don't fly into this minefield blind. Just as important as knowing what you should do to make studying easier, you also need to know which common pitfalls to avoid.

DON'T FINISH THAT SERIES THAT YOU'VE ALWAYS BEEN MEANING TO FINISH

A good TV series can transport you to fantastic worlds of mystery, drama and/or joy. However, by far, the most fantastic thing about these new worlds is that in them your deadlines don't exist. A cliffhanger series will leave you in the lurch 24 episodes a season, always pushing you to watch just one more before you get back to studying. After all, if you were to start studying after that last exciting episode, you'd just be too distracted to do any work.

DON'T STUDY WITH SOMEONE YOU'RE ATTRACTED TO

While there are certain exceptions to this rule, it's generally not a good idea to be around anyone who's too engaging. Sex generally makes idiots of us all, and if your distractible brain starts to search for an alternative to studying, it'll become all too easy to become preoccupied with sexual tension or fantasy.

A good study buddy is someone whose presence you can for the most part, completely overlook. Married couples or long-term relationships might be fine study partners in that regard.

DON'T DECIDE TO START CLEANING EVERYTHING

If you're cleaning off your desk or just folding a load of laundry there's no problem. These are nice, efficient breaks doing something you'd have to do eventually anyway. What you have to watch out for is hiding behind lesser responsibilities to avoid the greater.

When you're free to entertain yourself however you see fit, cleaning your room is a pain to be postponed. However, when measured up against the high pressure of studying for your finals, cleaning can be a guilt-free escape. Your room might need cleaning, but it doesn't need to be cleaned right now.

DO NOT START SOMETHING THAT YOU WILL WANT TO FINISH

Do not tempt yourself with escapist distractions like this. Even though they're longer, a movie might even be preferable. A two-hour-long movie may seem longer than a 22-minute episode, but an entire season usually lasts about 8-10 hours. Avoid this like quicksand.

DON'T BRING YOUR BOOKS TO ANY NON-STUDY ACTIVITY HOPING YOU'LL GET SOME STUDYING DONE

Of course, if you have an uneventful job or long periods of travel, this might end up being a great way to encourage studying. These situations are usually unavoidable, so you're just making the best out of a bad situation. What I refer to are optional outings that you simply don't want to miss where you bring along your books so you can get some studying done while you're out and about.

This is an idiotic compromise and one that's made all too often. You won't get any studying done at a party, so stop trying to convince yourself that you had good intentions. If you're going to study, pick a spot where you can get some studying done and go there. If you're going somewhere with family or friends, you're either not going to get any work done, or you're going to be rather rude when you end up ignoring them. Either way, it would probably have been better just to stay home.

DON'T CELEBRATE WITH FRIENDS WHO FINISHED THEIR FINALS BEFORE YOU

It takes a special kind of narcissist to ask a friend to blow off studying for finals so they can celebrate the narcissist's finished finals. Of course, you can't expect anyone to know when your finals finish, so really, the weight of responsibility lies with you saying no if the offer comes along. Alcohol and parties have existed for thousands of years, and it's likely that they'll continue to exist the day after your exams. You're not a bad friend for saying no, but they are if they insist despite your responsibilities.

DON'T STAY UP TOO LATE STUDYING

Sometimes it can't be helped, but most of the time when it can't be helped, it's your own fault for waiting until it couldn't be helped. A tired brain is an inefficient brain, but a much bigger danger is the poor decision-making that comes with extended sleeplessness.

In a state of exhaustion, you can't guarantee that you'll make rational decisions. You might show up at the exam at the wrong location or time; you may decide to take an hourlong nap before your exam and incorrectly set your alarm; or maybe you'll end up applying for a position at your school newspaper. Faculties uncompromised, you might've known better, but you'll always have to live with the consequences of your carelessness.



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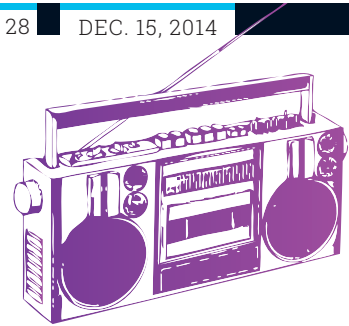
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EDITOR’S STUDY
MUSIC PICKS

COMPILED BY EVANGELINE COOK
ALOHA NIGHTS COORDINATOR

- 01. The Magic Flute — Mozart
- 02. Daydreamer — Adele
- 03. Slammin’ — Nick Colionne
- 04. Dust Clears — Clean Bandit
- 05. Elegant Nights — Gregg Karukas
- 06. Lacrimosa — Mozart
- 07. Thinkin Bout You — Frank Ocean
- 08. Ordinary People — John Legend
- 09. Everlasting Love — Jamie Cullum

COMPILED BY ANGUSINA CAMPBELL
STAFF WRITER

- 01. Eine Klein Nachtmusik — Mozart
- 02. Deux Arabesques — Debussy
- 03. The Blue Danube — Strauss
- 04. Rhapsody in G Minor Opus (Op.) 79 No. 2 — Brahms
- 05. Four Seasons — Spring— Vivaldi
- 06. The Sunken Cathedral — Debussy
- 07. Ode to Joy — Beethoven
- 08. Nocturne in F Major Op. 15 No. 1 — Chopin
- 09. Canon in D Major — Pachelbel
- 10. Fantasie-Impromptu no. 16 — Chopin
- 11. 1812 Overture (Finale) — Tchaikovsky
- 12. Rondo Alla Turca — Mozart
- 13. Prelude in C Sharp Minor from The Well-Tempered Clavier Book 2 — Bach

SOURCE: PIXABAY



How to construct a
personal study playlist

EVANGELINE COOK
ALOHA NIGHTS COORDINATOR

Some people enjoy listening to music while studying, but others become distracted. If you prefer music when you study, here are tips that will help you create a study playlist to enlighten your brain waves.

Think of your favorite songs. When trying to add songs to your playlist, the first couple of songs that come to mind are usually your favorites. Add these songs to your playlist, but remember this isn’t for a party. **Keep your playlist calm and classy.**

It has been scientifically proven that Mozart improves mental performance, a phenomenon called the “Mozart Effect.” If you want a successful study session, classical music might be what you need. **Explore the world of Mozart** and add some selections to your playlist.

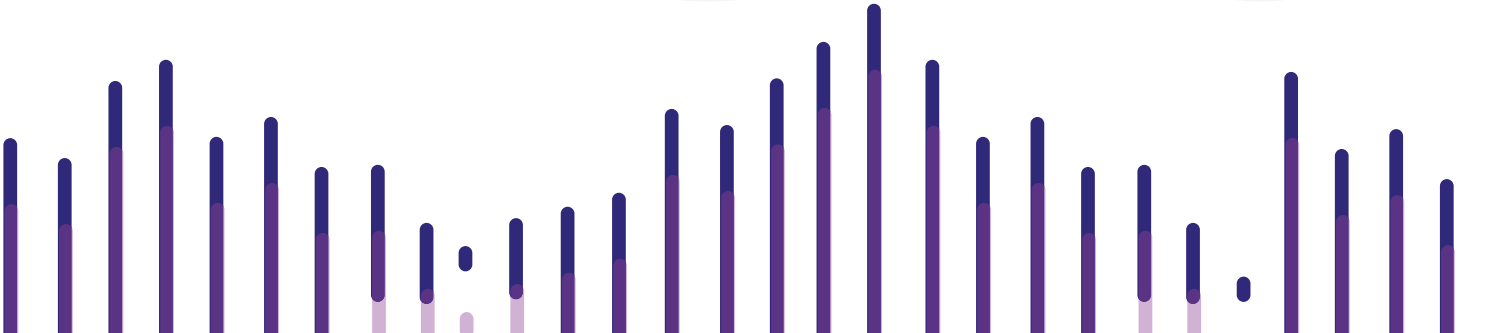
Another genre of music helpful when studying is **smooth jazz**. It is soothing and keeps a tempo, so you can tap along with your foot. If you are opposed to jazz, try some R&B. It has the same soothing effect and helps focus.

There is no need to listen to your music at a loud volume. Set your completed playlist at a **moderate level**. The louder your music, the more distracted you will be, and loud music raises your stress level. Avoid disaster; keep it down.

Mix up your music. Randomly mix your genres. If all your favorite songs are in a row, you will become too distracted to get any work done.

Create 40-to-50-minute-long playlists, so you won’t have to search for a new song every time one ends. Once the **40-50 minute playlist** is over, take a quick break.

SOURCE: UNSPLASH



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 **KALEO** THE VOICE

The necessity of networking



◀ UH ALUMNI / FLICKR
UHAA members mingle with fellow graduates at the Distinguished Alumni Awards dinner.

ERIC ANCHETA
STAFF WRITER

Building professional relationships through networking is an important tool for new graduates.

Networking is twofold; firstly it can open up new opportunities in job searching. Secondly it can lead to mentorship from peers and career professionals.

University of Hawai'i alumni can help to build a professional network by joining the University of Hawai'i Alumni Association (UHAA). Joining a college alumni association can be a way to network with other individuals that share a common bond. The UHAA offers all graduates from all 10 campuses of the

accomplishments from UH alumni through email, he said.

"There is so much amazing good that our alumni do throughout the world alumni in Japan helping to clean up the communities. Those types of pride-building things," Ing said. The more we do, the greater the value the community will see in a degree from the UH."

UHAA sponsors events such as a Life Member Event for special UHAA members that hold lifetime memberships and a Distinguished Alumni event for those alumni that have made outstanding contributions to the community and the state, Ing said.

A large program that is in the works for the UHAA is a mentor-

ers grade social profiles. The most favored aspects are volunteer service or donations to charity, and least favored are drug references, sexual post and profanity.

Jobvite found that 48 percent of potential employers or company recruiters always check potential new hire's social profiles even if a link is not provided.

LinkedIn can be a great resource to utilize for creating a professional network through social media, according to Tiffany Young, a UH Mānoa alumna. There is even a job search option to search for alumni from UH on LinkedIn.

"Fellow UH alumni are the best people to connect with in your professional network. I have co-workers that network with other alumni's from their alma mater as well. It is a common practice in the business field," Young said in a phone interview.

There is a sense of camaraderie between those who went to the same university, especially between UH alumni, she said. It is known that fellow alumni help one another out and there is a benefit to networking with other alumni from your alma mater.

"University of Hawai'i isn't something you see on a resume everyday," Young said. "Hawai'i alums try to help each other out. Good people come from UH."

UH alumni can help to build a professional network by joining the University of Hawai'i Alumni Association.

UH system a free basic level membership. UHAA offers two other paid tiers that have different benefits.

"Steps in building a network with the UHAA is kind of a two-step process. We are only as good as the data we have," UH Foundation associate director of alumni relations-marketing and communications, Timothy Ing said.

New graduates are encouraged to keep their records updated with UH Foundation so UHAA can share important news with graduates, according to Ing. UHAA sends out chapter news and current events or

ship/mentee and job search program. This is currently up for review on the UHAA website and the program is expected to start this spring.

SOCIAL NETWORKING

According to a survey on jobvite.com, 93 percent of recruiters or human resources employees will check a potential new hire's social profile before making a hiring decision. In this same survey it ranks the top social networking sites used by potential employers as LinkedIn and Facebook. The survey gives a rubric of how employ-

SOURCE: UH ALUMNI / FLICKR ▶
UHAA set up an informational table to hand out pamphlets on its program at the Road Warrior Tailgate for the UH vs. SJSU game.



▲ SOURCE: UH ALUMNI / FLICKR
UHAA members pose during Homecoming 2014.



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FILE PHOTO / KA LEO O HAWAII



STUDY BREAK TIPS

ABBYGAIL SADOY
STAFF WRITER

Are you ready for the season of all-nighters, caffeine and sweatpants? Neither is anyone else. Finals week is right around the corner and no one, from procrastinators to overachievers, is looking forward to the least wonderful time of the year. During the final days of school, find the strength to avoid Netflix and instead refresh yourself on the weeks of notes laid before you. Of course, you can't let yourself go crazy. The best way to study is to focus for between 40-90 minutes, then have about a 10-minute break. It's important to take the right kind of breaks so you don't get distracted.

Eat something

Keep your energy up. Replenish your body with simple and tasty snacks that will last for a short period of time. You can cook it ahead of time before you study, or you can have something as simple as trail mix, fruits, chips or Pop-Tarts. Either way, your body needs food to refuel and maintain focus.

Take a short walk

This is a good way to stretch out your muscles and get more oxygen to your brain. If you're at the dorms, you can take a walk to The Market and back, or if you're in Sinclair, walk from one end of the library to the other. Wherever you are, take a few minutes to breathe some fresh air. You can revisit your work with fresh, relaxed eyes and muscles.

Do some reading

Learning about the anatomy of the human body or reviewing physics formulas can be exhausting. To keep yourself sane, take a few minutes to read an article in a magazine or few pages of a book that is unrelated to the material. Leave the complicated terminology for a while to refresh yourself when you start studying again.

Complete a chore

Call this a proactive two-in-one. Have dishes in the sink? Messy counter? Unorganized desk? Do it. As long as the chore doesn't exceed the allocated amount of time, take the chance to tidy something up. Your mind will have a break from your work while you take care of something else.

Meditate

Taking some time to meditate with yoga or even something as simple as listening to music can be a huge stress reliever. During your 10 minutes, take this time to "reset" for the next round of studying. Clear your mind of your current stresses and bring forth a new set of thoughts. Be wary, though. If you decide to meditate with your eyes closed while doing an all-nighter, you risk falling asleep. Tread lightly.

Play puzzles

Word games, crosswords, Sudoku, anything. Not only are they fun, they keep your mind alert and focused. Stay sharp and keep yourself in check. They can be found easily in newspapers, cheap game books or online.

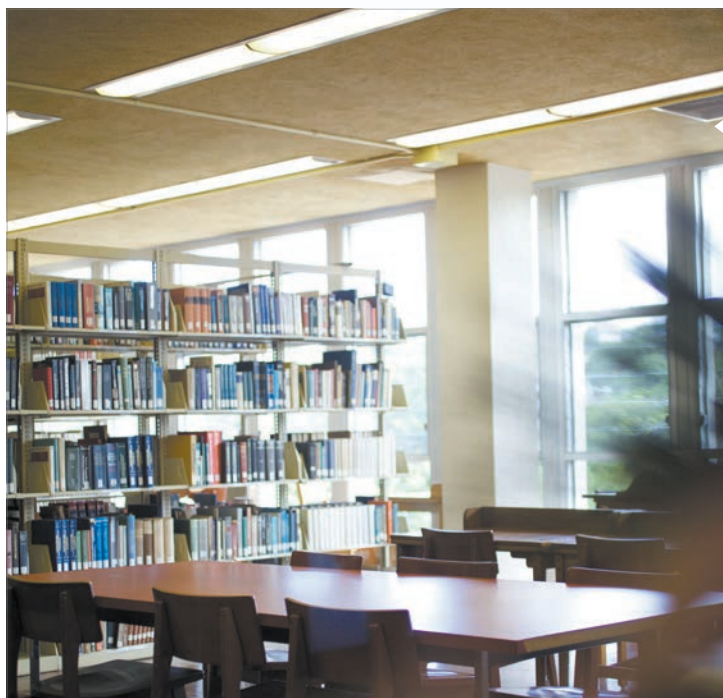
Study the whole night through

On- and off-campus study areas

ANGUSINA CAMPBELL
STAFF WRITER

Sinclair Library

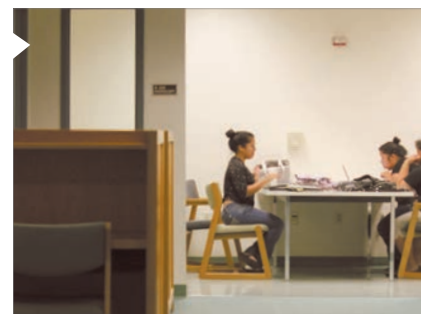
Sinclair will be open 24/7 until Dec. 19, according to the Student Success Center website. Sinclair has a major study area on the ground floor, with tons of study pods. Some have electrical outlets. Students may also even study in outdoor areas. Sinclair's study rooms may be reserved for students who wish to study in large groups. There is also a computer lab available. Sinclair is air-conditioned on the third floor only. Food and drinks are allowed. You are required to show your UH ID to the security guard next to the front door to enter from 9 p.m. to 6 a.m.



FILE PHOTO / KA LEO O HAWAII

Hamilton Library

Students may use the computers in Hamilton Library. There are study desks on multiple floors, and different study lounges may be reserved. Hamilton also has a study area on the third floor of the main building. According to the University of Hawai'i at Mānoa library website, Hamilton Library will close every night at 2 a.m. from Sunday, Dec. 14, to Thursday, Dec. 18, and it will open daily at 7 a.m. from Monday, Dec. 15, to Friday, Dec. 19. Hamilton is air-conditioned. Food and drinks are not allowed.



FILE PHOTO / KA LEO O HAWAII



FILE PHOTO / KA LEO O HAWAII

Kissaten Coffee Bar

Kissaten is open 24 hours and is located on Pi'ikoi Street near Ala Moana. Order from their overnight menu and sip a caffeinated beverage while you study. Prices range from \$4 parfaits to entrées around \$10.

POST

(Pacific Ocean, Science and Technology building)

POST's second floor has a study lounge where students can work in groups at the large tables or by themselves at the smaller coffee tables. There are two full-sized whiteboards on each side of the room for students, and markers and erasers are provided. POST has electrical outlets for charging laptops, so select your study spot strategically. UH Mānoa Wi-Fi has a strong signal. Food and drinks are allowed, and there are vending machines downstairs. POST's front doors are locked late at night, but side doors are often left open. POST is open seven days a week. It is air-conditioned.



ANGUSINA CAMPBELL / KA LEO O HAWAII

THE

Happy Holidays

TO WHICH WE REFER

DAVID HERMAN
SPECIAL ISSUES EDITOR



CHRISTMAS

Dec. 25 yearly

REASONS FOR CELEBRATION

For some, Christmas is all about Santa Claus and the season of giving; for others, it is a Christian holiday that celebrates the birth of Jesus Christ. Both figures remain an important part of the holiday.

SYMBOLS OF SIGNIFICANCE

Nonreligious Christmas symbols include decorated trees, wreaths, elves, reindeer, stockings hung on a wall, candy canes, gingerbread and a green/red color scheme.

The primary Christian symbol of Christmas is the nativity scene, typically consisting of a stable containing figurines of Mary (mother of Jesus), Joseph (adoptive father of Jesus), baby Jesus, three wise men of varying ethnicities, shepherds, sheep and sometimes the angel Gabriel.

TRADITIONS AND ACTIVITIES

Christian Christmas traditions vary, but a Christmas sermon at church is common enough to mention.

The significance of Christmas as a holiday can be inferred from the musical attention given during the season. While popular songs eventually fade within their genres, moved to oldies stations, Christmas music has endured, mostly unchanged. While modern artists may contribute a cover of an old classic, new songs are rare.

Caroling is secular and religious with examples of old songs from both camps including “O Come All Ye Faithful,” “Good King Wenceslas” and “Silent Night.”

Pagan Christmas traditions are well-known. Gift-giving is a large part of Christmas, with Santa’s primary role as a worldwide giver of gifts and arbiter of child morality. Good children are given gifts, while bad children are given lumps of coal. Previously, bad children were punished more harshly.



KWANZAA

Dec. 26 - Jan. 1

REASONS FOR CELEBRATION

Created in 1966 by Dr. Maulana Karenga, Kwanzaa an American holiday created to have African heritage. Karenga was a professor and prominent political activist during the Black Power movement. The word comes from the Swahili phrase “matunda ya kwanza” which translates to “first fruits.”

There are seven principles of African heritage, called Nguzo Saba, which are celebrated during Kwanzaa: Umoja (unity), Kujichagulia (self-determination), Ujima (collective work and responsibility), Ujamaa (cooperative economics), Nia (purpose), Kuumba (creativity) and Imani (faith).

SYMBOLS OF SIGNIFICANCE

There are seven primary symbols of Kwanzaa. While there are links, they are not tied directly to the seven principles.

- **Mazao (Crops):** Represented by various harvestable goods, this symbol represents the value of hard work and working together as a community.
- **Mkeka (Mat):** The mat, upon which the other symbols are placed, represents the history and tradition of the family’s African heritage.
- **Muhindi (Corn):** This represents the children and the promise of a future they bring.
- **Mishumaa Saba (Seven Candles):** Seven candles, representing each of the Nguzo Saba, are lit each day. Whatever candle is being lit represents the principle being celebrated that day.
- **Kinara (Candle holder):** This symbol represents the ancestors. The Mishumaa Saba are placed in the Kinara.
- **Kikombe cha Umoja (Unity Cup):** The cup is used on the sixth day of celebration, where everyone shares a drink from it, symbolizing the unity of the community.
- **Zawadi, the Gifts:** Gifts are given on the final day of Kwanzaa. Although the focus is more on the children the entire family can participate.

TRADITIONS AND ACTIVITIES

While many of the traditions are described above among the symbols, a few more traditions worth are mentioning. Each day, with the lighting of a new candle among the Mishumaa Saba, the respective principle is discussed. There’s also a feast, decorations, music and artistic performances.



HANUKKAH

Dec. 16 - 24 for 2014

REASONS FOR CELEBRATION

Hanukkah (also spelled Chanukah or Chanukkah) is a non-biblical Jewish holiday also called “The Festival of Lights.” The Gregorian calendar date changes yearly, as Hanukkah follows the Hebrew calendar, but the holiday generally occurs during December, though occasionally in late November.

In 165 B.C., the Hebrews successfully liberated the Second Temple in Jerusalem, primary temple of the Hebrews. The temple, under Greek occupation, had been turned into a temple for Zeus. The Hebrews rededicated the temple to their god and were required to keep the temple’s menorah lit every night.

However, the menorah required kosher oil, but there was only a single flask with enough oil to burn for a single day. It would take eight days to make more. Somehow, that single day’s supply managed to last for all eight days. It was this miracle that birthed the holiday of Hanukkah.

SYMBOLS OF SIGNIFICANCE

The menorah is the primary symbol of Hanukkah, lit every night throughout the celebration. The traditional menorah found in the temple has seven lamps. However, the Talmud prohibits its usage outside a temple, so the Hanukkah menorah differs, holding nine lights. One of the nine lights is positioned higher than the other eight, called the shamash, the attendant candle. The other eight lights represent the eight days of Hanukkah, and an additional light is lit every evening until all are lit on the eighth evening.

During Hanukkah It’s common to see a dreidel, a four-sided spinning top game with a different letter on each side. The letters on the dreidel spell out a Hebrew initialism that stands for “Nes gadol haya sham,” meaning, “A great miracle happened there.”

TRADITIONS AND ACTIVITIES

Aside from the lighting of the menorah and playing with the dreidel, it’s traditional to eat fried foods on Hanukkah, specifically, potato pancakes (latkes) and round jam-filled doughnuts (sufganiyot). Gelt is a tradition where children are given a small amount of money every night.



What to do before you graduate

IKAIKA SHIVELEY
ASSOCIATE FEATURES EDITOR

A DAY FOR YOURSELF

If you aren't from the island and will be returning home after graduation, save a day to experience the adventure and beauty O'ahu has to offer. Don't have a car? Rent one though the Enterprise CarShare service on campus. While the cost for daily use is around \$80, it's a necessity if you want to travel around the island. Even if you have grown tired of the island when homesickness reaches an all-time high, you won't regret a day of fun in the sun. After going to your favorite beach you haven't had time to visit since freshman year, head to a favorite restaurant or even a landmark you've missed since your time in Hawai'i.

PARTY

Partying is a major part of college life. Since your tenure at the university, you have learned the do's and don'ts of college partying, and it's time to use these for a mayjah rayjah. Celebrate graduation by inviting the friends you've made over the four-plus years to celebrate this milestone.

USE UH I.D.

As University of Hawai'i students, we own a UH I.D. and are able to utilize our student status in a variety of ways. One of the most popular uses is for sporting events. Take advantage of a free ticket. You may not be a fan of sports, but live sporting events are better than televised ones. Besides saving some money, your inner Mānoa Maniac will be released as you partake in school spirit. If sporting events aren't for you, you can use your UH I.D. at the Student Recreation Center. Want to go camping? The Student Recreation Services (SRS) has tents that can be rented for \$7-\$12 a day, depending on the size. For those who love the ocean, SRS has fins, snorkels, kayaks, paddleboards and surfboards. All that is needed is a refundable deposit for the equipment, and it's time for adventure.

PIDGIN

Hooo brah! As time fo find dat unko fo help hammah dakine pidgin skillz . Foya braddas and sistas back mainland, pidgin going seem dakine hammajang. What betta way fo show how akamai you, den speaking ladis to yo ohana an adda people who not goin know what stay comin outta yo mout.

GAVIN SHIGEMOTO / KA LEO O HAWAII'; SHANGE GRACE / KA LEO O HAWAII'

Stay in shape over winter break

IKAIKA SHIVELEY
ASSOCIATE FEATURES EDITOR



TIEN AUSTIN / KA LEO O HAWAII' ▲

It's time to get in shape. Start your New Year's resolution of going to the gym by taking up some sports to get the blood pumping. With three weeks of free time, several workouts can be crammed into the winter break. You may even find a new hobby.

ICE RINK

Whether you're on the mainland or still on O'ahu, getting into the holiday spirit is always fun. Give ice skating a try; it captures the essence of the holidays while exercising your legs and core. If it's allowed, or if the rink is hockey-approved, bring a puck and stick and emulate Wayne Gretzky. Hockey is a strenuous, violence-filled sport, so if there's any anger or bottled-up feelings from the failed organic chem final or about that less-than-mediocre TA, unleash your anger from your fists as you scrap with a defenseman on the opposite team. Not only will you relieve stress, but the punishment will prepare you for the next hectic semester.

RUNNING

Cardio is always a great activity, as it can be performed in a variety of ways, whether it's running to catch the bus that came several minutes early or simply to get

to class on time when you wake up late. Running can be done anywhere, whether it's running on the treadmill or taking advantage of the beautiful scenery around campus.

YOGA AND MEDITATION

While winter break is a short vacation from school, the stress will continue. With last-minute Christmas shopping, drunk uncles, overly passionate aunts and children grabbing ahold of you every second, there needs to be time set aside for peace and quiet. Need serenity? Combine yoga and meditation to reach enlightenment. Don't know any yoga moves? The act of entering your old bedroom will be sufficient. Since your time away from college, your parents got busy rearranging your room to their liking. Maneuvering from the door to bed will invoke yoga moves as you avoid exercise equipment, office chairs and the overwhelming shrine your mother made so she wouldn't miss her child. As for meditation, it may become difficult without this tip: Alcohol will not only relax you, but it will also allow you to put up with the insanity that is your family.

WEIGHTLIFTING

This workout begins as soon as you arrive at the airport. Your immense

amounts of baggage will put a dent in your wallet and also your back. Besides carrying your luggage, you may also be carrying emotional baggage that built up towards the latter part of the semester. As you begin to rearrange your suitcases to get under the maximum weight limit, tears will be shed as you suffer a mental breakdown. Don't beat yourself up. You have plenty of years to improve your weightlifting skills.

COMPETITIVE EATING

The most fun of all winter break activities is eating. However, this is no ordinary stroll in the park. Your mind and meal plans have been readying you for this moment since you first stepped foot on the UH campus. At first, the cafeteria seems like a gold mine, but students quickly learn that it's the fool's gold of edible cuisine. Having not had a real meal since you left home, your stomach has been praying for well-prepared food. Whether it's your mother or grandmother, an endless supply of gourmet food will follow. Bring out your inner Joey Chestnut and chow down.

//////////////////////////////////// Ka Leo O Hawaii'

Careers begin here... Mānoa Career Center:

EMPLOYMENT

ON-CAMPUS PART-TIME

COMPUTER LAB MONITOR

Languages, Linguistics & Literature
\$9.55/hour
Close Date: When filled

Provide assistance to instructors and students using the labs. Provide basic troubleshooting of computers and printers. Keep printers supplied with paper. Ensure that computer equipment and other computer lab property are accounted for and are not removed from the labs. Monitor printer jobs.

UH Mānoa Federal Work Study Students Only

Job Number: **4323**

RESEARCH ASSISTANT

Institutional Research
\$19.35/hour
Close Date: 8/20/15 or when filled

Conduct research and analysis of institutional data related to retention, graduation, enrollment, admissions, budget, and produce various additional reports and tables related to the University of Hawai'i at Mānoa. Types of analysis projects include data formatting and entry for national surveys and the creation of standard reports for office website. Research tasks may include survey design and administration, and participation in campus meetings on various data needs.

Job Number: **95549**

RESIDENTIAL LIFE STUDENT ASSISTANT

Student Housing Services
\$10.60/hour
Close Date: 1/31/15 or when filled

Assist the Residential Life Unit by providing oversight to the daily operation of the Reception Desk, which include the Family Relations & Off-Campus Housing Referral programs. Review and produce correspondence, design brochures, handbooks and campaigns, and review documents. Act in the capacity of a resource and referral agent. Assist with development and implementation of the marketing plan. Assist in development and implementation of a year-round, comprehensive array of programs and services. Assist with special projects as needed and other duties as assigned.

Job Number: **3232**

OFF-CAMPUS PART-TIME

CUSTOMER ASSOCIATE

Anthropologie
\$11.00/hour
Close Date: 1/15/15 or when filled

Our ideal candidate will have an open, friendly demeanor, an unending love for our product, and a passion for life's color. They will have an eye for detail and will be able to apply that to the cultivation of a store environment that surprises and delights our customers each time they walk through our doors. As a Customer Associate with Anthropologie, you will exceed the customers' expectations in helping her find everything she needs, while working as a team to create an unimagined store experience.

Job Number: **137546**

PHOTOGRAPHER/ CUSTOMER SERVICE

Star of Honolulu
\$8.00/hour
Close Date: 12/31/14 or when filled

Provide excellent photography techniques to create lasting memories of the experiences for our guests and provide outgoing customer service and facilitate transactions. This position pays \$8.00 per hour plus commission. You must be able to lift 15-20+ pounds, able to walk up and down stairs easily, able to work in tight quarters, able to work well with others, able to work on weekends and holidays, have experience in both P&S & SLR digital camerasm etc. No experience necessary. Will train. Refer to job listing for various shifts available.

Job Number: **137324**

GUEST SERVICES ASSISTANT

The Institute for Human Services, Inc.
\$9.50/hour
Close Date: 3/3/15 or when filled

Ideal candidates will be responsible for maintaining the safety and welfare of IHS guests, visitor, volunteers and staff. Assistants will maintain the cleanliness of shelter, perform confiscations and searches and enforce house rules to all persons on the premises while treating everyone with respect and dignity. Assistants will also supervise in-house and community volunteers, observe, evaluate, document guest behavior and provide support to other programs when needed.

Job Number: **108902**

OFF-CAMPUS FULL-TIME

MECHANICAL AND ELECTRICAL ENGINEER

Notkin Hawai'i
Salary: TBD
Close Date: 2/28/15 or when filled

Electrical engineer will assist the lead electrical engineer in designing electrical distribution, lighting and control, power systems, etc. Candidates will be heavily involved in developing technical drawings and plans for various projects. Mechanical engineer will assist the project engineers in designing HVAC, fire suppression systems, etc. Candidates will be heavily involved in developing technical drawings and plans for various projects, etc.

Job Number: **137902**

HR CLERK

JTB Hawai'i, Inc.
Salary: \$11.85/hour
Close Date: 1/30/15 or when filled

Duties include but are not limited to: Assist in ensuring the New Hire Personnel files are complete and follow up on any missing documents; Maintenance of personnel files, including filing of day to day documents such as counseling forms, evaluation forms, timesheets and benefit and payroll forms; Filing and maintenance of various forms for new hires and terminated employees, etc.

Job Number: **137943**

CASE MANAGER TEAM LEAD

Mental Health Kōkua
Salary: \$40,000.00 - \$65,000.00
Close Date: 12/31/14 or when filled

Under administrative supervision, provides ambulatory behavioral health services including evaluation, diagnosis, treatment planning, case management and psychotherapeutic intervention provided to individuals, families, groups and/or intensive outpatient programs; provides services to adults of all ages; supports compliance with code of ethics; maintains confidentiality; protects organizational assets; exhibits ethics and integrity; adheres to applicable federal and state laws and regulations, accreditation and licensing requirements, policies and procedures; etc.

Job Number: **137867**

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.

MECHANICAL AND ELECTRICAL ENGINEERING CO-OP

Notkin Hawai'i
Compensation: \$15.00/hour
Close Date: 2/28/15, but applications forwarded to employer upon receipt

Notkin Hawai'i Co-ops will assist project engineers with various mechanical and electrical system designs for luxury high-rise buildings. Co-ops will also be heavily involved in developing technical drawings and plans, and may also assist with calculations for various design and LEED applications. Qualifications: Jr. or Sr. in Mechanical or Electrical Engineering with at least 2 semesters remaining before graduation. Minimum GPA of 3.2 preferred.

Job number: **137905**

GRAPHIC ARTS AND DESIGN INTERNSHIP

B+G Innovations
Compensation: \$10.00/hour
Close Date: 2/1/15

The Blue + Green Innovations intern will assist with social media campaigns, and assist in the development of graphic templates, presentation boards, and advertisements. Qualifications: Must be highly skilled in Adobe Creative Suite (Photoshop, InDesign, Illustrator, etc.) and Microsoft Office. AutoCAD and 3D modeling skills are a plus but not required.

Job number: **137704**



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career center

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manoa.hawaii.edu/careercenter



@UHMCareerCenter

To apply for these jobs, go to:
hawaii.edu/sece

COMING UP
THIS WEEK

Thurs • Dec. 18th

Thumpin' Thursdays EDM
9 p.m.
Anna O'Brien's
2440 S. Beretania St.
Cost: Free

Come and see a live DJ every
Thursdays at Anna O'Briens.

Fri • Dec. 19th

**BAMP Project & Goldenvoice
Presents Kid Ink**
8 p.m.
The Republik
1349 Kapi'olani Blvd.
Cost: \$35 GA
All Ages

The Los Angeles rapper,
producer and performer
can seamlessly slip from
an irresistible hook into an
impeccable verse, effort-
lessly bobbing and weaving
between the club and the
streets. There's nobodt like
the tattooed-from-head-to-
toe impresario, and that's
the first thing you'll notice
when you take his full-length
debut, *My Own Lane* [Tha
Alumni Music Group/88 Clas-
sic/RCA Records], for a spin.

Sat • Dec. 20th

**Honolulu Night Market
Rogue Christmas**
6 p.m. - 11 p.m.
Honolulu Night Market
449 Cooke St.
Cost: Free

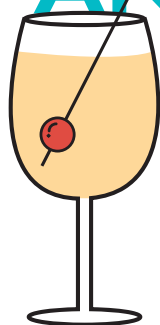
Honolulu Night Market is
closing out its 2014 year with
a Rogue Christmas. Get your
last minute holiday shopping
done, eat good food and en-
joy a few Christmas surprises
in the heart of Kaka'ako.
Check out [Honolulunightmar-
ket.com](http://Honolulunightmar-
ket.com) for more information
on vendors and food trucks
as information is updated.

**BAMP Project Presents
Young the Giant**
8 p.m.
The Republik
1349 Kapi'olani Blvd.
\$32 GA

A dynamic and distinctive
live act, the band has made
a range of high profile TV
performances, spanning
ABC's *Jimmy Kimmel Live!*,
and NBC's *TODAY* and *The
Tonight Show* with Jay Leno
to 2011's MTV Video Music
Awards and their own edi-
tion of MTV's *Unplugged*.

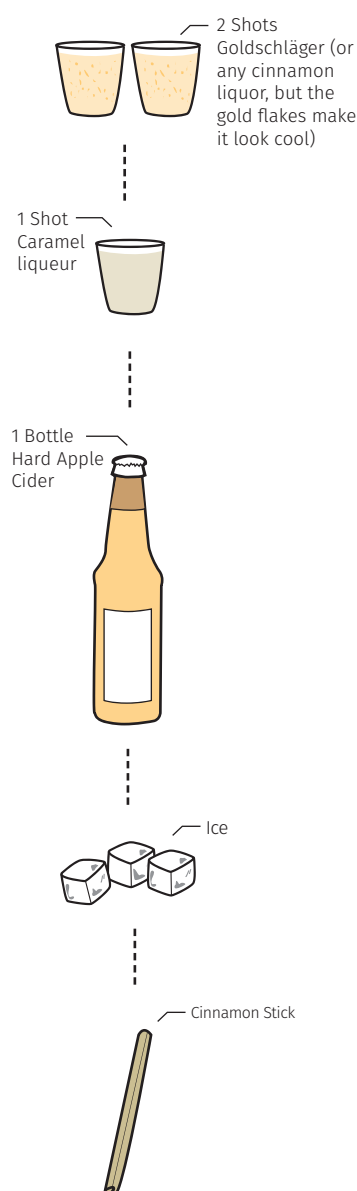
AND TO ALL A GOOD NIGHT

DRINKS TO HELP DEAL DURING THE HOLIDAY SEASON



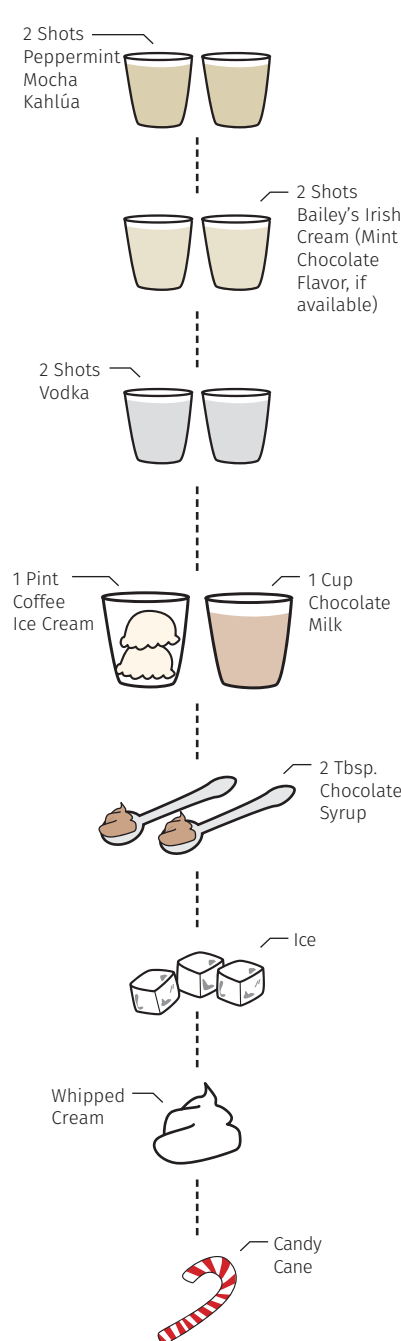
Hana Ah Yo Staff Writer

The holidays: a time when Bailey's for breakfast is socially acceptable, even the oldest relatives get a little tipsy and spending time with family is a blessing. However, the extended period of family bonding may require large quantities of alcohol. To help ease the stress this holiday season, here are a few boozier-than-usual cocktails to help you endure interroga- tion about your future or non-existent romantic relationships.



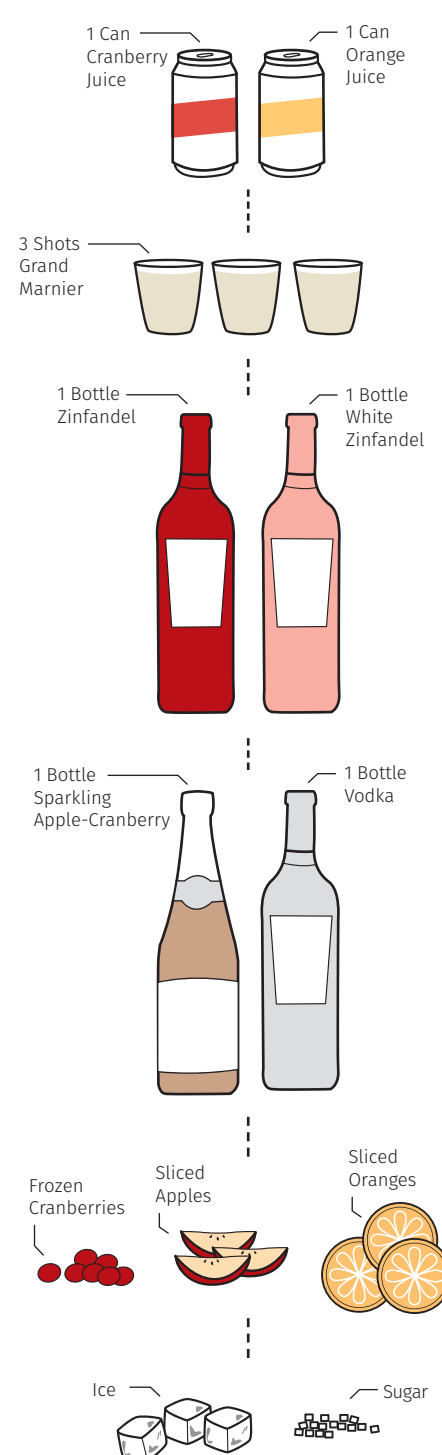
APPLE CINNA-MOM
WAS KISSING SANTA

Fireball and Redd's Apple Ale is already a staple in the college drinking scene, but class it up a notch with Goldschlager and a hint of caramel. Mix all ingredients together, pour over ice and garnish with a cinnamon stick.



MY PEPPERMINT MOCHA MILKSHAKE BRINGS
ALL THE REINDEER TO THE YARD

Blend the first seven ingredients together until smooth and creamy. Pour into a glass and gar- nish with whipped cream, chocolate syrup and a candy cane.



CRAN-ORANGE YOU GLAD
GRANDMA'S DRUNK?

Mix all ingredients together in a punch bowl and add sugar to taste. Adjust quantities to personal preference. It is hard to mess up this recipe, so be bold and don't feel guilty if you drink the entire punch bowl.

• Hear directly from us every week.
Subscribe to our newsletter here: tinyurl.com/qx2wsdl

• **Party:** Going to concerts is a must in Honolulu.
Learn the best way to dress for a concert.

• **Food:** Try something different from the traditional holiday pies. Enjoy a sweet mango crunch.



Kyle Charles Aquino Staff Writer

Most men are simple and easy to please when it comes to gifts, so ladies — no need to stress over this. The fact that you thought of something special to give your man is already significant in itself. So, what do you get him?

One thing to consider is his purchasing power. Does he make enough that he generally buys whatever he wants? If not, then a material gift would be appreciated—especially if you can muster up the funds. If it were going to be such a gift, he would truly appreciate it if it were something he'd have

to budget for.

Guys are generally happy with tech toys. This includes a PS4 or Xbox One (if he doesn't already own one), a GoPro Hero 4, virtually anything from Apple (or Microsoft, if he's anti-Apple), a surf or scuba dive watch, a Bluetooth waterproof speaker, wireless Beats headphones, or even a drone with an HD cam.

Others want more "manly" stuff: guns, ammo, cigar boxes, tools and grill supplies. Nathan Young, a kinesiology major, wants an assortment of swords, knives, and other tacti-

cal ninja-esque weapons — someone who also works part-time at the UFC Gym BJ Penn as a martial arts instructor.

And there are others with more stylish or designer tastes, who want a new Burberry shirt or Louis Vuitton shades. Larry Drake, an MBA student, would choose "a watch or perhaps a really nice suit and some killer dress shoes."

Do note that these gifts will have to be tailored to the kind of guy he is and his personal interests. Try NOT directly ask him what he wants or purchase it for him on the spot. It

doesn't do you justice and dilutes the value you originally intended to bring.

However, if he usually buys what he sees, a material gift is probably not the best thing to give as a present. A guy in this situation would normally think to himself, "Great, that's just one less thing to buy," or "Thank goodness she bought that because I'd never spend money on that!" Or the unfathomable: "This was not what I wanted and now I have to wear this..."

The more popular choice among the many men I spoke with wanted something intangible; experiences.

Guys want something they can remember and relive, like trips or events — something that connects with you more personally than material things can't.

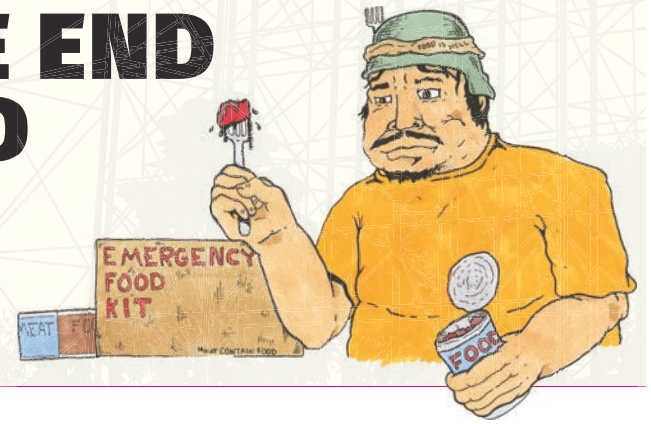
You can mix up material things with experiences. Perhaps even a hand-made book of coupons for free hugs or massages, redeemable any time during the year.

Hands down, the most popular choice, is an exciting experience that only you can provide. And besides unconditional love, I think you may have a firm grasp of what that exactly means.

FEATURE

features@kaleo.org
@kaleofeaturesBrad Dell
Features EditorIkaika Shiveley
Associate Features Editor

DAVID HERMAN'S DINING AT THE END OF THE WORLD 30 DAYS OF FREEZE DRIED FOOD



INTRODUCTION

The following article, and all other articles in the series, were originally published in Kapi'olani Community College's student newspaper – Kapi'o. Writer David Herman has since joined Ka Leo O Hawai'i and has received permission to republish the series.

DAVID HERMAN
SPECIAL ISSUES EDITOR

There is nothing left.

As you close the hatch to the bomb shelter, you inhale deeply into a breeze that rolls past you. Remember the scent. Remember the sound. Burn a portrait forever in your mind of the dying world you now leave behind. The heavy locks shriek into place, sealing you away from death and the only life you've known. You have traded it all to live as a ghost, cradled by concrete and cold steel. Was it worth it? Would it have been better to die on the surface, still sane, still human until your last moments? What's

the food going to be like now? In respective answer to each: Dunno, dunno and let's find out.

For 30 days, I will strictly consume only water and the contents of a 30-day supply of emergency storage food. That means no condiments, no spices, no vitamin supplements, no alcohol (unless I can make it myself from the contents of my food supply) and no making out with anyone for fear of their nutrient-rich saliva supplementing my decaying system.

If I, at any point, break from this diet (which I'd put at 3-1 odds in favor of me breaking) I will propose a post-apocalyptic narrative to my editor of how I overcame appropriately tremendous difficulties to obtain that food or drink. Then, upon his approval, reenact that scenario in a video entry to entertain the public with my misery and misadventure.

Regarding my personal health and safety, I have conferred with a dietician, and she has reassured me that my odds of dying will not

increase significantly (although she declined signing anything official in that capacity). Also, due to my nearly inexhaustible love for myself and my historically dismal record of self-control, my death occurring by self-enforced starvation is only slightly less likely than me achieving immortality.

Finding a supplier turned out to be laughably easy. As it turns out, survival-preparedness enthusiasts make up a large enough demographic that both Costco and Sam's Club stock emergency food supplies. After I sorted the freeze-dried wheat from the chaff, it became obvious that for my specific needs, there were only two real choices. Then, after my editor informed me that for ethical reasons the newspaper wouldn't pay for me to eat nothing but freeze-dried Beef Chili Mac for a month, there was only one choice: The Augason Farms One Month Emergency Food Storage Kit (AFOMEFSK).

One of the most versatile and option-heavy kits out there, the

AFOMEFSK won me over with two features:

1. Vegetarian meat substitute in beef, chicken and bacon flavors:

No more fighting over the good bits of the meat because there are no good bits anymore. Instead, it's just a curious arrangement of proteins that were probably picked last in high school sports. Who wouldn't want to try that?

2. Chocolate Morning Moo's Milk Alternative:

Put off by the "Milk Alternative" part? Well, for your information, Yoo-hoo's are also a not-quite-milk chocolate drink, and Yoo-hoo's are amazing. Also, it's a "Milk Alternative," not a "Chocolate Alternative." I can live with that.

Once the kit had been delivered, I found myself filled with an excitement far more suited for better ideas. I decided it would be best to strike while my enthusiasm still clouded my sense of self-preservation and start at midnight. The hour approached uneventfully, and

it wasn't until 11:35 p.m. that I was suddenly struck with the most profound sense of unease. I needed to eat something.

This was going to be my last opportunity to eat real food, and I knew I wouldn't be able to forgive myself if I wasted it. Unfortunately, all leftovers had been purged and anything worthwhile required more than 25 minutes. With no plain solution in sight, I panicked. This ate up a lot of time and eventually led to a panic-induced state of stupidity. At 11:55 p.m., I gorged myself on my roommate's bananas (not a euphemism).

The rest of the experience however, will unfold to you as it unfolds to me over the course of the next month. I'm already starting to have serious doubts about the viability of this project and wish that I could occasionally come up with ideas that would benefit my well-being.

Until next week...

Check kaleo.org/features each Monday to receive an update on David Herman's diet.

DECEMBER CAMPUS EVENTS

DEC. 15 TO DEC. 21

BRAD DELL
FEATURES EDITOR

CRAM JAM FALL 2014

WHERE: Campus Center's 2nd and 3rd floor
WHEN: Dec. 14 to 18; 8 p.m. - 11 p.m.
COST: Free; valid UH ID required
INFO: tinyurl.com/CramJam2014

Study for finals at Campus Center and receive free drinks, food and entertainment at night. The Campus Center Board Activities Council's Cram Jam will last from Dec. 14 to 18, and Campus Center will be open 24 hours a day. Validated UH IDs are required to enter between 10 p.m. and 6 a.m.



FREE YOGA

WHERE: D-207 Biomedical Sciences Building
WHEN: Dec. 15 to 18; 12 p.m. - 1 p.m.
COST: Free
INFO: 258-3865

The Public Health and School of Nursing students and staff will be hosting an hour of yoga. Runners: with the Honolulu Marathon being the day before, your sore muscles might need the stretch. All departments are welcome and only a yoga mat is required.



EXPLORING THE REEF AT NIGHT

WHERE: Waikiki Aquarium
2777 Kalākaua Ave.
WHEN: Dec. 19, 6:30 p.m. - 8:30 p.m.
COST: Free; pre-registration required
INFO: reservations@waquarium.org

Explore the nightlife of the Waikiki reef. Search for sea animals that are active only at night, such as various octopus, crab and eel species. Also observe sleeping fish such as triggerfish and parrotfish. Ages six and up only. Participants must be able to swim and be aware of reef exploration safety and precautions.

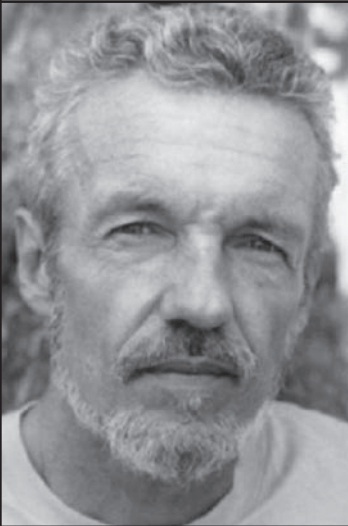


FALL 2014 COMMENCEMENT CEREMONY

WHERE: Stan Sheriff Center
WHEN: Dec. 20, 9 a.m. - 12 p.m.
COST: Free
INFO: tinyurl.com/2014UHgrad

The graduating class of Fall 2014 will be celebrating their degree candidacy. Bring lei for those you know who are graduating. Refer to page 16 for tips on how to make your own lei. Undergraduate and advanced degree graduates will share their ceremony.

hawai'i review



IAN

MACMILLAN

Writing Awards

WIN \$500

1st PLACE
WINNERS IN
Fiction
Poetry
Creative
Nonfiction
(NEW!)

Submissions will
be accepted from
October 15 through
December 15 at
bit.ly/submit2HR

98 REASONS TO CELEBRATE!

Alvin Alimboyoguen	Todd K. Kawamoto	Jeffrey Charles Oshiro
Kristen H. A. Au	Noel Kawano	Karissa Pang
James Baker	Landon Kaya	Royce Pasalo
Benjie U. Batangan	Adam Kearney	Jasten Pascual
Wen Bo Cao	Madeline Kennedy	Ciril Rozic
Taylor Caster	Eid A. Khowitar	Zehua Ruan
Frankie Chan	Robert Kiessling	Shawn Ryan
Victor W. Cheung	Gregory L. Kioa	Landon Sakai
Colin Chikamoto	Kellie Ko	Leanne Sakamoto
Shanell Chung	Ronen Kuboyama	Kent Sarabia
Ferdinand Collado	John James Labausse	Matthew Scarfone
Karissa K. Cook	Kesarañtuea Lapera	Aaron Sewake
Aaron Dyogi	Austen Lau	Joshua Shigemitsu
Ashley Elliott	Bryant Lee	Nathan Shimabuku
Steven Ewers	Karen Lee	Kevin Shin
Alicia Fung	TaeHo Lee	Tony K. C. Shing
Kimberly Gandeza	Sam Lewis	Amanda Siu
Bryce K. Haras	Wenlin Li	Anthony Sylvester III
Rintaro Hayashi	Yanping Li	Jordan Takahashi
Douglas Herring	Brady Little	Joshua Tamayo
David Horton	Alexander Macadamia	Chad Tanaka
Kevin Hu	Larry Martin	Yingsen Tang
Arthur Hung	Nicholas Mathern	Kristina Terao
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Erin Ignacio	Oliver Mihealsick	Edward Vause
Christopher Ishiki	Matthew Moorefield	Shauni Watanabe
Akira Ito	Matthew Morioka	Edmund C. Weidknecht
Jun Jiang	Andy Morishita	Cathy Wong
Jayson Justo	Ryan Murakami	Richard Wong
Joshua Kaelalli	Blayne Muraoka	Daniel Wong
Daniel Kahoonel	Chang Hoon Noh	Daryl Yokomizo
Qiuling Kang	Casey Ogawa	James Yokoyama
Micah Kawaguchi		

Congratulations & Aloha, Grads!

COE Convocation
December 19, 2014 | 5:30 PM
Campus Center Ballroom, UH Mānoa

College of ENGINEERING
UNIVERSITY OF HAWAII AT MĀNOA

The UH Mānoa College of Engineering offers the MS Program in Civil and Environmental Engineering, Electrical Engineering, and Mechanical Engineering; a dual Master's in Civil and Environmental Engineering and MBA Program; and the PhD Program in Civil and Environmental Engineering, Electrical Engineering, and Mechanical Engineering.

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See auprogams.info for program duration, tuition, fees, and other costs, median debt, federal salary data, alumni success, and other important info.

Programs, credential levels, technology, and scheduling options are subject to change. Argosy University, Hawaii, 1001 Bishop Street, Suite 400, Honolulu, HI 96813. Our email address is csprogramadmin@edmc.edu. ©2014 Argosy University® AU-14138 9/14

SPORTS

sports@kaleo.org
@kaleosportsNick Huth
Sports EditorDavid McCracken
Associate Sports EditorPAIGE'S
PAGE

[ALL PHOTOS] LYLE AMINE / KA LEO O HAWAII ▲

Ben Jay and Chancellor Robert Bley-Vroman were publicly appreciative of each other at Jay's resignation press conference.

The good, the bad, the ugly

*UH athletics needs honesty to move forward*PAIGE TAKEYA
SENIOR STAFF WRITER

"The good stories never get told; it's all about the bad stories."

So said athletics director Ben Jay to me over summer, several weeks after it was reported that Rainbow Warrior football players were sleeping in their locker room because their stipend checks hadn't come in.

This was also before basketball season ticketholders clashed with Mānoa Maniacs; before senior running back Joey Iosefa got busted for a DUI; before the pending NCAA investigation of the men's basketball team struck down Gib Arnold, Brandyn Akana and Isaac Fotu in one fell swoop; before the department declared a potential \$3.5 million budget deficit; and before Jay himself announced that he would be resigning his position a year early as of June 30, 2015.

When it rains, it doesn't pour at the University of Hawai'i at Mānoa. It floods.

It's flooding right now in the athletics department, and everybody's got an umbrella out to ignore the fact that there's a giant hole in the roof.

Whether Jay was a good or bad athletics director is beyond my expertise to say. What I do commend him for is his tangible concern for student-athlete welfare and his willingness (at least in the past) to tell hard truths. In the early days of his tenure, Jay was making noise, changing burnt-out light-bulbs by himself. It was a calculated, even double-edged PR move – posi-

tioning Jay as the go-getting savior of UH athletics while also addressing the problems the program faced in terms of dilapidated facilities deterring potential recruits.

That's why the Dec. 9 press conference — where Jay announced his resignation — was so disheartening.

It's flooding right now in the athletics department, and everybody's got an umbrella out to ignore the fact that there's a giant hole in the roof.

Chancellor Robert Bley-Vroman asserted, "It's like there's an ocean and there's waves and flurries on the surface. Underneath, it's basically sound," in response to questions about whether the recent spate of firings and sudden resignations across UH are the result of any underlying problems in the university as a whole.

Bley-Vroman knows UH has problems — everyone knows UH has problems.

But no one will admit it. We'll dance around the truth for days, weeks, months, years — because acknowledging that there's a hole in the roof will somehow cause the whole building to collapse.

Maybe Jay is stepping down solely for the sake of his family. If he is, then fine. That's his choice to make and live with. But early reports from CollegeAD.com asserted that Jay's resignation — characterized as "imminent"

— is tied to the NCAA investigation that shook the basketball program, and others questioned whether Jay's performance as athletics director played a role in his departure.

If there is truth to any of those claims, we can rest assured that no one at UH will speak on the

and he noted that the university had not decided whether he would remain as head coach.

But the team was going to go out there and play basketball anyway.

And it was in no small part thanks to Taylor that the program seems to have weathered the initial storm and gone on to enjoy success on the court, with a 7-4 record and unlikely upset over Pittsburgh.

Acknowledgment that there are problems, and taking steps towards potential solutions — is there anything more that people really want from UH athletics?

Jay has nothing to lose at this point by following Taylor's example. This is his opportunity to start telling those hard truths, to admit mistakes made and make an active attempt to begin solving them — even if those solutions aren't so popular.

If Jay can't do it, then maybe his successor can — whoever it will be has until June to study the situation and learn from it.

It'd be nice to stop reporting such gloomy news all the time.

However, I don't think that Jay's assertion that news media never covers positive stories was fair. We at Ka Leo certainly do, and so do the reporters at Honolulu Star-Advertiser and other news stations and publications around the state.

The 475 student-athletes at UH Mānoa do a lot of amazing things. But the reality is that one bad story has the potential to end many more good ones — 475 of them, if things don't get better soon.



BEN JAY'S TIME AT UH

DECEMBER 2012

Jay is announced as athletics director at the University of Hawai'i after working six years as associate athletics director at Ohio State.

FEBRUARY 2013

Jay changes the name of all men's sports teams to Warriors instead of Rainbow Warriors.

MAY 2013

The Board of Regents approve a plan to absorb the \$13 million deficit accumulated by the athletic department.

MAY 2013

Jay reverses the name change from February and all teams return to be known as either Rainbow Warriors or Rainbow Wahine.

SEPTEMBER 2013

Jay lays out plan to elevate the department's future, including an eventual goal to move to the Pac-12.

NOVEMBER 2013

Jay is injured when he intervened in a fight between fans during a women's basketball game between West Virginia and Hawai'i.

MAY 2014

Jay agrees with baseball head coach Mike Trapasso on a contract extension that is yet to be approved.

MAY 2014

Men's basketball head coach Gib Arnold agrees in principle to a contract extension that goes unsigned.

AUGUST 2014

With the football program struggling to earn a profit, Jay warns that football could be eliminated if the department continues to lose money.

OCTOBER 2014

In the wake of the pending NCAA investigation, Jay removes head coach Gib Arnold and assistant coach Brandyn Akana from the men's basketball team.

DECEMBER 2014

With a report claiming his firing was "imminent," Jay announces his resignation as athletics director that will take effect on June 30, 2015.



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SPORTS

sports@kaleo.org
@kaleosportsNick Huth
Sports EditorDavid McCracken
Associate Sports Editor

Size does matter

The Clarence T.C. Ching Athletics Complex's inability to host Wahine soccer

ZOE MELEMAI / KA LEO O HAWAII ▲

In 2008, the Clarence T.C. Ching Foundation donated \$5 million to the construction of the complex.

DAVID MCCracken
ASSOCIATE SPORTS EDITOR

No University of Hawai'i team travels farther for its home games than the Rainbow Wahine soccer team.

The T.C. Ching Athletics Complex was designed to become the new home for the University of Hawai'i women's soccer team when ground broke on the project back in 2012. However, the facility will not be able to host UH soccer practices or games because it does not meet NCAA Division I regulations.

"We will not be able to play on this particular field," said Ben Jay, the University of Hawai'i at Mānoa athletics director. "It's not wide enough. It's gonna be a major project."

After four years of construction and \$16 million, the Complex was able to have the Rainbow Wahine soccer team move into its new facilities this past August, before the start of the 2014 season. With new offices and new locker rooms, it seemed like soccer would finally make its way back to the UH campus; a dream that Wahine head coach Michele Nagamine and UH athletics director Ben Jay both shared.

The NCAA requires a collegiate soccer field to have a width of no more than 80 yards, and no less than 65 yards. The field also can be no more than 120 yards and no less than 100 yards in length. At this point in time, the newly constructed complex is approximately 10 yards short in width for collegiate play.

"If we're going to be able to accommodate a collegiate soccer field here, we'll need a wider field," Jay said. "We're going to have to push the track out, probably about

another 25-30 feet in order to play soccer games here."

The track at the complex is known as a "MONDO" track, which is a rubberized, artificial running surface that is designed to withstand any kind of weather. But according to Jay, the track is, ironically, weathering.

"It's about 13 years old," Jay said. "It's beyond its useful life right now; it needs replacement. This entire facility is in the top three of the top priority projects that I have, in terms of our facilities, and replacement of the track will be needed."

According to Jay, UH athletics will face a projected deficit of \$3.5 million for fiscal year 2015, due to low ticket sales at sporting events and a drop in donations to the department. The program has been in a deficit for 11 of the last 13 years.

In the original design blueprinted in 2008, the complex was supposed to hold the Rainbow Wahine soccer

place at the complex is a problem area for the team, especially for one player in particular.

"No soccer girl likes a turf field," junior defender Lidia Battaglia said. "I hate turf. I'm actually not that bummed that we can't play on it because of the turf, but it does suck because I know a lot of people that would like to come to our games, but can't because they can't get out to Waipi'o to watch us play."

The cost of replacing the artificial turf with natural grass is currently unknown.

Playing its games at the new complex would provide immediate dividends to the team, as the current home game scenario is a hassle for its players and coaches.

Since 2000, the Rainbow Wahine have played its home games at the Waipi'o Peninsula Soccer Stadium (WPSS) in Waipi'o, O'ahu. Although the WPSS holds 4,500 in capacity

started to struggle in home games."

The issues of traveling are not reserved for just Nagamine, however, as the players get frustrated preparing for home games. After all, traveling for a home game defeats the purpose of home field advantage.

"It's ridiculous," Battaglia said. "Sometimes the traffic is bumper to bumper and doesn't even move. It actually really messes with you, if you're trying to get in the zone because of all the distractions."

Distractions have been an issue that has plagued the development of the complex thus far. Not only is the complex lacking the proper dimensions to play soccer, but according to Battaglia, it also has its issues inside its hallways and locker rooms.

"I feel like it's not all put together yet," Battaglia said. "We kinda were rushed in there. We actually don't have janitors really; to clean up the bathrooms and stuff. Or at least I just don't see them getting clean. There's always hair and trash on the floor."

Although she has expressed her gratitude for the new facility, Nagamine made it clear that the utilities at the facility are not up to par.

"The only thing bad about this complex is that they had to rush construction and that it was really over budget," Nagamine said. "They ended up cutting a lot of corners."

"There's no running water in the training room, we have to bring our own water, there's no laundry facility here in the building, but certainly, we're grateful for what we can get. It's still much better than what we had before."

Teri Wilhelm-Chang, the UH assistant athletics director in charge of

UH facilities and events, was unable for comment at the time.

Among these issues, there are also problems with the scoreboard that has been out of service for a decade and the newly constructed press box that still has heating, venting, and air conditioning (HVAC) work that needs to be done.

When asked about the completion of these HVAC and utility projects, Jay said, "I don't know. Probably another six to eight months."

According to Jay, the athletic department was not aware of the NCAA field requirements to host collegiate soccer at the complex before construction took place. This means that UH didn't know the field would be too small to play collegiate soccer on.

"This was what I inherited when I got here," Jay said. "When this was done way back when, I don't think they contemplated it at the time, but for us, for UH and Wahine soccer, we need to bring soccer back to campus."

There is no timetable set for the reconstruction of the track and field, but Jay hopes to have an idea of the cost of the enhancements to the facility in a month's time.

"We're in the early going in getting cost estimates to see what it will take to replace both the track and to also put down a new field. I got experts coming out in January to take a look at it," Jay said. "We'll be meeting the first week of January to take measurements and to give me an estimate to see how much it will cost."

"For us, for UH and Wahine soccer, we need to bring soccer back to campus."

— BEN JAY
UH MANOĀ ATHLETICS DIRECTOR

team's practices. Nearly six years later, the 'Bows are still practicing on the grass practice field adjacent to the Rainbow Wahine Softball Stadium.

"We're still out at the practice field but I know that the long term vision is to make use of the complex here," Nagamine said. "We'd have to widen the track, and look to put in some sort of natural surface in to replace the artificial turf."

The artificial turf currently in

and has been the home for Wahine soccer for over a decade, the travel time and hassle of getting to each game takes its toll on the team. The WPSS is approximately 16.9 miles from the Mānoa campus.

"I don't like leaving at 3 p.m. for a 7 p.m. [game]," Nagamine said. "Traffic sometimes can take an hour and a half just to get to Waipi'o from campus, and it really does put a lot of stress on the players and I'm not surprised that we have

//////////////////// Ka Leo O Hawai'i

sports@kaleo.org
@kaleosports

Nick Huth
Sports Editor

David McCracken
Associate Sports Editor

SPORTS

THE BUZZ

Twitter reactions



Big West MBB
@BigWestMBB

Saturday [#BigPerformer](#)
HM: Aaron Valdes (@HawaiiMBB) - 24pts (8-14 FG, 6-8 FT), 7rb, 2ast for [#HawaiiMBB](#) on the road.



Mike Thomas
@mr_aloha25

Aye forreal can we just take a second to say that, despite the loss, AV was looking like a leaguer on saturday...



Allen S.
@eiko1613

@Gumby_32 Papa must be proud! We [#HawaiiMBB](#) fans are blessed to have Aaron play for the Warriors. Aloha & Mahalo!



Brian McInnis
@Brian_McInnis

[#HawaiiMBB](#) is very much in the game late behind Aaron Valdes. Air Cuba just dunked it in transition and has 21. 'Bows within 54-48, 11:36



Marvin Chun
@808marv

Valdes with the drunk and Bows creep back to within 6 [#HawaiiMBB](#)



Dave Reardon
@dave_reardon

Valdes is Mr. Excitement for [#hawaiimbb](#). Another transition dunk, and Bows lead 54 - 33 with 11:57 left.



Lauren
@lauren_bueno

@Gumby_32 watching you play is the best !



SOURCE: DEVIN TAKAHASHI ▲

Aaron Valdes has become the offensive focal point for UH.

Aaron up there

From water polo star to the Warriors' leading scorer

DENNIS PALMA CASTILLO
STAFF WRITER

Aaron Valdes has gone from a rarely used player last season to this season's starter and the team's leading scorer.

"I think my role has grown a lot since last year," Valdes said. "Last year I only played, like, nine minutes, and I didn't really have as much freedom as coach Benjy [Taylor] has given me now. Shooting the ball, I feel more comfortable, and every game I just feel myself getting more confident."

Valdes has taken 21 more shots in 10 games than he took all last season. His 59 percent shooting average is seven percent better than last season, despite increased shot attempts.

"It's the opportunity," head coach Benjy Taylor said. "He didn't have that opportunity last year, and he's had that this year. He's taken advantage of it. Aaron Valdes is quietly turning into a really good basketball player. I mean, he's grown by leaps and bounds."

Aaron Valdes' on-court production has more than tripled since last season, averaging from 3.2 points per game in nine minutes of play to averaging 16.2 points per game in about 30 minutes of action. Valdes' averages this season in points, rebounding and shooting, rank in the top five in the Big West Conference.

Valdes has embraced his role as a starter and leader of the Rain-

bow Warriors. Valdes led the team in scoring in five games, rebounds seven times and has recorded three 20-plus-point games.

However, it's his high sports IQ that has helped him thrive in his new situation this season.

"Now he's [Valdes] starting to read situations better, pick his spots when he can score," Taylor said. "He understands where he can attack, and he's only a sophomore. Once he starts doing that and getting a better feel for the offense, he's gonna be terrific."

Because Valdes is first in scoring and second in steals for the Warriors, many people might not guess that his primary sport in high school was played in the water.

"I was really big on water polo coming out of high school," Valdes said. "My senior year, we won the California Interscholastic Federation championship, so that was big for us. I had a lot of schools recruiting me. I just wanted to follow my brother's footsteps, and he went to play for Occidental College. I really wanted to follow his footsteps because I look up to him a lot. But I had a conversation with my parents, and we thought that basketball was probably the best fit for me, for my future. So, I decided to go with basketball."

Valdes' multisport background has helped him do more on the court, as he has spent time at three different positions this season.

"I wanna be versatile, not just one-dimensional," Valdes said. "I

want to be known for doing a lot of different things on the court. I don't wanna do just one thing good but everything well. Defense, rebounding, assists, blocked shots, all that stuff, even scoring, I wanna do it well."

Even Taylor knows that Valdes has room for improvement.

"It's tough with him [Valdes] because he has a good work ethic, but he doesn't have a great work ethic yet," Taylor said. "But he's so athletic that he just does things naturally, and we gotta get him locked in a little bit more in practice. He's really stepped up to the challenge. We're very fortunate to have him on our side."

It's a side Valdes is happy to be a part of. Playing in a conference of schools mostly from California - Hawaii is the only non-California school in the Big West - in front of friends and family helped convince Valdes to join the Warriors.

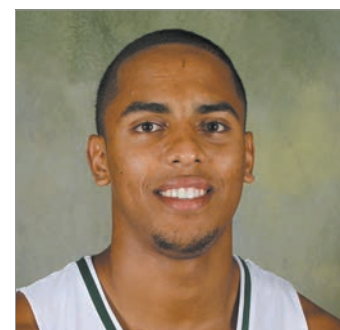
"I was originally gonna go to UTEP [University of Texas at El Paso] or Pepperdine," Valdes said. "But I heard that UH was moving to the Big West, which has a lot of Cali schools, and they play around where I'm from, so I asked myself, 'Why not?' It was a perfect fit. It's more fun for me [to be on the road in California]. All my friends from high school come and watch me play; my family comes to watch me, so it's a lot of fun. It makes me play better to know my friends and family are out there."

As a redshirt sophomore, Valdes has two years of eligibility left in

his collegiate career. With his natural athleticism and desire for versatility, Valdes still has room for progress.

"He's only a sophomore," Taylor said. "He's gonna be a scary, scary basketball player."

FACTOID



SOURCE: UH ATHLETICS ▲

AARON VALDES

POSITION: Guard
CLASS: Sophomore
HOMETOWN: Whittier, California
FAVORITE PROS: Derrick Rose, Kevin Durant, Kawhi Leonard and Scottie Pippen
FAVORITE FOOD: Poke

...

RANKINGS

- Last season: 3.2 PPG, 2.0 RPG and 0.32 APG
- This season: 16.2 PPG, 7.4 RPG and 1.3 APG
- Big West: 5th in PPG, 3rd in RPG and 5th in FGA

SPORTS

sports@kaleo.org
@kaleosportsNick Huth
Sports EditorDavid McCracken
Associate Sports EditorANTOINETTE RANIT
CONTRIBUTING WRITER

The Billabong Pipe Masters in Memory of Andy Irons is the Super Bowl of surfing, as surfers compete to become the best in the world.

However, unlike that anticlimactic 43-8 Super Bowl matchup, there's a closer finish between Brazil's Gabriel Medina and Australia's Mick Fanning to become the 2014 Association of Surfing Professionals (ASP) World Champion.

KELLY SLATER (USA)**11-TIME ASP WORLD CHAMPION**

2014 ASP Ranking: 3
2014 WCT Heat Wins: 31
2014 WCT Average Heat Scores: 14.24

Slater is the defending Pipe Masters champion, and history has shown that one win is never enough for him. Although he has not won any WCT events this year, he has accumulated points by placing in the Top 5 at eight of the 10 WCT-completed events.

Due to a Round 1 upset, Slater competed in Round 2 in a heat against McIntosh on Saturday. What looked like a slow start to the audience was a patient wait for the right moment. His patience was soon rewarded, as Slater rode into the barrel of his wave, giving it a backside roundhouse and a vertical rebound for a score of 9.57 and a heat win to advance.

If Medina finishes 13th or 25th at the Billabong Pipe Masters, Fanning will need to finish third or better, and Slater will need to win the event.

JOHN JOHN FLORENCE (USA)

2014 WCT Ranking: 4
2014 WCT Heat Wins: 3
2014 WCT Event Wins:
Quiksilver Pro France

At last year's Pipe Masters, Florence advanced to the final heat of the event to surf against Slater. Although he was not able to snag the win, Florence won the Triple Crown series.

Regardless of the rankings, Florence has the home break advantage; Pipeline and Backdoor are his backyard. Florence's chances of winning the World Title are slim, but he is still a force that will shake up the scores. In Round 1, Florence scored a two-wave total of 18.16, the highest score of the day.

Students are left to decide between studying for finals and watching history go down in person. Will we see the first shortboard Brazilian world champion? Will we have another "Micktory"? Will we witness a living legend add to his legacy?

Whether spectators head up to the North Shore or livestream the lineups, they will find out soon enough. Surf check is scheduled for 6:45 a.m. each morning, and heats begin at 7:30 a.m. for Round 3.

GABRIEL MEDINA (BRA)

2014 WCT Ranking: 1
2014 WCT Heat Wins: 35
2014 WCT Average Heat Score: 14.51
2014 WCT Event Wins:
Quiksilver Pro Coast
Fiji Pro
Billabong Pro Tahiti

Medina killed it at the same event last year with an array of backhands and aerials. This year, he's proved he has more to offer than fancy tricks in the air, as he contends to become Brazil's first shortboard ASP World Champion.

Since Medina's Quiksilver Pro Coast win in Australia, 2014 was set to be his year. It looked as though nearly every Brazilian of the Gold Coast was on the shore to celebrate Medina's first win of 2014. Medina later won two more events on tour (Fiji Pro and Billabong Pro Tahiti) and continued to finish in the Top 5 in seven of the 10 completed tour events.

In Round 1 of Heat 6 of Pipe Masters on Friday, Medina surfed the lineup with Dion Atkinson and local wild-card Reef McIntosh. Medina aggressively took the first wave, riding goofy-footed into Backdoor, but scored a 3.83 on the wave. Later in the heat, McIntosh answered with a 4.17 wave but was unable to close out the Brazilian, as Medina secured the heat win with a second wave score of 5.50. Medina automatically advanced to Round 3, seeded against Dusty Payne, the Vans Triple Crown current leader.

If Medina finishes second or better at the Billabong Pipe Masters, he will be the 2014 ASP World Champion.

MICK FANNING (AUS)**2007, 2009, 2013 ASP WORLD CHAMPION**

2014 WCT Ranking: 2
2014 WCT Heat Wins: 32
2014 WCT Average Heat Score: 14.34
2014 WCT Event Wins:
Rip Curl Pro Bells Beach
J-Bay Open
Moche Rip Curl Pro Tahiti

If Vans gave out more crowns, Fanning should have been dubbed the 2013 king of clutch, as he kept the crowd on the edge of their beach chairs. Leading up to his World Title, he won in the last minute of each of his heats, somehow managing to keep his cool and his trust in his final waves.

Fanning has had a bit of luck and a load of talent. This year, he dominated Bells Beach in the South African lineups, and emerged triumphant at J-Bay. However, his latest win in Portugal was also the most influential, shaking up the World Title race and bumping him up next to Medina.

In Round 1 of Heat 5 of Pipe Masters, Fanning took on Aritz Aranburu and wildcard Makai McNamara. Fanning took an early lead, riding a 7.33 wave. Aranburu responded with a clean Backdoor ride carve that hit a 9.27, the highest wave score of the heat. However, it wasn't enough to beat Fanning's combined score of 12.16, giving the Aussie his first heat win of the event. Fanning automatically advances to Round 3 in a heat against France's Jeremy Flores.

If Medina finishes third or fifth at the Billabong Pipe Masters, Fanning will need to win the event, and Kelly Slater will be out of contention.

SEMESTER ROUNDUP

The most important news in the world of UH athletics this fall

NICK HUTH
SPORTS EDITOR

BEN JAY SAYS GOODBYE

In the midst of rumors regarding his imminent firing, Ben Jay announced that he will be resigning as athletics director effective June 30, 2015. The former assistant athletics director at Ohio State later said, "Honestly, if I knew more, I might not have taken it," in an interview with the Star-Advertiser.

The administrative website College AD reported early in the month that an anonymous source from within the department knew that Jay's firing was imminent. When asked about the rumors, Jay stated that he was "surprised" that someone from within his department would say that. The report also cited that the imminent firing was due to the budget deficit and the decision to offer an extension to former basketball head coach Gib Arnold.

GIB ARNOLD REMOVED

With the UH men's basketball under investigation by the NCAA since March, Gib Arnold and his assistant Brandyn Akana, were removed on Oct. 28. Shortly before the removal, school officials acknowledged that they were considering self-sanctions to the program before the allegations from the NCAA were released.

Shortly after two coaches were removed, star power forward Isaac Fotu made the decision to go pro, foregoing his final two years of college eligibility. The forward from New Zealand was ineligible to start the season due to the pending NCAA investigation. Fotu was an all-conference selection as a sophomore and was selected to earn that honor again in a preseason media poll.

The NCAA allegations have not been released, but sources believe that the news might come before Christmas. Assistant coach Benjy Taylor took over as acting head coach and has led the Rainbow Warriors to a 7-3 record, including an upset over Pittsburgh on Nov. 21.

NORM CHOW RETURNING

At the same time of Ben Jay's resignation, Chancellor Bley-Vroman announced that Norm Chow will return for his fourth season as head coach of the football team after a 4-9 record in 2014. The Warriors are 8-29 under Chow, with two years remaining on his \$550,000 annual contract.

During his resignation press conference, Jay announced that he recommended to Bley-Vroman that Chow be retained, and the school decided to support his recommendation. Hawaii has not had a winning football season since 2010, when the team went 10-4. The average attendance was 27,451 in 2014, despite a 50,000 capacity at Aloha Stadium. Star running back Joey Iosefa, who missed most of the season with an injury and suspension, is graduating, and the program faces another quarterback controversy with a pair of transfers coming in to challenge for the starting position.

WAHINE FALL TO WASHINGTON

The women's volleyball team fell to No. 3 Washington in the second round of the NCAA tournament to end its season in Seattle. Hawaii defeated Duke in the first round of the tournament, and the Wahine won five straight regular season games to earn an at-large bid.

"I thought they played the best volleyball of their careers tonight," Head Coach Dave Shoji said after the loss to Washington. "They just gave it their all and have a lot of heart. So proud of them, they've just come a long way since they started in the program."

The school now waits to find out if Shoji will return for his 41st season in charge of the program. In the wake of the Washington loss, the Wahine lost assistant coach Scott Wong when he accepted the head coach position at Pepperdine. Wong was also the head coach of the women's sand volleyball team, which is coming off a 20-4 record and a successful postseason run.

LYLE AMINE / KA LEO O HAWAII; FILE PHOTO / KA LEO O HAWAII



UH ATHLETICS HOLIDAY CALENDAR

FREE ADMISSION
WITH VALID UH MĀNOA ID



HAWAIIAN AIRLINES DIAMOND HEAD CLASSIC
Free student admission does not apply to HADHC

DEC 22 RAINBOW WARRIOR BASKETBALL vs. Nebraska @ 8 PM	DEC 23 RAINBOW WARRIOR BASKETBALL vs. TBD	DEC 25 RAINBOW WARRIOR BASKETBALL vs. TBD	DEC 29 RAINBOW WARRIOR BASKETBALL vs. Southern @ 7 PM KEIKI NIGHT	DEC 30 RAINBOW WARRIOR BASKETBALL vs. Prairie View A&M @ 7 PM	DEC 31 RAINBOW WAHINE BASKETBALL vs. HPU @ 1 PM	JAN 2 RAINBOW WAHINE BASKETBALL vs. UNC Greensboro @ 5 PM
JAN 3 RAINBOW WARRIOR VOLLEYBALL vs. Stevens Institute of Technology @ 7 PM	JAN 7 RAINBOW WARRIOR BASKETBALL vs. Cal Poly @ 7 PM (Big West Conference Opener) HAWAII 5-0 NIGHT	JAN 8 RAINBOW WARRIOR VOLLEYBALL #10 Hawaii vs. #14 Ohio State @ 7 PM	JAN 9 RAINBOW WARRIOR VOLLEYBALL #10 Hawaii vs. #3 Penn State @ 7 PM	JAN 10 RAINBOW WARRIOR BASKETBALL vs. CSUN @ 7 PM 90'S NEON NIGHT	JAN 11 RAINBOW WARRIOR VOLLEYBALL #10 Hawaii vs. #8 UC Irvine @ 5 PM	

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Nicholas Smith
Comics Editor

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Photography by Marathoner, Polina Babkina

Local Raw Honey

Is the Semester homestretch starting to get to you? A little local raw honey may help ... and at 90 Cents per 2 ounce serving, it won't break the budget. Local raw honey is full of minerals, vitamins, digestive enzymes & powerful antioxidants. Research has also shown local honey helps build immunity and may be useful in combatting seasonal allergies. Plus George Hude's Wildflower honey is as local as it gets with hives in Manoa, Waimanalo and the Pearl City Community Gardens

And, a jar of local honey makes the perfect holiday gift ... delicious and really good for you!

2643 South King Open Daily 8-9
www.kokua.coop
Free WiFi in the Courtyard

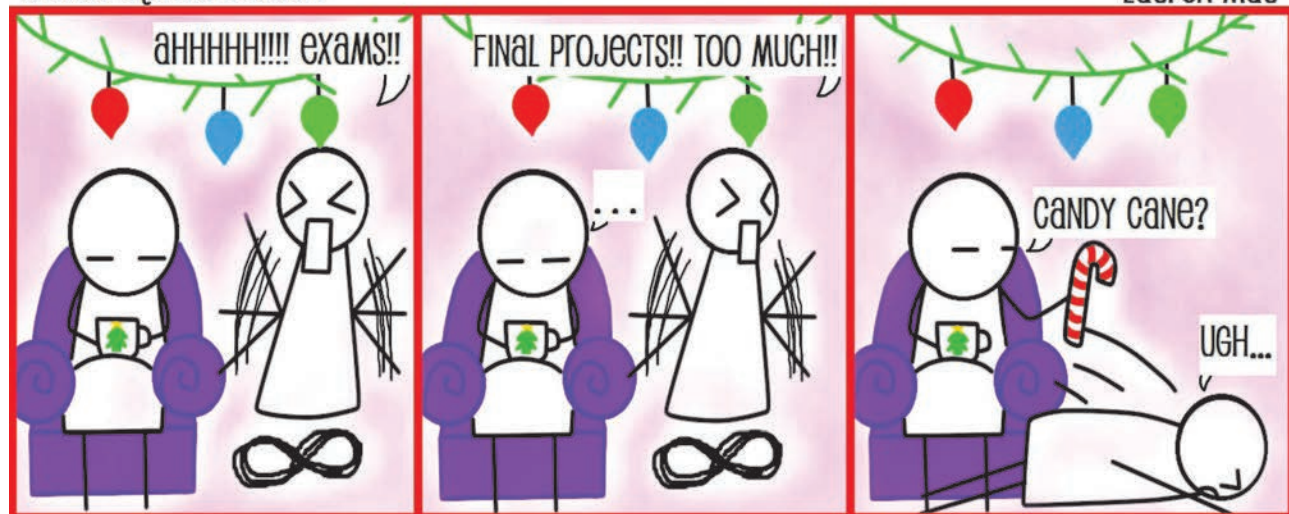
kokua market
HAWAII'S ONLY NATURAL FOODS COOP

Facio Bona facebook.com/faciobona



STRESS equals Dessert

Lauren mau



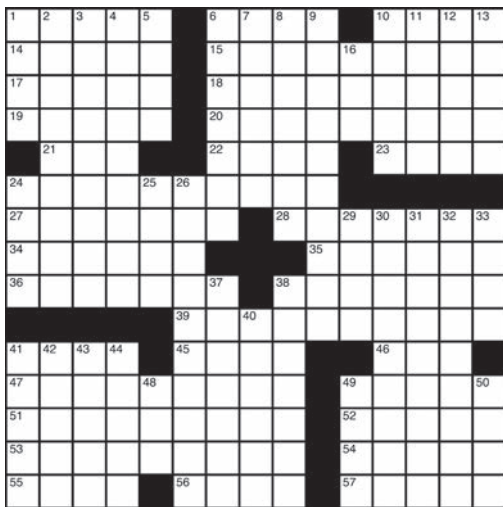
SUPER SAYONARA

NICHOLAS SMITH



LOS ANGELES TIMES
DAILY CROSSWORD PUZZLE

Edited by Rich Norris and Joyce Lewis



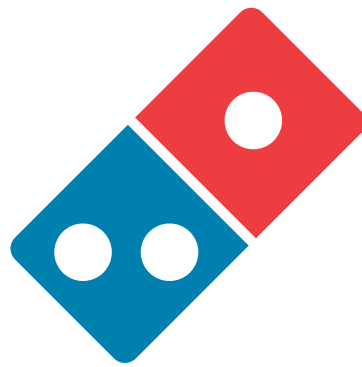
ACROSS

- 1 "The ___ the facts, the stronger the opinion":
Arnold H. Glasow
6 Bois ___: tree once
used to make bows
10 Simple race of fiction
14 Words from one who
doesn't see
15 Wear tails to tea, say
17 ___ diem
18 Cutting
19 Egyptian life symbols
20 It was spawned by the
Manhattan Project
21 Beehive State native
22 It may precede a stunt
23 Lover of Aphrodite
24 Polo and others
27 Some rats
28 Surprise
34 Super Bowl party array
35 Jack feature, perhaps
36 Gives special
treatment to
38 Use to one's
advantage
39 Ironically, Samantha
Bond portrayed her in
several films
41 Suffers
45 "Up and ___!"
46 Matinée idol Johnson
47 Titanic, e.g.
49 Sister of Goneril
51 On-site trial
52 Acid used in soap
53 About to cover old
ground?
54 Trunk
55 Soviet news acronym
56 Vibrating instrument
piece
57 Recesses

DOWN

- 1 Pay stub letters
2 Pianist who often
collaborates with
Yo-Yo Ma
3 Craftsman's item
4 Softener of a kind
5 GPS data
6 Back to back, in
Bordeaux
7 Personification
8 Sass
9 Many a piece of pulp
fiction
10 Author Jong
11 '70s-'80s Rabbit
competitor
12 ___ orange
13 Man and others
16 Deodorant product
word
24 Zap
25 Pop partner
26 Letter man
29 Words after grab or
take
30 Convert to condos,
say
31 Romeo and Juliet, for
two
32 Cooked with onions
33 Selection process
word
37 "Take that!"
38 Like a diner eyeing a
dessert tray
40 German/Polish border
river
41 Equally buff
42 Rock memoir
43 Hardly good looks
44 ___ resistance
48 CCCI quintupled
49 "The Godfather"
composer
50 Some PX patrons

GO TO: kaleo.org
FOR THE ANSWERS TO OUR
WEEKLY CROSSWORD



Domino's

OPEN
LATENo minimum
for delivery!

Value Menu starts at

\$7.50

Order Online
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The Coffee Bean & Tea Leaf® Hawai'i

RECEIVE
\$1.00 off
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Manoa Marketplace

2754 Woodlawn Drive • Open Daily: 5:30 a.m.-9:30 p.m.

Offer valid through 12/28/14. Must present coupon at time of purchase.
Not valid with any other offer. PLU: 30395

su | do | ku

© Puzzles by Pappocom

Fill in the grid so that
every row, every column, and
every 3x3 box contains the
digits 1 thru 9.

Puzzles will become
progressively more difficult
through the week.

Solutions, tips and
computer program at
www.sudoku.com

Go to www.kaleo.org for this
puzzle's solution.



MEDIUM

6

ANSWER THE CALL



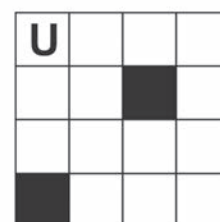
AD REP
REQUIRED

KALEO.ORG - HEMENWAY 107

THE VOICE
KALEO

Pathem™ the path
word puzzle

topic: Health & Fitness



"P90X Workout System"

Difficulty ★★☆☆☆ (70pts)

HOW TO PLAY:

Spell the phrase in
the grid above it,
writing each unique
letter only once. The
correct solution will
spell the complete
phrase along a



"Freeze"

single continuous spelling path
that moves horizontally, vertically
and diagonally. Fill the grid from
square to square - revisiting letters
as needed to complete the spelling
path in order. Each letter will appear
only once in the grid.

visit www.Pathem.com

COMMENCEMENT INFORMATION



FALL 2014 COMMENCEMENT CEREMONY



SATURDAY, DECEMBER 20, 2014, STAN SHERIFF CENTER

- Combined undergraduate and graduate ceremony: 9:00 a.m. – 12:00 p.m.
- Graduates report at 8 a.m.
- VIPs report at 7:30 a.m.
- Commencement Speaker: Kathryn Matayoshi, Superintendent, Hawai'i State Department of Education
- University of Hawai'i at Mānoa Commencement website: manoa.hawaii.edu/commencement/guest.php



CARPOOLING REWARDS

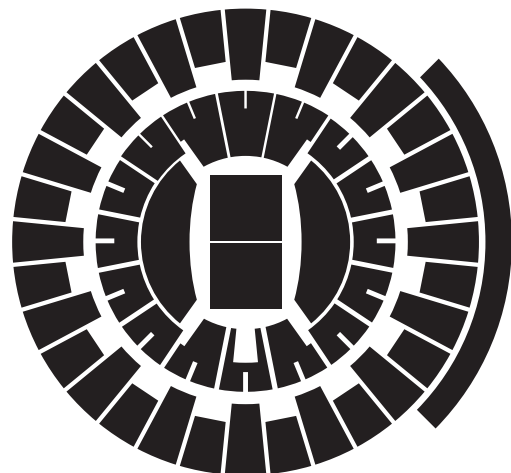
In an effort to reduce traffic caused by the commencement, the University of Hawaii Commuter Services has advised graduates to carpool with two or more individuals and park on the grass located close to the PBS building from 6 a.m. to 9 a.m. By doing so, they will receive the following:

- A 21 oz. Hydro Flask bottle and a Mānoa Bookstore coupon (Hydro Flasks are restricted to one graduate per vehicle while supplies last)
- VIP trolley service to Stan Sheriff Center
- Access to a VIP tent with free pastries and drinks

Graduates who wish to enter to win additional prizes can post pictures on Instagram, Facebook or Twitter, tagging @CommuteUHM or using #UHMOneLessCar.

For more information, contact UHM Commuter Services Team.

Address: 2600 Campus Road
Phone: 808.956.8899
Fax: 808.956.9811
Email: parking@hawaii.edu
Website: manoa.hawaii.edu/commuter/index.html



NEW ADDITIONS TO THE FALL CEREMONY

Murakami Stadium available for ceremony viewing Lei Area
 H-Zone open in Stan Sheriff Center
 Food available at concession stands

A-N – Clarence T. C. Ching Athletic Complex
 O-Z – Les Murakami Baseball Stadium
 Hours: 7:00 a.m. – end of ceremony