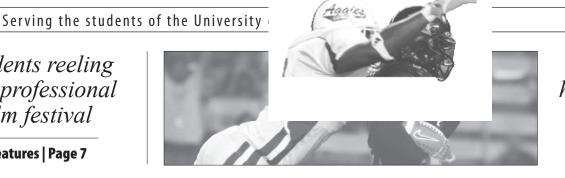
VOL. 101 | ISSUE 48

Monday

VOICE

Students reeling into professional film festival

Features | Page 7



WWW.KALEO.ORG

Warriors come home with back to back victories

Sports | Page 8

Disabled access hinders handicapped learning

Some buildings at UH don't accommodate students in wheelchairs

By Ashley Monfort Ka Leo Staff Reporter

Ann Hamanalau Yoshida is leaving the University of Hawai'i at Mānoa next semester. It's not that the university didn't have her major nor was she homesick. She's from Mililani.

She's leaving because the university could not accommodate her needs as a student in a wheelchair and could not allay the fear that comes from the lack of accessibility.

"I've never been a fearful person," Yoshida said, "but now I am."

The fear began after Yoshida was stuck in the Art Building during the flood of October 2004 that did \$80 million in damage to the university. She could not get out of the building and to her car. When she called Campus Security, they told her to call back when she was in real danger. Yoshida's boyfriend came to pick her up instead.

The rising waters went over her car and totaled it. The situation lead her to discover that many buildings at the university only offer one entrance and exit for students in wheelchairs.

"I hate only having one access," she said. "Wherever I go, I usually sit or situate myself in an area (if possible) that I can get out if there is an emergency. However, at UH I never have the privilege of two accesses. The fact that I have been stuck in a building because a faulty elevator or almost dying because rushing water was blocking the way out makes me fear for times of emergency."



ASHLEY MONFORT . KA LEO O HAWAI'I

Brian Kajiyama, a UH graduate student at the College of Education, has never seen the inside of his own department because access is restricted by his wheelchair. Kajiyama has cerebral palsy, and relies on speech type for communication.

Yoshida has been in a manual wheelchair for six years. She was going to school on the mainland when a car accident took away the use of her legs. At 28, she has been working on her degree in Speech Pathology for the past four years.

She has decided the best place to finish will be at the University of Washington.

For students in wheelchairs, the Mānoa campus is hilly and sidewalks along University Avenue can be too steep. Also some walkways are unkempt. Yoshida said she fell out of her wheelchair from roots sticking out and cracks that were unpaved. Even using restrooms causes significant challenges since her chair cannot fit into some of the disabled stalls.

"I usually have to wait until no one is around and use the bathroom," she said, "or I have to wheel across campus to get to one that I can fit in."

The list does not end there. There are hardly any desks or tables available that can fit her wheelchair. She says minor adjustments that could be done haven't been.

The problems have escalated to the point where it affects her major. Yoshida is majoring in Speech Pathology and Audiology because she wants to help those who have lost the ability to communicate or have never been able to. Yoshida says she thinks she may be the first student with a disability to go through the program, which may be why there are still barriers.

The dynamics of her major have had to change since the building





Ka Leo Ashley Monfort followed UH

student Brian Kajiyama and talked to him about his inability to receive an equal education because of his disability. For a video news piece, visit http://www.kaleo.org.

where classes were held, Frear Hall (since demolished), was not disability friendly. She could only observe a few therapy sessions because the observation windows are above her eye level. This means she will lack the experience she will need to pursue a career in the speech field.

Getting to equipment is almost impossible, she said, because her chair will not fit around the tables and the testing room is too small for her chair to move around.

Another perspective

Problems such as these are a norm for many students in wheelchairs. Brian Kajiyama is a graduate student at the College of Education who has never seen

See Access, page 2

Men's non-violent march preaches a similar ethic



LÉO AZAMBUJA • KA LEO O HAWAI'I

Over 200 men and boys rallied at Honolulu Hale

By Léo Azambuja

Ka Leo Staff Reporter

A group of about 200 men marched against domestic violence Thursday in downtown Honolulu. Though not widely heard of, the Men's March Against Violence is already in its 12th year.

Joe Bloom, a teacher at the University of Hawai'i at Mānoa, started the march in 1994 because he felt that men needed to be an active part in stopping domestic violence, said Melanie Joseph, marketing director for the event organizer, the Catholic Charities Hawai'i.

The crowd gathered at noon by the Queen Lili'uokalani statue, behind the State Capitol, and marched for 20 minutes to a grassy

area on the grounds of the Honolulu Hale. There the crowd — formed mostly by men and boys - rallied

About 50 police officers escorted the peaceful march and stayed alongside the crowd throughout the event. The police even participated in a prayer; and one officer took an event shirt and held it as speakers addressed the crowd.

Booths at the grassy area provided cookies, refreshments and extra event t-shirts for the crowd. Volunteer Ted A., who was working in one of the booths, said that as a child he experienced domestic violence in his own family. He was there to help stop violence against women and children, he said.

During the rally, the crowd paid respect to six women who lost their lives to domestic violence last year with a minute of silence.

Four boys standing along side the main speakers received leis from older

See March, page 2

Police, who escorted the event took part in prayer. The march represented for many a handing down of non-violent tradition to Hawaii's young men.

March

From page 1

men. Joseph said it represented the passing of knowledge of non-violence to a younger generation.

A group of more than 50 Hawai'i State Federal Credit Union workers came to support the event. The Credit Union's spokesperson, Pauwilo Look, said it's the second year they participated in the rally. This year it has a special meaning for them. One of their colleagues died a few months ago under "suspicious circumstances" that are still being investigated, she said.

Wally Lau, Executive Director of the Neighborhood Place in Kona, told the crowd, "When I look at you, I don't see kanes, I see kanakas." He explained that kane just means male, but said ho'o kanaka is about being a man.

"To be a man is to protect our family and community," Lau said.

The Neighborhood Place is a community-based nonprofit organization that focuses on the well being of children and families in the districts of Kona, Kohala and Ka'ū on the Big Island.

"Aloha is love for our friends and family; and even those we don't love," Lau said. "Aloha is a lifelong commitment."

Lausaidthat when his kahunas passed their knowledge to him they said he had to share the knowledge because if he didn't it would die.

Right after the event, the outspoken Lau confessed, "[I'm] ashamed to speak in front of people, but it's not for me, it's for the people."

About 10,000 cases of domestic violence are reported annually in Hawai'i and men are the perpetrators in 90 percent of the cases, Joseph said. She added that with this event, men can step up and be a part of the solution against domestic violence.

"I think it's a critical issue in the community," Joseph said. She also said people tend to say "hushhush" and feel embarrassed and ashamed about domestic violence.

"But if you don't talk about it," she warned, "it's just going to go on"

Besides teaching individual, family and group counseling at UH Mānoa, Bloom is the Therapeutic Services Program director at the Catholic Charities Hawai'i, a non-profit organization that provides a wide range of social services.

Catholic Charities Hawai'i, the Domestic Violence Clearinghouse and Legal Hotline, and the City and County of Honolulus ponsored this year's event.

Access

From page 1

theinsideofhisownmajor'sdepartment office. He has cerebral palsy, which inhibits his mobility and speech.

He has little use of his left arm, uses an electronic wheelchair and must talk through typing on a computer program that transmits his words into a voice.

Kajiyamaintendstogethismaster's degree in counseling by spring 2007. He hopes to become a professor and says counseling will help in connecting and understanding his students.

But the Counseling Department is located on the second floor of the College of Education in the Wist Hall Annex. Access to professors' offices, his mailbox and news bulletins is limited unlessthedepartmentchangeslocations for meetings or Kajiyama gets other students to pick up his mail.

"Honestly, and this could get me into a lot of hot water," Kajiyama said, "butinordertocreatechangesometimes you need [to] take that risk and put yourself out there – but the university seems to do the very minimum in order to accommodate persons with disabilities."

Kajiyama has been attending UH since 1994 and received his undergraduate degree in 2002. For the past three years he has been petitioning for an elevator at the school. When he made his request public in a Midweek Windward editorial in a July issue, he was called into the dean's office. They toldhimheshouldhavesaid something to them first. But an elevator has not been built to this day.

"But it's not like the problem happened over night," he said.

He said the lack of commitment the university has to the needs of students with disabilities is illustrated even at the level of the UH system president's office.

President David McClain's office is on the second floor of Bachman Hall,

the seat of the administration for all 11 campuses and the first building the public sees. But there is no elevator located anywhere in the 57-year-old building.

KOKUA Concerns

Physical access is a concern, said Ann Ito, director of the KOKUA (Kahi O Ka Ulu 'Ana "The Place of Growing") program at UH Mānoa. The KOKUA program is the lead office at Mānoa that specializes in helping students with any form of disability. Whether it is a learning, physical or internal disability, the office's mission is to enable students to have equal opportunities while getting an education.

Students in wheel chairs are not alone when it comes to problems with physical access. It also includes students with vision problems, heart and cardiovascular issues as well. Ito says the KOKUA program services about 800 students per year. Those with accessibility or physical access issues are estimated at about 100 to 150 students. If those with respiratory or heart conditions are included, that number increases to 200, Ito said.

Ito said if a classes is inaccessible, that class should be relocated. But things like technology or equipment needed in certain classes may inhibit the chances of finding another location.

"An alternate location is almost always found," Ito said. "I can't say that it's never ever not been a problem, I can't say that for sure. [But] by and large 99.9 percent of classes are relocated."

An elevator breaking down is a major issue the KOKUA office deals with. Sometimes it goes unreported for lengths of time.

"If no one calls Facilities [office]," Ito said, "[they] won't necessarily know the elevator is down."

Ito said Mānoa students have more factors to deal with since the natural terrain of the campus is hilly and many older buildings have not been renovated.

For some in wheelchairs, lack of access isn't a huge problem. Senior Dawna Zane is majoring in Family Resources. She has been in a wheelchair for six years since a car accident. She says the hills can be a pain and some of the doors are heavy but she has learned to cope.

Her major and professor's offices are located in Miller Hall, which has no elevator. Luckily, she has not had any classes on inaccessible floors.

"For me it's been OK," she said.

But Zane said accessibility is different for different people and people's needs should be taken into consideration.

Change in effect

Change is taking place. Any renovation made to an existing building at UH or construction of a new building must be made in accordance with the Americans with Disabilities Act of 1990. Congress passed the ADA to guarantee equal rights and opportunities for persons with disabilities.

But, Ito said, the ADA does not require all buildings to be rebuilt.

"Ithink we've been seeing changes for the past decade," said Dr. James Skouge, assistant professor at the Center of Learning Disabilities. He said this university has overcome a lot of physical barriers, but the world is not perfect.

Skougesaidthenextstepismaking classroomsmoreuniversaltoallstudents learning abilities. This includes setting up classrooms so there is enough room forstudentsin wheelchairstogetaround along with putting books on CD for those who learn by audio.

"The challenge of the next 10 years and beyond perhaps," Skouge said, "is how can we make universities a place where knowledge is truly accessible to anyone who wants to learn."

Physical access challenges have been brought to the attention of the Facilities office and the Chancellor's office. Five buildings on campus do not have elevators: Bachman Hall, Dean Hall, Gartley Hall, Miller Hall, and College of Education at Wist

Of those five, Bachman and Gartley have set plans for renovations said spokesperson Carolyn Tanaka. There is no set date for either renovation but a funding request for Gartley has been approved for 2008-2009.

"The Chancellor has made the point several times that the condition of our physical facilities can be a major considerationina prospective student's decision to apply and enroll at UH Mānoa," said spokesperson for the Chancellor's office Jim Manke.

Designs and projects to make necessary renovations for ramps, restrooms and paths are also underway for the Lyon Arboretum and student housing, as well as for sidewalk repairs and an accessible pathway on Maile Way between Hamilton Library and Paradise Palms.

Manke said the backlog of renovations and other projects is at about \$100 million. There is also \$30-40 million still needed for renovations to student housing.

"We are doing our best to catch up from years of neglect in this area," he said. "It will take a while before everything that needs to be done will be accomplished."

The Chancellor and President McClain's office is pushing to make Mānoa a Hawaiian place of learning. They are doing this with renovations to curriculum and classrooms. But Brian Kajiyama believes creating a Hawaiian place of learning should include the aloha spirit and making the university an 'ohana, family.

Speaking in his wheelchair, Kajiyama said, "The aloha spirit tries to involve all people. And I'll use the quote from Lilo & Stich where they say something like ... 'Ohana means family and no one gets left behind.""

Dead cell phones save lives

By Brie Thalmann Ka Leo Contributing Writer

Who would've thought an old cellular phone with no life could save a life? Human, that is.

The University of Hawai'i at Mānoa Women's Center will be holding its 4th Annual Cellular Phone Drive until Oct. 30 for just that reason. The project's objective is to help put an end to domestic violence in Hawai'i.

Thecenterteamedupwithco-sponsors Verizon Wireless and the Hawai'i State Coalition Against Domestic Violence (HSCADV) for the drive. Each phone is wiped clear of all previous data, refurbished and reprogrammed by Verizon Wireless to instantly dial 911. HSCADV then distributes the phones throughout the state among its eight shelters and three legal programs.

The phones are given to domestic abuse victims who are in or are attempting to leave violent situations. Having a mobile phone with instant 911 access provides them with a sense of security and a direct line to help.

The drive also brings light to one of Hawaii's darkest issues. In 1999, there were 8,013 reported incidents of abuse of family or household members in Hawai'i, according to the HSCADV Web site. Forty percent of those incidents occurred in the City and County of Honolulu.

On more than one occasion, the phone saved someone's life, said Christine Quemel, the Women's Center director.

"Once, a UH student had to use the phone to call 911 while they were fleeing, actually running from an attacker,"



BRIETHALMANN • Ka LEO O HAWAI'I

UH undergraduate student Cassielyn Tonibio-Rapoza dropped off her old cell phones at the Women's Center last week. The proceeds will help save the lives of victims of domestic abuse.

she said.

Donatedphonesdon't need to be in stellar condition, Quemel said. Broken phones are also accepted.

"They don't need to come with all the accessories," she said. "There can even be missing parts. We'll take them in whatever shape they're in!" Also, all donations are tax-deductible. Those who donate can fill out a form at the drop-off location and will later be mailed tax receipts and forms.

"These phones are especially crucial in the case of someone who is being

See Phone, page 7



BOBBY LABRIX • Ka LEO O HAWAI'I

Marie Therese Noedl (left) inspects Absalon Galad's (right) net, containing a young bobtail

Glow-in-the-dark squid key to research

By Bobby Lambrix

Ka Leo Contributing Writer

The sky was dark when University of Hawai'i at Mānoa zoology students met at Maunalua Bay near Hawai'i Kai earlier this semester. With low tide on the horizon, it was the best conditions for hunting squid.

Only a few of the students

knew how to hunt squid. Even Marie Therese Noedl, the head of the expedition, was a novice at scooping up cephalopods—any marine invertebrate with a large head, large eyes and, usually, an ink sac.

Noedl's lack of experience can be qualified, however, for there are very few squid in her

See Squid, page 5

OurOpinion

University should have responded better to Sunday's earthquake and blackout

The university responded better to the earthquake and blackout on Sunday than to the 2004 flood. But for a major university, the response was sad indeed.

This isn't to say the university didn't do somethings right. For instance, we had generators this time. As Ka Leo reported last Wednesday, some of the emergency generators were set-up at Paradise Palms, Hale Aloha Cafeteria, Gateway Cafeteria, the student dorms for emergency lights, the tower area of the Biomedical Sciences building, Institute for Biogenesis Research and the Art Building glass furnaces.

Also, there was a response to the situation. UH president McClain came to campus to assess the situation, RAs tried to inform students about what had happened, and Campus Security did eventually break-up the ruckus at the Noelani dormitory.

However, it wasn't nearly enough. We're nearing the second anniversary of the destructive 2004 flooding of campus. Better plans for the possibility of a campus-wide blackout should have been in place and carried out.

What if this had happened on a Friday night, or another busy time, when there are a lot of students here for on campus events? There is no central meeting place in case of these kinds of emergencies. And if there are, students don't know about it.

Students on campus during a blackout usually won't have access to a radio, unless they're in the dorms or in their car. A central meeting place would help the university not only assess the number of students they'll need to care for, but also givethemtheopportunity to tell students what's going on and what to do. This would have been far more efficient than what happened on Sunday, with RAs running around trying to inform residents.

The immaturity that some students showed on Sunday at Hale Noelani was not only a disappointment, but it could also be illustrative of what might have happened campus wide, had the power gone out during a Friday event. The university needs to have a planto counter this sort of primal panic, that some students have shown they aren't grown upenough to not resort to.

Not only should the university have a plan of action for any future blackouts, it is deplorable that the university had 12 hours to prepare for dark and still there was darkness and chaos at Hale Noelani. UH had earlier in the day, estimated that electricity would be back on by 9 p.m., well after dark.

Housing had no coordinated effort for their residents' safety. Individual dorms coordinated responses for their residents, but not for other residents. Hale Aloha seemed more prepared than Hale Wainani and Hale Noelani, judging by the reactions Ka Leo has been receiving from students

There weren't even enough floodlightsonSundaytolightboththecafeteria and the Hale Noelani dorm at the same time

We're lucky that that worst incident seems to be sprained ankles from walking down dark stairwells and boredom. The university should be highly grateful that there weren't any reported rapes or assaults. Students should feel safe during a time of disaster. Those that were having fun, throwing thingsoff of balconies, need to also take responsibility. With all the noisegoing on that night, someone could have been screaming and not heard.

Not only was the planning for darkness unsuccessful, planning for this disaster seemed non-existent. Although earthquakes are rare on O'ahu, they aren't unheard of. There should have been a plan that everyone knows about. What if the earthquake had been larger? The infrastructure of the buildings could have been damaged and with that residents could have been killed. There were no evacuation of the buildings, to check for structuraldamage, nor is the reagathering site for residents that to remain safe in case of structural failure.

But why did this happen? Why are we left with accusations of mismanagement and under-planning?

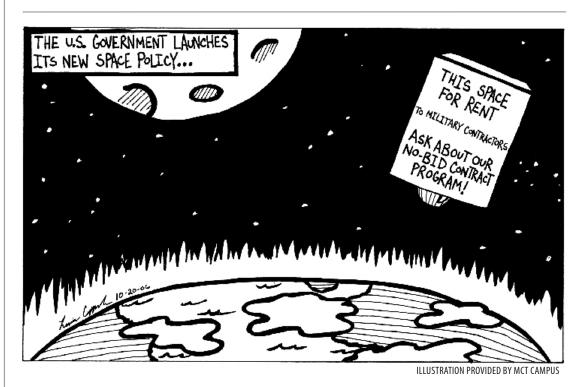
No one took the initiative. Students felt that the administration, security and housing departments should have taken care of things; not looking at their own unprepared state. Security seems to have felt that they reacted to the best of their ability. The same goes for the RAs and DAs at the dorms, whom after all are only students. But no one thought of coordination, and if they did it's not apparent.

The few exceptions were isolated. Students playing music to entertain their rowdy peers, RAs trying to talk to individuals; but is that really all we can expect from our university. We hope not.

The Editorial Board is comprised of all Ka Leo O Hawai'i deskeditors, the Managing Editor and the Editor in Chief.



EditorialCartoon



Shakes, Quakes & Blinding Blackouts

Earthquake provides wacky day — to relax

By Taylor Hall

Ka Leo Staff Writer

I had been up for the last 30 hours or so, and was compelled to finish the paper that was due on Monday. It had been Sunday for about six and half hours by the time I finished the final touches. I got up, brushed my teeth and began rocking out to Journey, as I do every Sunday.

Theyweredaisy-chained events, one after another from the ocean side to my front door, climaxing in a large, untamed wind rushing into my 12th-floor Wainani apartment. At the exact moment the wind was stampeding, I was in the beginning stages of my sixth kick split that dawn, this one during the opening solo from "Anyway you want it". During my descent, I was offset by the earthquake and stubbed my toe on the coffee table.

From the ground, people compared it to Jell-O, rocking to and fro; from the 12th floor, it was like being in a tower of Jell-O. My roommates and I fled the tower down the 12 flights and stood in calm for a minute until every light – nay, every electric convenience turned off at the same time. Few would have thought that it would remain that way for the next 16 hours.

You may know that it was a 6.6-level quake, or that level-three quakes continued for the rest of the day, but did you have any idea that it was the most destructive natural disaster on red, white and blue soil since Katrina? No cable news station had a correspondent in Hawai'i at the time, and due to our isolation, there were limited methods for the news to access ... news. All they had was a number (6.6).

Literally playing telephone, the news got progressively nutty. Apparently, people were seriously injured, hospitals were closed and a recorded number of little old ladies broke their little old bones by falling down and not being able to get back up. Had they known that most people on this island were mildly inconvenienced and others relished the day off, we would not have had this much national attention that day ... maybe.

Truly, the worst thing about a natural inconvenience is the fact that you cannot watch your own disaster on television. While we missed out on one of the funniest things ever, our mainland relatives were freaking out. The news showed the same picture of Kalāhikiola church practically liquefied, while the threats of constant aftershocks, a tsunami and a huge relapse set to happen that night were constantly imminent in the nation's mind. Even people on the Big Island would be hard pressed to say that the disaster was actually a "disaster." My heart goes out to the Hawai'i tourism board and that one guy who lost his shanty.

On campus, the sun was finally at a bearable temperature, and the demon wind roared down to a brisk breeze. Cards and booze were prevalent for most of the day, as dorm life was cooled to a relaxing low decibel. It's louder on a Tuesday morning than it was all Sunday ... night however, was special.

Most of campus ate at the school cafeteria that night, due to the untrue rumor of decaying provisions being their meal ticket to free dinner. The impending night brought furtherrumors: waterpressurestopping, electricity off till midday tomorrow, cancelled school and another earth-

Editor in Chief Danielle Flud

News Editor Mattew K. Ing

Sports Editor Keane Santos

Managing Editor Michelle White

Features Editor Alyssa Navares

Associate Features Editor David Pham

Commentary Editor Kimberly Shigeoka

quake. The atmosphere was thick; you could feel something was going to happen after the sun dropped. Thousands of college students and miles of blackness is an unpredictable equation at best.

It was big. After an hour of mingling and stumbling in the dark, somedescendingwaterballoons and a firecracker scared the RAs into prohibiting people from walking outside of Wainani. This drove everyone to Noelani, creating a vacuum that none of the security guards or RAs were cool enough to get sucked into.

It was more than a thousand strong and seemed to last forever. It was only with emergency generators, floodlights and a very assertive megaphone talker guy, was Campus Security able to penetrate through the intimidating throng, forcing the swarm to flee slowly home. You could walk aimlessly outside Noelani on the balcony and hear nary a single noise, not television nor talking, once the crowd had moved inside. It was only 9:30.

As an experiment, this proved that at the core, college students and baby chicks have the same body clock and REM requirements when both put in a dark box.

All in all, I was saddened when the lights came on that night at 11. It was the most relaxing day in a long time, fun too, because we were all in it together. Waikīkī was great to look at in almost pitch-black; and there is a joy to be had in a long conversation with someone that you do not know, and that you never actually look in the eye. You could see how people made do without television or video games. It was refreshing. I even propose that one day a year we turn the power off purposefully, like a back-to-basics Ramadan.

Ka Leo O Hawai'i

the voice of hawai'i

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

Newsroom: (808) 956-7043 Advertising: (808) 956-7043 Facsimile: (808) 956-9962 E-mail: kaleo@kaleo.org Web site: www.kaleo.org Ka Leo O Hawai'i is the campus newspaper of the University of Hawai'i at Mānoa. It is published by the Board of Publications four times a week except on holidays and during exam periods. Circulation is 14,000. Ka Leo is also published once a week during summer sessions with a circulation of 10,000. Ka Leo is funded by student fees and advertising. Its editorial content reflects only the views of its editors, writers, columnists and contributors, who are solely responsible for its content. No material that appears in Ka Leo may be reprinted or republished in any medium without permission. The first newsstand copy is free; for additional copies, please come to the Ka Leo Building. Subscription rates are \$36 for one semester and \$54 for one year.

EDITORIAL

Associate Sports Editor Scott Alonso Chief Copy Editor Claire Withycombe Associate Copy Editor Candice Novak Photo Editor Chris Yeung Comics Editor Casey Ishitani Design Director Joe Guinto

ADVERTISING

Advertising Manager Edgar Lobachevskiy

Editor: Alyssa S. Navares Associate Editor: David Pham | (808) 956-3221 | features@kaleo.org

La Kalem (To your Health)

Athletes to couch potatoes, we all need routine

By Yoellah Yuhudah

Ka Leo Contributing Writer

Spinach is back from exile. You may safely put it back on your table for consumption. According to an Aug. 15 article in the Chicago Tribune, packages from Natural Selection Foods, an outlet for Dole, was the culprit.

The Chicago Department of Health released tests Tuesday regarding the exiled spinach, stating that the fresh-bagged spinach was recovered from the residence of an elderly resident of LaSalle County who got sick from eating it. The bacteria found in that spinach matched the strain of E. coli from spinach in California, which proved that the problem was not local. The jury is still out on why there were

more than nine counties that were affected.

Meanwhile, back on the home front, the University of Hawaii's own Papa Lucks has no problem serving up a gnarly spinach quiche with a spinach salad. Of course, my favorite is the store's "Broke Da Mouth" pastries made from scratch. They bake their apple pastries until the sugar caramelizes, giving it a melt-in-your-mouth taste. And don't forget the organic full-service espresso bar served with organic coffee beans from around the world and Hawai'i. The combination of Italian-style sandwiches and vegetarian soups makes for a great lunch. Eating on campus can be a healthy experience for a variety of appetites and diet regimens. Papa Lucks is located on the mauka side

of the Art department.

tantpathstogoodhealth Another major factor to 1 health requires 1 have aerobic exer This causes the diovascular sys to absorb and tran oxygenandthenu we eat. Everyone needs to have some sort of routine, ranging from athletes to couch pota-

As students, wedohaverather busy schedules, but food alone

will not maintain a healthy lifestyle. Now, on a broader perspective You should also demand from your of eating healthy and the imporlife cycle a positive exercise agen-

da It will lead to higher thinkn function. Schedule round a routine of ercise for about 20 inutes per day. Of ourse, consider your erall physical condibefore you choose ercise program and possible, consult a

> Yes, the day st zooms by, so try me simple breathg exercise like yoga anayama. To all my Christian friends, don't panic, yoga

breathing is a

method that controls one's energy. Being a Christian and Bible buff myself, I recount the passage where God breathed life into man and woman. Without proper breath, we're just minerals from the Earth. Implementing controlled breathing in the body, we cause our brain function level to increase, allowing better memory function.

I conclude that a generation of improper breathing has adversely affected people's way of thinking. Students really need to have good memorization and recall. So, pep up your grades with a good anaerobic exercise plan. May I suggest going to the Internet and typing in "breathing techniques?" Of course, nothing can replace the continuous use of body movement, namely exercise. Stay healthy!



From page 3

native home of Austria. She came to Hawai'i to continue her studies in developmental biology, focusing on genetic expression and how certain genetic constructions aid the performance of aquatic animal appendages.

The prey for the evening was the elusive euprymna scolopes, or bobtail squid. This squid species has a Hox gene, which helps operate an appendage unique to its species.

"They are eaten in Japan,

where you can find them frozen in trays," said Dr. Heinz Gert de Couet, Noedl's advisor. "But mostly, you'll see them as bait for fishing."

But the hunters would not be dining on this evening's catch. Rather, the squid would be used for research.

Bobtails are rare nowadays because they have been taken in large quantities to research labs for study. This particular species of squid has a light-emanating organ that continues to intrigue many researchers.

"The light gland has within it luminescent bacteria," Gert de Couet said. The National Institute of Health is interested in the squid for their study of infectious dis-

In spite of the light emission, the two to three-inch adult specimens were difficult for the hunters to find. Several nets caught young squid that were turned away because of their miniscule size.

After two hours and two rain showers, the team met with the success of Absalon Galad, a UH biology major. Galad procured three adult squid within the last 40 minutes of the outing.

"I think they were attracted to my smell," Galad said.

Noedlalso experienced the joy of catching squid, as she reached her minimum catch-goal for the outing. Provided that Noedl has both sexes represented in the collection, she hopes the squid will breed so she will have a larger population to study in the lab.

"In a few weeks, I expect them to lay eggs," Noedl said, "then the eggs will hatch three weeks after."

Noedl expects her Ph.D. program to last between five and six vears, which means she will be able to see many bobtail generations spawn and grow. The team ended its search near midnight and planned another outing to retrieve more specimens.

Editor s Note: Bobby Lambrix is a member of the UH Board of Publications.



And express yourself

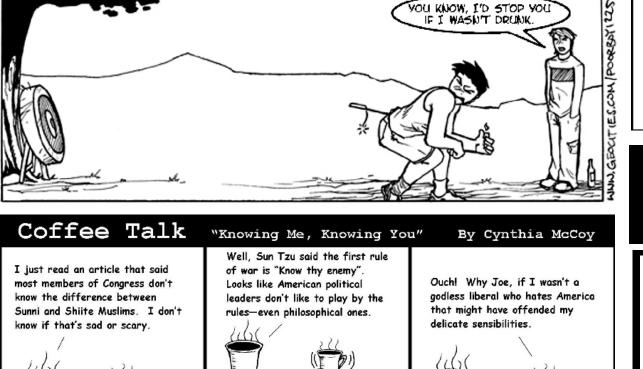
Ka Leo O Hawai'i COMICS & CROSSWORD

Page 6 | Monday, October 23, 2006

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



Crossword ACHOSS Small frv Prie Trial author 10 Lood activ 14 Pouring loca 15 A rivederd Andre 18 Niger's religion 16 Board and Man 18 Lood author 20 Result of division 22 Org. of Cultic and Oceanor 23 Mirco 25 Donith coats 27 Gourters 23 Eobbeey (vir 23 Bobbeey Iwin 30 Cycle slaiter? 31 Vaulied rooxesses 35 Times in the Morning! channe 33 Shuille grp 41 Sueisand lim 43 Dyeing vot 44 Hashird light © 2006 Industrict of a day occurs of All rights manned. 44 Hear of light 45 Percende itsh 46 Gun lobby 16.16% 42 Gail gator 5 gun at Bellyculture at Bellyculture 59 Geremones 60 B.C. or Ont. 61 Death notice 60 Church count 44 Fiber shinor 68 South 68 Part of OAS 63 "Sidtle Pave's" pair.er 71 Chore 8 Ador Reeves 9 'No thanger Actey' author 10 Onleper port 11 Honda port Solutions 10/18/08 12 Irus La 15 Jove and Tubber 21 Cumbo Ingredient 23 Joseph 4 Swoth 24 Of sound P6 HgM spct 26 Mals Har or 007 32 Gardida-waten althr. 38 Holdowip 34 H-V contents 36 XOI 37 Jude Millie 40 Doorsh 40 Terrrite cater 42 K O connection 45 Willy remark 47 Theds of sert 100 es 71 Chara 79 Gresiau 79 Anniano Ang DOWN 1 HBO rival 2 Tiotac-tod vin 3 Biod minoral tal Skysonucer guds 69 Semovius 65 A. Godhley's 52 'Apricial author 53 Est avoides of 4 Act a tiring 5 Home: Iw is plater hymo 54 Smell 55 Observes 58 Die coon 57 Viceo mage un .



visit kalamakua.org

novies abi haavy-liddad

Bruce Lee once said, "Knowing is not enough, you must apply; willing is not enough, you must do."

In that case, if you know that you are artistic, *APPLY* at Ka Leo O Hawai'i for a cartoonist position ...

> Unless, of course, you hate Bruce Lee.

inst un er . 67 Heinden and Cabo

Ka Leo O Hawai'i **C**LASSIFIEDS

Why's that?

The Ka Leo Building Monday-Friday 8a.m.-4:30 p.m.

In fact, when it comes to American conduct in war, I'd venture to say who's committing "state sponsored ter-

rorism" is in the eye of the beholder.

Rates: \$1.25 per line (minimum 3 lines).

All caps and/or bold will add 25% to the cost of the ad. Place an ad in four (4) consecutive issues and receive the

fourth ad free!

Deadline: 3 p.m. the day before publication.

Payment: Pre-payment required. Cash, in-state checks, money orders, Visa and MasterCard accepted.

In Person: Stop by the Ka Leo Building. Phone:

956-7043 E-Mail: classifieds@kaleo.org 956-9962. Include ad text, classification, run dates and

charge card information.

Send ad text, classification, run dates and payment to: Board of Publications, Attn: Classifieds P.O. Box 11674, Honolulu, HI 96828-0674

Mail:

Editor: Alyssa S. Navares, Associate Editor: David Pham | (808) 956-3221 | features@kaleo.org



COURTESY PHOTO • ACADEMY FOR CREATIVE MEDIA

UH film student Tyrone Sanga made "Follow the Leader," in which the character Kenji stands up for himself by helping the outcast kid.

UH film students hit big screen at festival

By Nick McEvoy

Ka Leo Contributing Writer

For University of Hawai'i at Mānoa filmmaking students Roger Nakamine and Henry Mochida, two of six students whose films will be played tonight as part of the 26th Annual Louis Vitton Hawai'i International Film Festival (HIFF) – this is a chance to be their own boss.

The other participating Academy for Creative Media students are Tyrone Sanga ("Follow the Leader"), Joelle-Lynn Satre ("My Dad's Story"), Brian Makanoa ("Eve") and Jay Hubert ("Dao").

Nakamine and Mochida arrived at Volcano Joe's separately last weekend for an interview. They sat across the table, one by one, about 30 minutes apart. Though they answered questions differently, the main point became quite clear – both aspire to be independent filmmakers.

Nakamine, a senior with a double major in religion, was not always on the track to becoming a director. He said he was originally a theater major, but ran into one of his Waianae High School teachers during a summer break, who suggested he become involved in filmmaking.

"I always was into writing," Nakamine said. "And I loved movies."

Nakamine's film, "Sore Shoulder and Aching Jaw," is a comedy-based movie about a bad date that becomes worse. Nakamine said he gets his inspiration and ideas for his movies through personal experiences and his dream for filming. He takes personal occurrences and fills in

the spaces with his imagination.

Nakamine is planning to attend graduate school, and later he and a friend hope to start their own production company.

"I'd like to write and direct on a professional level," Nakamine said.

Mochida and Nakamine's films are both influenced by personal experience.

His film, "Chopsticks," is about a man named Mochida and a female Chinese student in Japan named Yao. When Yao runs into the ill-mannered tourist, the two get to know each other better, but Yao is unsure of the different cultural backgrounds and debates between her heart and her doubts.

Raised in Honolulu, Mochida was first turned onto the film industry when he saw the surfing documentary, "Thicker Than Water." He said he became interested in documentaries because of their lyrical aspect.

"I like the juxtaposition of visuals with lyrical music," Mochida said.

Although Mochida will not receive any academic credit for taking film classes at UH, he doesn't mind.

He plans to continue participating in festivals until someone pops the question, "Will you direct this movie?"

"I'm just going to see where it takes me," he said.

The films will premiere tonight in a showcase of the ACM films. The show starts at 8:45 p.m. at the Regal Dole Cannery Theatres at 735 B Iwilei Rd. For more information, visit the HIFF web site at http://www.hiff.org.

EVENTS CALENDAR

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

"The emotional intelligence of clinical staff nurses," a nursing final oral, happens today, 10 a.m. to 12 p.m., Webster Hall, Dean's Conference Room. Info, 956-8500.

"Responsible (and secure) e-cycling presentation," a part of the University of Hawai'i Cyber Security Week, happens today, 11:30 a.m. to 12:30 p.m., Kuykendall Hall, room 201. The UH Information Technology Services is hosting the Cyber Security Week to educate the UH community about the importance of cyber-security and the adverse consequences of cyberthreats. Info, Jodi Ito, 956-2400, jodi@hawaii.edu, http://www.hawaii.edu/cyberweek.

"What's the point?: Philosophical issue in geometry in late antiquity," a philosophy final oral, happens today, 1:30 to 3:30 p.m., Sakamaki Hall, room D-302. Info, 956-8500.

"Unraveling the radiation-induced chemistry that occurs on the surface of Pluto and Triton," a chemistry final oral, happens today, 3:30 to 5:30 p.m., Bilger Hall, room 150. Info, 956-8500.

"Orographic effects on tropical climate in a coupled ocean-atmosphere general circulation model," a meteorology final oral, happens today, 3:30 to 5:30 p.m., Marine Science Building, room 100. Info, 956-8500.

"Chancellor's Energy Summit," happens tomorrow, 8 a.m. to 12 p.m., Jefferson Hall, Keoni Auditorium. Info, Cindy Knapman, 956-7410, Iknapman@hawaii.edu.

"Not child's play: Taking another look at vulnerability in the light of the

Indian Ocean tsunami and Hurricane Katrina," a geography colloquium, happens tomorrow, 12 to 1 p.m., Saunders Hall, room 443B. Greg Bankoff, associate professor of the University of Auckland, will present. Info, Brian Szuster, 956-7345, szuster@hawaii.edu.

"Update on fluid and electrolyte disorders: new information for the primary care physician," a Department of Medicine grand round, happens tomorrow, 12:30 to 1:30 p.m., Queen's Conference Center. Biff Palmer, a professor of internal medicine at the University of Texas Southwestern Medical School, will present. The Queen's Conference Center is at 510 S. Beretania St., second-floor lobby. Info, Sharon Chun, 586-7478, sharonch@ hawaii.edu.

"Economic analyses of organic farming — the case of Kona coffee industry in Hawai'i," an agricultural and resource economics final oral, happens tomorrow, 3 to 5 p.m., Sherman Hall, room 103. Info, 956-8500.

"Evaluation of the reliability of an instrument to assess the content of treatment planning documents within the child and adolescent mental health division," a psychology final oral, happens tomorrow, 3 to 5 p.m., Gartley Hall, room 202. Info, 956-8500.

"Development of bioanodes for bio-fuel cells," a Hawai'i Natural Energy Institute seminar, happens tomorrow, 3:15 to 4:15 p.m., Hawai'i Institute of Geophysics, room 110. Shelley Minteer from Saint Louis University will present. Info, HNEI, 956-8890, mkamiya@hawaii. edu, http://www.hnei.hawaii.edu.

Phone

From page 3

stalked," said Ana Maring, domestic violence educator for the HSCADV. "I know of one woman who was catching the bus to work really early in the morning, and her batterer showed up because he knew she would be there and that she would be alone. She was able to use her phone to call for help."

"Often times, victims can't afford a phone or are being isolated by their batterer," Maring added. "For many, as they leave a violent circumstance, they no longer have access to a phone. In the case of someone moving away from a batterer into a new home, there won't usually be a phone in that home for a while."

ButMaringbelievesthephones are tools to being safe.

"We can give people tools," Maring said. "A phone is just one more tool to help people be as safe as possible."

Students are encouraged to stop by between classes to donate old cell phones.

"It feels good to know that I'm helping to empower another person," said UH graduate nursing student Joee Whitlock, as she dropped off two phones at the donation box. "If you think about it, everyone has an old cellular phone lying around, buried in a drawer or shoved in the back of a closet somewhere. Donating even one is such an easy way to make a difference!"

Donations can be dropped off at Room 211 at the Queen Lili'uokalani Center for Student Services. For more information, call the Women's Center at 956-8059 or e-mail uhmwomen@hawaii.edu.

Editor: Keane Santos Associate Editor: Scott Alonzo | (808) 956-3215 | sports@kaleo.org

Warriors spoil Aggies' homecoming

Hawai'i wins its second consecutive road game, 49-30

Ka Leo Sports Desk

For their homecoming game, the New Mexico State University Aggies were treated to a contest between the two top passing offenses in the nation. Unfortunately for Aggie fans, the University of Hawai'i Warrior football team came away with the 49-30 victory in front of 17,318 fans at Aggie Memorial Stadium, Saturday night.

Aggie quarterback Chase Holbrook was impressive, throwing for 323 yards on 31 of 45 passing with three touchdowns and one interception. However, Warrior quarterback Colt Brennan was better in every statistic, registering a 330-yard, 5-touchdown performance on 22 of 31 passing, without an interception.

The Warriors put up 506 yards of total offense, 353 through the air and 155 on ground. Wide receiver Nate Ilaoa led the ground attack with 95 yards and a touchdown on 18 carries. Seven different receivers caught the ball – including Michael Washington who caught his first pass of the season for 23 yards late in the fourth. Ross Dickerson however, was the most impressive of the seven; receiving a team-high six catches for 125 yards and two touchdowns.

The Warrior defense gave up 448 yards and 30 points, but was a key contributor to Hawaii's victory. The defense led by linebackers Soloman Elimimian (14 tackles) and Adam Leonard (11 tackles) forced three turnovers, including one that may have secured the win for good. With 11:11 left in the fourth and the Warriors leading 35-24, Holbrook dropped back to pass and rolled to his right before getting blind sided by UH defensive end Melila Purcell. The



Warrior receiver Davone Bess tries to outrun an Aggie defender during last season's game with New Mexico State at Aloha Stadium. The Warriors took to the air again this season, as quarterback Colt Brennan threw for 330 yards and five touchdowns in a 49-30 victory in Las Cruces, New Mexico.

ball popped loose as Holbrook absorbed the hit. UH linebacker

back 20 yards for the touchdown. Defensive lineman Elliott Purcell Adam Leonard then ran the ball finished with a career-high 8 tack-

les and two forced fumbles.

After Holbrook stayed down following the play, Purcell said he apologized to the coaches and Holbrook. Holbrook however, said that it was a clean hit. But unlike Holbrook, who returned to the game a few plays later, the Aggies were never able to recover from there.

On the next possession the Aggies fumbled the ball away again, this time on a bad snap. The offense capitalized two plays later as Brennan connected with Dickerson on a 36-yard touchdown. The Aggies managed to score once more with 4:25 left in the fourth on a pass from Holbrook to A.J. Harris, however; it was too little too late. The Warriors, after leading by only four in the beginning of the fourth, outscored the Aggies 21-6 in the final quarter.

The victory improves Hawai'i to 5-2 overall and 3-1 in the Western Athletic Conference. The Warriors - who have won four straight games - need only two more victories to clinch an invite to the Sheraton Hawai'i Bowl.

Coupled with Hawaii's 68-37 victory over Fresno State a week ago, it was the Warriors' first back-to-back winning road trip since 1992. The Aggies have not won a WAC game since joining the conference last year.

The Warriors will return home for their homecoming match with the Idaho Vandals. Idaho and Hawai'i are tied in the WAC for second place, each are 3-1 and have only lost in conference to WAC leader Boise State.

Western Athletic Conference Standings

	Team	Conference (W-L)	Overall (W-L)	versusHawaii
	Boise State	4-0	8-0	W 41-34
	Hawai'i	3-1	5-2	NA
	Idaho	3-1	4-4	Oct. 28
	San Jose State	1-1	4-2	Nov. 18
	Nevada	1-2	4-3	L 41-34
	Louisiana Tech	1-2	2-5	Nov. 11
	Fresno State	1-2	1-6	L 68-37
	Utah State	1-3	1-7	Nov. 4
	New Mexico State	0-3	2-5	L 49-30
ı				

AroundtheWAC

Boise State University 42 -University of Idaho 26

With both teams entering the game undefeated in the Western Athletic Conference, this contest became a match for first place. Idaho led the 18th ranked Broncos after the first quarter 14-7. However, Boise State's Ian Johnson exploded for 183 yards and 4 touchdowns to lead the Broncos to a 42-26 victory over the Vandals in the Kibbie Dome.

Steven Wichman threw for 328 yards on 24 of 45 passing with three touch downs and two interceptions. Jared Zabransky threw just 10 completions on 22 passes, but managed to get two touch downs on 145 yards passing. Idaho out-gained Boise State 397 yards to 353 yards.

Idaho travels to Honolulu to face the Warriors this Saturday, both team's are tied for second in the WAC.

Louisiana Tech University 48 -Utah State University 35

Louisiana Tech got their first WAC victory of the season, running all over Utah State in a 48 to 35 victory. The Bulldogs led 17-0 at the end of the first quarter and 31-7 at the half. Louisiana tech rushed for a season-high 344 yards, finishing with 570 yards in total offense.

Bulldog quarterback Zac Champion passed for 226 yards and four touchdowns on 13 on 18 passing. Louisiana Tech's Daniel Porter rushed for 178 yards and a touchdown, while Patrick Jackson added 91 yards and a touchdown. What's more impressive is that Porter was making his first career start as a freshman. Kevin Robinson who caught six passes for 141 yards and two touchdowns led the Aggies.

Utah State hosts Hawai'i on November 4th. Louisiana Tech plays Hawai'i at Aloha Stadium on November 11th.

University of Nevada, Reno 23 San Jose State University 7

Robert Hubbard carried the ball 33 times for 161 yards for the Wolfpack, as Nevada defeated the Spartans of San Jose State 23-7 Saturday.

The Wolfpack got their first WAC win of the season after falling to Hawai'i and Fresno State earlier in the year. Nevada racked up 408 yards of total offense and held SJSU to just 239 yards.

Despite trailing only 10-7 at halftime, the Spartans could not score in the second half. Travis Moore started in place of injured Wolfpack quarterback Jeff Rowe, and threw for 178 yards and a touchdown on 20 to 28.

San Jose State travels to Aloha Stadium on November 18th.

Louisiana State University 38 -Fresno State University 6

Fresno State was held to just 211 yards as LSU's defense smothered the Bulldogs in a 38-6 defeat. Fresno State fell to 1-6 on the season and continues their collapse - they have not won since their season opener against Nevada.

Sean Norton, who earned the start at quarterback after playing well against Hawai'i, completed 13 of 20 passes for 134 yards but did not lead the Bulldogs to a touchdown. The Tigers were led by quarterback JaMarcus Russell who threw for 210 yards and two touchdowns.