



KNOW THY OPTIONS

A dining guide that brings you around and beyond campus



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Independent food vendors take over Sodexho contract

New owners in kiosks scattered around campus

By Ashley Monfort
Ka Leo Staff Reporter

A variety of new places to eat are popping up around campus. Instead of being operated by Sodexho, the leading provider of food and food services at the University of Hawai'i Mānoa, kiosks are privately owned by mom-and-poptyperestaurantsand cafes.

"It's a refreshing change from Sodexho ... people are tired of Sodexho," said sophomore Noah Solomon.

Monitored by food services, the kiosks' private owners run each spot. Sodexho gave up their rights to the spots because of contract modifications, food services manager Kimo Yamaguchi said. Last year, the kiosks served plate lunches and Starbucks coffee most of the time.

He said the new owners' contracts are for one year, with a mutual option for the next. Sodexho could not be reached for comment.

"The goal is more variety of choices and the opportunity to try different vendors," Yamaguchi said. "The university will evaluate the progress and decide whetherto continue with these vendors or go with others."

Vendors are doing better than the university expected.

"India Café and Da Spot are posting better sales numbers than Sodexho did last year. Papa Luck's

has been gradually building sales," Yamaguchi said.

The owner of India Café, Jiva Segaran, is a 2000 graduate of Mānoa. He said that the new varied choice in food was never offered when he was a student.

"Variety" and "change" are words frequently used by these new owners. They say they are responding to the needs of the university students who are tired of the monotony and monopoly of Sodexho.

"[We're] meeting a market that wasn't addressed," said Gabriel Luck, owner of Papa Luck's, located on the outside of the Art Building.

With his small cafe, Luck wants to hit the dessert, snack and light-lunch crowd. Luck and his wife, Stephanie, run the kiosk together.

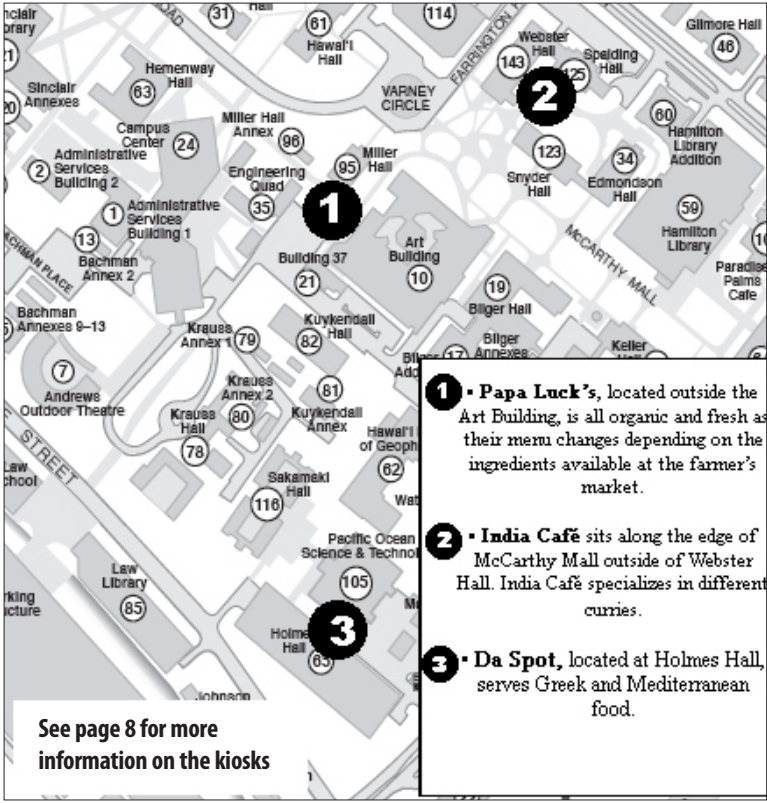
The new independent market comes from students who have been asking the university for more choices in vegetarian, organic and fresh foods. New food kiosks meet at least two of those needs.

Students who eat at these new kiosks rave about the new cuisines. Lines have been forming since the kiosks first opened on Aug. 21. Owners say that they are already seeing regulars and hearing comments from customers.

The most endearing comment has been the personal touch the owners give that the big corporations lack. Many students and faculty feel the need to support "the little guy."

"I like the variety in the kiosks more than Subway or the food court," said art history professor Jaimey Hamilton. "It's nice that they're locally owned and operated rather than just franchises. That's why I bought lunch today because I want to support them."

Though popularity has grown,



GRAPH ILLUSTRATION BY CASEY ISHITANI • KA LEO O HAWAI'I

there are still some students not sure as to how the kiosks will fare against Sodexho, who is still affiliated with Jamba Juice, Starbucks and Ba-Le — all three being the more popular spots to eat on campus.

The kiosks would do better if they were closer to Campus Center, seniors Joe Del Principe and Tim Lee said.

"Not many people go to the kiosks because they're used to ... eating there [at the Campus Center]," said Del Principe. "People will go with what they're used to rather than going to smaller places."

The popularity and dominance of Jamba Juice and Starbucks, being household names, may make some

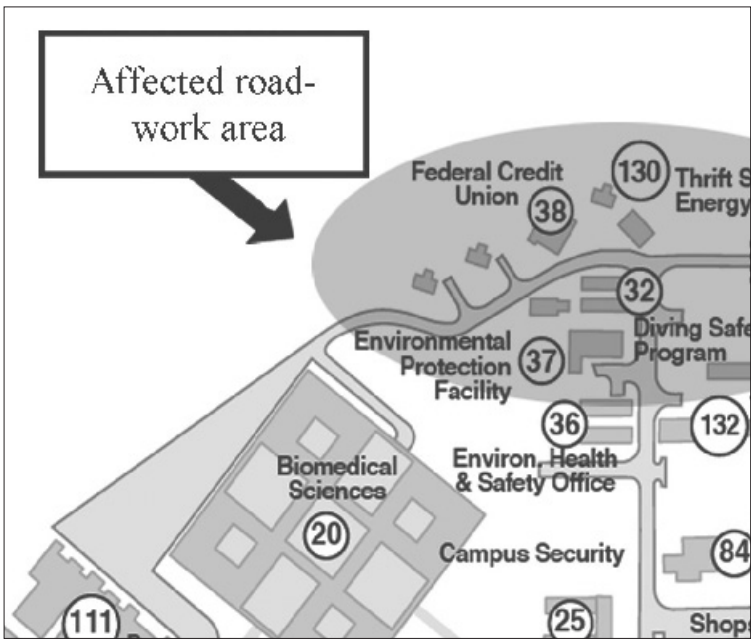
way to venture to unknown eateries.

There are many students who dislike Sodexho's prices, but will stick to the food because it's not different. Junior Shawn Farden isn't for monopolization, but says he will continue to buy his plate lunches from Sodexho because that's what he wants.

"I think it's awesome [the variety of food] for people besides me ... but personally I'm not interested," he said.

Whether a student prefers a plate of sushi, some shrimp curry or organic coffee, the university is taking steps to appeal to every student's craving.

Excavations to improve electricity distribution



GRAPHI COURTESY OF UH

By Justin Hedani
Ka Leo Senior Reporter

The Facilities and Project Management Office (FMO) will start excavations on East-West Road adjacent to the University of Hawai'i Federal Credit Union, thrift shop and some residential homes in the area, according to a construction notice.

The same notice also states that the road between the credit union and the upper biomedical parking lot may be blocked off to allow the movement of materials and equipment. Contractors

will assign workers to direct traffic as needed.

The current excavations aim to "update the electrical systems of the University of Hawai'i," said project head Ernest Komoda. He also stated that there aren't any problems with the current system, and the project will not affect anyone in the area.

Excavations in the area are in the last phase of an overall project to improve the electrical distribution sys-

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Ka Leo Poll

Do you think that the UH student meal plan is worth the money?

- Yes
- No
- I don't know enough about it
- Doesn't apply to me

Visit <http://www.kaleo.org> to voice your opinion in our online poll.

Voting open until Wednesday night. Results to be posted Thursday.

CampusBeat

Compiled by Dannah Gonzales

Thursday, September 7

6:10 a.m. — A custodian reported an unusual and strong odor in the Agriculture Science building. Campus Security found the odor to be from the light fixture ballast.

5:07 p.m. — A box of alleged drug paraphernalia came into the possession of Johnson Hall staff members. They are to turn it in to UH MCS.

11:33 p.m. — A jogger believed that some individuals were breaking into cars parked nearby the Center for Hawaiian Studies building. The suspicious people fled the scene before Campus Security arrived at 11:39 p.m.

11:35 p.m. — Campus Security found a man sleeping nearby the Wist Annex bus stop. The Emergency Medical Services was notified because the man appeared to be conscious, yet unresponsive.

Friday, September 8

10:37 a.m. — A Freeman guard at Gateway House reported that a man tried to steal a purse from a woman. The man ran into his car and drove away.

4:57 p.m. — A suspicious man was seen wandering around Johnson Hall. Campus Security investigated the scene, and it appeared that he was waiting to pick up his son.

Saturday, September 9

11:08 a.m. — Campus Security received trespassing complaints relayed by the Honolulu Police Department from Kalei Road residents.

10:10 p.m. — A report was made of people swimming around in the Duke Kahanamoku Pool after hours.

Sunday, September 10

1:07 a.m. — Campus Security assistance was requested for the Hale Aloha Mokiha Tower concerning the smell of marijuana. No contraband was found; only the scent of something burnt was evident.

3:42 a.m. — The Private Security Company Guard at the National Marine Fisheries Service building reported unusual activity and suspicious individuals in the nearby bushes. Campus Security located a couple lying on the grass and asked them to leave.

4:54 a.m. — A Hale Noelani assistant requested help due to an unruly, intoxicated man. Before Campus Security arrived, the man went into his dormitory room.

7:37 a.m. — The Agriculture Science building staff reported what seemed to be a collapsed roof on the top of the

Campus

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Biomedical Science building.

Monday, September 11
7:53 a.m. — The UH Laboratory staff reported seeing a man aggressively confront a woman nearby the bus stop earlier at 7 a.m.

2:15 p.m. — The Sinclair Library staff reported finding graffiti in one of the elevators.

Tuesday, September 12
11:00 p.m. — A Hale Noelani resident reported seeing her friend's sex-boyfriend pounding on the door. The man left before Campus Security arrived, and his name was not disclosed.

11:16 a.m. — Henke Hall faculty members reported finding disturbing notes left on their doors.

6:22 p.m. — Campus Security was informed of the Honolulu Police Department being at the Music Building Complex due to a possible suicide. Frequently checking this building was also requested.

Wednesday, September 13
2:12 p.m. — Sinclair Library staff members reported having a disorderly man in the Wong audio room. The man left before Campus Security arrived.

Fire near campus causes \$100,000 damage to apartment building

Officials believe blaze started from stove

By Leah Gouker
Ka Leo Contributing Reporter

The blaring sound of a fire alarm rang throughout Mō'ili'ili yesterday. Within minutes, six fire engines and several police and fire cars had established road blocks on every entrance to the corner of Kahuna and Kuilei, as dozens of residents and passersby gazed at the plumes of smoke coming out of a third floor apartment.

The fire was in the twelve-story Hono Hale Towers, located at 2637 Kuilei Rd. It started around noon, and was contained by 12:26 p.m.

The fire caused an estimated \$100,000 in damages to the building, with \$15,000 lost in personal property, according to Honolulu Fire Department spokesman Capt. Kenison Tejada.

The resident, a Chaminade University student who chose to remain unidentified, has been a Hono Hale Towers resident for a couple of months. She was the only one home at the time of the fire and was able to escape



PHOTO BY DAN RICHARDS • Ka Leo O Hawai'i

Two Fire Fighters clean up the remains of a charred apartment at the Hono Hale Towers complex on Wednesday.

unharm ed.

"I was making lunch before work," she said. According to Tejada, the incident was caused by a stove fire.

Chris Nolan was one of four firefighters who put out the flames. Nolan, who has worked

for the HFD for six years, said the fire was extinguished within minutes, but left "quite a bit of damage, mainly in the kitchen area."

Tejada said in addition to the

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Build

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tems at UH, and they are expected to be completed by Oct. 9.

"We're not sure when the contractors will be on site to work [again]," Komoda said, in reference to this particular phase.

A resident who lives in the immediate area said, "What's gotta be done, gotta be done," as sections of the construction take place right outside her home.

Construction is taking place from 7 a.m. to 3:30 p.m. on Saturdays and Sundays.

Despite early construction hours, the same resident said she doesn't mind because she wakes up at about the time the work usually starts.

As a precaution, FMO advises pedestrians and cyclists to stay out and away from the construction zones. Additionally, cars should take alternate routes to reach their destinations.

"Unless there are unforeseen conditions, we should finish on time," Komoda said.

Construction Sidebar

Construction to take place Saturdays and Sundays until Oct. 8. Upper East-West road near the Biomedical building and Federal Credit Union may be blocked off due to excavation and movement of materials. Cars are recommended to find alternate routes.

LetterstotheEditor

Six points from the head of Ombuds Office

Thank you very much for your Sept. 12 article about the Ombuds Office. By helping to get the word out about us, you have performed a valuable service. I want to clarify a few points in the article. You will be hearing more about these and other issues in a regular Ka Leo ombuds column that will begin soon.

First, our services are available to all staff, faculty and students affiliated with the University of Hawai'i at Mānoa.

Second, though we are flattered by the number of students who want to work for the Ombuds Office, right now we are not accepting any applications. Confidentiality is so important to ombuds practices that we want to make certain that we have developed a good sense of practices and procedures for our staff before we bring in others.

Third, we are not faculty members nor are we administrators. We are an independent office that operates outside of Mānoa's organizational hierarchy.

Fourth, yes, we do mediation, but that is only a very small part

of our work. There are many other good ways to deal with problems and disputes, and the Ombuds Office uses them all.

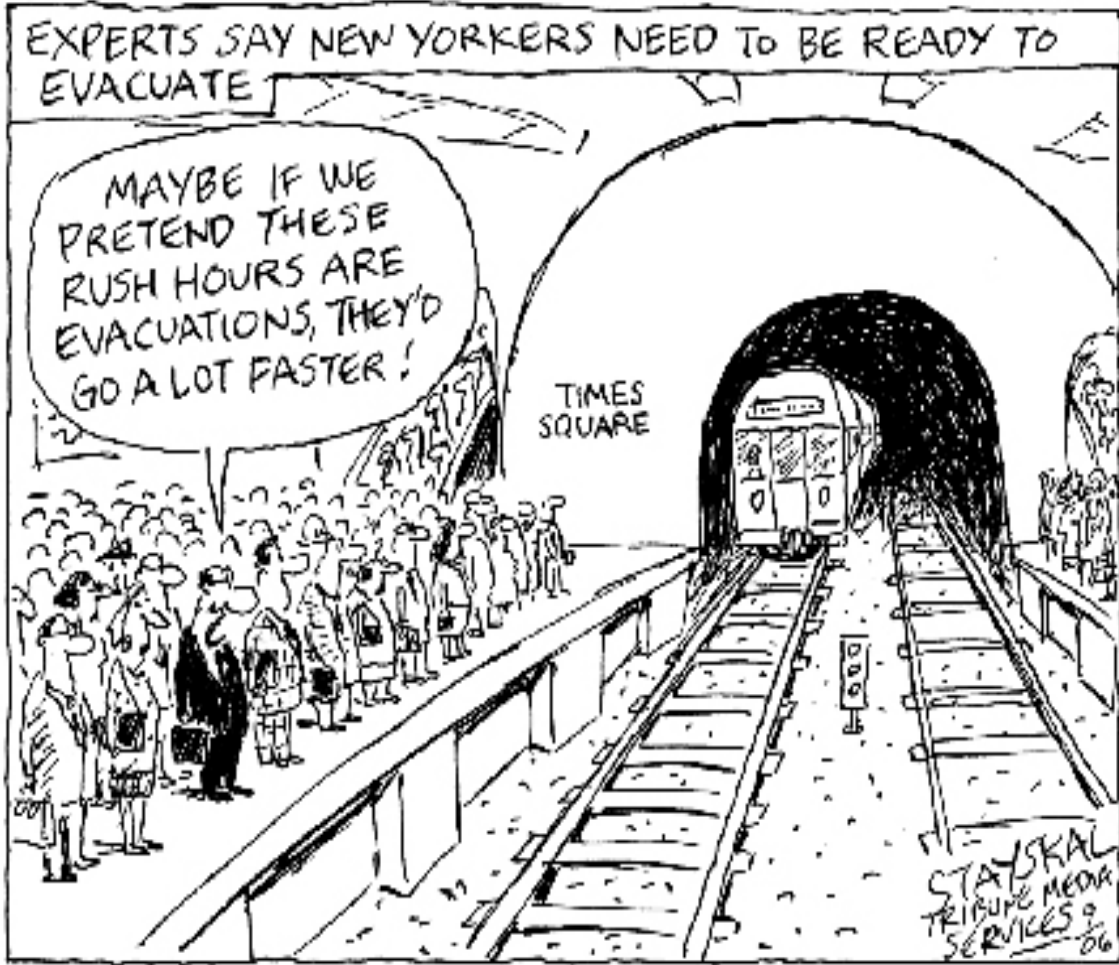
Fifth, if people we are working with want mediation, we can offer our staff as mediators or we can draw from a network of others. This network includes trained and experienced students, faculty and staff, as well as people from outside of the university.

Sixth, although the Ombuds Office works on all of the issues you prominently listed in your article, that list is not exhaustive. In fact, in our work there is no such thing as an exhaustive list. When in doubt about how to solve a problem, come to us. It's our job to get you started in the right direction, help you decide what to do and, if necessary, get you in contact with the best place to deal with the things that trouble you.

Thanks again.

Neal Milner
Head, Ombuds Office

EditorialCartoon



Inept grads raise the question, “have our colleges failed U.S.?”

By Silvio Laccetti
MCT Campus

Millions of college students are now returning to school. U.S. News & World Report has just released its latest much-heralded ranking of America's best colleges. Amid all this activity and fanfare, we might ask how our system of higher education is faring.

The system is failing, according to a less-heralded study conducted by the American Institutes for Research earlier this year.

Its survey of college literacy indicates that most college students can't perform an array of "common but complex" assignments: like balancing a checkbook, understanding simple charts or comprehending this article. Only 38 percent can do the latter.

Leaders in all areas of society must ask "why?" "What's wrong?" I ask why such dubious performers are in four-year colleges to begin with. What kinds of institutions have colleges become and what is their proper place in a pressure-packed 21st

century that seems to require higher education of all Americans?

In the last 60 years, colleges have taken on a multiplicity of purposes and meanings, most of which are not central to the historic function of the college as an educational institution.

First and foremost, college has become a big business, as have most other aspects of education and training. There are 18 million college students. They are customers or consumers of educational services. Program offerings are profit centers. The all-important appropriate "market share" is sought by clever public relations campaigns and through the purportedly unbiased annual ranking surveys. Every college wants to top out its own targeted market share of students. If, during their stay, students are educationally shortchanged, who cares? We know they can't balance their checkbooks anyway!

The big business culture in education can inhibit academics and can debilitate programs, which though necessary, may not be profitable in an economic or public relations sense.

For the big colleges, especially

the NCAA category, the intrusion of pre-professional sports dovetails well with the economic model of college as a big business. For example, the Bowl Championship Series football games produce \$150 million in revenue for participating teams and conferences. TV revenues are enormous. Cable and TV network sports programs are ubiquitous. Big name coaches are usually the highest paid employees on campus.

The money, hype and lure of big-time athletics send the wrong message to our society — and to the world community — as to what college is all about. In particular, the televised world of sports-crazed fans ties in with what is perhaps the most insidious function of contemporary colleges: the extension of adolescent dependence in millions of young people. The public should never underestimate the role of parties, drinking bouts or spring break hijinks as portrayed in the print, media, movies, TV and beer commercials.

For far too many individuals, college has become an adventure in hedonism. In this mode of operation, college keeps our youth occupied and

out of the economy, which has no place for them anyway. For a growing number, adolescence continues even after college graduation — witness the post-baccalaureate migration home!

The most important new social function colleges have acquired in the post-World War II period has been career preparation. Go to college so that you can get a good job. Of course, preparation for a productive life, for example in the ministry, has long been an aim of higher education, but the narrowing vocationalism and economic imperative of it all is something more recent. The globalizing, high-tech service economy demands post-secondary training. The American Institutes for Research survey suggests that only about 38 percent of ready-to-graduate students can "perform complex tasks" across the board. Thirty-eight percent is a failing grade.

What is impressive is that the United States has done so well in the world politically and economically, given the dismal findings of the survey. The only explanation for this must lie in those students in various

colleges, not just the elite institutions, who possess the mandatory creative, analytical and critical reasoning skills. These students MUST BE in college, where such skills are developed, expanded and refined, or the U.S. fails utterly.

For America to continue its world leadership, colleges must first and foremost be about learning. Students must develop their creative powers, which foster new ideas and technologies.

Students should cultivate analytical abilities in order to understand complex issues, and they should know how to apply critical reasoning to the various problems of our age. We must seek to increase the required number of potentially talented students drawn from every class and sector of society.

But to accomplish any fundamental change, we must first be able to read the handwriting on the wall.

About the Writer
Silvio Laccetti is a professor of social sciences at Stevens Institute of Technology in Hoboken, N.J.

LetterstotheEditor
SUBMISSION POLICY

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

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

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

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

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By Danny Smith
Ka Leo Columnist

Dear Clueless,

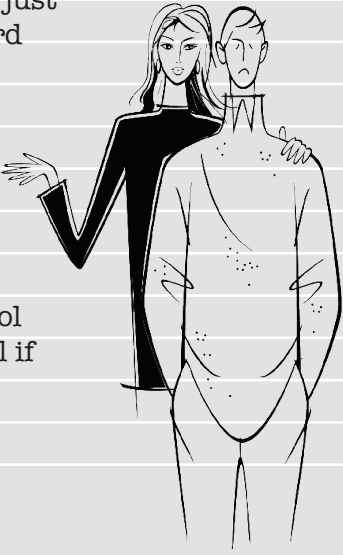
Whether your tom-boy instincts have robbed you of your female intuition or this guy is particularly lame at showing his intentions, it's clear that you're both attracted to each other as you're already spending a lot of time together (a huge chunk of relationshipville is simply hanging around copesetically). The question becomes whether you're willing to risk the safety of your platonic relationship. Tom-boy or not, nobody likes the vulnerability of exposure; nobody likes a poke at his or her soft side, but in this situation there is no forward without a bit of sacrifice — if he's not going to do it, and you can't stand sitting still any longer, you have to make the bold gesture.

How to make that leap from platonic to romantic? I would suggest direct honesty — I'm sorry if you're expecting some flowery prose about waiting for that perfect moment when the light is low, blah blah blah. It's too late for those mechanics, and besides, it's most likely premature and unnecessary. Don't do it over the phone, though I bet that would be easier: get him alone and tell him that you like him. If he's a nice guy, worthy of your affection, then he'll most likely be respectful either way. I suspect he

Dear Wala'au,

I've been good friends with this guy for a while now. We talk on the phone for hours, meet up for dinner, etc. I definitely never give off a flirty vibe because I'm a total tomboy, and that's just not my style. So, it's hard for me to tell if this guy just sees me as one of the guys or if he's interested. Not sure that I'm into him, just curious about exploring the possibility. Sounds kinda high school to ask, but how can I tell if a guy likes me?

Signed,
Clueless



likes you; otherwise, why would he spend hours on the phone with you?

Rejection is horrible. People that claim otherwise are boring, pragmatic sophists, who are truly afraid of vulnerability. In an age of commercialized war and Grand Theft Auto, vulnerability is our link to our shared humanity, and those that would reject it are begging for a sociopathic and cannibalistic culture. More than a drivers test or writing a college admissions letter, this is a passage into mature adulthood that cannot be deferred unless you join a nunnery.

Be it biological imperative or cultural socialization; generally speaking a guy's interest is so much easier to gauge than a woman's. It's part of the great mystery of love that so many thinkers have pondered over the years. It's easy to say that men and women are from different worlds, but that doesn't explain things much past farce. I tend to lean towards socialization, that we do as we have observed and are programmed to do, and to this effect, humanity, in the respect of romance, will always be locked in cosmic gag reel: bad romantic comedies in perpetuity.



By Larissa
Ka Leo Columnist

Dear Clueless,

Yikes, this definitely brings back that familiar high school angst. I recall having an unrequited crush on a good friend for what felt like an eternity, only to find out a couple years later that he'd liked me all along. Of course, in retrospect, the time he held my hand in the park should have been a clear sign, but I was idiotic enough to pass that off as a strange aberration. And, of course, maybe I should have read something into the fact that he went to prom with me after turning down other offers, but hey, humility is a good thing, right? Well, I missed out on turning my prom crush into a doomed relationship, but that doesn't mean you won't have better luck.

I had the same problem then as you have now. I gave off the friend vibe so strongly, the poor guy was certain I'd never look at him twice. It's time to ease up on the tomboy angle. If your friend has absolutely no encouragement, he is unlikely to put himself out there. In other words, waiting for this guy to make a move may take him through his first couple of marriages, a mortgage and two kids. If you're not brave enough to simply ask him point blank, you'll have to unlock the mystery a bit more creatively.

Recognize that you're not completely clueless. Clue #1: You both enjoy extensive quality time together and spend hours on the phone. Highly unlikely this guy is doing the same with all his other buddies. Clue #2: You are asking the question in the first place — your female intuition is peeking out behind your oversize tracksuit. Well, let that girl out! Unzip those layers and show some skin. Flirt! Tease! Giggle!

Okay, I'm kidding. Though it wouldn't hurt to show some cleavage, you'd probably rather hurl yourself off a cliff than throw yourself at this guy's feet. Since being a girly girl is antithetical to your very being, let's take a sneakier, more subtle approach. Get the guy comfortable enough to throw himself at you by adjusting your body language and the way you communicate verbally.

If your friend cracks a joke, make eye contact while laughing. Keep your gaze one second longer than necessary when talking. Don't go nuts and stare at the poor kid. Make body contact. If the old hand-on-the-forearm trick is too scary to attempt, touch his arm in passing or ruffle his hair in greeting. Not exactly sexy, but better than giving into your natural inclination to sock him in the arm or put him in a headlock. A couple prolonged gazes and one bicep graze later, and your friend should be sending out a clearer vibe of his own.

If this guy doesn't think of you as make-out material, he won't take the bait and you'll have your answer. Either way, at least you'll have a small bag of tricks to use on the next prospect.

Good Luck.

Blaze

From page 3

flame damage, there was also some smoke and water damage to the rest of the apartment, as well as to neighboring apartments.

Two residents are displaced by the blaze, but will be assisted by Red Cross.

Harry Inouye and his wife have lived on the fourth floor of Hono Hale Towers since 1977. Both were home at the time of the fire.

They said they heard the alarm and, before long, began to smell the “stink” smoke.

“It was getting heavy, the smoke,” Inouye said.

His wife had just returned from Japan on Tuesday, and felt very fortunate to have been home at the time. “I was scared!” she said.

Mr. Inouye, who uses a wheelchair, was evacuated with assistance at 12:30 after his wife flagged down a firefighter.

“I needed somebody to come here and help him downstairs,” she said. “I told him, ‘come help my husband!’”

The couple was very happy with HFD’s response to the fire. “Good thing they came fast,” Mr. Inouye said.

The resident of the most-affected building was able pull the fire alarm on her way out of the building, a point that Tejada stressed as especially important.

“If you’re aware of a fire in a high rise building, if you’re near a fire alarm you should pull it, at least to warn the other residents,” Tejada said.

Protestors gather at anti-Bush rally



PHOTO BY JOEY TRISOLINI • KA LEO O HAWAII

Joel Fischer, professor in the school of Social Work, holds a sign in support of the World Can't Wait Organization's event at Campus Center along with friend Danny Li, and dog Schmoobie.

a sign reading “Bush is the anti-Christ.” He said he came to support the movement to drive out the Bush administration. Under banners reading “No attack on Iran” and “Support our Deserters,” a rally supporting his views was held in front of the Campus Center yesterday.

The organizers are part of a grassroots movement called The

Events at campus center attract a mixed crowd

By Paul Kolbe
Ka Leo Contributing Reporter

University of Hawaii'i at Manoa professor Joel Fisher sat with his dog Schmoopie, holding

ROVING REPORTER

Compiled Dominic Colacurcio

“WHERE DO YOU LIKE TO EAT ON CAMPUS?”



IRENE ROGAN

I like to eat at the (Hale Aloha) dining hall.



CHRISTIAN MANGROBANG

I have my food in liquid form. Coffee for breakfast and Jamba Juice for lunch.



MARISSA ESHIMA

I don't really like to eat on campus. It's too expensive.



RYAN HARA

Usually I eat at Taco Bell because that's the cheapest place.



ERI OURA

Ba-Le.



LIANE KAWAHARA

I don't know what it's called, the India Café.



NINO SANTOS

Taco Bell, Chinese food. I would say Golden Coin but they make their food junk.

Protest

From page 6

World Can't Wait. According to their Web site, <http://www.worldcantwait.org>, the group's mission is to "seek to create a political situation where the Bush administration's program is repudiated, where Bush himself is driven from office, and where the whole direction he has been taking U.S. society is reversed."

The group is planning a national day of protest in participating

cities on Oct. 5.

On a local level, organizer Carolyn Hadenfield says the goal is to raise money for national ads and maintenance of the Web site.

The group recently ran a full-page ad in the New York Times, and plans another in USA Today to coincide with President Bush's meeting with the United Nations.

"We're trying to politicize and present different perspectives on issues," Hadenfield said, citing global warming and domestic spying as examples of the Bush administration's problems.

The crowd watching numbered about 20 at any given time, and supporters like Fisher and his "peace

dog" stood out. He says there's little hope of actually driving Bush out of office while Republicans control Congress, but "I know there is hope for individual goals. The movement has already been successful to change public opinion against the administration."

While supporters and speakers voiced their enthusiasm, some students appeared apathetic to the speakers, holding their own conversations and occasionally glancing the speaker's way. "I don't have much of a stand," said UH freshman Max Carpman, who had never heard of the organization.

Hadenfield, wearing a T-shirt with pictures of Bush and the slo-

gan "wanted for mass murder," says she understands the sense of hopelessness students probably feel, but is optimistic about students' abilities to change things.

"I think they don't think it's possible," Hadenfield said. "Essentially, they've become good Germans when we have a Hitler."

Another student watching the rally did not support the message. "This is all wrong to me," said one UH sophomore. As a veteran of the Air Force who has reached the rank of E-5, or staff sergeant, he asked that his name not be printed because he was still affiliated with the military.

"Going to war was an act that

was needed," he said. "I feel a lot safer now than I did after 9/11."

He sat watching the rally with a look of dismay.

"A lot of people in the military don't like to hear this," he said. "It builds low morale." He says it's hard for members of the military to understand supporting the troops but not the war. "How can you do one and not the other?" He says it's similar to a home crowd supporting the players of its team, yet wanting the team to lose.

He thinks protesters of the war and Bush are dividing the country. "I'll still fight for their right to protest," he says, but "to me — this is poison."

Egyptian and curry make their way to campus

By Dana Capasso
Ka Leo Contributing Writer

For students who are sick of cafeteria food, they should eat at one of the two new lunch stands located on the University of Hawai'i at Mānoa campus: Da Spot and India Café Curry. UH Dining Services recently opened these two unique eateries in hopes of adding a more diverse selection of food choices around campus.

"The more variety we have on campus, the better," said student Ryan Murankami. "I think most people usually eat on campus, and it can get boring eating the same thing all the time."

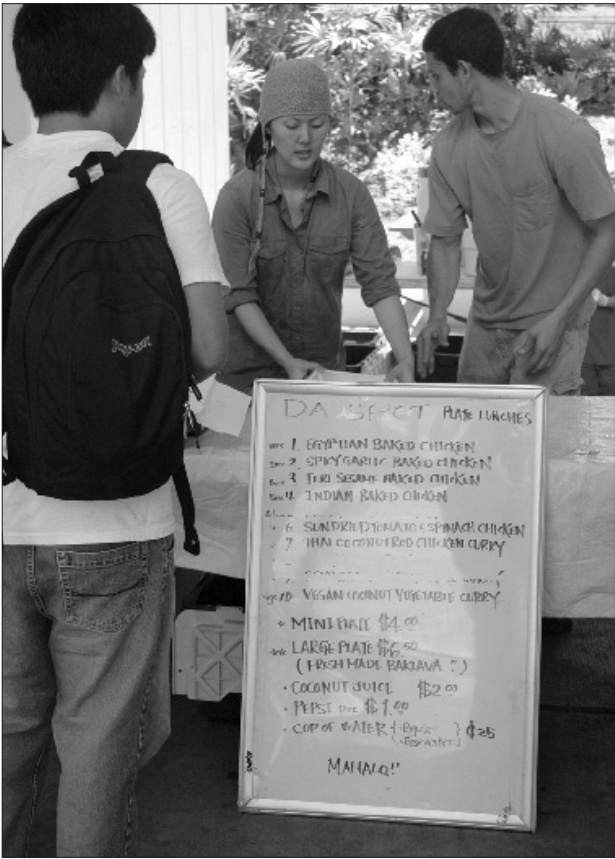
Both of these stands offer exotic ethnic foods with a wide variety of options. The stands have food for vegetarians and meat lovers with prices ranging from \$4 to \$7.75 and they even accept UH retail points.

Da most delicious Spot on campus

Da Spot, located in Holmes Hall (directly across from Johnson Hall), offers a mixture of Egyptian and local food with occasional Thai and Indian dishes. The owners decided to open a stand at UH when they realized that most of their customers at the initial Da Spot restaurant, located in McCully, were UH students and faculty.

Their menu consists of entrées such as Egyptian baked chicken and vegetarian curry. Every regular plate comes with a side dish of salad, rice and a pastry. UH student Sarah Thomas is excited about the new addition.

"I think it's great that campus dining is adding more options," she said. "I chose Da Spot because the idea of Egyptian food intrigued me. I especially loved the side salad that came with my chicken."



LEFT: (From right) Abdel-Aziz Ramadan and Ako Kifuji are busy serving the lunch hour crowd with their proud line of ethnic foods, much of which has already sold out by 1 p.m.

RIGHT: (From right) Jiva Segaran, Wathsala M. and Niraj Maskey serve the students their favorite curries every day with a friendly smile.



ALEXIA HSIN CHEN • KA LEO O HAWAII

Indian cuisine spices things up

With the addition of India Café Curry Express, located in front of Webster Hall, UH Dining Services bring many healthy ethnic Indian dishes as well. The café offers three meat and five vegetarian options. The dishes come in a spice range from mild to hot.

"We are not afraid to make people sweat," said owner Jiva Segaran. This café

also started out in the UH area, where it is located on Kapahulu Avenue.

Their chicken curry entrée consists of chicken pieces smothered in a spicy curry sauce. It also comes with vegetables and a mound of rice.

"I especially loved the chicken curry and chicken korma," said UH student Megan Lopez. "But the eggplant dish was way too

spicy for me."

Other dishes include seafood curry, spinach and tofu and coconut cabbage. There are more than 10 different vegetarian entrées from which to choose.

The lunchtime queue indicate that students are already loving these two new eateries. Some students wait as long as a half hour until they order their meals.

Check out these new campus eateries!

Da Spot (Holmes Hall)
Blend of Egyptian and local dishes
Mon. to Fri.
10 a.m. to 2:30 p.m.



Sesame teriyaki chicken

India Café Curry Express (Webster Hall)
Spicy Indian curry dishes
Mon. to Fri.
10:30 a.m. to 3 p.m.



Curried potatoes

Dim Sum at its finest

By Kathy YL Chan
Ka Leo Contributing Writer

I am grateful for many things in life, among them, my family and friends, a good home, beautiful weather ... but most importantly, incredible dim sum. Having lived in New York and California, I've been exposed to a wide variety of dim sum in both quantity and quality. But when it all boils down, I'm still a firm believer that Hawai'i offers the best.

The dim sum plaza

The Cultural Plaza, located at 100 N. Beretania St., suite 167, in Chinatown houses a grand total of six restaurants servicing this daily delight. Six. That is quite a number given the small size of the plaza. Which one to pick? Why, pick Legends, of course, if you have a pocketbook bigger than the average college student. Empress, if you're aiming for value and a spacious restaurant (though not necessarily good food). Fook Lam can be spotty with rude service, and the Wong Seng is usually a hit or miss.

Don't forget about tiny Tai Pan

But the one I return to over and over again — the one I can count on for efficient, friendly service with consistently satisfying food is Tai Pan.

The tiniest of them all, the only downfall to Tai Pan is the wait you are likely to encounter. But wait anyways. It's worth your time. There are no rolling carts here, given that the dozen or so small tables take up the entire place. Chefs cook in a semi-open kitchen, and the constant flow of customers ensure high turnover and fresh food. Plates start at a low price of \$1.80 and move upward according to size.



Creamy custard babies

You will instantly fall in love with their baked egg cream buns. These warm little babies of lightly browned dough with a sweet crusty shell break open to reveal the most pure yellow of custards. Incredibly rich and eggy with just a touch of sweetness. you may need two orders just for yourself! The egg

custard tarts are a comparable work of art — get them when they're hot and be rewarded with a steaming jiggle of warm custard enveloped in a round of flaky pastry. It crumbles and surrenders at the bite; eat it quickly with no regrets.

Taro trio sings an encore

I never make a trip without the



TOP: Chinese chefs at Tai Pan prepare trays of food for the day at affordable prices.

LEFT: Baskets of dim sum and sweet meats are stacked along counters at Tai Pan.

GABE EL-SWAIFY
KA LEO O HAWAI'I

trio of taro gok. A mixture of seasoned, minced pork and mushrooms is wrapped in a football round of softly pounded taro. The whole concoction is deep fried to an eye-catching flaky golden creation. It's magical. Each mouthful reveals a multitude of textures — the initial crisp of the shell, followed by the soft, hot taro and smattering of sweet and salty meats, appeals to every one of your taste buds.

More dim sum goodness

Of course, any respectable dim sum

See Dim sum, page 10

UH Dining Services promotes healthy diet

By Sarah Wollman
Ka Leo Contributing Writer

Experts agree that health issues, especially obesity, are a growing problem among young American adults. That is why University of Hawai'i at Mānoa Dining Services feel that the "Balance: Mind, Body and Soul" program is an excellent program for college students.

The plan shifts the focus to leading an overall balanced, healthy lifestyle versus just concentrating on eating nutritional foods. Allison Masuda, marketing manager for UH Dining, explained that this means serving wholesome meals, as well as displaying posters with ways to nourish a student's mind, body and soul through yoga, meditation, walking and running.

Eating healthy campus-wide

Healthy food options around campus consist of salads, sandwiches and vegan meals. While certain choices may be limited, there are places on campus that allow for healthy choices. The Sub Connection located inside Paradise Palms offers a special health sandwich and a veggie sub. Hale Aloha Cafeteria allows students to indulge in specialized vegan meals. Ba-le serves up made-to-order sand-

See UH dining, page 12



ASHLEY BASTATAS- KA LEO O HAWAII

FAR LEFT: The beef tenderloin diced steak is among the many delectable ala carte dishes at Momomo. **LEFT:** The deep fried eggplant sautéed with meat miso sauce is an affordable ala carte dish that may excite your taste buds.

Restaurant Info

Momomo is located at 3008 Wai'ālae Ave. and opens from 5 p.m. to midnight, Wednesday through Monday. For more information, call 737-6666.



Chic Japanese bar cuisine with ambience found at Momomo

By Hilary Hutson
Ka Leo Contributing Writer

Momomo, situated at the intersection of Wai'ālae and Kapahulu, is in an austere-looking black building, which is often why many people overlook it. However, this izakaya (a Japanese-style bar/restaurant) is certainly worth a try.

Just a few blocks from the University of Hawai'i at Mānoa, Momomo offers a relaxed atmosphere, as well as a delicious and diverse menu with reasonable prices.

Dim lights, bright service

After sneaking around the black curtain discretely marking the entrance, and pulling open the heavy, black front door of the windowless building, the customer is welcomed with a chorus of enthusiastic "irasshaimase," or "welcome," by the attentive staff.

The simple, dimly-lit black-and-red interior, accented with bamboo detail, presents itself as traditional yet trendy. The restaurant is divided into three seating options: the sushi bar, tables and tatami rooms.

Minimalist approach to menus

The menu's presentation matches the minimalist style of its architecture. Each item is listed by its Japanese name, followed by a short English description. Sometimes I find less descriptive menus frustrating because I don't know what to expect. However, in the case of Momomo, the minimalist approach works well with the a la carte style dining. The simple descriptions, such as "pickled Japanese vegetables" and "shrimp with mayonnaise" let you know what to expect, but leave room for some culinary surprises.

And, with many options under \$5, you can feel comfortable ordering a few ambiguous items, just to try them out. If you'd like to know more about the menu, the staff is more than willing to help you out as well.

About five or six items should suffice for two people. However, dishes vary in size, so I recommend ordering a few dishes at a time and seeing how much room you have left in your stomach. The food comes out pretty quickly, so you don't need to worry about waiting too long if you decide to add anything to

your order.

More than one server

Momomo takes a unique and refreshing approach to its serving style. Each table is not assigned by one individual server. Instead, the entire staff roams through the restaurant, regularly checking up on tables. While this arrangement seems potentially chaotic, the service at Momomo is amazingly fast and well-organized.

Bottoms up!

It took me much longer to navigate through the four pages of drinks listed in the menu than to actually get my drink. The restaurant features a full bar, including beer, wine, shochu and 31 varieties of sake. I recommend the hot sake, which complements the food as well as the relaxed social setting. But remember to never pour your own cup of sake — which is bad luck, according to Japanese culture. Pour drinks for your friends and vice versa.

If you aren't a drinker, the iced green tea is a cool and refreshing choice. Although many Japanese restaurants offer complimentary green tea with your meal, a glass of green tea at Momomo will cost \$3. If you're watching your

budget, then opt for water.

A la carte offers refreshing options

For garlic lovers, I recommend the "deep fried whole garlic" (\$4); a generous serving of whole garlic cloves deep fried (but not totally greasy) and seasoned lightly with sea salt.

The "radish salad with cod roe sauce" (\$6.50) is a simple, yet unique side dish. The Japanese radish, also known as daikon, is served julienned (sliced into long, thin spears), with a simple mayonnaise-based dressing and cod roe.

The "beef tenderloin diced steak" (\$9.50) is a generous serving of tender steak served on a skillet with a shoyu-based sauce over bean sprouts. The large chunks of meat are so juicy and delicious that you might have a hard time sharing this dish.

The "shrimp in chili sauce" (\$7.25) is equally delectable. Eight large, lightly-battered shrimp are served over a bed of greens and bell peppers with a chili sauce. The colorful presentation is just as mouth-watering as each bite of shrimp.

I also adored the "deep-fried eggplant sautéed with miso meat sauce" (\$6). Served in a thick miso sauce with ground beef, the dish resembles a

Japanese equivalent to eggplant parmesan. This item is a smaller serving than some of the other options, but it is still filling and flavorful.

The "crab fried rice with a thick sauce" (\$7.75) is an interesting take on a traditional dish, but I found it rather bland. I also recommend passing on the "warm tofu prepared at your table" (\$6.50). The liquid tofu is cooked in a large pot over a burner on your table. After 15 minutes, the tofu firms up to a gelatin-like consistency. It isn't terrible, but it also isn't anything to rave about.

While I didn't try any sushi, Momomo does offer a good variety of sushi rolls. The couple sitting at the next table ordered a few items off the sushi menu and said they were very happy with their choices.

I didn't have any room left for dessert, but I have heard excellent reviews of the crème brûlée (\$4.50) as well as the green tea ice cream (\$4.50).

This restaurant's unique approach to Japanese cuisine is a refreshing balance between casual dining and a chic atmosphere. There is truly something for everyone here.

Dim sum

From page p

house must do the requisite har gao and siu mai with grace, and Tai Pan does not disappoint. Large, sweet shrimps in a thin wrap of dough are steamed till nearly translucent. They are oh-so succulent and juicy. Should the siren of crispy shrimp come calling, get them wrapped

in a won ton pi and fried with a side of sweet mayo. No finger food ever tasted this good.

Make sure to include the fluffy white char siu buns that come both steamed and baked. The hard part is choosing. But the meat is always deliciously tender and sweet. The sticky rice wrapped in lotus leaf is quite filling, but no worries, there's always room for more. This is dim sum, after all! The rice is hot and dense with just the right bit of chew. You'll be pleased with the fair quantity of meats and mushrooms embedded in every bite.

Lil' Miss Muffet eats her bean curds too

The bean curd roll is a constant standby with a mix of pork, shrimp and veggies rolled in a sheet of bean curd, steamed and coated in savory gravy. Every bite induces a gush of sweet juices while the slightly chewy skin transports the tightly-packed filling. And for those who feel no dim sum venture is complete without it, Tai Pan's chicken feet and spareribs in a black bean sauce are tender and cooked right with the sauce clinging onto every crevice of the skin and bones.

Scallop, shrimp delight

The look funn is always made to order — have them with scallops, shrimp or char siu; the possibilities are seemingly endless. The logs arrive in a dainty trio with thinned soy sauce dripping down the sides, staining it an addicting salty dark shade. You'll leave in bliss, feeling like you just ran a marathon, of food that is. They cover all senses and tastes: crispy, salty, sweet and sometimes bitter. Plate after plate, you feel like king of the culinary world, pointing your fingers, "I'll have this and that ... and oh, this!" Yes, yes, indeed. All for far less than the price of a pizza. I guess we really do live in paradise.

HōkūTranslations

By **Orlando Carino**
Universal Traveler

Virgo

August 23 - September 22

This is the week to surround yourself with positive forces. Do not settle for less; keep looking for the path that will lead to satisfaction.

Libra

September 23 - October 22

Stay away from risky situations. Losing your

temper will cause horrible problems.

Scorpio

October 23 - November 21

Problems cannot be ignored away. Get involved with friends that don't break the law.

Sagittarius

November 22 - December 21

Money is not your answer, give just a little of it away. You might want to think before you speak.

Capricorn

December 22 - January 19

Great opportunity will drop at your feet. Reschedule any unnecessary spending.

Aquarius

January 20 - February 18

Be wary of water. Stop gossiping, everyone knows and they are fed up. You still have time to be forgiven.

Pisces

February 19 - March 20

Keep secrets to yourself.

Aries

March 21 - April 19

Your courage levels are high. Do it now!

Taurus

April 20 - May 20

Make a list of your goals. Don't spread the word about your financial success. Hang out with the kids.

Gemini

May 21 - June 20

Put the cell phone down and get back to real-

ity. Put more energy into work and school.

Cancer

June 21 - July 22

It is an exceptional week for anything you choose to do. Someone you meet will change your life for the better.

Leo

July 23 - August 22

Wear clean underwear, at least this week.

Wearing clean clothes will open the door to an opportunity.

KA LEO O HAWAI'I CLASSIFIEDS

The Ka Leo Building
(across from the UH Bookstore lower entrance)
Monday-Friday 8a.m.-4:30 p.m.

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
Fax: 956-9962. Include ad text, classification, run dates and charge card information.
Mail: Send ad text, classification, run dates and payment to: Board of Publications, Attn: Classifieds P.O. Box 11674, Honolulu, HI 96828-0674

EVENTS CALENDAR

Compiled by Devin Fujioka

Kappa Sigma, a fraternity, will hold an informational meeting tonight at 6:30 p.m. at the Gateway Cafeteria. Activities include foosball and ping pong. Free pizza and drinks will be served.

Skaladdin will perform tomorrow from 11 a.m. to 12 p.m. at Kapi'olani Community College. The ska-punk band from Switzerland will perform at the Ohia Cafeteria or the Ilima Building courtyard.

Students can do raku firing tomorrow from 7:30 to 9:30 p.m. at Hemenway Hall, room 101. A dollar per piece. For more information, call Darrick Tanigawa at 956-4491. The movie "Click" will be shown for free tomorrow at 8 p.m. and 10 p.m. at the Campus Center Forum. Subway sandwiches and drinks will be sold for 25 cents each, and bags of popcorn for 10 cents each. For

more information, call Darrick Tanigawa at 956-4491.

The Hell Caminos, Citizen Fury, Dolls Till Daylight and Psychobilly Cadillac will perform tomorrow at 8 p.m. at Anna Banannas. Cover charge is \$5. This is an all-age event. Anna Banannas is located at 2440 S. Beretania St.

The Crud, Analog, Resistor, The Line Steppuhs and Skaladdin will perform Saturday from 9:30 p.m. to 2 a.m. at Don Ho's Bar and Grill. Cover charge is \$8. This is a 21+ event. Upstanding Youth, Pimpbot and Skaladdin will perform tomorrow from 10 p.m. to 2 a.m. at Kainoa's. This is a 21+ event.

Laissez Faire, 8mm Overdose, Grind Method, Cognito, Trepidation, City of Seven Hills and Deep Wounded will perform Sunday at 4 p.m. at Panama Hatties. Cover charge is \$5. This is an all-age event. For more informa-

tion, e-mail Underworld Events at booking@underworldevents.com.

Japanese court music and dance performers from Germany will perform Gagaku Sunday from 4 to 5:45 p.m. at the Imin Center in Jefferson Hall. Gagaku ensembles include string instruments, flute and oboe-like wind instruments and percussion. Gagaku also features people dancing in masks and costumes. For more information, contact William Feltz at 944-7612 or feltzb@east-westcenter.org.

The Frary guitar duo will perform Sunday from 4 to 6 p.m. at the Orvis Auditorium. The duo will perform works by Sor, Machado, Lawes, Barrios, John Johnson and Granados. General admission is \$12, \$8 for students. For more information, call 95-MUSIC (956-8742), e-mail uhmmusic@hawaii.edu or go online to www.hawaii.edu/uhmmusic.

Method Man to start 40-city tour at Pipeline

By Pablo Paz
Ka Leo Contributing Writer

For the casual hip-hop head, Method Man is the most notorious member of the Wu-Tang Clan, known mostly for his attempts at acting in films such as "How High" and television series such as "Method & Red." But that says little about the Ticallian Stallion's latest attempt at bringing acceptable music back to radio airplay.

While mainstream rap music has lacked what is even considered "hip-hop" by historical standards, entrepreneurs of the art, such as Method Man, have stated that it is their obligation to the art to provide viable music that will still be good for years to come — as is the case with the music of 2Pac and The Notorious B.I.G.

Ever since the demise of those two legendary MCs, however, mainstream airplay has been conquered with irrelevant music, which for the

most part, can hardly be considered lyricism. The statement of Method Man's newest record "4:21 – The Day After," now available in stores, is that Method contributed to this and now he is here to make amends. The first single off the album, "Say," which features Lauryn Hill, was highly underplayed. "Say," which was a lyrical and musical masterpiece, shows that someone who started hip-hop can still have a hard time bringing it back.

The Wu-Tang Clan, originators of some of the intricacies that are still involved in hip-hop today, are considered legendary — so why wouldn't Method Man's album get airplay and go platinum instantly? After all, that is what the fans want ...isn't it? Well, debuting on the Billboard top 200 at No. 8 suggests that Method Man hasn't lost his fan base, but unfavorable reviews of the album have hurt his attempt at taking over radio waves. The irony is that one of hip-hop's originators has to start

Method Man Info

Where: Pipeline Café

How Much: \$25

When: Saturday, Sept. 16

from the beginning, trying to get his best songs on the radio presents hip-hop's ultimate hyperbole—how can we bring hip-hop back when it is in a completely different place from where it started?

The best answer Meth has to this question is to take his act on tour, and let all his fans know how his dedication is for real. You can judge for yourself by checking out Method Man Saturday at 9 p.m., as he kicks off his 40-city tour in Honolulu at Pipeline Café. The show, though rather steep at \$25, is sure to provide some insight as to what kind of artist Method Man plans to become. The show is 18 and over.

The poor way to rich health five dollars at a time

By Taylor Hall
Ka Leo Contributing Writer

Eating is a necessity. Allotting your eating expenditures is a great way to get respect from others and can even be a lot of fun. People that go through hard times always speak highly of the times they had to suffer for their art. Metallica ate nothing but bologna slabs for a week and recalled the memory fondly.

On the other hand, people like Food Network chef Rachael Ray are out of touch and arrogant. The concept that she only has \$40 to spend on food is a joke, to say the least. Having a budget of up to \$40 a day belies the challenge that many college students and low-income families face every day — eating healthy without starving.

Thus, I propose the challenge of \$5 a day. You could go to McDonald's and get five of those delectable double cheese-burgers with their grease and preservatives passing as the main source of substance, but you shouldn't. Top Ramen, frozen dinners and the rest of their cronies won't be mentioned either. They're not food. We should address the challenge more creatively than that; we should not forgo nutrition because of necessity.

To start, the first order of business is to escort yourself right out of the campus gates. The campus may mean well, but for dorm denizens, a single block (equivalent to \$4.50) can set you back your entire day's budget. Not to mention that campus eateries bump up their prices right off the bat.

If you follow the Janet Jackson diet of one meal a day, there are shops with meal options under \$5 that also offer cultural food. Pho Toa Chau, in the north entrance of Chinatown, has the best pho in town, with a spiraling, slithering line of customers to prove

it. For local purists, there is also Ono's in Kailua, Liliha Bakery and Leonard's Bakery. I, however, refuse to eat one measly meal a day; variety is the spice of life, and therefore your main compass guide on any adventure, culinary or otherwise.

The backbone of every meal should be its starch component; choose wisely, this decision is a biggie, and it will dictate your eating habits for the next few days. Breads are cheap but limited. Tortillas are full of options but in short supply.

Writer Mary Frances Kennedy Fisher once said, "Food, security and love are all entwined so that we can't think of one without the others."

It's important to remember that even though you're scraping the bottom of the barrel in a monetary sense, you're also opening up a culinary Pandora's box of possibility. All creative revelations are made out of necessity, and balance is fundamental.

Agricultural foods have other possibilities as well; nature burger, hummus and falafel are all good sources of protein and can be bought by weight at Down to Earth, since a pound of your choice is a reasonable \$4. A bonus is that they store well since they are in powder form. With a little added water and no cooking you also have a spread for other dishes; powdered they can become a seasoning, too.

You also have the choice of meats. Foodland has a good "left-over section." Beef livers come in frozen packs of four for about \$2. Even if you do have an organ sweet tooth, hold back on going crazy for this. This deal takes too many on a budget straight to gout town and is not a permanent member of anybody's food pyramid. It's also really gross.

While you're there, be sure to pick up a bag of frozen vegetables. Almost as good as fresh, it will keep indefinitely. They are also cheaper, usually about \$2 a pound, and have the benefits of mixed and medley vegetables for variety.

Fruits are necessary but also the most difficult. Bananas are the cheapest fruit and carry potassium, one of the hardest nutrients to get; it's not found in any multivitamin.

Remember to save your excess money; it is the key to your success. You should use the plastic top from your blank CD case to store change. The leftovers from the previous day's expenditure will enable you to buy spices, condiments, seasonings, etc. Tabasco is the best all-around choice for its worth.

Deciding what to put in your body is one of your most important daily decisions so please, do not treat it like a chore. Take on the French approach and put a little pride in your food, cooking, eating and enjoying it slowly. Is there any place you would rather be?

Now, you may wonder: "What did I eat all week? Avocado on bread with pepper and mustard for breakfast, kim chee and rice for lunch, a falafel sandwich with hummus spread, Tabasco and popcorn on the side." Total week expenditures: \$20. If you're exalted and proud of this budget, you could take your leftover cash on a date to the movies.

Malama ‘Aina: An effort to take care of the land

By Alexandria Ham
Ka Leo Contributing Writer

Sustainability is a buzzword for the wise management of resources, both natural and human, so that they continue to be available in our future. It includes activities like using efficient and clean sources of energy and conserving water. Philosophy graduate student Alexandria Ham writes about sustainability at the University of Hawai'i at Mānoa.

This semester marks the beginning of a recycling pilot project and the continuation of efforts to cultivate environmentally responsible sensibilities within the UH community. The project was launched in July with the installation of 18 recycle bins in Hawai'i Hall and expanded last Friday to include 24 bins in the Hawai'i Institute for Geophysics (HIG) building and two bins in the Sherman Courtyard.

The university has been recycling paper, cardboard, metal and green waste since the mid-1970s. Recently, the only receptacles for recycling plastic, glass and aluminum were maintained on an informal basis in the Sustainability Courtyard. The courtyard now, however, is one of the pilot project sites and officially reflects the university's commitment to developing more sustainable practices like recycling.

The Office of Sustainability and other campus offices have



PHOTO COURTESY OF ALEXANDRIA HAM

Student recyclers (from left) Zach Eisenberg and Kevin Nesnow empty the recycle bins in the Sustainability Courtyard, one of four sites in the campus' recycling pilot project.

been collaborating to get the project running for the past two years. Recently, however, the Office of Sustainability obtained funding from the UH Sustainability Council to hire two student recyclers, Kevin Nesnow and Zach Eisenberg. The student workers collect, sort and transport all of the recyclables on campus to a redemption center.

According to Nesnow, UH has a moral obligation to endorse recycling. "As a state-funded univer-

sity," he said, "we need to show that we are responsible, that we care for our environment and realize our impact on it."

One of the objectives of the project is to collect data to demonstrate and increase the economic viability of recycling on campus. Toward this end, Nesnow is working to create a cost-benefit analysis of campus recycling. Redeeming the recyclables through the state's

HI-5 program even provides a small source of revenue to help offset the program's operating costs. The hope behind the pilot project is to make recycling cost-effective enough for the university to support and expand its recycling efforts. Locks have been installed on the bins to prevent people from removing recyclables, since they are a source of both revenue and accurate data for the program.



RECYCLING FACTOIDS

Aluminum

- Recycling aluminum uses 5 percent of the energy that producing aluminum from virgin resources does and results in 95 percent less air pollution and 97 percent less water pollution.

Glass

- Every week, Americans throw out enough recyclable glass bottles and jars to fill a giant skyscraper.
- It takes one million years for a glass bottle or jar to decompose.

Plastic

- About nine billion plastic bottles are produced annually in the United States, two thirds of which end up in landfills or incinerators.

Paper

- Americans use more than 67 million tons of paper per year or about 580 pounds per person.
- Paper products make up the largest part — about 40 percent — of our trash.
- Recycling a stack of newspapers just three feet high can save one tree.

**Sources: www.resourcefulschools.org/facts and www.ilacsd.org/recycle/trivia*

UH dining

From page 9

wiches and specialty salads as well. Most campus food is purchased directly from local distributors in order to assist the Hawaiian economy.

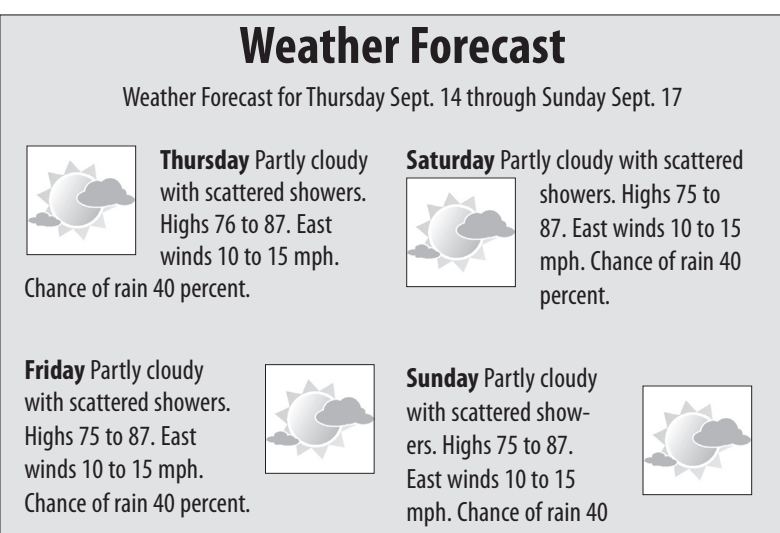
Kickin' off good health

In an attempt to kick off a healthy year, UH Dining Services is offering several promotions to

emphasize healthy snacking. One of them being "Be Balanced.

The "Be Balanced" promotion at Paradise Palms provides students with scratch-off cards after purchasing a bottle of water and a fruit, yogurt, granola bar or Nutri-Grain bar. The scratch-off cards give students a chance to win items such as pens and frisbees.

Beginning in mid-September, there will be entry forms and drop boxes in Paradise Palms, Quick Zone and Corner Market to win a video iPod, flash drive or a backpack. The drawing will be in November.



ACROSS

1 Football

2 Military rank

3 Gravy mix-in

4 Taylor of "The Nanny"

5 Actress Hagar

6 Actor Silver

7 Sicker in winter

8 "A Delicate Balance" playwright

9 Music genre

10 Obsessive

11 Dances

12 Guiding wing

13 K.O. occasion

14 "The of London"

15 Full row

DOWN

16 Health never

17 One you hang-up

18 Billie "Teaser"

19 Aviator Carpent

20 Actress Della

21 Lord's day

22 Broad valleys

23 Wagers

24 Kicks out

25 Contrabass

[illegible]

44. Disregard lines	50. Prose
46. Abilize	51. romances
48. Hospital workers	52. Set regularly
50. Place on man's jewelry	53. Like 1818's feelin'?
51. Jug	54. That, one over there
52. Conventions	

September 14 - 17
Courtesy: Surf News Network

South Shore
Thursday 0-2'. Box jellyfish window
Fri. — Sun. Friday 1-2+'. Saturday 2
— 3+' Sunday 2 — 3+ Buoy 51002
reading at 7 sec.

Thursday 0-2'. Friday through
Sunday 1-2'+. Buoy 5104 reading
at 7 sec

Thursday 0-2' Friday-Saturday
1-3'+. Sunday 1-2'. Buoy 51201
reading at 11 sec.

Thursday 0-2' + Friday through
Sunday 1-2' +. Buoy 5101 reading
at 8 sec

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Long lines are a common sight outside of Govinda's due to popular demand. Govinda's is one of UH's kiosks that offer healthy meal choices.

Students still need more dining options

By Cora Puliatch
Ka Leo Associate Commentary Editor

Despite some recent positive changes in the dining landscape at the University of Hawai'i at Mānoa, we still need more diverse, healthy and affordable dining options on campus, especially for students with meal plans. The impressive lines that accumulate daily at my favorite kiosk, Govinda's in the Sustainability Courtyard, are a testament to our campus's craving for decently priced, wholesome comfort food. Govinda's has an entirely vegetarian menu and always has at least

one vegan entree. The long lines are not due to ballooning numbers of masochistic vegetarians who will sacrifice their culinary pleasure — that is, eat cardboard — simply to be “pure.” Rather, Govinda's food entices eaters to cross dietary lines because they offer a hefty “mini plate” for \$4.15 with a perfectly seasoned entrée, rice, dessert and an awesome salad. I thank the dining deities that the Sodexho monopoly seems to be weakening, as evidenced by new ownership of various kiosks around campus. Predictably, the growing presence of independent vendors on campus has resulted in improved food quality,

value and selection. Da Spot, near the engineering building, serves Egyptian food — with a decent plate for \$4 — and is run by an independent restaurant. India Café near QLCSS is owned by a restaurant in Kapahulu, and Papa Lucks by the Art Building is a unique coffee kiosk with soups and sandwiches run by a husband-and-wife team. But this is not enough. Aside from these four places an omnivore, vegetarian or vegan can have a hard time finding inexpensive, satisfying portions of food that leave him feeling good about life through and through, from his loftiest economic

ideals all the way to his preoccupied gastrointestinal tract. This problem is compounded for students with meal plans because they are limited to the Sodexho-owned cafeterias and food courts which frustrate many students with excessive prices and fare that's mediocre at best. Paradise Palms, for instance, presents us with yet another overpriced fast-food knock-off and sub(-standard) sandwich spot. The Campus Center food court is not much better. Da Spot is the only non-Sodexho kiosk that does accept points. Dorming students need more freedom from the Sodexho meal plan.

Either housing needs to stop requiring that students buy a plan or the meal plan system needs to be expanded to include independent vendors. This would benefit students by giving them more enjoyable, healthier options. Including independent vendors in the meal plan would support small businesses and probably encourage more independent food enterprises on campus. The presence of more independent vendors would also improve the choices for those not bound by meal plans. Even impoverished college students have a right to enjoy eating healthy.

Preparing for Kickoff!

By Kiyomi Ueda
Ka Leo Contributing Writer

The first home football game of the season brings with it ritualistic pre-game activities and multiple displays of school spirit. For the first game of the season, get involved in University of Hawai'i at Mānoa athletics and support the Warriors as they challenge the University of Nevada Las Vegas Rebels in their first home contest of the season. As of Monday, 489 student tickets had been sold for the UNLV game. This season, there are several groups on campus who plan on keeping certain game trends alive:

Mānoa Maniacs

Described as “the official UH student spirit group,” the Mānoa Maniacs provide members with tickets to home games, free transportation to Aloha Stadium and other benefits, all for \$30. With the purchase of tickets, Mānoa Maniacs members also receive T-shirts bearing the Mānoa Maniacs logo, which are intended for wear during games. Throughout the season, fans attending games can expect to see members of Mānoa Maniacs sitting in their specified section and presumably showing their school spirit. For potential members, tickets are still available for seating in the Mānoa Maniacs sections, but they may have to augment the shirts they receive due to the lack of multiple sizes. This was the case for freshman Sarah Yuen, who bought tickets late last week and received a shirt in the smallest size available, an extra large.

This is not a major setback however, because Yuen plans on adding a personal touch to the Mānoa Maniacs shirt. “My shirt is huge, so I’m making it into a halter top so it will actually fit me,” Yuen said. “Hopefully, it turns out cool.”

Kappa Sigma

Members of the Kappa Sigma fraternity plan on holding a tailgate party in the Aloha Stadium parking lot prior to the game. The fraternity believes they will tailgate in their usual spot, although details remain to be finalized.

Stadium Promotions

In addition to various student groups on campus, Aloha Stadium will also play host to various nights dedicated to specific groups of fans attending games. This season, there will be a Family Night, a Military Night, a Senior Citizens Night and this Saturday will be Student Night. Students attending the game will receive giveaways and can register to win an all-expense-paid trip to Las Vegas, courtesy of Vacations Hawai'i and California Hotel & Casino. Registration is open to all UH students and will take place at Gate 7 of Aloha Stadium. Transportation There will be free bus transportation to and from Aloha Stadium for anyone interested including students and Mānoa Maniacs. Pick up and drop off will be in front of Gateway House on Dole Street. The buses will leave at 4 p.m. and are expected to return 30 minutes after the game ends. Students can sign up for buses in any of the dorms. For students interested in attending the game, tickets can be purchased at the Stan Sheriff Center for \$5 with student identification. Mānoa Maniacs passes are also available from the Stan Sheriff Center for \$30.



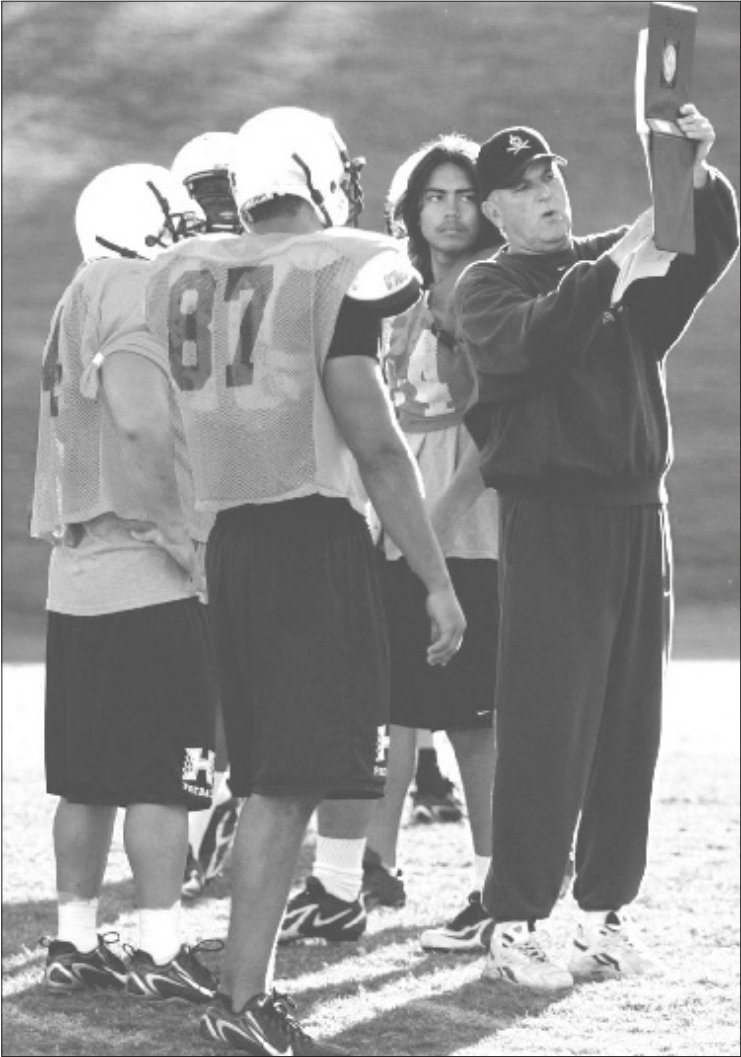
MIND
OVER
MATTER

UH and UNLV look to rebound with victories after both losing close games

By Rebecca Gallegos
Ka Leo Staff Reporter

Desire and endurance are likely to be major contributing factors in the outcome of this weekend's home-opening contest between the University of Hawai'i at Mānoa Warriors and the University of Nevada Las Vegas Rebels. The Warriors are coming off of a season opening 25-17 nerve-racking loss at Alabama, where they played in front of the largest crowd (92,138) a Warrior team has ever faced. UH showed a lot of heart in the game. Despite trailing 22-3 early in the third quarter, they rallied back to put themselves in position to tie the game on the last play. “[Against Alabama] we made some mistakes being nervous,” commented Head Coach June Jones. “We didn’t play with confidence. But this weekend we’ll be at home and it should be different.” The Rebels of UNLV already have two games under their belt this season, the first of which was a 54-10 annihilation of Idaho State and the second a contentious and controversial 16-10 loss at Iowa State that left the team dissatisfied. “No matter what happened, you have to move forward,” said Rebel Head Coach Mike Sanford. UNLV (1-1) will look to move forward when they enter Aloha Stadium for the first time since their matchup with UH in 2000, a game that ended in a 34-32 Rebel win. Prior to that game, Aloha Stadium had witnessed three consecutive UH victories. Although Hawai'i leads the series 10-6, UNLV has prevailed in the last three outings, the most recent being in September of 2003 when UNLV awarded their largest home crowd ever, as well as a national

ESPN2 audience, with a 33-32 victory over UH. After that game, fans broke out into a fight in the stands, but athletic director Herman Frazier said seating precautions were made to prevent the incident from happening this year or any future years in Vegas. However, UNLV's 10-game losing streak on the road, which dates back to 2004, is one statistic that strongly favors the Warriors. “We have got to win on the road,” Sanford emphasized. “That is the number one thing. It doesn’t matter where.” UNLV hopes to end their losing streak on the road in Hawai'i. Regardless, both teams have greater concerns than statistics. One of the main concerns for both teams is their health. “We have a couple of players that are hurt, and we aren't sure if they'll be able to play,” Jones said. The main injuries are to defensive starters Solomon Elimimian and Leonard Peters. Elimimian is out with an ankle injury and is not expected to play Saturday. However, Peters is expected to play despite broken cartilage in his ribcage. Brad Kalilimoku or Blaze Soares will compete in place of Elimimian. UNLV's health concerns may be even greater. The Rebels may be without starting quarterback Rocky Hinds, who left Saturday's game against Iowa State early with a minor injury to his right knee. The Rebels use a balanced offensive attack, but their “pro-style” passing will suffer if Hinds is unable to compete. UH coaches have said in the past that if Hinds plays, he may be the best athlete UH will face all season. As for UH, with the exception of a few possible changes in the lineup they will stick to their usual style of play.



TOP: Devon Bess tries to break through the Warrior defenders during Wednesday morning's practice. Bess who uncharacteristically dropped two passes against Alabama, looks to redeem himself against the rebels of UNLV this Saturday.
ABOVE: Head Coach June Jones instructs his offense on which play to run during Wednesday mornings practice. The Warriors hope to get their first victory of the season at Aloha Stadium this Saturday.



LEFT: The Warrior football team practices Wednesday morning as they get ready for Saturday's game against UNLV.
PHOTOS BY DAN RICHARDS
KA LEO O HAWAI'I

“You do what you do without making any changes,” Jones said, “and hope to execute [your game plan] better than your opponent.” UNLV has six players that call Hawai'i home, but Sanford worries that the rest of the team may not adjust as well to the atmosphere. “The feeling of Hawai'i is that it is kind of a vacation,” Sanford said. “With this mentality, it is easy to lose focus on why we are here.” On Saturday, it won't matter what happened in the past between these two programs. Rather, the focus will be on which team is physically and mentally able to achieve. Jones put it best when he said, “We'd like to win the game, and we're going to try our hardest to do that.”