

KALEO THE VOICE



Wahine open strong
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MONDAY to TUESDAY, AUG. 31 to SEPT. 1, 2009

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Volume 104 Issue 16

UH financial aid increases 50 percent

Tiffany Miller

Staff Reporter

Financial aid disbursements have hit a record high at the University of Hawai'i at Mānoa.

On the first day of the Fall 2009 semester, students from all 10 campuses in the UH system received \$27 million in funds, reflecting a 50 percent increase from 2008, when students were awarded \$18 million on the first day.

Director of Financial Aid Services Jodie Kuba credits much of this to this year's record-high enrollment, with 54,426 students registered for fall.

"We've seen an increase of over 2,000 more FAFSA applications this year compared to the same time last year, which is an 18 percent increase," Kuba said.

Financial aid in the form of scholarships, grants, loans, waivers and awards comes from many different sources. Luckily for many students, financial aid funds are not affected by the economic problems causing budget cuts in many other educational sectors.



JOEL KUTAKA/KA LEO O HAWAI'I

Financial aid counselor Hansford Chock helps students apply for loans and grants to achieve their academic goals.

The largest increase has been in federal aid, according to Karen Lee, associate vice president for student affairs. "We've actually seen our Federal Pell Grant disbursements double this year," she said.

In addition, the University of Hawai'i Foundation recently completed an annual campaign that raised \$280 million in private donations. "A huge portion of that goes to scholarship and award funds," said Lee.

This comes as a relief to students already facing difficulties finding the classes they need and dealing with an overcrowded campus.

"It's nice that I don't have to worry about tuition, since I already work so hard with classes and supporting myself," said senior Leilani Peña, who is majoring in economics. "It would have been a lot more complicated without financial aid."

Students are still able to apply for and receive funds, according to Jodie Kuba. "We continue to process students' requests for financial aid throughout the semester," she said. "So, this is only the beginning."

Self-deception

Mark Brislin

Editor-in-Chief

For Harry Triandis, our worldview is what it is because we want it to be so, and that's not always a good thing.

Triandis, professor emeritus of psychology at the University of Illinois and author of "Fooling Ourselves: Self-Deception in Politics, Religion and Terrorism," delivered a lecture on self-deception last Friday

at the University of Hawai'i Shidler College of Business.

"The way we see the world depends on what is both outside us – reality ... and what's inside us – our hopes, needs and desires," Triandis said.

Self-deception involves a person's culture, which Triandis defines as what has worked for a group of people in a certain environment and is passed on, and cognitive simplicity, or the way

people organize and simplify their thoughts about the complex world to their personal ideals.

Cases including a woman who was convinced that she was dead, the ancient Aztec culture believing they had to remove the hearts of prisoners so the world wouldn't end, people believing they are Christ, the placebo effect, and the president of Iran denying there are any homosexuals in the country were cited by Triandis as examples of self-deception.

"He finds it very agreeable to say there are no homosexuals in Iran, so he says it," Triandis said.

Triandis said in general "individuals feel very well about themselves." He referred to a survey of high school students that asked how they compared to the average high school student. The majority responded that they thought they were better than average.

"Well, the mathematics say that is not possible," Triandis refuted.

DIFFERENTLY RECEIVED

A number of factors affect how people deceive themselves, according to Triandis, such as the simplicity or complexity of the culture

they are raised. The "tightness," or cultures with lots of rules and laws, and "looseness," or societies that are more laid-back and have more relaxed laws, also affect self-deception in people.

Another major influence in self-deception is whether a person is raised in a collectivist or an individualist culture. Triandis said varieties of both types of cultures exist worldwide.

In general, people who are in higher social classes, are educated

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New publication offers glimpse of Center on the Family's programs

Christopher Yee
Staff Reporter



The University of Hawai'i at Mānoa Center on the Family (COF) has published a new guide for parents, offering tips and important steps to help their children succeed early in school.

The publication, entitled "Raising a School-Ready Child: A Family Guide," was printed in June and is the culmination of correspondence and activities between the Center on the Family, the Department of Education and participating families.

"I know it's a cliché," said Grace Fong, professor of family and consumer sciences, "but parents are a child's first and most important teachers."

The guide is structured to promote healthy development and school readiness, focusing primarily on children from birth to age five. According to Fong, the guide evolved out of work that the COF continually carries out with families within their program. Activity packets are mailed to par-



JOEL KUTAKA/KA LEO O HAWAI'I

Grace Fong, professor of family and consumer sciences, believes that conscientious parents are a child's first step toward a good education.

ticipating families, and feedback and support is provided by the Center.

Fong said there is more to the publication than merely distributing it to outlets who request it. For

groups and schools that request the material, the COF carries out a brief training for the organizations to learn how to best use the guide.

One essential section concerns

the General Learner Outcomes (GLOs) the Department of Education uses as its foundation.

"Many people don't know about GLOs," said Mary Ann Nemoto, the

Learning to Grow project administrator. She said that part of the training focuses on getting people to understand the basics of GLOs and to share how they are put together.

The guide breaks down each of the six GLOs and pairs them with a simple activity that parents can do with their children.

One activity states, "A Self-Directed Learner has the ability to be responsible for his own learning," and parents have their children help set the table. The parents will explain the details of the table setting to the child and ask simple questions on the difference in settings.

The guide also provides basic information about how to best prepare their children for school on a day-to-day basis, registering children and what to expect from schools.

"It's about building a partnership," Fong said. "Parents continue to play an important part while their child is in school."

"It's a two-way street," Nemoto added. "It's an ongoing thing that begins from birth."

CENTER ON THE FAMILY
MILLER HALL, ROOM 103
(808) 956-4132
UHFAMILY.HAWAII.EDU

UH students awarded in C-MORE Scholars Program

Alvin Park
Contributing Reporter

Ten undergraduates in the University of Hawai'i system have been granted awards to participate in a prestigious and rigorous undergraduate scholars program.

The awards were hosted by The Center for Microbial Oceanography: Research and Education (C-MORE), which provides UH undergraduates majoring in earth or ocean science-

related fields the opportunity to do hands-on research.

The 10 recipients of the award are Sarah Chang, Chantele Craft, Chelsea Dudoit, Michael Gray, La'Toya James, Kehaunani Manoi, Leena Muller, Sara Thomas, Brenner Wai, and Alexander Williams, all of whom are studying fields ranging from biology to ocean engineering. These students will be awarded a traineeship, internship or fellowship for this fall semester.

The awardees will also receive guidance and supervision from a mentor who is a scientist at the university or in the industry, along with monetary grants ranging from \$2,000 to \$4,000 per semester, depending on their skill and knowledge.

"This program is exciting and very rewarding," said La'Toya James, 19, who is currently studying biology at UH Mānoa. "I hope to acquire more lab techniques and

knowledge about the viral communities and bacterial communities in Hawai'i's waters. I want to be able to apply the knowledge and skills learned here to further my career."

James, along with her fellow recipients, is looking to better understand the role of microorganisms in the structure and functions of marine ecosystems. Microbial oceanographers make careful observations of the diversity and metabolic activities of microorgan-

isms in the sea and use the data to gain a more comprehensive understanding of the ocean's chemistry and biology.

"From this experience, I hope to gain a better understanding of conducting a personal research project," said Chelsea Dudoit, 23, also a biology major. "This program will allow me to work in a lab under

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Self-deception

.....
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and travel a lot tend to be more individualist, while older people are more collectivist, according to Triandis. Other factors that affect whether people are individualist or collectivists are affluence, social mobility, exposure to the media and common faith.

In the U.S., those in the Northeast and West - with the exception of California and Hawai'i - tend to be the most individualistic, while the Southeast is the most collective, according to Triandis.

Both collectivists and individuals deceive themselves, said Triandis, but in different ways. Individuals tend to think that "I am wonderful," while collectivists think that "my in-group is wonderful."

Triandis uses four criteria for measuring a culture: how they promote health, well-being, longevity and environmental preservation measures.

"Unfortunately, no cultures meet all those criteria, but most cultures think they are wonderful," Triandis said.

People need to find a balance between no self-deception, which can cause depression, and excessive self-deception.

"We need self-deception," Triandis said. "We just don't want to have extreme self-deception."

Triandis said people should monitor how they deceive themselves by learning to identify their "self-deceptors" and checking to see whether they are cognitively simple. People should get more information by questioning whether the way they are looking at the world is valid, and, if necessary, to change their internal structure, which he says in some cases is too simple.

"We have the self-deception that the world is simple," Triandis said. "That's the way we want it to be. But the world is not simple; it's very complex."



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Giving blood saves lives

Message from Tyler Law, Blood Drive Coordinator

Do you know someone who has received a blood transfusion? The number of people in Hawai'i who need blood products to stay alive grows every day.

So what does that mean to you? It means that if you give one hour of your time you can save up to three lives. In one hour you can help to save someone's father, someone's daughter, an auntie or a newborn baby. In one hour you can save the life of someone you may know, or give someone you don't another chance at life.

The Blood Bank of Hawai'i is the largest blood bank in the Pacific, supplying blood, blood products and transfusions to patients across the Hawaiian Islands. The Blood Bank needs to collect blood from 200 donors every day, so there is always a need for blood.

The first blood drive of the fall semester is Sept. 2, from 8 a.m. to 1:45 p.m., at the Campus Center Executive Dining Room (in the cafeteria). The BBH has raised a lofty goal for Mānoa students to donate a total of 1,500 pints for 2009, and we are at 1,443 pints now. We are so close!



CHRISTIANA CARE/Flickr

In one hour of giving blood, donors can save up to three lives. The first blood drive this semester is Wednesday, Sept. 2, from 8 a.m. to 1:45 p.m. at the Campus Center cafeteria.

So, stop by the BBH booth at Campus Center, or give them a call and set up an appointment. And in eight weeks, do it again. In four years of college, donating every eight weeks, you could save 78 people!

Start saving now! It's the best way to start a new school year.

Give blood. It's safe. It's simple. It saves lives.

To get an appointment to donate,

stop by the table at Campus Center between 11:00 a.m. and 2:30 p.m. most days of the week, or call (808) 848-4721.

IN ORDER TO DONATE BLOOD YOU MUST:

Be in good health
Be at least 18 years old
Weigh at least 110 lbs
Wait 12 months after you get a tattoo or piercing
Arrive with a photo ID

BEFORE YOU DONATE:

Drink eight to 10 glasses of water a day
Get a good night's rest
Eat a large meal
Eat iron-rich foods for several days prior

AFTER YOU DONATE:

Rest
Eat healthy foods
Drink lots of water for several days
Avoid strenuous exercise
Make an appointment for eight weeks later!

C-MORE scholars

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some of the best biologists and learn techniques that will help better me for graduate school. My ultimate goal from C-MORE is to gain a great hands-on experience that will help foster me into a better scientist."

The C-MORE Scholars program offers three levels of support. The first level is a traineeship, in which students receive close mentoring in order to learn science concepts, research skills and computer handling.

The second level is an internship in which participants learn

the links between the material taught in class and real-life research and careers.

The last level of support is a fellowship in which students work on individual research projects. They are mentored by either UH faculty members or employees from companies and agencies outside the university.

"I would like to be able to get involved with the Hawaiian community and incorporate science and Hawaiian studies," said Dudoit. "My goal is to give back to the community that once taught me."

KALEO

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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 three times a week except on holidays and during exam periods. Circulation is 10,000. 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 writers, reporters, columnists and editors, 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 visit the Ka Leo Building. Subscription rates are \$50 for one semester and \$85 for one year. © 2009 Board of Publications.

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Thousands of fish tested, all have mercury

Lindsay Ogawa
Opinions Editor

Once upon a time, the residents of Hawai'i were lucky to have an abundant amount of healthy fish to eat from our beautiful ocean. That was a long time ago. Seafood is seen as a delicacy around the world, but now it's just poisonous.

According to a study by the U.S. Geological Survey, thousands of fish of all types in all states were tested and proven positive to having mercury in their system - that is, every single one of them.

Most of the studies were based on streams in the U.S., but Alaska's deep-sea fish also showed signs of mercury, as did those in sparklingly clear waters. According to the United States Environmental Protection Agency (EPA), shark, swordfish, king mackerel and tilefish have the highest levels and should not be eaten. 'Ahi, a local favorite that can be eaten raw, also has moderate to high levels of mercury, as do mahimahi, maguro and lobster.

In 2005, 17 percent of Asian and Pacific Islander women were found to have unsafe amounts of mercury in their system. Back in the 1950s, women in Japan were giving birth to disabled children due to ingesting a particular mercury compound, methylmercury. The levels of methylmercury ingested which caused disabilities were not determined, however.

Still, the U.S. does not want people to discontinue eating fish. After all, they say only one in four have mercury levels exceeding what would be considered safe, "only" being the word they hope you focus on.

Much of the mercury is entering the water through coal-fired power plants and drain areas used for mining and gold. But the pollution has gotten so extreme it is affecting even the most isolated of areas.

The Obama administration stated they would abandon the



SIFU RENKA/Flickr

Wariness of the levels of methylmercury in sashimi, or raw seafood, is spreading, but Dr. Gordon Brown, a geochemist at Stanford University who specializes in toxic metals, discovered that conventional cooking methods may actually increase the amount of methylmercury in fish.

Bush administration's plans to buy and sell pollution credits from power plants and replace them with requirements to install mercury-reducing equipment.

However, the FDA states that it's natural for fish to have mercury in their system, and that they have limited mercury consumption to "levels 10 times lower than the lowest levels associated with adverse effects." They feel pasting a big, fat "Warning:

May cause cancer and reproduction defects" label will scare people off, and detract from the fish's positives: preventing strokes, heart attacks, Alzheimer's and, ironically, cancer.

Either way, we're heading toward positive environmental actions by reducing the amount of pollution in the air and water. This way, the mercury level in fish caused by pollution should be minimized. If not, well, we can

all carry on with our lives.

But be wary. Though scientists don't have the exact numbers on how much mercury is damaging, they do know once that amount is reached, it can cause some pretty nasty, irreversible side effects. These include brain and nervous system damage and kidney and circulatory failure, as well as mental and physical birth defects in developing fetuses.

The FDA and EPA are advis-

ing "women who may become pregnant, pregnant women, nursing mothers and young children to avoid some types of fish and eat fish and shellfish that are lower in mercury." They feel, however, the rest of us are safely able to eat fish in average amounts, though it can take up to a year for the methylmercury to fully cleanse out of our body.

So, what will you decide? Mercury or chicken?

Sexting: a bad idea



TODD KRAVOS/Flickr

"Sexting" has become a serious issue to parents, as anywhere from nine to 20 percent of teenagers have sexted, according to recent surveys, by the National Campaign to Prevent Teen and Unplanned Pregnancy.

Kristi Kakiuchi
Associate Opinions Editor

What do you get when you put together "sex" and "texting"? "Sexting."

In addition to embarrassing yourself and loved ones, you could find yourself facing charges of child pornography or possession of child pornography depending on your age.

Cell phones have revolutionized the way we communicate. We can connect easily with people who live miles away by either the tra-

ditional phone call or sending pictures, video or text messages. But the contents of what we send to others may be damaging, whether we know it or not.

In January 2009, three girls from a Pennsylvania high school allegedly sent nude or semi-nude pictures of themselves to three boys. These six teenagers were all under the legal age of 18 and caused quite a scandal.

A similar case happened before. According to CBS News, "a Texas eighth-grader spent the night in a juvenile detention center

after his football coach found a nude picture on his cell phone that a fellow student sent him."

As far as the popularity of sexting goes, the National Campaign to Prevent Teen and Unplanned Pregnancy stated that about 20 percent of teens have sexted.

However, CBS News reported on a more recent (and specific) survey by Cox Communications:

"Only 9 percent 'sent a sext,' while 17 percent received one, and 3 percent forwarded a sext." A more positive statistic was that "90 percent of the kids who sent sexts

said that nothing bad happened, even though 74 percent of the kids agreed that sexting is 'wrong.'"

There is always a way for a sent picture to go from someone's cell phone to the Internet. Once it hits the Web, it can be forwarded and posted everywhere by anyone. Would you really want a racy picture of yourself floating around endlessly on the Internet? I wouldn't.

So maybe you and your sweetheart are 18 or older. Maybe the child pornography charges won't apply to you, but you're still risk-

ing your career. Throughout the years, we have heard about other people in various high professions and their habits concerning pornography.

What happened to them? Their reputations were ruined.

Though sexting may be a way to set off sparks in a relationship, it really isn't the best way. It could be easy to avoid all the negative attention by waiting for the right time and place to be intimate with that special someone. In fact, shouldn't any actions relating toward intimacy be in a private environment?

Human studies require scrutiny

Andrea DeCosta
Contributing Writer

Rebecca Kamikawa could have answered an ad for a roommate, joined a salsa dancing club or learned how to do yoga when she paused at one of the many bulletin boards on campus last week.

Because risk and potential subject exploitation are possible, Kowalski maintains that CHS has to keep a "skeptical eye" on all studies connected to UH that utilize human participants.

Instead, she decided to answer a call.

"I was happy to volunteer my time," Kamikawa said.

The UH Mānoa senior chose to participate in a study conducted by a Ph.D candidate as part of a psychology experiment. "It took about half an hour and I was asked to respond to computer-prompted commands."

The study was tame enough, but Kamikawa said she knew other friends who were concerned about being human guinea pigs, suggesting that some studies are "just too invasive."

"Once it gets scientific, I get freaked out," Kamikawa explained.

At a time when institutions are competing for funding, UH Mānoa has partnered with the Hawai'i State Department of Health, the Cancer Research Institute and the National Institute for Health to expand its research studies.

These studies are funded and coordinated by the Office of Research Services (ORS), which is responsible for securing sponsored and grant-funded research services and training students and faculty in how to conduct

those studies within budget.

In order for these studies to succeed, however, they need volunteers.

At the heart of the volunteer search is Jacob Kowalski, human protections administrator for the Committee on Human Studies (CHS).

"We at CHS want to ensure that there is justice in the process, that certain groups are not targeted for studies, that participants are fully informed of the risks via counseling and signed consent, and that these studies have some therapeutic benefits," Kowalski explained.

CHS is a research support group that works in conjunction with ORS and is responsible for issues related to the ethical treatment of the human participants.

In many instances, volunteers are paid a nominal fee for participation – a fee which, by Kowalski's standards, should be low enough to prevent individuals from pursuing human testing as a means of deriving an income.

Kowalski also indicated that investigators must demonstrate that their study designs are viable, meaning that participants are not to be subjected to an unwarranted amount of risk.

Because risk and potential subject exploitation are possible, Kowalski maintains that CHS has to keep a "skeptical eye" on all studies connected to UH that utilize human participants.

"If these studies aren't specifically targeting UH students there is not a lot of oversight," Kowalski said. "But we get a lot of requests from other universities to use UH students, so they have to have a UH faculty member present as a co-investigator to maintain accountability."



Campus bulletin boards contain a multitude of advertisements, including those for paid human studies.

JOEL KUTAKA
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The Board of Publications is now accepting applications for the following position for the Fall 2009 - Spring 2010 term:

KA LAMAKUA EDITOR-IN-CHIEF

The Ka Lamakua Editor-in-Chief is responsible for all aspects of the online literary magazine which features creative content including music, art, and local events. Typical duties include managing the program—from securing content and submissions, coordinating regular posts and updates, and overseeing daily operations such as recruiting and stipend processing.

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Bruni battled boyhood bulimia

A BOOK REVIEW

Chris Mikesell

Features Editor

You'd think that being the premier restaurant critic for the New York Times – a job that entails dining out at least once and sometimes several times a day, seven days a week – would turn into a constant struggle against inevitable weight gain.

Not so for Frank Bruni.

In his new memoir, "Born Round: The Secret History of a Full-Time Eater," Bruni recounts that the constant struggle between his appetite and his metabolism did not just suddenly materialize when he found out he'd be getting paid to eat at some of the most lavish and luxurious restaurants in New York.

It started when he became a self-described bulimic toddler.

"My parents would later tell me, my friends and anyone else willing to listen that they'd never seen a kid eat the way I ate or react the way I reacted whenever I was denied more food. What I did in those circumstances was throw up," Bruni detailed in his book.

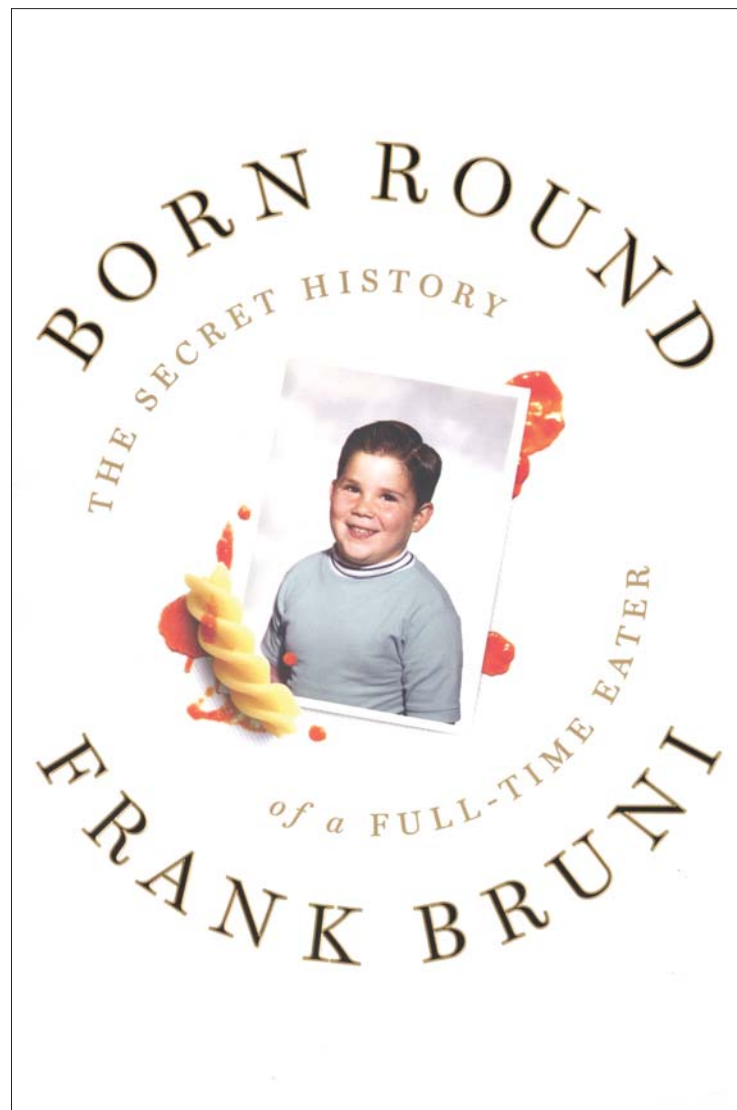
Bruni's struggles with his own self-image continued into his years as a young student on the swim team and even his time as a journalist. (As Bruni found out, working in the White House Press Corps keeps you almost too well-fed – a full journalist is less likely to be a disgruntled journalist, but more likely to be a fat one.)

His own desire to be thin drove Bruni back to bulimia – conscious and volitional this time – a practice that he later would abandon as it was becoming increasingly obvious to those who spent time with him what he was doing.

Yet food was hardly the enemy. If anything, Bruni grew up with a love for food and a hunger for discovery that shines through in his mouth-watering culinary descriptions. Nobody that hates food could describe in tantalizing detail the love – and fat, and salt, and butter – that goes into his family's home cooking, and Bruni, ever the food writer, sells it.

By the time we reach the end of his story, we see that Bruni has found his own weight-loss solution. No, it is not easy. Neither is it trendy, gimmicky or supplement-oriented: Bruni figured out that because his job wouldn't allow him to change his diet, he had to change his own activity level to make up for the food he was sampling on a daily basis.

But if Bruni's struggle to attain the thin body he wanted so badly is the meat of this book, and his



'BORN ROUND:

THE SECRET HISTORY OF A FULL-TIME EATER'

Publisher: Penguin Press

MSRP: \$25.95

description of the dishes the wispy garnish, it is only more improved with his generous saucing of snark throughout the story. Bruni lays it on thick enough to keep the hilarious taste in our mouths through even the sadder parts of his life.

Foodies will appreciate it because his love and knowledge of

food shines through. Dieters will love it because his fight against the scale is relatable.

For those of us who watch both the plate and the scale, Bruni's story tells us it is indeed possible to grow up to be happy, healthy adults, even if we are born round ourselves.

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Ka Leo is hiring the following positions for Fall 2009 and Spring 2010:

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KALEO THE VOICE

For more information, or to apply, email Mark at mbrislin@hawaii.edu, Jay at hartwell@hawaii.edu, or stop by the Ka Leo building to fill out an application.

START PUSHING YOURSELF.

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IDs golden tickets to school services

T. Gavin Nevill
Associate Features Editor

At times, the line went beyond the roped-off area. It snaked outside Campus Center, stuffed with UH students standing one behind the other. Everyone had a simple common goal: to get their school ID validated.

With the hassle of getting an ID renewed out of the way, or for first-year students getting an ID for the first time, now is the time to take full advantage of the perks of having a UH ID.

Your ID is your lifeline, and with one, there is really never an excuse to be bored. On campus, an ID is required for entrance into the Student Fitness Center in the Athletic Complex, where students can lift weights, run on the treadmill or ride stationary bikes.

If going to the gym isn't your thing but you still want to be active, consider utilizing the Leisure Center. Offering arts and crafts, health and fitness classes, dance classes and outdoor activities, the Leisure Center has a little bit of everything.

While the activities are open to anyone, students with IDs can participate at discounted prices. A ceramics class that meets five times a month costs a community member \$95, but with a UH ID, the cost is dropped to \$65. Hula lessons, yoga classes and surf lessons are just some of the activities offered during the fall semester.

An ID is a must in order to rent equipment such as kayaks, surfboards or tents from the Leisure Center.

At the same ticket window where IDs are validated, the U-PASS, a semester-long bus pass,

is for sale for \$100 and allows for unlimited trips on TheBus. The 18, 6, 4 and A CityExpress routes all make stops on campus.

From Kūhio Ave. in Waikīkī, the 22 route runs to Hanauma Bay, a nature preserve that offers quality snorkeling to its visitors. Entrance is \$7.50, but the cost is waived for students with a validated UH ID.

IDs can also help on an academic level. The borrowing of books from Sinclair Library and Hamilton Library is only open to those students with a validated ID, as are computers in the Campus Center Computer Lab.

Some people wait their whole lives to get to college. Now that you're here and have a resource to activities, seize the opportunity to get involved. With a student ID in hand, the wait is over.



JOEL KUTAKA/KA LEO O HAWAII

Students line up during the first week of school for their ID cards, which are their keys to accessing the Student Fitness Center, borrowing books from the Sinclair and Hamilton Libraries, and receiving discounted prices at the Leisure Center, among other benefits.

Get your **FREE** copy of Hawaii Review 70!

did you say **FREE?**

Yes, **FREE!** with your valid UH Manoa student ID!



Literature • Poetry • Art
It's all inside our student literary journal!
Pick up your free copy at the BOP Business Office located to the right of the Bookstore's ground level entrance. While supplies last.
Hawaii Review is a publication of the Board of Publications and is produced twice a year by a student staff at the University of Hawaii at Manoa. To find out how you can get involved, visit www.hawaii-review.org.

Meet Sell Design Learn Lead Be Heard

BOP's Advertising Department is looking to fill the following positions for the upcoming Fall and Spring semesters:

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Hip-Hop at the Tropics gets an upgrade

Pablo Paz

Contributing Writer

As the clock ticks down to the start of yet another Friday night event at Tropics Café Bar & Lounge, DJ Bone has one thing on his mind: What is it going

to take to make this night happen?

For another night in Ward, hip-hop is alive.

DJ Bone and Stu are setting up the decks out of their coffin cases, and the waitresses are trafficking between tables to cater to the house.

SIMPLE CONCEPT

The evening was the first in a series of Grind Time hip-hop battles, which are infamous for giving the competitors a chance to rehearse their lines in advance to maximize potency in front of a larger audience. For two Fridays each month, Tropics Café gives DJ Bone and the Honolulu hip-hop crowd free reign to do whatever they choose; this week they chose Grind Time.

"The event was actually set up by Everybody Knows and Mox," said Bone, referring to local battle stalwarts who are reg-

top-notch, and it is easy to order something when delectable scents come at you from every angle.

Break beats are bumping, and you might just run into an invigorated b-boy. About the only problem with this location is its diameter. If you are just in the mood for a brew or two, however, they got you.

Recent events at Tropics include a showcase this month with acclaimed underground emcee Copywrite (who demolished

Asher Roth in a crazy battle track on YouTube) and a farewell event for local artist duo The Perfect Median. Tropics is known for bringing local hip-hop artists a platform to present themselves with battles, open mics, live DJs and other experimental elements as part of their shows.

WHAT'S TO COME

The buzz around the venue is that a new warehouse for showcases is right around the corner. This may mean Tropics will provide a bigger stage for Hawai'i hip-hop. DJ Bone has chronicled it for the past 10 years at KTUH, UH Mānoa's on-campus radio station, and has been bringing it live onstage for two-and-a-half years at Tropics.

"I love hip-hop at the Tropics!" said Dan Terawaki, a local b-boy who frequents these notorious



Tropics
Café
BAR & LOUNGE

ulars on the Tropics stage. "We just got the lineup a couple days ago, so I'm crossing my fingers that this is actually going to go down tonight."

ATMOSPHERE

Tropics is a place to kick back and lounge after the movies or to unwind after shopping. The food is

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The Board of Publications is now accepting applications for the following position for the Fall 2009 - Spring 2010 term:

HAWAII REVIEW EDITOR-IN-CHIEF

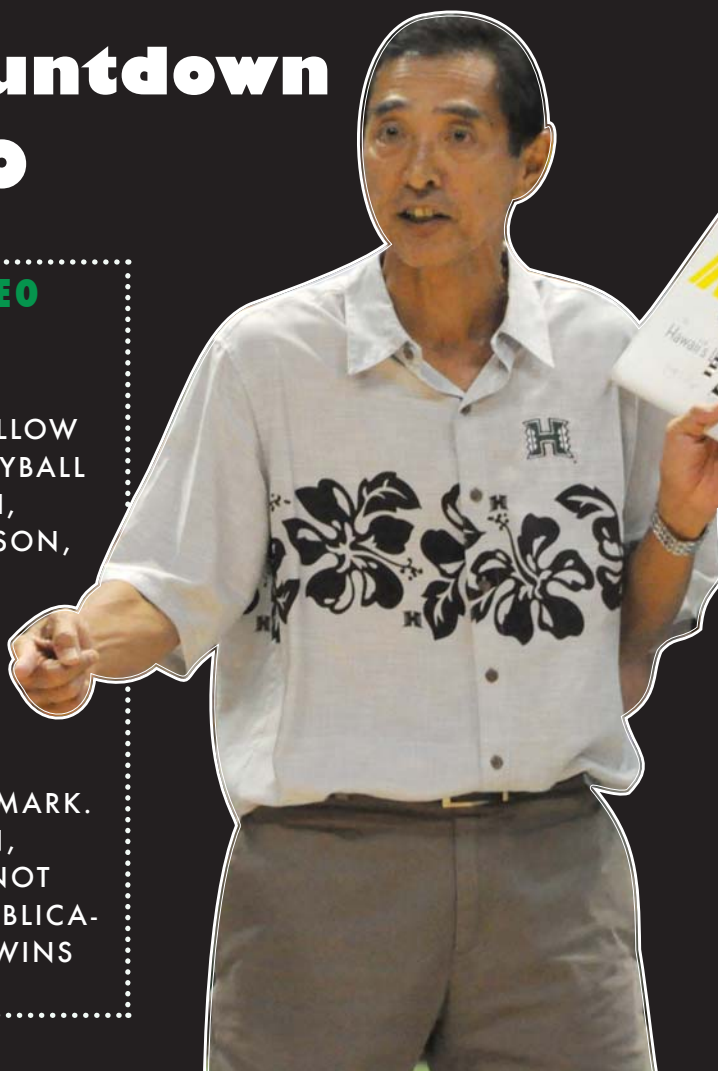
The Hawaii Review Editor-in-Chief is responsible for all aspects of the student literary journal that is printed twice a year. Typical duties include managing the program—from solicitation and selection of poetry and literary submissions, to design and layout of the books, and overseeing daily operations such as recruiting and stipend processing.

APPLICATION DEADLINE: SEPTEMBER 11 • 4PM

Hawaii Review

For more information, or to apply, email Jay at hartwell@hawaii.edu, or stop by the BOP Business Office for an application.

Shoji's countdown to 1,000



ATTENTION ALL KA LEO SPORTS FANS:

JOIN US AS WE FOLLOW RAINBOW WAHINE VOLLEYBALL HEAD COACH DAVE SHOJI, WHO IS IN HIS 35TH SEASON, AND THE TEAM ON THE ROAD TO HIS 1,000TH CAREER VICTORY. AT THE BEGINNING OF THE 2009 CAMPAIGN, SHOJI WAS 16 WINS SHY OF BREAKING THE 1,000 MARK. WITH TWO GAMES DOWN, (SUNDAY'S MATCH WAS NOT FINISHED IN TIME FOR PUBLICATION) SHOJI IS NOW 14 WINS AWAY.

16 GAMES, 16 WINS?

CHEVRON RAINBOW WAHINE INVITATIONAL

FRIDAY, AUG. 28

7 P.M. - RAINBOW WAHINE VS. WESTERN MICHIGAN @SSC ~ WIN (3-0)

SATURDAY, AUG. 29

7 P.M. - RAINBOW WAHINE VS. SANTA CLARA @SSC ~ WIN (3-1)

SUNDAY, AUG. 30

5 P.M. - RAINBOW WAHINE VS. UCLA @SSC

HAWAIIAN AIRLINES WAHINE VOLLEYBALL CLASSIC

THURSDAY, SEPT. 3

7 P.M. - RAINBOW WAHINE VS. ST. LOUIS @SSC

SATURDAY, SEPT. 5

7 P.M. - RAINBOW WAHINE VS. TEXAS @SSC

SUNDAY, SEPT. 6

5 P.M. - RAINBOW WAHINE VS. CALIFORNIA @SSC

THE HONOLULU ADVERTISER VOLLEYBALL CHALLENGE

THURSDAY, SEPT. 10

7 P.M. - RAINBOW WAHINE VS. WEBER STATE @SSC

FRIDAY, SEPT. 11

7 P.M. - RAINBOW WAHINE VS. UT-SAN ANTONIO @SSC

SATURDAY, SEPT. 12

7 P.M. - RAINBOW WAHINE VS. STANFORD @SSC

FRIDAY, SEPT. 18

7 P.M. - RAINBOW WAHINE VS. PEPPERDINE @SSC

SATURDAY, SEPT. 19

7 P.M. - RAINBOW WAHINE VS. PEPPERDINE @SSC

THURSDAY, SEPT. 24

7 P.M. - RAINBOW WAHINE VS. BOISE STATE @SSC

SATURDAY, SEPT. 26

7 P.M. - RAINBOW WAHINE VS. IDAHO @SSC

THURSDAY, OCT. 1

7 P.M. - RAINBOW WAHINE VS. LOUISIANA TECH IN RUSTON, LA.

SATURDAY, OCT. 3

7 P.M. - RAINBOW WAHINE VS. NEW MEXICO STATE IN LAS CRUCES, N.M.

THURSDAY, OCT. 8

7 P.M. - RAINBOW WAHINE VS. NEVADA @SSC

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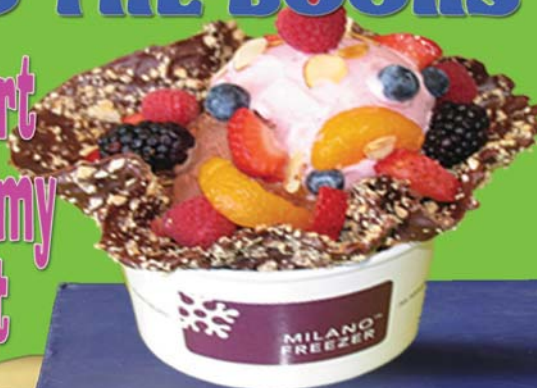
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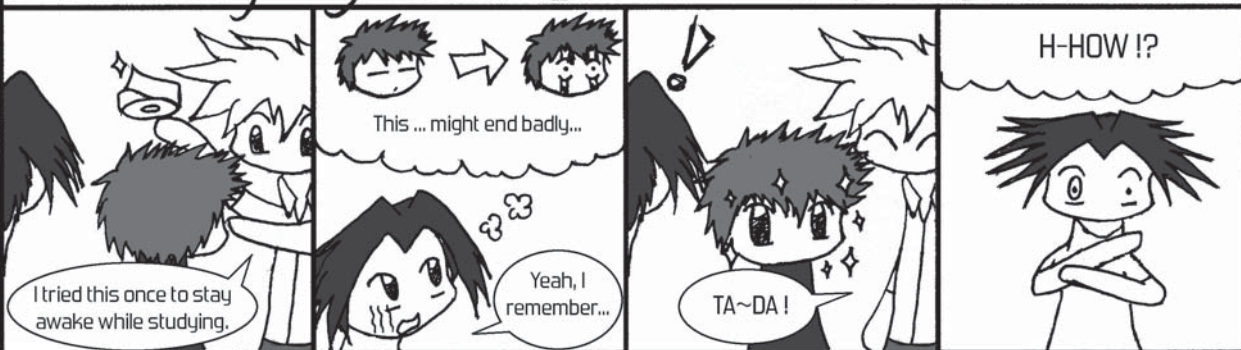
THE MORE THINGS CHANGE...



New to Hawai'i **One Year and I Still Haven't Acclimated** **J. Seymour**



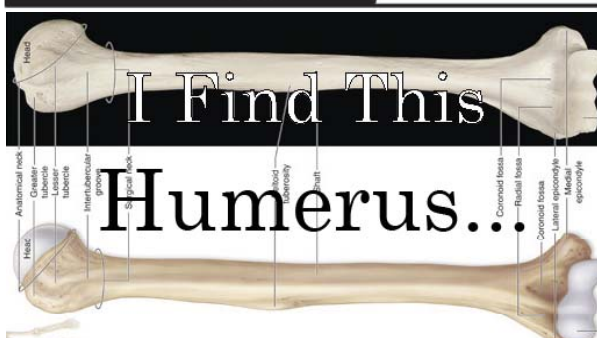
Dividing by Zer - Hello, thar! **By: Justin Koelkebeck**



LOL Girl Problems 5.aug.09 © **Duane Fukumoto**



A GRIM SITUATION Will Caron



I Find This
Humerus...

I have a friend who was filling out an application for an after-school care job at a private elementary school. The application required that he provide a person to call in case of an emergency, such as a broken bone or concussion (elementary school kids play rough). As I looked over his application I noticed that in this space he had written "Doctor." I looked at him quizzically for a second before he said: "Well, what good is my mother going to do?"

Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis

1	2	3	4	5	6	7	8	9	10	11	12	13
14			15					16				
17			18					19				
20							21					
22				23	24	25			26	27	28	
29			30						31			
		32						33	34			
	35	36						37				
38						39						
40					41				42	43	44	
45			46	47					48			
		49	50						51			
52	53					54	55	56				
57						58				59		
60						61					62	

By Norma Steinberg 8/31/09

- ACROSS**
- Joplin piano piece
 - Witch trials town
 - Like a disreputable hotel
 - www address
 - Pic
 - Knight's protection
 - Magician's deception
 - Kept in reserve
 - Dewy
 - Eve's first home
 - Really smart people
 - Cubes in a freezer
 - Old salt
 - Investigation
 - Read, as a bar code
 - Southern breakfast side
 - Concurrence
 - Magician's deception
 - Very brief briefs
 - Take in or let out
 - Improve, as skills
 - Apple beverage
 - ___ room: play area
 - Lamb's mom
 - Like the person in a diet ad "after" picture
 - Equipment
 - "Grrr!" is one
 - It's enough for Luigi
 - Magician's deception
 - Finish second, in a race
- DOWN**
- Many an Idaho potato
 - Spanish fleet
 - Danny of "Lethal Weapon" films
 - Floored it
 - "I have the answer!"
 - Chaney of film
 - Takeoff approx.
 - Christina Crawford's "Dearest"
 - Wrapped garments seen in Agra culture
 - Says "2 x 2 = 5," say
 - :-), e.g.
 - Palme ___: Cannes film prize
 - 12-mo. periods
 - Barbie's boyfriend
 - Cyclotron bit
 - Naval jails
 - ___ IRA
 - Choose not to vote
 - "Pick a __, any ..."
 - See 38-Down
 - Holier-than-thou type

su | do | ku

© Puzzles by Pappocom

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

Puzzles will become progressively more difficult through the month.

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

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

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

EASY #11

- Surgery reminder
- Wilder or Hackman
- Subsequent to
- "Moonstruck" Oscar winner
- Magic act, for one
- Texas symbol
- Ye ___ Tea Shoppe
- With 28-Down, novel conclusion
- Square dance leader
- Live (at)
- Take the family to a restaurant
- Building site giants
- Shoestrings
- The Gay Nineties, e.g.
- "Fill 'er up" filler
- Just in the ___ of time
- Occupied
- Select, with "for"
- Like "mice" and "men": Abbr.
- Land in the Seine
- Fib
- Young guy

www.kaleo.org for solutions

Horoscopes

By Linda C. Black
Tribune Media Services (MCT)

Today's Birthday (08/31/09) Somebody else has the idea, and it works for the two of you. Ask everybody until you find the right notion. There may be more than one. To get the advantage, check the day's rating: 10 is the easiest day, 0 the most challenging.

Aries (March 21-April 19) -- Today is a

5. A puzzle you've been putting together finally starts to make sense. A little more work and you'll solve the mystery.

Taurus (April 20-May 20) -- Today is a 10. Things are settling down. Celebrate with pals and come up with more ideas. You and your chums work well together now.

Gemini (May 21-June 21) -- Today is a 5. If you're still figuring out what to do with all those pennies, keep saving them until you find the perfect thing.

Cancer (June 22-July 22) -- Today is an 8. Keep studying. The new structure has

advantages over the old; you just have to learn how to use it. You're doing OK.

Leo (July 23-Aug. 22) -- Today is a 6. Follow through on a project; don't start a new one now. This could be quite lucrative, by the way.

Virgo (Aug. 23-Sept. 22) -- Today is an 8. Your partner's crazy scheme could actually work. It'll take faith and determination, and a little help from friends.

Libra (Sept. 23-Oct. 22) -- Today is a 5. A brilliant idea, using what you already have, solves the problem. This suggestion could

come from a roommate.

Scorpio (Oct. 23-Nov. 21) -- Today is an 8. Continue to learn how to play the game. You have natural talent. You'll be good at this once you know the ropes.

Sagittarius (Nov. 22-Dec. 21) -- Today is a 6. Keep shopping for the perfect thing. Exercise self-discipline. Odds are good you'll find an amazing bargain.

Capricorn (Dec. 22-Jan. 19) -- Today is an 8. Stick to the budget and the rules. Play it by the book. You may learn something about the regulations.

Aquarius (Jan. 20-Feb. 18) -- Today is a 6. Look through your storage bins for the perfect thing. You know it's there; try to find it before buying new.

Pisces (Feb. 19-March 20) -- Today is an 8. Your brilliant suggestion solves the problem. You don't have to say "I told you so." Be compassionate and wise.

(Daily Horoscope Alerts Subscription. \$9.99/mo. Text your sign to 94847. STD msg charges apply. Txt HELP for info, STOP to cancel. Cust. Svc: 1-866-663-3313.)

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Russell Tolentino*Associate Sports Editor*

The No. 7 Rainbow Wahine opened the 2009 season in the Chevron Rainbow Wahine Invitational this past weekend at the Stan Sheriff Center.

On Friday, Aug. 28, the 'Bows (2-0) defeated the Western Michigan Broncos 3-0. Sophomore All-American outside hitter and WAC Preseason Player of the Year Kanani Danielson led the team with 16 kills and hit .467. Senior outside hitter Aneli Cubi-Otineru led the team with 14 digs and five aces.

UH then played the No. 25 Santa Clara Broncos on Saturday, Aug. 29, and won 3-1. Danielson once again led the offense with 22 kills, tying a career high, and hit .359. Cubi-Otineru (13 kills, 14 digs) and freshman middle blocker Brittany Hewitt (10 kills, 11 blocks) both registered a double-double night.

The 'Bows finished the tournament Sunday afternoon against No. 9 UCLA, who was also 2-0 in the tournament.

*The tournament results were not available in time for production. Check out Wednesday's Ka Leo for a recap of the tournament teams and highlights.

Weekend Rundown



KENT NISHIMURA/KA LEO O HAWAI'I

Hawai'i's Jayme Lee and Kanani Danielson dive for the ball during the Rainbow Wahine's season-opening win at the Stan Sheriff Center on Friday, Aug. 28, 2009. The Rainbow Wahine beat the Broncos in three straight games.



Left: Sophomore Stephanie Ferrell digs the ball against Western Michigan on Friday, Aug. 28, 2009.

EAMON SHANNON
KA LEO O HAWAI'I



Right: Senior Amber Kaufman attacks the ball against a Santa Clara blocker on Saturday, Aug. 29, 2009

JOEL KUTAKA
KA LEO O HAWAI'I

Open Mic Mondays:

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<http://koreanflagship.manoa.hawaii.edu>

TOMMY HEFFERNAN

University of Hawai'i Strength and Conditioning Coordinator



ASHLEY NONAKA/KA LEO O HAWAI'I

Tommy Heffernan is no stranger when it comes to the UH athletics department, as he enters his 11th year as the strength and conditioning coordinator for the 19 Division I teams on campus.

Heffernan played on the Warrior football team as a defensive back and slotback and was a member of the UH baseball team from 1988 to 1991. In 1992, he was a student assistant during the team's WAC title run and Holiday Bowl appearance.

In 1995, he was an assistant strength and conditioning coordinator under Curtis Tsuruda, and four years later, he took over the head position.

Heffernan is a member of the International Sports Science Association, the National Strength and Conditioning Association and the Collegiate Strength and Conditioning Coaches Association. He enjoys playing softball and listening to Hawaiian music.

He and wife, Kealoha, have two children, Hilina'i and Ho'omana, and reside in Kāne'ohe.

Q & A

Q: How do you motivate athletes to become stronger?

A: "Most of the athletes are intrinsically motivated. The athletes are naturally competitive among their peers. The added extrinsic motivation created by coaches and other external factors, like playing time or recognition, motivates them even more to outperform their peers. The best way to motivate athletes is to improve their performance. If they see positive results, they will follow without question."

Q: What is your goal for an athlete?

A: "We as a staff are always striving to improve performance and reduce injuries. But if you ask me what the most important goal is, I would say confidence. I want the athletes to improve their confidence the same way they work on improving their strength, speed or agility. Confidence cannot be taught; it has to come from within."

Q: How important is training during the off-seasons or summer break?

A: "It is critical to the success of the athlete and the team to have an outstanding off-season training. For fall sports such as football, volleyball and soccer, the spring training sets the tone for the summer. The goal is to shatter spring testing scores heading into summer camp. Ideally the athletes should be bigger, faster and stronger going into August. This is a constant challenge to strength coaches - finding ways to motivate athletes to continue improving their training from the spring into the summer."

*If you have any suggestions on who you would like to see featured in Open Mic, or questions you want to ask, e-mail us at sports@kaleo.org.