Brigham Young University Hawaii

ONLINE

OCTOBER 9, 2008



See LIFE & ENTERTAINMENT pages 12-13

Skeletal cookies: A spooky snack

LIFE & ENTERTAINMENT page 23

Who do you think will win?

See CAMPUS page 4

INDEX

Opinion 2.3

Campus 4-11

Sports 14,15

International 16

Life & **Entertainment** 12-13,17-24

Seasiders defeat Silverswords

Kate Turner

oth the BYU-Hawaii men's and women's soccer teams down the Chaminade Silverswords on Saturday Oct. 4 - the women holding on with a strong defense and the men making a tremendous comeback.

In the men's match both teams faced disappointment at the half. BYUH failed on nine goal attempts while Chaminade only had the chance to take one shot, which also failed to meet the goal.

Chaminade finally made a mark on the scoreboard in the 75th minute, when Keenan Ho put an

SEE SOCCER, 14

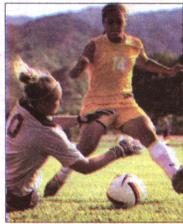


PHOTO BY TING SHEN Women's soccer forward Margaret Sekona gets ready to shoot a goal past Mesa State goalie during last week's game.

This past weekend, the Lady Seasiders won their game against Chaminade I-0.



Men's soccer team members Bryce Whiting, Adam Maciejewski, Bryan Neal, and Brian Noguera celebrate their win over Cal Baptist in September. The men also won against Chaminade on Oct. 4.

National financial crisis explained in forum

xperts on campus discussed the nation's most momentous financial scare since the Great Depression in a forum

With the rise and fall of stock prices and talks of government bailouts, more than 300 people were in attendance at the forum to hear professors shed some light on the crisis and voice their opinions about the nations situation.

"I came to be able to better understand what happened and how we can prepare for the future," Mike Fairbanks, junior in accounting from Utah.

Beth Haynes, economics professor, acted as the moderator of the forum starting off by explaining the situation in economic terms and describing how this disaster happened.

Troy Smith, political science professor, continued and gave a brief yet informative timeline of the crisis and helped clarify what the situation actually meant to our economy.

Most of the seats in Aloha Center 155/165 were filled before the scheduled 4 p.m. start time. Leonard Huff,

marketing professor, along with other students, scrambled to unfold chairs to accommodate the unexpected turnout.

Eventually, there were people sitting in the aisles and standing in the

Bodies were bunched up at the doorways obviously eager to hear the forum.

Huff acted quickly to resolve this potentially dangerous fire code violation and suggested that the forum

New calendar in place for Jan. 09

Mike Foley and Alyssa Herzinger

eginning in January 2009, BYU-Hawaii will be following a new academic calendar that features shorter fall and winter semesters with longer class hours, and three terms over the summer.

This schedule will allow students to graduate in three years instead of four, and the school will be able to serve a greater number of students.

Dr. Max L. Checketts, BYUH vice president of Academics, defined three main benefits of the new calendar. First, he said, "The quality of education can improve. A 60-minute class period forces you to introduce variety into the process of education. You might have a mini lecture, facilitate a discussion or have a student presentation; I believe by doing that, the variety itself will improve instruction." Second, the school will be able to serve more students.

Third, students will be able to graduate in three years instead of four.

SEE CALENDAR, 6

SEE FORUM. 16

may be connected in ways not

explained by an ideology."

Our age of ideology



Dr. Trov Smith

distinguishes Mormons?" I asked two non-Mormon friends after they had completed two years of teaching at BYU in Provo. Their answer offended me at first; "Mormons reason backwards," they both said. They meant that many Mormons they met would select a conclusion first and then find reasons to justify that conclusion. They acknowledged this tendency isn't specific to Mormons, but claimed we are quite apt at it.

Humans, unfortunately, are prone to a number of bad tendencies that make careful and clear thinking preciously rare. We remember evidence that confirms our biases and forget evidence that contradicts our biases. We apply withering critical analysis to things we dislike and glibly accept with little thought the things we like. Indeed, "we choke on gnats and swallow camels.'

that would resolve themselves if left alone, called this wooden-headedness. and neglect problems that need our attention (like that term paper you are supposed ern science amply demonstrates, no system to be writing). Sometimes our efforts cre- or ideology can comprehend all the details, ate the very conditions that prevent us from complexities, and problems of reality, nor achieving our goal (like staying up late provide solutions to every problem we will

studying and then being too tired the next day to concentrate on the test).

We even develop logic to avoid the real problem and

evade facing our bad thinking. Some construct a false but comfortable version of re- not work for solving complex problems. ality to evade difficult problems or impend- Complex problems require clearly identiing failure. Others deny the complexity of fying what to preserve as well as what to an issue by defining the problem in small change. Ideologies ignore implicit contraand manageable terms that do not reflect dictions within goals - when this happens the real issue. These evasive techniques good results may appear in the short-term, lead to failure.

gross distortion of reason - ideology. Ideology provides a simplistic explanation of reality and offers a simplistic solution. When available variables and data is necessary, we believe and trust an ideology, however, because things may be connected in ways we deny our own perceptive, rational and not explained by an ideology. Rather than spiritual abilities to see and understand. We relying on ideological thinking to define place hope and pride in our ideology and what matters and what we should do, we neglect the lessons of history and require- need to develop honest, pragmatic, practiments of practical reason.

George Orwell, Alexander Solzhenitsyn, and Václav Havel all warned of the growing academics nor Mormons, who both have tendency of leaders, intellectuals, and others just claims for a privileged means of knowto "think solely, or mainly, in terms of competitive prestige." Hence, once someone from the human tendency to think poorly picks a side, "he persuades himself that it is or seek simplistic solutions to complex the strongest, and is able to stick to his be-problems. Reason and revelation are valulief even when the facts are overwhelmingly able methods of knowing, but also vital is against him." This leads to "self-deception," an awareness of our own thinking and beability to think rationally about certain top- might be amiss.

We work feverishly to solve problems ics. Barbara Tuchman, an eminent historian,

The problem with ideology is, as mod-

experience. Is it reeping an open mind ... is any wonder Joseph necessary, because things Smith and David O. McKay shared a distrust for creeds, even of the Mormon persuasion?

Ideologies impair clear thinking and do but bad results prevail in the long-run. Ide-Our age is characterized by another ologies look at a few key indicator variables which often fail to measure the true thing. Keeping an open mind and looking at all cal, and balanced reasoning skills.

The moral of this column is that neither ing and understanding truth, are immune 'the most flagrant dishonesty," and the in- lief patterns so we may recognize when we

KE ALAKA'I

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0 THURSDAY

Campus

- 10 am aud Career Service Forum,
 2-3:30 pm acr 155/65 Career Services
- •3 pm or 7 pm DMBA benefits work shop acr 155/65
- 7 pm Film Classic Ith
- BYUH go tournament

Campus

- 7-9:39 pm movie "Forbidden Kingdom
- 9 am-1 pm Health and Benefits Fair CAC
- . Noon Q& A with President's Council
- 3-9pm School of Business, Computing and Government Retreat ACB

Campus

- 10 am-12:30 pm BYUHSA temple
- I pm Women's Soccer
- 3:30 pm Men's Soccer
- •7-10 pm BYUHSA gym night
- 7 & 9:30 pm movie "Forbidden Kingdom" Aud

Campus

Ward Firesides

Campus

Campus security shuttle runs Monda through Thursday 9 pm to 12:30 am and Friday 9 pm to 1:30 am

Campus

• 10am CAC Devoti

Campus

College CAC

Campus

Campus

- AC Mall and MCK 181
- 11:30 am -1 pm BYUH Women's Organization luncheon AC 155/165
- · Ward Night
- 7:30 pm Women's Volleyball vs. Chaminade University CAC
- 9 pm Midnite Madness Seasider basket-ball teams night CAC

Campus

- 7:30 pm Women's Volleyball vs. Dixie College CAC

Campus

- Conference CAC
- •BYUH 2nd Stake Conference in Stake
- Noon and 5 pm BYUH 1st Stake Conference CAC
- Gospel Forums

Campus

KE ALAKAT http://kealakai.byuh.edu

Opposing views on U.S. economic Bailout

GRAPHIC BY KENT CAROLLO
The newly approved Bailout bill aims
to save large businesses from drowning in debt. Writers debate whether
saving big business by buying debt is
disastrous, or a step in the right direction.

Bill preserves Wall Street, leaves Main Street in the cold



Jenna Chidester

ith Wall Street in free fall, unemployment on the rise, and the housing market out of control, now is no time to be running blind.

The current recession and high potential for economic disaster do require action. But with all the irresponsibility and mistakes made in the recent past, we need to make absolutely sure that in running away from our troubles, we aren't heading blindly into an even bigger economic mess.

The solution that Congress accepted — the \$700 billion Bailout bill — isn't a responsible way to deal with this crisis. We're in this mess because banks and investment groups focused on making the quick buck and meeting next quarter's goals and not on making responsible business decisions. Americans can't afford to make the same mistake; and the Bailout bill is a short-term fix at best and at worst, a socialistic catastrophe.

Essentially, the bailout means that the United States government will buy out billions of dollars of mortgage-backed securities. These are basically bad mortgages



based on unsecured loans. The companies that made these bad investments are going under, and now America is expected to absorb this tidal wave of bad credit. And there is no proof that this bailout plan will work for the American people.

The corruption on Wall Street has trickled down to Main Street in the form of high unemployment rates, inflation, plunging worth of housing, and ridiculous mortgages for the average American.

And while Uncle Sam is bailing out Wall Street, there is no way to know if/ when/how it will actually affect the every-

The New York Times reported that very few homeowners benefit at all from the bailout, while CEO's of the bungled companies will retain their ridiculous compensation plans. Almost unchecked power is placed in the hands of the U.S. Treasury secretary to distribute funds as he sees fit, but there is no answer to the question of when taxpayers will get their \$700 billion back.

And while the bill comes wrapped in tax breaks, increased rural school funds and aid relief, dressing it up doesn't cure it of the inevitable detriment a \$700 billion drain will have on the budget and the tax-payers' wallets.

Even if the bailout plan does avert us from economic disaster this time, it's not stopping us from running head on into another. Neither the American government nor taxpayer dollars should be used as a safety net for irresponsible businesses, but that's exactly the message this bill is sending.

Even more dangerous is the socialistic implications of the bailout. Not only is the free market being manipulated, but also every company bailed out by the bill will now be partially owned by the U.S. government.

Capitalism, which we've held so dear, was so quickly abandoned in the face of economic trials.

America is at a crossroads and change needs to be made to rescue us from the very real possibility of massive worldwide depression.

Responsible action is the key to bailing us out, not a bill based on rewarding a corrupt system and taking from the citizens who need the most help.

Bailout plan is essential to protect America's future



Ryan Bagley

ver the past few months, America has been facing the worst financial crisis since the Great Depression, according to politicians and mainstream media. In this economically troubled time, Treasury Secretary Henry Paulson and Federal Reserve Chairman Ben Bernanke presented a \$700 billion economic stimulus bill for Congressional approval officially known at H.R. 1424 or the "Bailout bill." With the condition of the economy, Congress was right in passing the Bailout bill and should look further into repairing the economy.

After the mostly unregulated economy in America failed with the stock market crash of 1929, the government chose to step in and rethink economic policy. In the decades following, organizations such as the Securities and Exchange Commission and the Federal Deposit Insurance Corporation were instituted, and have helped guide our economy safely for most of the century.

We are at that time again in our nation's history where we need to examine and reform our economic policy to maintain a healthy free market for the future. The balance between economic regulation and

freedom has been upset by greed in volatile investments and sub-prime mortgages.

Capitalism has drunkenly spun out of control with a lack of regulation and corporate greed.

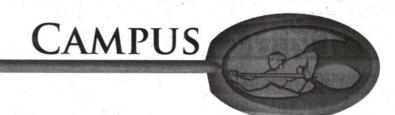
Aspects of socialism can be America's designated driver, providing a safe route home where there is time to rethink priorities in a much better suited atmosphere.

Bear Stearns, Fannie Mae, Freddie Mac. Lehman Brothers, American International Group, Merrill Lynch, Washington Mutual, and Wachovia have all been severely affected because of the exponentially growing financial crisis. Almost a year ago, many of these companies were titans in the American economy and as large in international markets. Thanks to the genius of our forefathers in forming government with a capacity for emergency federal loans, we have eight badly damaged companies instead of eight bankrupt ones. Without the safety net of emergency federal loans, Wall Street would be in much worse condition than it is today.

Now that much of the economy is resting in temporary financial safety nets, it is time to help the economy back to its feet with an increased regulatory presence of the federal government. By passing the Bailout bill we will give an immediate, if only momentarily secure, window of time to our national leaders to solve the problem and prevent the ailing economy from sinking deeper in problems while doing so. With this time, politicians can develop more appropriate measures to heal our economy since the Bailout bill is not intended to fulfill this role entirely.

There is no other way for us to cushion the economy until congressional leaders can decide what to do than with the security of this Bailout bill. Despite the vast amount of unnecessary earmarks present within the Bailout bill, sadly they are required to garner support from senators and representatives. This is the sacrifice the federal government must endure for letting capitalism grow unchecked.

If we had waited to pass this bill, markets would have stagnated as business owners wouldn't have been able to get loans for expansion and people would have been unable to buy a house due to crippled mortgage markets. Instead of prolonging the agony of America's economic troubles, we should swallow this bitter pill and start the process of getting healthy.



Foodfest to include all clubs this fall

Karly Zobrist

t's that time again. Many look forward to Foodfest as the culinary event of the semester, and this Fall's should be better than ever. Due to new regulations that demand participation of all clubs, more people are involved than usual.

"We have a huge budget for clubs, so where much is given much is expected. Having all the clubs participate won't make much of a difference in the amount of booths at foodfest, but many clubs are offering their time during set up and clean up, which helps a lot," Christina Ha-

thaway, the BYUHSA clubs V.P., said.

Despite the extra help, Foodfest advisors are still looking for volunteers. If interested, there will be a meeting Thursday Oct. 16 at 9 p.m. in Aloha 133 or more information can be found by contacting Ha-

thaway. Excitement about the event is infec-

tious, and it seems everyone is excited to taste the cuisine that our diverse school has to offer. Or perhaps some, like Patrick Christensen ,a freshman from Michigan, are just looking for a great deal.

"Food is more expensive on the island," Christensen said, "the prices in the caf and at the Seasider are a little higher than I'm used to, so if I could find a decent sized plate for a good price I would be excited."

He is sure to not be disappointed.

'We are serving "broke damout" (very delicious) Hawaiian plates with a drink

for seven dollars but we can't put a price-tag on the value of our 'Ohana



GRAPHICS BY KENT CAROLLO

coming together and helping each other for this activity. Our Hawaiian plates are a favorite at FoodFest. We are only selling a limited amount of Hawaiian plates, so please make sure you come early to get your 'ono grinds," Kale Kau'I the President & Cultural Specialist of the Hawaiian Club said



PHOTO BY TING SHEN

Christina Hathaway, BYUHSA clubs V.P., explains that the Foodfest will be involving more club participation than in previous years.

BYUH Idol down to final five

Winner to be announced at Foodfest



BYUH Idol contestants open envelopes to reveal either a golden or white ticket, determining the contestants to move onto the final rounds.

Karly Zobrist

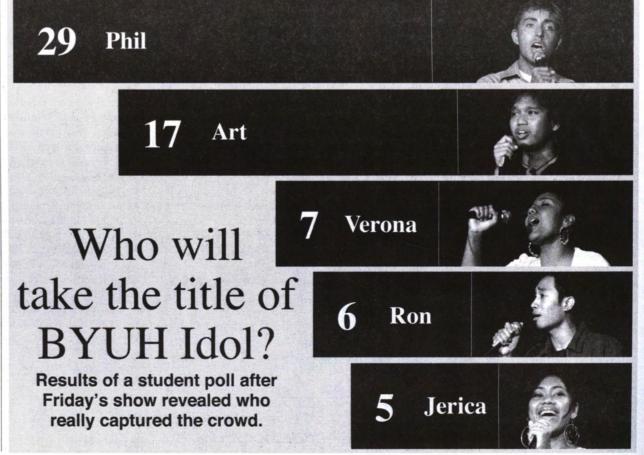
fter almost a month of competition, the final five idol contestants have been announced. Ron Casaba, Verona Kupu, Art Saowichit, Jerica Elu and Phil Andrus will all be performing at the finals, which will be held at foodfest Saturday Oct. 18.

The third round of BYUH Idol packed the Cannon Activities Center Friday night. The performers could do no wrong. Nothing, not even a few forgotten words, dampened the mood. The energy of the audience and the support of the judges really allowed the performers to do their best. "Everyone did so well the second round. I thought that Phil's second song was the best though," Tara, freshman from Utah, said,

"The girls really shined tonight," Andy pierce, EXS major from California said, and this was evident by the audiences standing ovation for Charlene's rendition of "I Will Always Love You" by Whitney Houston in the first round. Charlene, unfortunately did not make it to the finals. "But," Pierce continued, "I'm voting for Phil."

Many audience members were impressed by Chantal's song in the second round. Both Sarah Yoshimura and Rachel Mausia, residents of Laie, said they thought she did a great job with Aretha Franklin's song Respect.

The audience's opinions were so varied that it is really anyone's game. "I think it's going to be one of the guys," said Brady Wood, sophomore in biology from Canada, "all five of them did a great job, but I think the guys will take home the prize."





Students: Hale policy is good, but flexibility is needed too

Jamle Pon

ow well do you know residence hall policy? Answer the questions at the right and see if you thoroughly understand the Hale's rules.

The summer 2008 residence hall hand-book of BYU-Hawaii has outlined housing policy in more in detail, and is stricter than the pervious handbook. A mandatory meeting was held at the beginning of Fall semester with the Hale parents and the Resident Advisors (RAs) to ensure all the residents in the Hale understood the rules thoroughly.

Residents criticized some of the Hale's rules, saying they are too strict. Yiu Sin Wan, Alice, freshman in political science from Hong Kong, said she doesn't understand why she cannot use the side door after 10 p.m., and complained that there are too many different fines in the Hale. She said it seemed as though the Hale just wanted to fine students instead of help students. Some residents think that the Hale's parents just set their own rules, and don't abide by the Housing Office guidelines

Penny Anae, sophomore in social work from Utah, and an RA in Hale 5; said she the policies the Hale parents go by are based on the guidelines of the BYUH Housing Department, but Hale parents

have the right to emphasize rules they believe fit the Hale's needs and can use different methods in dealing with the rules.

Mafile'o Latu, senior in business from Utah, said that she agrees Hales need to have guidelines and rules to live by. However, she said she thinks that those rules should be considerate of specific student situations.

"I have a friend that doesn't have a meal plan, and she understands that it's not allowed for students to cook in their rooms," said Latu. "Although there was a time when she went to the kitchen to make food, and the door was locked. The Hale office was closed, and she tried calling the on-call RA but the RA told my friend they only come back if a person is locked out of their room." Latu said she thought the rules should be adjusted to fit the actual needs of the students.

According to the residence hall handbook, the purpose of the Hale policy is to "result in a positive living experience for all residence halls residents.

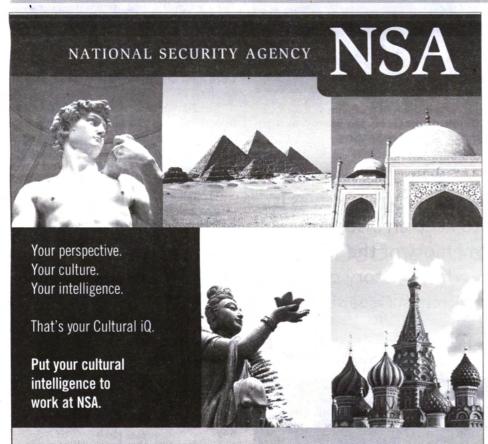
"Living in BYU-Hawaii residence hall is a distinct privilege and has many advantages, it also has responsibilities and obligations for each resident," the handbook continues. "Effective care of furnishings and housing facilities requires a joint effort between residents and University personnel. This policy is to help clarify our respective responsibilities." The policy is clear in their mission for the students at BYUH, but many students think those in charge of implementing the rules also need to take into consideration that some

of the rules make living difficult for certain students.

For more information about on-campus housing, visit the housing Web site at :www.byuh.edu/housing. Residence hall handbooks are provided in all the Hale offices and housing office.

Do you know the BYUH Housing Rules?

- When are the exact Curfew Hours Monday-Friday in your
 - When are the exact Quiet Hours Monday-Friday in your Hale?
- Did you know you have to take 12 credit hours per semester, 6 credit hours/term if you are an international student, and 9 credit hours/semester, 4.5 credit hour/ term if you are a U.S. student in order to live in the residence Halls?
 - What are the exact check-in/out procedures for the Hales?
 - · What is an encumbrance form?
- How do you pay for a fine when you get encumbered? Where do you pay for it?
- Did you know that only one refrigerator is permitted in each room, and mini refrigerators are not allow in Hale One?
- Did you know that using cooking appliances (such as water boiler, electric burner) in the dorm room is not allowed?
- Did you know that you're not allowed to wash your dishes in the sinks in the bathroom, or put your personal room trash in the bathroom trash bins?



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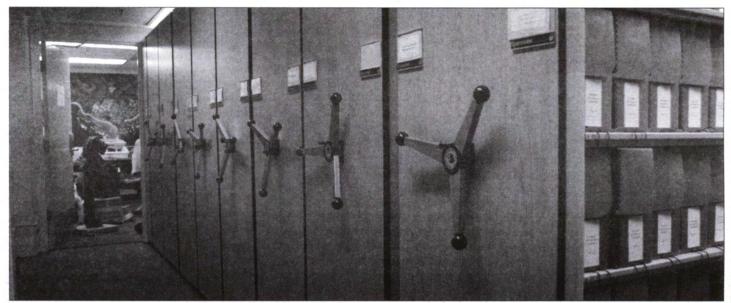


PHOTO BY RYAN BAGLEY

A series of moving vault doors store BYU-Hawaii records and memorabilia at the newly renovated Archives Department in the library. Besides information about the university, the Archives also contains information about the history of the LDS Church in the Pacific.

Library archives reopens with new look

Alyssa Herzinger

he Joseph F. Smith Library Archives will be reopening on Monday, Oct. 6. The archives have been entirely renovated to provide more storage space and better security. According to University Archivist Matt Kester, "the main purpose of the archives is to keep an institutional memory of the school and the history of the church in Oceania."

The archives are not used very often by students here on campus. Bango Gancinia, sophomore in psychology from Hawaii, said, "I've never used the archives because I never really knew about them or saw a reason to." Mark Hartje, a senior in secondary education from Illinois, also said, "I've never had a reason to use them, but I might one day." Kester encouraged students to visit the archives and make use of this valuable resource, as well as the archives' website.

The archives are especially helpful for students studying History, Political Science, International Cultural Studies, Hawaiian Studies and Pacific Island Studies. Art Saowichit, a sophomore in Inter-Disciplinary Studies from Thailand, said, "It would be helpful for my studies and projects to get information from the archives." More advanced students, such as juniors and seniors, can make good use of the ar-

chives by making appointments with a librarian or archivist to plan a research strategy for their senior project.

The archives are divided into five areas: University Records, Manuscripts, Photographs, Artifacts and Rare Books. Materials available in the University Records section include records of the Church College of Hawaii and BYU-Hawaii from 1955 to the present, as well as Presidential and Vice-presidential papers, records of the Pacific Institute, and complete collections of CCH/BYUH publications. There are also over 15,000 photographs and approximately 47,000 slides documenting church history in the Pacific, as well as of BYUH and CCH.

Kester emphasized that many documents in the manuscript section are interesting for students' personal use, such as journals of early missionaries and mission presidents in the Pacific. Also included in the archives are records of the Kahuku Sugar Plantation, recordings of traditional Niuean songs, records of the Polynesian Cultural center and the Laie, Hawaii temple, Hawaiian language materials, and much more

Kester actively seeks donations for the archives by finding names of missionaries who have served in the Pacific, and contacting them or their families; he also seeks out rare books and manuscripts from book dealers and even eBay.

An open house for the reopening is being planned, but the date has not yet been finalized.

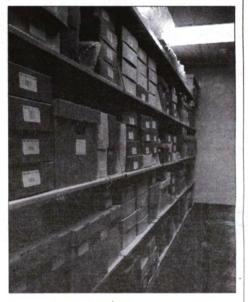
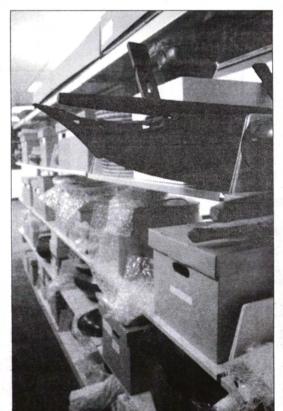


PHOTO BY RYAN BAGLEY
Boxes of material are stored in a climate-controled setting.

The main purpose of the archives is to keep an institutional memory of the school and the history of the church in Oceania."

MATT KESTER University Archivist





PHOTOS BY RYAN BAGLEY Left: Items in the Archives Department range from wooden artifacts to old photographs of Laie and the university. Above: The Archives tracks its inventory for researchers and students to access.

CALENDAR

Continued From 1

Checketts said according to their analysis, students would have to have a summer job that paid \$18 to \$20 an hour to be more economical than completing college sooner and getting a better job after graduation.

Students were mainly concerned about their ability to complete the same workload in less time. Alex Thorson, junior in international business management from Utah, said, "Spring was jam-packed enough. There shouldn't be the same amount of material in a shorter term."

To be considered Full-Time, students will still be expected to have 12 credits per semester, but to be eligible for scholarships they will need 14 credits.

To graduate in three years, however, a student would need to take 15 credits during six semesters, and the rest in five or six terms.

Due to 60-minute class periods with a ten-minute break in between, students will also have to get used to new class starting times. Checketts acknowledged student's concerns that it might be more difficult to complete the same amount of coursework in a shorter amount of time, but he is confident that is manageable.

He said, "It will require the students to schedule their time. Students really have to be thoughtful, because this is different. If they use the same approach they did before, they will find themselves behind. The very first day of classes the teachers should be teaching and assigning homework. You have to get going right from the beginning. The shorter the time frame, the faster you get behind."

Krystal Fakatava, sophomore in English education from Tonga, said, "It's going to be very hard for me to keep up, but if I work hard, it will be better because I will finish faster."

Natalie Tuckett, senior in accounting from Utah, said, "I already struggle with doing my assignments on time, so a 6 week term would be very hard." Tuckett suggested, "It might be better if "busy work" was assigned less often."

Though styled after BYU-Idaho's trimester calendar, there are no plans for BYUH to further alter its semesters. This is mainly out of consideration for BYUH faculty and staff who are associated with Hawaii's public school system; if trimesters were implemented, they would conflict with the vacation time of the public schools.

However, students will be encouraged to attend both fall and winter semesters, and two of the three terms, which will be equal to three semesters a year.

Checketts said, "This should be especially attractive for the international students because most of them are here anyway."

Faculty will also have adjustments to make. They are usually asked to teach 30 credit hours a year by teaching 12 in the fall, 12 in the winter, and six in one of the terms.

Checketts said BYU-Hawaii has submitted a request to the Board of Trustees "to offer an augmented contract for 36 hours, which would mean they teach fall, winter and two terms, with one term off. It would include an increase in compensation."

Checketts urged both faculty and staff to be thoughtful about the new process, and emphasized, "As long as you do your planning and preparation on the front end, it is very, very manageable."

Questions? Opinions? Email Kealakai@byuh.edu



Senior missionary couple exemplify lifetime of service

eing the new kid in class is never easy. Though Stephen and Charlene Peterson, senior missionary couple from Utah, are fairly new, they've been serving at BYU-Hawaii for eight months now, the mission field is familiar stomping grounds for the pair. In fact, in the last several years the Petersons have been on two other missions.

Once serving as a navel officer but now serving as a missionary, Brother Peterson works as one of President Wheelwright's right hand guys. Sister Peterson works in the admissions office.

Brother Peterson who worked for twenty-four years in the air force, and spent fifty-four years in the automobile industry, went to Stanford with long time friend "the other Steven [Wheelwright]," as Sister Peterson says. The Petersons spent their early days together. The pair both loved to dance. They shared a love for the Beatles and rock and roll. School dances, as the Petersons recall, were always a



Brother and Sister Peterson pose at the PCC. They currently serve at BYUH as service missionaries, and have also served in the Republic of Georgia.

"family affair." The old people would just come to watch and the young people would come to be the entertainmentto dance! "We had a dance every two weeks" said an excited Sister Peterson. Along with dancing, the Petersons also love service.

Grandparents of seventeen grand kids and proud parents of four sons and one daughter, the Petersons didn't at first choose to serve missions. Perhaps it could be said, the mission chose them. Brother Peterson was working in Reno, Nev. at the time when they received a request from their bishop at the time.

Service in Eastern Europe

The couple was called to serve in the Republic of Georgia, a transcontinental country in Eastern Europe and partially in Southwestern Asia, home of the famous dictator, Stalin. The Petersons served from 2002-2004 during the Rose Revolution of 2003, where Georgia regained its independence from Russia.

The Petersons served a humanitarian mission and said they witnessed the way the Church works miracles and blesses lives first hand.

Brother Peterson had the opportunity to serve as a Branch president in this Georgia. Though everyone spoke Georgian, the Petersons were part of the Creative English society, where they taught English to members of the community, doctors and accountants, engineers and other highly educated people.

At the end of the English classes course, the students' favorite part was a talent show party where the student display their own unique talents.

The Petersons also participated in projects that served orphanages, schools, hospitals and had other spheres of influence within the community.

One project was in Moscow, where they provided beds and blankets to people in need. For another project they helped people get cataracts removed. The Petersons were able to represent the church in many generous deeds, including bringing wheelchairs to the people of Georgia.

Sister Peterson noted that "before they were using little buggies, but the church came in with two forty-foot tubs filled with gorgeous wheelchairs."

Finding needs became easy once the Petersons became

friends with the local people.

One of the main concerns for orphanages is the adult life of an orphan. The children that are not adopted often enter into adulthood without any occupational skills. To ensure these adolescents' success, the Petersons headed a project that set up a workshop for young boys to learn to make shoes and other goods.

They also set up a facility for the girls to learn how to make clothes. The rising designers modeled their new skills in a fashion show where they wore their creations.

The Petersons not only cared for children and church members, they also showed love to those who might have never been shown sympathy. One such time was when the Petersons delivered hygiene kits to jail prisoners and taught them about hygiene.

Clean water isn't always a luxury that everyone can afford, but it's one that everyone deserves. An important project the Petersons were involved in was to restore clean water to 18,000 people, all for less than \$2 a head.

The Petersons also noticed while in Georgia that many of the blind people had lots of cassettes, but no cassette players to listen and relax to music. A small thing they did that made a huge difference was providing cassette players to these good Georgian people who were blind.

Family History Center

From 2005 to 2007 the Petersons found themselves on yet another mission, this time serving in Park City, Utah where they were the directors of the Family History Cen-

The Center brought in "about 20,000 to 25,000 people a year". Brother Peterson says that, "one person traced themselves all the way back to 200 B.C. and someone else-all the way back to Adam.'

This was a special place for the Petersons as they said that often times many non LDS people would come through as they were on vacation or staying at a near ski resort and "tears would well up in their eyes when they would read their family files".

Their most recent endeavor, to serve at BYUH, was "ladies choice". Sister Peterson and Sister Wheelwright, long-time friends, got to talking and then Brother Peterson recalls the call as "Steve [President Wheelwright] called and said, would you like to come to Hawaii?'

Brother Peterson is currently working on the Master Plan for the campus arranging the new calendar and other projects that long time friend, President Steven Wheelwright asks him overlook.

The Petersons lives have been filled with service and they said they hope to continue to serve on our campus.

Students say conference uplifted, guided, gives answers to those who come prepared

Some students say favorite talks empowered them

Brett Evans

he Church of Jesus Christ of Latter-day Saints held their October sessions of the 178th General Conference of the church over the weekend of Oct. 4-5.

People of the LDS faith from all over the world tuned in to hear the conference, which was made available to BYU-Hawaii students by local cable television, live streaming Internet video and radio, and rebroadcast.

Channel 49, local cable station 'Olelo, broadcasted the conference live at 6 a.m. and 10 a.m. each day, and it was made available in the Campus Stake Center for rebroadcast at 10 a.m. and 2 p.m.

In addition to the general sessions, rebroadcasts of the Relief Society and Priest-

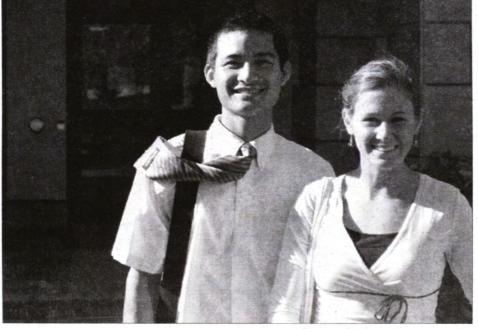


PHOTO BY AARON KNUDSEN

Students exit the on-campus stake center after viewing conference on Sunday

hood sessions were shown at 7 p.m on Sun. sided over the meetings. Oct. 5.

Many students from BYUH attended at least one session, with some tuning in for all five. President Thomas S. Monson pre-

Janelle Cramer, a senior in vocal studies from Utah, called the conference "wonderful," saying that "it was the spiritual uplift

Cramer watched the conference live from her home off campus, but she said that her favorite talk was given by the 2nd Counselor in the First Presidency Dieter Uchtdorf in the Relief Society session.

"It was very, I can do it! I felt empowered by his talk," Cramer said.

Cramer chose to watch the broadcasts live each morning because "it makes it a little more real."

She said it made the day more special because she does not usually wake up at 6 a.m. for church.

She also said that watching Conference in her pajamas and having German pancakes with her friends between sessions made it a fun experience, as well as a spiri-

Teren Taniuchi, junior in international business management from Japan, enjoyed Elder Robert D. Hales' talk on Christian courage, which he watched during the live broadcast.

"Just like every year, I got guidance and reminders from Conference," Taniuchi

Carissa Lang, senior in international cultural studies from Calgary, said she was tending her newborn baby during much of conference, but she also said that there were many insights she enjoyed, particularly Elder Jeffrey R. Holland's talk in the later Saturday session.

"Everybody receives answers if they come prepared," Lang said.



Test-taking rituals revealed

Alyssa Herzinger

ew things can strike as much fear into the hearts of students as one four-letter word: Test. This unavoidable ordeal has given rise to countless rituals and traditions in hopes of bringing good luck to the test-taker, and BYU Hawaii students share some of their tricks of the trade.

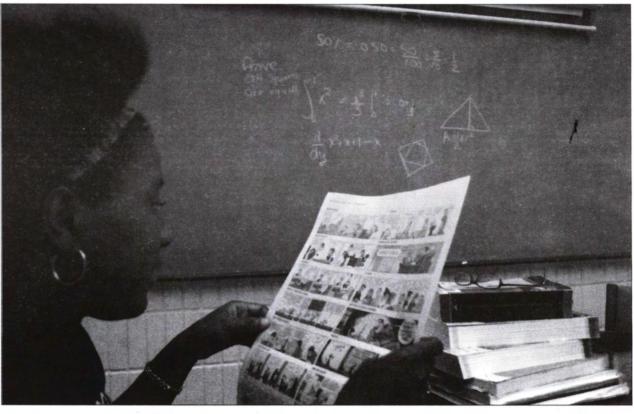
Alfredo Orellana, senior in political science from Mexico, focuses on being physically as well as mentally prepared before taking a test. "While I'm walking from my house to the Testing Center, I do some deep breathing. I eat a small piece of chocolate, drink a lot of water, and wash my face because I'm tired from studying!"

Mikey Parker, junior in international business management from California said, "I've found that I retain things better if I study while I'm walking or being active. I work out before I study, and before important

Some students, such as Veronica Ploeger, sophomore in Social Work from Colorado, take a more spiritual approach; "I pray!" said Ploeger.

Jenna Law, senior in social work from Kauai, agreed, "Every time I say a prayer, I do well on the test.

Amy Tuttle, senior in elementary education from Hawaii, makes sure to be practical while preparing for



Tasha Davis said her pretest ritual is to NOT study math for at least an hour before taking a test.

her tests, "If I have to use a pen on the test, I make sure to bring a bottle of white out."

Of course, the test material can't be ignored. Birgitte Christensen, senior in hospitality and tourism management from Oregon, said, "I always study with my book and my notes, chapter by chapter, until I can't do it anymore, and then I run out of the library. When I take the test, before I even look at it, I write down everything important I can remember, like equations, on a piece of scratch paper. That way, my head is clear."

A clear head is also important for Tasha Davis, senior in Math Education from Florida; Davis said, "If it's a math test, I can't look at any math for at least an hour before I take it."

However, nothing can replace good, old-fashioned preparation. Kaplan Test Prep and Admissions assists students in preparing for tests and entrance exams, and encourages students to read as much as they can the week before the test, but to avoid cramming the night

Doctors say less sleep may increase depression

Trijsten Leach

all asleep in class and it all over. For Sunny Griffin, junior in psychology from California this became a reality. "I was in my English class and my teacher had this blanket that he kept on his chair and he had this stuffed dog that he kept for 'popcorn reading'; I fell asleep and my teacher came over and wrapped the blanket around my shoulders and put the stuffed animal next to my face. I woke up and all the kids started laughing at me.'

Though this may be a common scenario, lack of sleep isn't just affecting students on this tropical island but all over the United States

Elaine Tingey, junior in special education and mother of four, know that sleep deprivation is a serious challenge.

Parents like her have noticed the importance it is to get enough sleep. "I've seen them and their friends and it can be a real problem. This is a hard time for young ones to regulate sleep with all the activities going on around them. It's a real problem because it can affect them mentally and emotionally," who has seen it affect a member of her own family.

According to Physician Assistant Alan Frampton, who currently works at the BYUH Health Center, "They need seven to eight hours a day, because your body needs rest, your immune system, your mind, again everything needs to catch up and a lot of kids get sick, not just physically but also emotionally."

When asked if students, on average, oversleep or under sleep Frampton said, "Most people under sleep because of the

pace of things. The main thing is going to bed at the same time and getting up at the same time. Our bodies are like machines and work like clockwork.'

According to the National Sleep Foundation Web site, "students who had undergone a night of self-imposed total sleep deprivation (due to studying for exams) were more likely to have later bedtimes, lower grade point averages and more symptoms of depression."

To avoid things that would make one go to bed later it was recommended by the National Sleep Foundation, that young adults finish eating two to three hours before going to bed, that they maintain a consistent sleep schedule, and try to "wind down" by

Students have asked themselves

less!

day," said Mandy

Anderson, freshman in

need six hours to get through the

even "Students

relaxing a little right before sleeping. Vanuatu when he added, "I sleep five how much is enough? or six hours. I stay up to do Abby Hopkins junior in social science education from Oregon answered while laugh-"For me 12 hours. I can function on seven but I really prefer eight." For others it is

seven to eight hours just to function." Gabriel Miyamoto IS major from Spain said, "I go to bed at 1:30 a.m. and wake up at 6. I don't think that's enough."

Based on what students have said there is a realization that seven to eight hours is standard, so why are students not sleeping enough?

"I usually get between six and seven because I have too much homework," said Christian González, international business major from Chile

A similar response was given by Daniel Ringiau, junior in the IT program from

> homework and read the scriptures. Many students forego sleep with class requirements. think there's a lot of strain on students r o m busy work" and that's created

> > a lot of unnec-

essary wear and

PHOTO BY TING SHEN

tear on the mind. I feel I get enough sleep, I just think there's a lot that drains my mind...tedious work." said Scott Olson, sophomore in IBM.

Though it may be because of homework, jobs, or keeping up with social activities the effects brought about from lack of sleep are seen by both student and teacher alike.

English Professor Stephen Hancock acknowledged students lack of sleep, "I think students need to take sleeping more seriously than they are. They'll get more done if they sleep than if they stay up all night trying to get stuff done.'

The consequences of not sleeping are evident even in the classroom and professors see it. "They fall asleep or they just don't come to class," added Brother Han-



BYU-Hawaii applications change, bishop endorsements now more in-depth

Change affects new applicants for now

Sam Akinaka

YU-Hawaii, in conjunction with other LDS Church institutions, has recently altered its application form for future students.

The new application, which went into effect on Oct. 1, features a reworked Student Commitment and Confidential Report section, which is more commonly known as the 'Ecclesiastical Endorsement'

The changed section requires bishops and branch presidents to be more direct in their questioning of applicants.

"There's a move to raise awareness and expectations of qualifying to be at a Church institution," BYUH Assistant Dean of Admissions Asai Gilman said. "Its precedence is on limited space in church schools and more students applying."

Gilman also said that bishops of campus wards at BYUH and other church schools have indicated that increased scrutiny in interviews prior to a student's arrival on campus may lead to less violations of the Honor Code and Dress and Grooming Standards later on.

A Church Education System (CES) committee formed by admissions officers from BYU, BYUH, BYU-Idaho and LDS Business College and augmented by seminary and institute directors, has revised the endorsement interview questions in order to better identify students with adequate levels of maturity and desire to attend Church institutions.

Under Part 3B: Student Commitment and Confidential Report of the previous CES application, bishops and branch presidents were encouraged to review the Honor Code and Dress and Grooming Standards with applicants, while the new version contains specific questions regarding items

within those standards.

"We are requiring the bishops to thoroughly interview the student by asking questions directly related to the Honor Code and Dress and Grooming Standards," said Gilman.

The new endorsement section is much more direct and has nearly twice as many questions, such as "Does the applicant live the Word of Wisdom, by abstaining from alcoholic beverages, tobacco, coffee, tea, and drug abuse?" or "Is the applicant hon-

Lucy Cammock, senior in two-dimensional art from New Zealand, said, "I think that the more specific the interview is, the more worthy the students will be." She went on to say, "I think it will contribute to a greater intellectual and spiritual environment at BYUH."

The changes currently apply only to new students, although revisions are being made to the continuing student's endorsement as well.

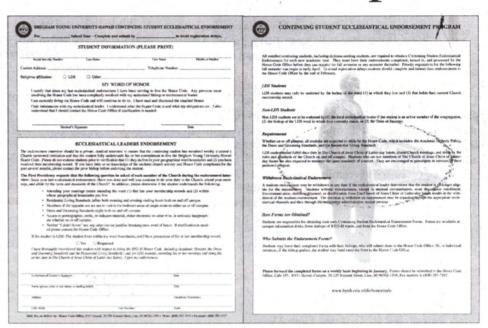


PHOTO COURTESY BY SERVICES. BYUH. EDU/HONORCODE Above: The ecclesiastical portion of the application for **BYUH** now requires Bishops, Branch Presidents, or other spiritual leaders o ask more direct questions during interviews.



PHOTO BY TING SHEN

Elder Ross Cole, senior missionary, fulfills the position of non-denominational chaplain on the BYUH campus.

Non-denominational chaplain fills open position on campus

Alyssa Herzinger

lder Ross Cole, senior missionary from Utah, will be filling the new position of non-denominational chaplain on the BYU-Hawaii campus. The main role of the chaplain will be to provide assistance to students on campus who are not members of The Church of Jesus Christ of Latter-day Saints. This includes, but is not limited to, interviews and ecclesiastical endorsements for new and continuing students.

"I will do whatever the Lord wants me to do. It is fun to serve with young people," Cole said.

Jared Mahelona, senior in international business management from Washington, said that the new position will be more convenient for students of other faiths.

"There are not many other churches around here; you have to go a long ways to get to one," Mahelona said.

Before the creation of this role, students of different faiths were required to have an ecclesiastical endorsement from either a local church leader, if they were an active member of the congregation, or the bishop of the ward they resided in. Endorsements from these sources are still accepted, but if students are not members of a local congregation and do not attend a ward on campus the chaplain will be readily available. Cole shares an office with the bishop of the 9th ward in the stake center.

Of the new position, Mahana Pulotu, senior in music from Hawaii, said, "I think it's good. I was talking to a friend about his views of our religion; he doesn't believe some of the things we do, and he feels it's restrictive. This will help him feel like he belongs."

Cole has also been called as a religion teacher at BYUH, and said, "I am so impressed by the depth, the character, the goodness of the students here."

He and his wife began their mission only six weeks ago, and are enjoying attending campus events and sports. Cole was employed by the Church Educational System for 34 years and has served in various leadership positions in the church including president of the Korea Taejon Mission.

II will do whatever the Lord wants me to do. It is fun to serve with young people."

> **ELDER ROSS COLE** Senior missionary from Utah

CAMPUS

Africa, Asia and beyond

Mary Jantalert

raveling the world is the dream of many different people, but for Brandon Weaver, junior in elementary education from Jilliby NSW, Australia, traveling has become more than a dream; it's now a reality and a passion.

"I realized that I loved traveling when I was 14, as I started planning surf trips with my friends in different places in Australia," said Weaver. "I have been to every state in Australia, but Tasmania. I love meeting different and interesting people. I love new cultures and I'm up for any adventure.

Five years ago, his family moved to St. George, Utah. Over the next several years, before and after his mission, Weaver used this area as a base to work and save money for his travels. He worked as a subcontractor for a construction company in St. George and Salt Lake City, Utah; Las Vegas; Phoenix, Ariz.; Los Angeles and Toronto, Canada.

After his mission in Baltimore, Md., Weaver backpacked through Africa. He started with six months in Tanzania where he volunteered on a farm, which belonged to a man he taught and baptized during his mission.

"I almost died in Tanzania from Malaria," said Weav-

er. "I was out

on the farm in

a little mud hut

in the middle of

nowhere. I was

completely incapacitated, and after a couple days was finally loaded on a bicycle where I was pushed several miles to a dirt road, where someone drove me to town to the hospital."

While in East Africa he also traveled to Malawi, where he became certified in scuba diving, and Zambia, where he visited Victoria Falls and went rafting.

After returning home, Weaver studied at Utah State University for a semester, and then took off to study abroad at the University of Ghana in West Africa for the next year.

While at the University of Ghana, he studied Swahili and linguistics, and he also had the opportunity to volunteer with the Measles, Vaccination Campaign, (sponsored by the LDS church). Through the program, millions of children were vaccinated all over the region.

He also had the opportunity to visit the Ivory Coast, Togo, and later Ethiopia.

"I forgot my vaccination card and had to get a yellow fever shot on the Ivory Coast border," said Weaver. "And I had a swollen shoulder. I also had my passport stolen by police armed with machine guns, and I had to bribe them to get it back."

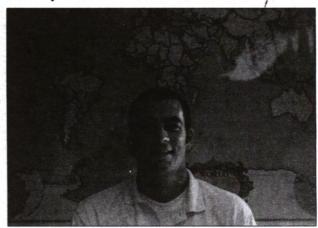
Despite the many challenges of each trip, Weaver didn't stop traveling.

It was not long before Weaver began to traverse Asia, where he visited his older brother, Travis, in Taiwan.

This past summer, Brandon was accepted into an internship in Thailand. After his internship, Travis met up with him in Thailand and together they bought motorbikes and rode through Thailand, Laos and Cambodia — a distance of more than 4,600 km.

He said of his travels:

vada and Thailand. I've been bitten by snakes, lizards, a monkey, a horse, dogs and a big disgusting eel. I was arrested and put in jail by mistake, robbed a few times, thrown up on, went bungee jumping and climbed Mt. Kilimanjaro. I've had intestinal worms several times, among many other diarrhea inducing parasites. One of my African host families also tried to force me to marry their daughter - they had announced it to the whole community before I heard any word of it."





"I've seen people get killed in Tanzania, Ghana, Ne-PHOTOS COURTESY BY BRANDON WEAVER Top: Brandon Weaver stands in front of a world map, a sign that he has traveled the world. Above: Weaver stands on the edge of Victoria Falls in Photo courtesy of Brandon Weaver On one of his many travels through various parts of the world, Brandon Weaver visited a giant Buddha in Thailand. He and his brother, Travis, rode motorbikes all through southern Asia after Weaver completed his internship in

Down-playing college stress

Michael Walte

tress: it can be dangerous and detrimental to health so it is important to know how to handle it.

Some students cope with their stress in unique ways. Aymie Hasman, a freshman from Canada said, "Usually when I am stressed, I laugh and then I cry, and then I laugh and cry at the same time."

Doctor Edward Kinghorn, associate professor of psychology at BYUH said, "Unmanaged stress is detrimental to your health — physical, mental, and spiritual. You need to learn how to manage stress before it starts to manage you."

According to a flyer published by the American Academy of Family Physicians, stress can cause problems including high blood pressure, insomnia, anxiety, stiff neck, upset stomach, fatigue, back pain, heart attacks, depression and more.

"If students don't know how to properly manage stress, they are probably handling it poorly through negative coping mechanisms," Kinghorn said. "Listening to loud music, driving fast, arguing with roommates, [and] drug and alcohol use are just a few examples of negative coping mecha-

Here are a few tips that can help students understand stress and how to deal with it.

According to Doctor Edward Malstrom,

a psychology professor at BYUH-Idaho, managing the body, environment and Kinghorn, and Doctor Douglas Craig sugthoughts can help students understand and deal with their stress. Managing the body can be as simple as relaxing, meditating, participating in non-competitive physical activity, getting enough sleep, and eating healthfully.

According to a distress prevention worksheet produced by Kinghorn, by communicating clearly, planning and managing a to-do list, and learning how and when to say no to activities and assignments, students can begin to effectively manage their environment

Finally, students can learn to manage their thoughts by putting issues into perspective, talking to a friend, focusing on the task at hand and forgiving others. Kinghorn also said keeping a gratitude journal is a great way to manage thoughts.

Guidelines prepared by Malstrom, gest simple steps to avoid stress like modifying perceptive tendencies. That means to avoid focusing on negative self-talk and not having unrealistic expectations.

Other tips they suggest for managing stress and becoming a generally wellrounded person include having a degree of optimism, understanding the past but looking forward to the future, and not carrying unnecessary guilt.

Whether students are like Jayson Meha, senior from Laie who de-stresses "by cooking, and sometimes working on my Dad's farm," or like Nelli Cochran, freshman from Alaska, who said he tries "to stay productive so I don't have too much time to worry, and I exercise."

Doctors say it is important to understand healthy ways to handle the stress in life.

11

HTTP://KEALAKAI.BYUH.EDU

Students provide business-wise community service

Staff Writer

he BYU-Hawaii Students in Free Enterprise team (SIFE) have been actively involved in the community this semester, as is evidenced by their many different projects thus far undertaken.

SIFE is an "international organization that mobilizes students to make a difference in their communities," while developing socially responsible business practices, as stated on the SIFE Web site. And, by looking at the goals the BYUH team has for the semester, it is clear that it is striving to abide by that mantra.

"SIFE projects are required to fulfill one of six different criteria: Market Economics, Financial Literacy, Entrepreneurship, Success Skills, Environmental Sustainability and Ethics," Nikolaas Beezum, senior in international business management from Australia, said.

Beezum is one of three co-presidents of the BYUH SIFE chapter, working alongside Ashlin White and Tommy Jordan. Beezum explained that their SIFE team is currently working on 12 to 13 different projects that fulfill these criteria. Each project has its own director, who reports directly to the SIFE presidency, along with an assistant director and three to eight student workers.

"There's usually plenty to do to keep all the members of SIFE busy," Beezum said.

One such project SIFE has underway is called Square Foot Gardening. Beezum explained that it is an economical, space-

saving method of gardening that focuses on three Rs, namely, reduce, reuse, and recycle. The team in charge of the project spends much of their time keeping correspondence with contacts, drawing and modifying project presentations, working in their own Square Foot Gardens, and, currently, finding funding to train other SIFE teams and entities in Church Employment and local church authorities in Manila, Philippines.

Zach Harris, senior in accounting from Boise, Idaho, said he joined SIFE this year because "the idea of SIFE appealed to

GRAPHIC COURTESY OF HTTPS://lapps.aruh.EDU/ACADEMICS/SIFE/

me, creating sustainable projects, helping people, and gaining experience." Harris is working on the Jon Mozo Project. This project aims to build a sustainable business plan for the entity in charge of maintaining the Jon Mozo Foundation and his art dealing. Since Mozo's death in 2005, the business has been run by his wife, Nikki Mozo, from Hau'ula.

The SIFE project is aimed at assisting Mrs. Mozo "by increasing marketing and sales," Harris said. Saturday Sept. 20, several members of SIFE convened at the storage unit housing Mozo's artwork and began sorting and accounting for the art

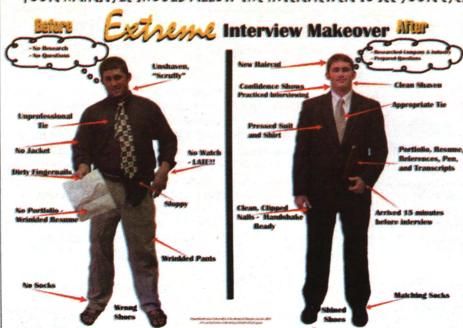
for sale, including assembling gift card sets and organizing larger artwork. Beezum summed up the project saying, "She gets helped, and we get hands on experience in real business, something to put on a resume and the satisfaction that we helped someone!"

"We definitely have more to do," Beezum said. "There are 10 or 11 other projects that I didn't even mention, and we'll definitely do more than that," adding that the last year the team completed 17 projects. Harris added, "We're anxiously engaged, trying to find new activities to help our community and others' communities."

CAREER FAIR OCT. 16TH

THE CAREER FAIR WILL BE HOSTING MORE THAN 30 EMPLOYERS WHO WANT TO HIREYOU! HERE ARE SOME TIPS FOR GETTING THAT JOB YOU'VE ALWAYS WANTED:

- · RESEARCH THE COMPANIES YOU ARE INTERESTED IN
- · BRING A COPY OF YOUR RESUME, COVER LETTER, AND REFERENCES
- · WEAR CONSERVATIVE COLORS SUCH AS BLACK, NAVY BLUE, OR GRAY
- · IF POSSIBLE, WOMEN SHOULD WEAR A KNEE LENGTH SKIRT
- · DON'T OVERDUE THE PERFUME OR AFTERSHAVE
- · YOUR HAIRSTYLE SHOULD ALLOW THE INTERVIEWER TO SEE YOUR EYES





· AN EXPENSIVE SUIT WILL NOT COMPENSATE FOR DIRTY FINGERNAILS, MESSY HAIR, OR WRINKLED CLOTHES

WE ENCOURAGE YOU TO ATTEND THE CAREER FAIR EVEN IF YOUR 'DREAM' COMPANY IS NOT IN ATTENDANCE. THE FAIR WILL OFFER YOU A GOOD EXPERIENCE THAT YOU WILL BE ABLE TO USE AS A LEARNING TOOL FOR FUTURE JOB INTERVIEWS. IF YOU NEED HELP PREPARING FOR THE CAREER FAIR IN ANY WAY PLEASE CONTACT US AT CAREERSERVICES@BYUH.EDU OR 808-675-3533 TO SCHEDULE AN APPOINTMENT WITH A CAREER ADVISOR.

controversial movies take overlag screen this fall

byp-hawaii's favorite fall shows

HTTP://KEALAKAI.BYUH.EDU

Michael Waite

Out of ten popular TV shows polled, "The Office" was BYU-Hawaii students' favorite. The 24 students surveyed also said that their other top fall television shows are "The Office," "Grey's Anatomy," "CSI," "ER," and "Prison Break."

Voted # 2 Grey's Anatomy

Neck and neck with "The Office", was "Grey's Anatomy," a hit drama that is returning for its fifth season on ABC. "Grey's Anatomy is my guilty pleasure," Marci Rutter, junior in mathematics from Louisiana said. According to ABC's Web site the writers are excited for this season, calling it their "all in, go for broke season." Viewers should look forward to a season "full of chances and possibilities. The characters are new again, starting fresh. All the rules are changing.

Voted #3

vestors" was everyone's third avorite show. CSI's drama is returning Oct. 9 for its ninth season or CBS. According to CBS's Web site, this season "will be the most intense season yet," and that viewers can look forward to seeing a "crime no one expected," a crime that "will bring CSI together for the case of their lives."

"The Office," a dry comedy on NBC, was the most popular of the shows polled. This Fall will be the show's fifth season, and according to the IMDB Web site, view

> ers can look forward to seeing 'The Office." Michael is crazy and Dwight is an idiot. information system: from Arizona said

Voted #1 The Office

23 more episodes packed with more of Michael's wellknown awkwardness, drama in Jim and Pam's relationship and even more of Dwight's maniacal power trips."I love It's great," Jeff Jensen, senior

Crossing Over

"Crossing Over" will

hawe good odds as another blockbust-

er hit if for no other reason than it presents

full casts namely Harrison Ford, Sean Penn and Ashley Jurdd. The prime focus touches the person-

tion emforcement officials who are stopping

them. Harrison Ford returns Oct. 24.

"ER", a hit drama, came in ning as the fourth favorite fal elevision show. ER is returning for its 14th and final season on NBC. "V absolutely ove ER. My mom and I used to watch it togeth er. When I was at BYU- Idaho she would call me after each episode aired in Eastern Standard Tim and ruin the surprises before I had even seen it," Morse, senior in psychology from Michigan aid. According to NBC's Web site, viewers

/oted #4

can look forward to a final season that "has some of the most compelling and emotional story lines we have ever done

This fall will be a funseason in the world of television. Hopefully these TV programs can make fall even more enjoyable. One thing is for sure, we can all look forward to bigger and better seasons of our favoring

> al views, and feelings of both illegal immigrants in search of the American dream and the immigra-GRAPHICS BY ERYNN VIERRA

- I. Rainn Wilson as his character, Dwight, in NBC's comedy "The Office."
- 2. The cast of "Grey's Anatomy."

Voted #5

Prison Break

"Prison Break" a relatively

new show on Fox, is returning for

its fourth season as BYUH students'

fifth lavorite show. According to Fox's

Web site, we can look forward to

ite show? Prison Break

no competition." Tyler

uszeck a sophomore

in biology said.

- 3. Josh Brolin depicts President George W. Bush in the new movie "W."
- 4. Daniel Craig in the new James Bond movie, "Quantum of Solace."
- 5. Parminder Nagra of NBC's 14 year running drama "ER."
- 6. Dominic Purcell and Sarah Wayne Callies star in Fox's drama, "Prison Break."

Kyle Howard

Movie buffs everywhere may be a little down as the upcoming fall big-ticket movies head toward politically controversial themes. The October and November months have followed a continual pattern throughout past years as representing the serious, controversial and at times downer films. Just a year ago, moviegoers witnessed "The Assassination of Jesse James by the Coward Robert Ford," "Trade," "Gone," "Baby," and "In the Valley of Elah." Some of the biggest fall 2008 titles continue this pattern with films "W.," "An American Carol," "Body of Lies" and "Crossing Over;" all involving one point of controversy or another within current United States settings.

W.

"W.," filmed by director Oliver Stone details the life of current president George W. Bush. The film specifically views his path in finding personal faith, his wife and the days leading up to his final decision to enter Irag. Stone has stated it was not done in order to present an anti-Bush film, but rather, "It's a behind the scenes approach ... to give a sense of what it's to be in his skin?

> If "W." previews as a left wing view, conservatives may feel excited to see a knock on Hollywood and American pop culture film presented.

"An American Carol" is a comedy, directed by David Zucker, surrounding the life of Michael Malone,

who is out to stop the celebration of the Fourth of July. Within the film, Malone is visited by three ghosts of the past, George Washington, George S. Patton and John F. Kennedy. Be the first to view this film and witness these three ancient ghosts

An American Carol

"An American Carol" pokes fun at political extremes. From the director who brought you "Scary Movie 3" and "Superhero Movie," the comedy follows a cynical, Anti-American film director (Kevin Farley) who tries to abolish Independence Day. He is visited by the ghost of John F. Kennedy, who, true to Charles Dickens' pattern, announces that he will be visited by three spirits, whose intention it is to teach him what it truly means to

The spirits include General George S. Patton, depicted by Kelsey Grammer of "Frasier" and "X-Men: The Last Stand" fame, George Washingon, played by Jon Voigt (National Treasure, Transformers), and the Sprit of Christmas Future, who is performed by none other than country singer Trace Adkins.

Aside from

the controversial films, families, sport gurus and action fanatics can find their fill in Disney's "Beverly Hills Chiuahua" (Oct. 3), "Express" (Oct. 10) and possibly the highest future grossed film of the fall season, "Quantum of Solace" (Nov. 14).







SPORTS

PHOTOS BY TING SHEN

In earlier action this season, the men's soccer team took down Cal Baptist while the women's team battled against Mesa State.

SOCCER

Continued From 1

unassisted shot into the net for a 1-0 lead. However, the Seasiders quickly responded only four minutes later with a penalty kick goal put in by Brian Noguera. BYUH then scored again at the 81:23 minute mark when Adam Maciejewski managed to find the net. The 2-1 win was the first conference win for the BYUH men's team.

The Seasiders outshot the Silverswords in the second period, 11-8, and finished the match with a total of 20 shots. BYUH tough defensive game on Oct. 4th which

goalkeeper Doug Hansen had 4 saves for the game while Chaminade keeper Kris Lounsbury managed five saves for his team. The men's team is now 3-

7-1 for the season and 1-2-1 in the PacWest conference. Next they meet up with Hawaii Pacific University on Oct. 9, in Kaneohe,

HI at 3:30 p.m.

WOMEN'S SOCCER IS

NOW TIED FOR FIRST

IN THE PACWEST.

The women's soccer team played a

led them to a win and a first place tie with Dixie State in the PacWest conference. The Lady Seasiders are now

7-3 for the season and 3-1 in conference play. The only goal of the game came early in the first period at the 16:20 minute mark

by forward Britt Edman off a pass from midfielder Natasha Aiono. BYUH took a total of 13 shots during the game and Chaminade put up only eight.

Seasider goalkeeper Scottie Prince helped prevent the Silverswords from scoring and ended the game with three saves.

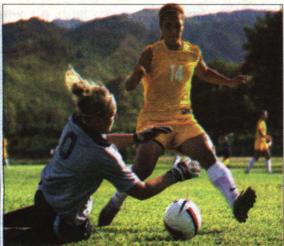
Chaminade goalkeeper Marissa Minor had five saves in the loss.

The Lady Seasiders will face Hawaii Pacific University next on Oct. 9 in Kaneohe, at 1 p.m. — just before the men's match.



V.CrossCountry

11-Oct







SEASIDER SPORTS CALENDA 9 OCTOBER - 23 OCTOBER 2008 DATE TIME Opponent Women Soccer Hawaii Pacific* Kaneohe, HI 9-Oct 01:00 PM 01:00 PM **UH-Hilo*** Laie, HI 11-Oct **Men Soccer** 9-Oct 03:30 PM Hawaii Pacific* Kaneohe, HI 03:30 PM 11-Oct **UH-Hilo*** Laie, HI Golf 15-Oct 11:00 AM Hawaii Pacific (BYU-Hawaii) Ewa Beach Golf Course Turtle Bay - Palmer 12:30PM BYU-Hawaii (Hawaii Pacific) W. Volleyball 9-Oct 07:30 PM Notre Dame de Namur* Belmont, CA 07:30 PM 10-Oct Notre Dame de Namur* Belmont, CA 15-Oct 07:30 PM Dixie State* Laie, HI 17-Oct 07:30 PM Chaminade* Laie, HI 07:30 PM Dixie State* 18-Oct Laie, HI 07:30 PM **Grand Canyon*** 22-Oct Laie, HI M.CorssCountry 11-Oct 04:00 PM Hawaii Pacific Invitational Kaneohe, HI

Hawaii Pacific Invitational

Kaneohe, HI

04:00 PM

BRIGHAM YOUNG UNIVERSITY - HAWAII SEASIDER SCOREBOARD VISIT WWW.SPORTS.BYUH.EDU FOR MORE INFORMATION Men's Golf First **Women's Tennis** Regional Champions **Men's Tennis** Regional Champions Men's Soccer BYUH 2 CUH I Women's Soccer BYUH I CUH O Women's Volleyball BYUH 3 UH-Hilo 2 Men's Golf Second Women's Soccer BYUH O Mesa St. 1 **Men's Soccer** BYUH I AAU 2



Men's and Women's tennis teams triumph

semifinals. In the finals match they were declared the cham-

pions after they took an 8-3 victory over Toli and Timoci

Mexico.

Peter advanced to

feating Dixit 7-5,

7-5 and then Ol-

the semifinals.

defeating Smith

Khuri-Yakub

0, 6-2 and then

Poly Pomona 6-1,

YU- Hawaii's men's and women's tennis teams dominated at the Intercollegiate Tennis Association (ITA) West Regionals last weekend. Both teams sent two players to take down a host of doubles and singles teams which they

ease. Rong Ma was declared the champion for the men in a walkover, as was Elwen Li for the women. All four players will be advancing to the ITA National Tournament next week in Mobile, Ala.

Ma and Agnel Peter teamed up for the men's doubles and began the tournament with an 8-6 win over Jordan Smith and Conner Olson of Sonoma State on Thursday. The following day the duo swept UC

San Diego's Vincent Nguyen and Naveen Dixit 8-0 in the

6-4, Toli 3-6, 7-5, son 7-6(4), 6-2 in Ma followed suit

of Western New In singles play, the finals after de-

6-0, 6-1, Andrew of Sonoma State 6-Joshua Lau of Cal 6-0 in the semifinals.

The two then faced a dilemma after the final championship match was postponed until Sunday due to length of play and bad weather. BYUH does not play on Sundays due to religious beliefs and so Peter amiably stepped aside allowing Ma to take the crown.

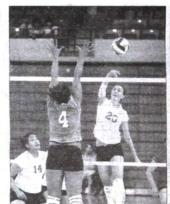
The women's team faced a similar set-up at the tournament sweeping both the doubles and singles championships. In doubles play, Li and Jenny Chin had a great start when they destroyed Jennifer Chung and Starlet Barnes of Cal State-LA 8-0. Friday, the doubles pair was victorious over Kimmie Dao and Valerie Tang of UC San Diego by 8-0 again and then they defeated Stephanie Luk and Mary Bulich of Sonoma State 8-1 in the semifinals. Saturday, the duo took the crown after downing Vanessa Rebstein and Verena Preikschas of Cal State-Stainislaus 8-3.

In singles play, Li had no problem making it to the finals, first defeating Anita Athavale of UC San Diego 6-1, 6-0, Stephanie Hoffmire of Sonoma State 6-0, 6-0, Ina Dan of UC San Diego 6-1, 6-1, and then Preikschas 6-4, 6-3 in the semifinals match.

Chin breezed through most of her matches winning 6-0, 6-1 over Veronica Bunk of Grand Canyon, 6-1, 6-1 over Jennifer Chow of Cal Poly Pomona, 6-0, 6-4 over Katie Eng of Cal State-Stainislaus, and then 6-2, 1-6, 6-2 over Rebstein in the

semifinals to move on to the final match with her teammate.

The women's championship match was postponed until Sunday just like the men's lemma at hand Chin match, and with a similar digraciously defaulted the championship match to Li.









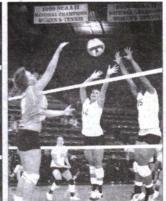




PHOTO BY RYAN Bagley From Left to Right: The LadySeasiders rally with Hawaii Pacific

Seasiders win big road game

Sam Akinaka

he BYU-Hawaii women's volleyball team won a critical game on the road Friday night, defeating defending conference champion UH-Hilo in five sets to secure the lone spot atop the Pacific West Conference. Toppling the Vulcans 12-25, 25-18, 25-22, 18-25, and 15-11, the Seasiders remain unbeaten in conference play with a 4-0 record and have a 7-5 overall record.

The Seasiders also defeated the Vulcans two weeks earlier in the Cannon Activities Center on the BYUH campus in a four-set match that included a grueling 41-39 third set, which the Seasiders won. The Seasiders nave now swept the series between the preseason number one and two teams.

BYUH emerged victorious on the Vulcans home court, despite losing a lopsided

first set and the overall statistical battle in several categories. The Seasiders were out-hit .526 to negative .088 in the first set, falling behind quickly and

dropping the final eight straight points.

Sets two and three went to the Seasiders as they jumped out to early leads in both and never relinquished them, despite allowing a three-point run by the Vulcans to close the gap to 23-22 at the end of set three. BYUH came out of a timeout strong,

finishing the game on two straight kills for the 2-1 lead.

in a previous win.

The Vulcans stormed back to force a fifth set by winning the fourth set in command-

ing fashion, but could not maintain momentum into the final set.

BYUH again jumped out early, scoring

the first four points of the short set and after the Vulcans drew to 9-8, the Seasiders went on a 5-1 run to create the breathing room they needed to finish the match.

Losaline Faka'osi, freshman in exercise and sports science from Utah, led all hitters with 18 kills as BYUH tallied 61 team kills to UH-Hilo's 51 kills.

The Seasiders also had more assists, 52-49, but trailed the Vulcans in nearly every other category. UH-Hilo had a better hitting percentage, .179 to .151 for the match, as well as more blocks, 16-11, digs, 59-42,

and service aces, 7-1, than BYUH. BYUH is back on the road this weekend, facing Notre Dame de Namur in Belmont, California in matches on the 9 and 10.

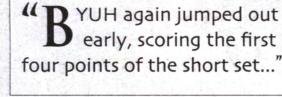




PHOTO BY SCOTT LOWE

Doug Bischoff's putts earn medalist honors.

Men's golf wins with honors

The BYU-Hawaii men's golf team had reason to celebrate Monday after finishing with a point total of 294, five points over Hawaii Pacific's 299 for the Seasiders' first win of the season.

The Seasiders met up with HPU for the fourth time this season on Turtle Bay's par 72 Fazio course and, as a team, shot 17 strokes lower than in any of their other matches

BYUH sophomore Derek Hall and freshman Doug Bischoff guaranteed the win with a pair of under-par rounds to finish the match. Both shot a 71 and received medalist honors.

"It's all about staying in the present," said Hall of the win, "Each one of us knows how to shoot good scores. Today was just a matter of being patient and finishing strong for our team."

Charlie Renfro of HPU fell just short of honors with an even par and teammate Justin Aragon was close behind

BYUH freshman Curtis Smith and senior Kyle Kunio-

ach one of us knows how to shoot good scores. Today was just a matter of being patient and finishing strong for our team."

DEREK HALL

ka both completed the round four over par with a 76, as did HPU finisher Adam Istvan.

The Sea Warriors rounded out their scoring with a 77 shot by Connor Rumpf and a 78 shot by Tim Galvan.

Freshman Bobby Eggleston of BYUH rounded out the scoring for the Seasiders with an 81.

BYUH and HPU will meet up again on Oct. 15 at 11 a m. on the Ewa Beach Golf Course in Ewa Beach, Ha-





From Right to Left: Troy Smith, Giulia Faggio, and Erin Frederick sit at the experts table at a forum presented about the recent financial downspiral and Bailout

FORUM

Continued From 1

be relocated into the Ballroom. Those who had chairs were asked to bring them along. A massive herd of people migrated into the more accommodating space.

"I was absolutely, positively delighted at the huge crowd," said Huff. "It reflects that students and the community are really interested in what's going on in the world."

Once everyone was relocated, the discussion continued. Giulia Faggio, economics professor, added her opinion, "Everything started with the U.S. housing market easy credit...people believed the good times would last for a long time. They did not see the end." She expounded on housing related securities and how the market for these securities failed resulting in a confidence crisis.

All of the professors were asked to answer and comment on several questions such as, How did this happen? What is going on now? What does this mean? How does this affect me?

Erin Frederick, finance professor, ex-

plained that the housing market is only part of the problem and touched on how the liquidity crisis has put extreme pressure on the banks.

Smith advised that in order to get an idea of what is going on students should not just rely on the media. "We only know what news-makers are willing to tell us," said Smith. "The media has a progressive ideology... it is extremely biased."

All of the experts expressed concern with the Bailout plan. Smith explained the market and the government's role in it. "Ignore other variables. Markets require rules and umpires. The government sets those rules... How responsible is the government for this failure? What did they know and when did they know it?"

Faggio addressed the issue of the government injecting liquidity into banks to help them meet their obligations. She explained that this started in March and has led to a chain of banks failures. She mentioned that this is not only an American problem, but also an international crisis. "The fed intervening with a bailout plan... is this the end of market Capitalism in the U.S.? I don't know," said Faggio.

Smith addressed the issue of why the

proposed plan failed in the house the first time. He explained how there were two people who voted, people with safe seats and people with hot seats or unsafe seats. He also explained that those with safe seats vote either to the extreme left or to the extreme right. Those with unsafe seats vote according to their political interests.

All of the professors emphasized the impact the economic downfall could have on consumers. Faggio said, "Access to credit will be more and more difficult with the collapse of the banking system. There will be deep and prolonged recessions. This means no car/student loans with out high interest rates...No research and development loans. There will be cutbacks in funds... This will affect the world econom-

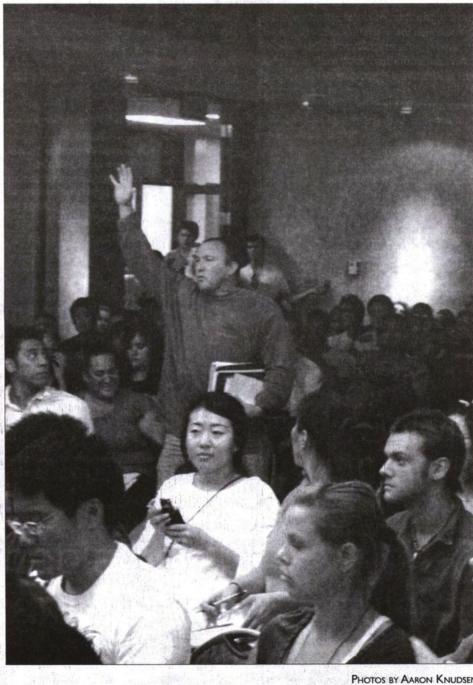
Frederick asked of the federal govern-

ment's increased involvement in the stock market, "Is that the government's role? As a private investor I have a problem with

About the failing market, Frederick said, "It is starting to trickle out into the market. Corporations can't find funding. Jobs will be hard to find. Municipalities will have problems finding funding for projects... it will affect growth."

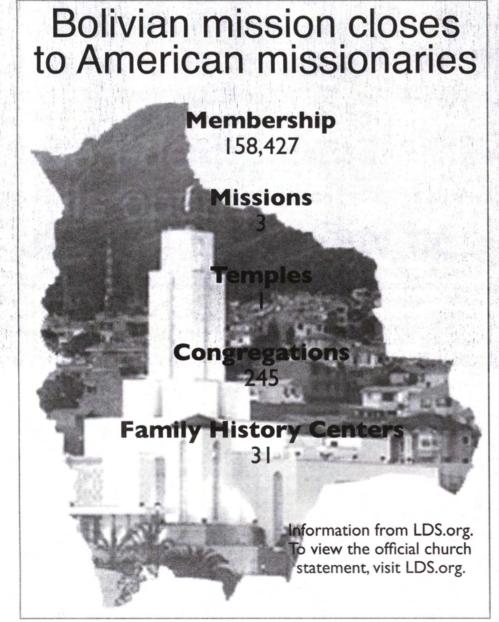
After the forum, the professors opened the panel for a question and answer session. Students, faculty and staff all were concerned and asked questions to each of the experts.

When speaking of the experts Huff said, "All of the professors were really eloquent and knew what they were talking about. We have really competent professors here. I was really satisfied to see that."



Above: A student raises his hand to ask a question directed towards the table of experts before the forum moved to the Ballroom. Below: Beth Haynes, an economics professor, mediates the forum.

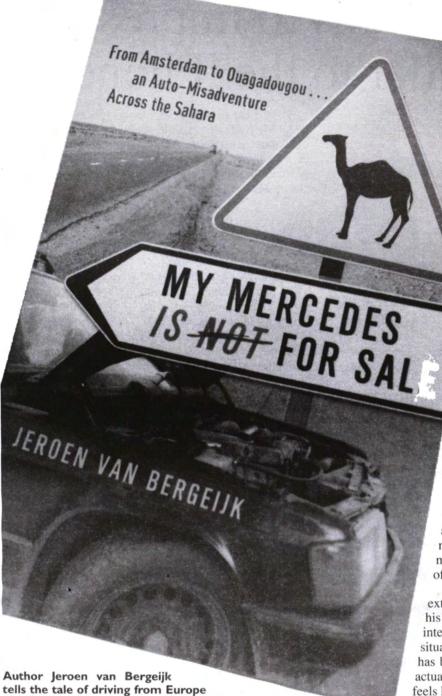




to Africa in this road-trip book.

LIFE & ENTERTAINMENT

HTTP://KEALAKAI.BYUH.EDU



Elegant prose, genuine experience merge in unique travel memoir

Mercedes is NOT For Sale" is the latest in a long line of personal accounts of adventure.

Following in the enthralling veins of "Into the Wild and A Walk in the Woods," it tells the adventurous, automotively autobiographical story of Jeroen van Bergeijk, a journalist from Amsterdam, Netherlands.

Van Bergeijk comes up with a slightly hair-brained, half-cocked idea to purchase a beaten-down Mercedes-Benz 190D and drive across Europe and into Sub-Saharan Africa to sell it for profit.

What differs in this book, as opposed to many other adventure biographies, is the way it presents the journey's events.

Van Bergeijk communicates his escapades dispassionately, describing being chased down by drug lords in Morocco and being extorted by Touareg desert guides as if he was shopping in the

This is unabashedly bland, and it will leave many people hurting for excitement. And yet, despite this almost painful style of writing, he manages to charm the reader with his timid prose. It does not jump off the page, and as such, it is probably more honest and less embellished than other books

In telling his story, Van Bergeijk spends much time extolling the attributes of a genuine experience, or in his mind, an experience that no outsider has seen. He intentionally gets himself into amusing or dangerous situations, in order to experience Africa like no outsider has before. He looks forward to the times when he can actually drive his car across the dunes, and the reader feels his disappointment when he finds that the Trans-Sahara highway is actually the only way to travel for many stretches.

His interjections of history, including stories about the original European explorers of the Sahara provide a colorful, contrasting backdrop to his own encounters.

Much of the book is also spent on exposing the merits of his car.

Van Bergeijk spends about one chapter in every five talking about each one of the vehicle's previous owners, ranging from the die-hard Mercedes lover who bought it new to the careless abuser who acquired it secondhand for much less, with a few owners in between. Some owners are sentimental about the Mercedes they each used to own and some of them are cold and mechanical towards the car, but each adds his amusing touches to the time line of the car's life.

These little vignettes, interspersed throughout the book, are captivating and you look forward to reading the next as soon as you finish the last. They make you ponder the relationships you have with the objects around you: this reader had his personal car in mind the whole time he was reading.

In all, "My Mercedes is NOT For Sale" is a unique and wholly captivating approach to the adventure genre. While some readers may be thirsting for more tension and drama in the happenings of the book, they will surely not be disappointed with the elegant prose, unique points of view, or stories of genuine experiences.

It comes highly recommended, as does getting your own copy, because the waiting list for mine could stretch across the



T-Mobile's 'G-Phone' aims to impress, includes features similar to the iPhone

oogle's much-anticipated HTC Android G1 smart phone, nicknamed the "G-Phone," is set to launch Oct. 22 on the T-Mobile cell phone carrier. It will have a list price of under \$180, slightly undercutting the Apple iPhone 3G, which is its obvious competitor found on the AT&T network.

Compared to the iPhone, the G1 is shorter and more narrow, but a touch thicker, which might make for a more uncomfortable pocket profile. Its screen is also fractionally smaller than the iPhone.

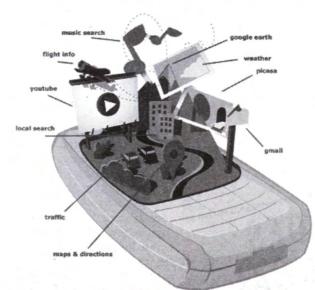
A look at the G1 reveals a touch screen similar to the iPhone's, but this screen also slides sideways to expose a full qwerty keyboard, which might prove easier to use than the Apple's touch screen keys.

Additionally, the G1 features a Blackberry-esque trackball in the bottom center, which might be more intuitive for some users than the iPhone's touch-only manipulation.

Special Features

In the luxuries and amenities category, the G1 showcases active satellite navigation, like the iPhone, but the program is now designed to orient the map on the screen based on the direction the user is facing.

The camera on the G1 is capable of a higher resolution



open handset alliance

than the iPhone, 3.2 megapixels, up from 2.0 on the Apple. Both are capable of playing music, the iPhone through iTunes and the G1 via the Amazon.com mp3 store. A clear trump card goes to the iPhone, however, in terms of mem-

Clinic, one

in human studies."

of the foremost research facilities in the

nation, "Animal studies have shown a link

between increased consumption of high-

fructose corn syrup and adverse health

effects, such as diabetes and high choles-

terol. However, the evidence is not as clear

ing HFCS in moderation. Sweetsurpirse.

com also provides the information that

the USDA estimated in 2007 the average

American ingested 40.1 lbs of high fruc-

tose corn syrup. Of all caloric sweeteners

consumed, high fructose corn syrup makes

up 41% in the diet of an American, com-

The fact that Americans are consuming

pared to an 8% throughout the world.

And, Americans are not consum-

The G1 comes with 1 GB internally located, with an external MicroSD slot capable of adding an additional 8 GB of memory, whereas the Apple can be had with 8 GB of internal memory, with no need to deal with external memory cards. And, if 8 GB is not enough, a more expensive 16 GB model can be had.

The main selling point that Google, HTC and T-Mobile are banking on is the universality of the G1.

Apple's iPhone can be loaded with numerous different applications, including games, organizers and business tools, but each must be purchased from the iTunes store and each must undergo an approval process through Apple before it can be made available.

The G1, in contrast, can be loaded with even more applications that do not need approval before they are made available for sale. And, if T-Mobile's other offerings are any evidence, it is only a matter of time before Web sites begin offering software for the G1 for free.

As such, the G1 is aimed mainly at the business world and professionals concerned with usability and utility, while the iPhone is marketed towards people who do not need the added utility for personal cell phone use.

T-Mobile hopes to move 500,000 G1s in the first quarter of sales, about half of the number of iPhones sold in the same time frame.

High fructose corn syrup:

Healthy or hazardous?

Jenna Chidester

he Corn Refiners Association launched a series of commercials in September touting the benefits of high fructose corn syrup, and questions are being raised on the validity of their claims. But some BYU-Hawaii students are unfamiliar with the debate over high fructose corn syrup (HFCS) and how exactly it affects the consumer.

The commercials feature people stammering rumorsheard BYUH dents

about they've about HFCS. Asking stuabout HFCS elicits a similar response. "I don't



anything know about it other than it's sweet," said

Mark Chiba, senior in IBM from California. "I know it's not very good for you, that's for sure," affirmed Jaime Bunker, senior in music from Arizona.

Chris Stinson, sophomore in history from Alabama, replied simply, "It's sugar, isn't it? I like sugar." But why it's good or bad for you no one could answer.

At issue is the vast amount of products that contain HFCS, often where it wouldn't be expected. HFCS can be found in anything from canned fruits, yogurts, granola bars, applesauce and cookies to marinades, condiments, bran cereals, salad dressing, spaghetti sauce and bread.

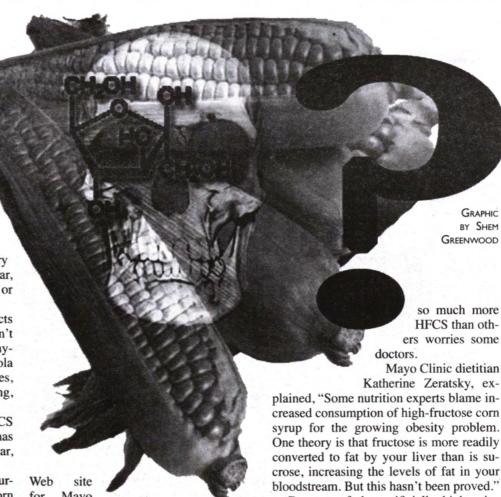
The commercials state that HFCS "doesn't have artificial ingredients, it has the same calories as sugar, and, like sugar, it's fine in moderation."

But the facts according to SweetSurprise.com, the Web site set up by the Corn Refiners Association, are that among the ingredients in HFCS are sulfur dioxide, glucoamylase, magnesium and glucose isomerase. Despite these added ingredients, the USDA still categorizes HFCS as a "natural" food.

The statement that HFCS is "fine in moderation" is contested. According to the

PHOTO BY RYAN BAGLEY

not much is known about the health impacts of high fructose corn syrup, Americans are consuming more of it than other countries, says the USDA, and it can be found in many commonly used products.



Because of the artificially high price of sugar, imposed by sugar quotas placed in 1982, the American market turned to HFCS, disregarding the lack of information about the long term effects of HFCS consumption. On can read about that briefing room of http://www.ers.usda.gov/. And as long as it's cheaper, producers will continue to use HFCS in food.

Browsing the Internet on the subject, questions can be viewed about whether HFCS leads to some forms of cancer, childhood obesity, and how the increased production of corn effects the environment. In the end, not much is understood about the long-term effects of HFCS.

Island Restaurants

Karly Zobrist

hose of you who have been on Oahu for a long time may have noticed the island's lack of good Mexican food. If a hole-in-the-wall, don't-lookat-the-kitchen-floor eating experience is what you are looking for, Wahoo's fish taco's is not for you, but what they lack in dirt and mystery they make up for with fresh flavor.

Wahoo's claims to serve a "fresh and healthy blend of Mexican, Brazilian and Asian flavors," and they deliver.

Along with tacos and burritos they offer a variety of "bowls" which come with ahi rice, spicy Cajun or black beans, and a delicious mix of meat and vegetables. The menu also boasts delicious pupus and even a great selection of soup, salad and sandwiches.

A single taco runs around \$5 while combination plates and bowls cost closer to \$10. They have a children's menu too, which costs less than \$5. Their Hawaiian location is in Honolulu at 940 Auahi St., near Ward Shopping Center.

Those who are health- or environmentally-conscious will find Wahoo's suitable too; their meals are light in calories — a taco has only around 200, while a large bowl, which can easily be shared, has around 1000. Recently they have made efforts to go green by replacing their styrofoam takeout containers with biodegradable boxes and

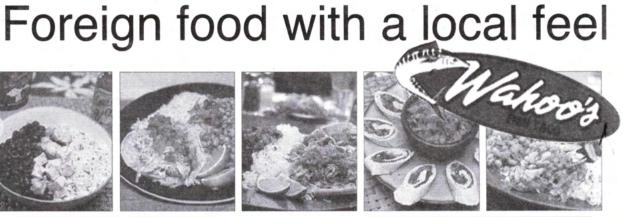
Check them out at Wahooshawaii.com. It's a great place to eat if you are in town, and they cater!













 Γ he Wahoo's story begins in 1988, when the three Wahoo brothers, Wing, Ed and Mingo, combined their love of surf and food to create a restaurant with an electric Mexican, Brazilian and Asian menu and a Hawaiian north-shore vibe."

PHOTOS AND STORY COURTESY OF WAHOOS.COM

OVERALL RATING

5 out of 5

For a variety of menu choices and a fresh taste that's like no other.



PLACE TO DATE RATING 3 out of 5

Wahoo's has a casual atmosphere so it's a great place

to stop on the way to Waikiki

for some tandem surfing.











Rust: Hawaii's natural destroyer

Mary Jantalert

and metal objects — causes oxidation, which produces unwanted rust on cars, skateboards, bikes and even some parts of surfboards. Instead of surrendering to this unwanted rust, some students at BYU-Hawaii have found ways

As a local Hawaiian, Jon Aoki, senior in accounting from Mililani, grew up watching the rust on cars and boards develop. Aoki gave some advice on how to deal with rust:

"For a car, if it already has rust, I sand it and paint over it to prevent it from spreading. If it does not have rust on it, wash it once a week to get all the salt off. Also, wax the car every other week," Aoki said.

Though surfboards do not rust unless they contain some metal, Daniel Ottesen, junior in political science from California, waxes his surfboard regularly.

"I rinse my surfboard after I am done alt — when mixed with air, water using it, and I put it in a cloth cover," said Ottesen. "I also put wax on it daily, but not on the bottom side. I try hard not to ding it, and I keep it in my bedroom and sometimes on my bed. I also make sure it is put properly in the car, and I put a towel between two surfboards."

> Rainwater can also cause rust. "I never ride my skateboard on the wet ground, and I always clean the bearings (the part the of skateboard that makes the wheels spin) and try not to crash while I'm riding it. Also, I never loan my board to anyone else," Spencer Haynie, senior in psychology from California, said.

> Students with bikes claim that oil and other chemicals are helpful in maintaining the condition of a bicycle.

"I put oil on my bike chain and plate once a month," Takuma Aoba, junior in

Above left to right: Spencer Haynie rides his skateboard on dry ground. Several unfortunate victims of rust: the rusted wheel of an unsuspecting freshman's skateboard, which is leaned against a table in the Aloha Center. (center) A rusted station wagon named 'Rusty' is parked by the tennis courts (above) and (below) a leisure bike with rusting handlebars is parked outside Hale 4.

never ride my skateboard on the wet ground, and I always clean the bearings..."

SPENCER HAYNIE

biochemistry from Japan, said.

Aoki further explained that it is best to buy high quality boards and vehicles, because they do not rust as easily.

"For a skateboard, you just need to buy good pair of trucks and bearings. A good pair of trucks only costs \$42, and bearings cost \$24. And, buy surfboards from the surf stores," Aoki said.



Anti-Mormon literature pops up on campus

Karly Zobrist Staff Writer

fresh wave of anti-Mormon literature was discovered in the bathrooms of the Joseph F. Smith Library, but for many on campus it was more of a nuisance than a surprise.

Recent production of a DVD by an association called Search For Truth may be the cause for the influx of these pursuits on campus. In the halls, at the library, and even at the Laie Temple Visitor's Center, people have been finding material with a negative opinion of the LDS Church and

JOSEPH SMIT

They can debate principles but not a sincere testimony."

> SISTER SELEUE Hawaii Temple Mission

its doctrine.

PHOTO BY TING SHEN

However, Mark James, department chair of English Language Teaching and the first to discover this round of material, wasn't shocked, "Almost since the school was created we have been a magnet for this kind of activity," he said.

Anti-Mormon literature and DVDs are often found in the library. Yvonne Hernandez, the circulation supervisor at the library, said, "They hide them in the bathrooms as well as the shelves. They are nicely wrapped and so people think they are put out by the library." The library staff simply removes these materials, she added.

"The new DVD is slick looking," James stated. The case features a picture of Joseph Smith and the Salt Lake temple, similar to DVDs put out by the church. As for the content, James recommends a Web site manned by volunteers who seek to investigate claims of anti-Mormons: fairmormon.org.

The Web site states that fairmormon.org is not affiliated with the church but seeks to investigate points that may intrigue peo-The cover of an anti-Mormon DVD, recently ple who come in contact with these DVDs

and pamphlets.

Sister Seleue, a missionary from Samoa, has been on her mission for 17 months. Her brother Sam, a current BYUH student, met a man on campus who was not LDS and told him to go see his sister at the Lare Temple Visitor's Center. The man showed up at the visitor center with 12 other people who were not LDS, and she gave a tour to six of them.

Sister Seleue said that the tour went fine, that the visitors were nice but that she felt some tension and received some very one-sided questions that she felt were asked to provoke an argument.

She found that being accepting and sincere was the best policy on her tour. "They can debate principles but, not a sincere testimony."

Imost since the school was Created we have been magnet for this kind of activity."



MARK JAMES Department Chair, English Language Teaching





Old menu new meals

e's no Martha Stewart or Rachel Ray, but George Duran is armed with humor and a creative pallet. Move aside Ratatouille, this Food Network cook is about to make you say, "Sacre bleu!"

Duran said his goal is to "inspire you to bring people to your table." Sitting down for dinner is never easy, it asks for coordination and planning. Being in college and sitting down for even a second is sometimes an even more trying task. However, the statistic "families who eat together stay together," has become more and more apparent throughout the years.

According to an article in USA TODAY, lead author David Schramm, assistant professor of human and family development says, "family dinners foster connectedness among members; teens are less likely to engage in risky behaviors; and children who eat with parents eat more healthy foods than kids who don't have dinner with

If you don't already, perhaps now is the time to start roommate dinners or even potlucks with friends! George Duran is just the guy to help you start your journey back into the kitchen and to build a kinship with more than just your sphere of friends.

Duran brings a wacky new style to the comfort foods that we all love with "new and unexpected flavors." His cookbook entails more then 100 easy recipes "with

How does Peanut butter and Jelly Bread Pudding sound? Or Twinkie Tiramisu? Recipes are tailored to new cooks but also are "out there" enough to attract the more experienced pallets.

Featuring innovative new recipes like the Tex-Mex Lasagna, Duran says that "though this dish hails from Italy, believe me lasagna can travel. This Texican version makes for one delectable dish."

What about those days when it's gray and muggy outside, how does coconut lentil soup sound? Or chicken curry?

One young culinary artist, Trijstan Leach, undeclared junior from California said, "the [curry] recipe worked excellent, but I liked the additions of the peanut butter and the coconut." Leach, an innovative cook himself, said he uses lots of green onion in his cooking.

Breakfast foods, like orange croissant French toast or soy pancakes, are easily made. Snacks like frozen banana pops topped with your favorite cereal make for a great treat for young as well as the more matured taste bud. Whatever your taste buds demand - sweet, salty, soupy, or sandwichy, it's in this book!

THE GOAL:

"Inspire you to bring people to your table."

GEORGE DURAN

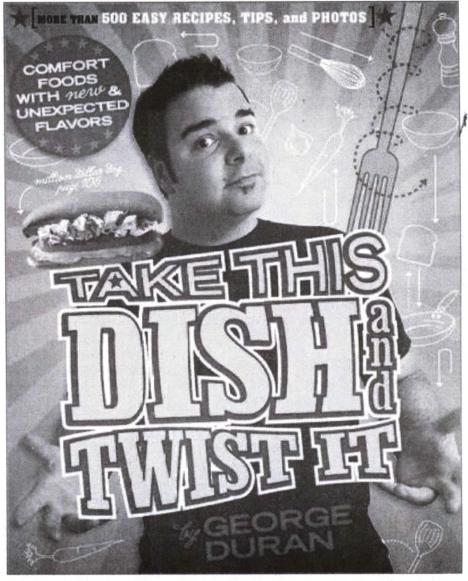


PHOTO COURTESY OF BN.COM

A new cookbook by George Duran takes everyday dishes and twists them.





Movie Review: 'The Family that Preys'

Micheal Waite

he Family that Preys" is a hit The story line is interesting and unique, with thorough character development and a plot that answers every question, this movie leaves viewers satisfied.

The movie begins by delving into the lives of several drastically different individuals whose worlds quickly become intertwined by scandal. It all starts when Andrea (Sanaa Lathan), the daughter of an idealistic working-class woman Alice Pratt (Alfre Woodard), gets married to Chris (Rockman Dunbar). Andrea then has an extramarital affair with William Cartwright (Cole Hauser), the son of wealthy socialite Charlotte Cartwright (Kathy Bates), who happens to be good friend of Alice Pratt.

The plot thickens as the scandal between the newlyweds intensifies. Soon both of their families are dragged into a debacle so messy that for a while the audience is left to fear that a happy ending is impossible.

Throughout the film there are scenes that will have everyone grinning with joy, cheering and laughing but it ends with a teary-eyed scene that artfully answers all of the questions and leaves no open ends.

I thought this film was very interesting because this was the first that I have seen in a long time that subtly showed

the importance of God in our lives. Don't get me wrong, this isn't a church movie, but it did have a holy undertone. It was apparent throughout the film when the lives of the characters where determined by their religious devotion.

It is also interesting that Tyler Perry decided to title the movie The Family that Preys, instead of prays. This clever play on words implies an irony that is made apparent through the heartless actions of members of the Cartwright family, who burn bridges and step on others' toes to get

Even if you don't usually love traditional drama, you can enjoy this movie for it's humor, suspense, and well developed characters. It captures a range of emotions and establishes dynamic chemistry between characters and the story line.

The MPAA rated the movie PG-13 "for thematic material, sexual references and brief violence." However, I think any student would be happy they saw the movie.

It captures a range of emotions and establishes dynamic chemistry...







"The Family that Preys" combines drama, humor and suspense that keeps the audience captivated.





How do you feel being Tray-Less?

Campus Comments by Terrence Kau & Photos by Aaron Knudsen



DANI JARRIS



SAK THACH



GIJEN CABALLA



MICHAEL GUNTER



TARA HUCKVALE



JAROM REID

"It's not so bad, but worth the trouble to not waste."

"Uncomfortable for me and causes accidents..." "I think it's fine. It's not too much of a hindrance; we waste less."

"meh..."

"I hate it..."

"I love being tray-less!
I've been doing it a
month before it even
started. I feel better
helping out."

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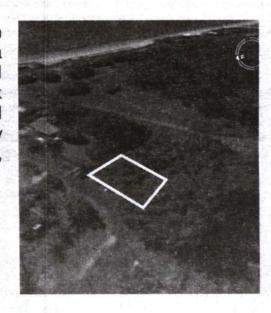


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What you will need for your Creation

Ingredients:

- 4 egg whites
- I tsp grated orange peel

1 3/4 cups sugar 1/2 tsp baking powder 1 3/4 cups flour I 1/2 cups chopped salted almonds Mary Jantalert

Methods to make your Goulish Treat

I. Beat egg whites, sugar, orange peel and baking powder until blended. Gradually add nuts and flour, beating until mixture is thoroughly blended.

2. Cover and chill until firm - at least an hour or up to a day. Lightly flour your hands and pinch off a three-tablespoon size piece of dough.

3. On a lightly floured board, use both palms to roll out an eight-inch long rope. Cut rope in half and roll each half out again to eight inches. Fold an inch of each end back onto rope and pinch ends to make bone shapes.

4. Repeat to shape all the dough. Place bones an inch apart on buttered and flour-dusted baking sheets. After that, bake "Skeleton Bone Dough" in a 325° F oven about 20 minutes or until cookies are lightly browned on bottoms.

s the weather grows colder on the mainland and the leaves turn colors, signs are visible everywhere that Halloween, Thanks-

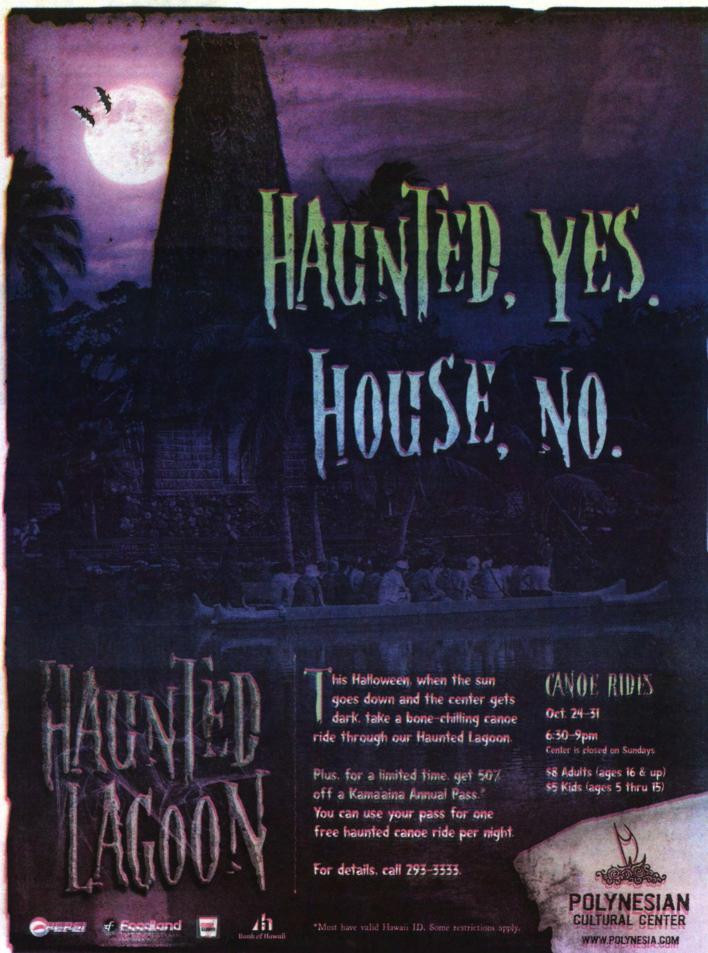
Staff Write

giving and Christmas are not far away. Children have already started thinking about the costumes they will wear to "Trick or Treat." To help make every minute of Halloween even more fun for little children, I want to share a "Skeleton Bone Cookies" recipe. These scary cookies are the least fattening cookies that I have ever made. They don't have butter, margarine or oil in them and only egg whites are used. However, if you look at this recipe closely, you will see that the amount of sugar and flour in the recipe are exactly the same, which I personally believe is the reason for their good taste. Also, they are very easy to shape and no cookies cutters are needed. All you have to do is to roll the dough and pinch the ends to make bone shapes. This recipe makes it easy for kids to make cookies, too. Just remember that if you bake them too long, your cookies will be as hard as bones, so it is important to check the cookies every eight minutes after

GRAPHICS (ABOVE) BY TERRANCE KAU AND AMANDA HANSEN PHOTO (BELOW) BY MARY JANTALERT

baking them.





Flagship voyaging canoe welcomed home to Kahana Bay

Shem Greenwood

he double-hulled voyaging canoe Hokule'a recently returned to Hawaii after an extensive voyage to Japan and Micronesia. The canoe, flagship of the Polynesian Voyaging Society, was welcomed into Kahana Bay on Saturday, Sept. 20.

The vessel and its crew actually arrived earlier in the week, and were treated to a meal and the warm greetings of friends and supporters. On Saturday morning the Hokule'a embarked with a special assembly of community elders, former crew members and others for a short trip around the bay to officially welcome the ship to the island according to tradition.

A special section of ground on the beach was made sacred according to ancient Hawaiian spiritual customs as a pathway for returning voyagers.

A troop of traditional Hawaiian martial artists armed with spears protected this special path against intrusion. These guards were also responsible to challenge the arriving crew formally to judge their capability as warriors. One of the martial artists threw a spear towards a representative of the newcomers, which had to be caught or deflected to prove the strength and merit of those who sought passage onto the shore.

Once this ceremonial challenge was completed, the crew was welcomed with customary gifts, including coconuts and sugarcane, as well as chants, prayers and hula demonstrations by a group assembled from many parts of the island.

Some of these dancers were students, including Sarah Okura, senior in social work and Hawaiian studies from Oahu. She commented on the events of the day, saying, "It was very hot, but it was neat to watch all the kids bringing gifts to the crew." Keahiloa Fraga, another dancer from Oahu and a senior in Hawaiian studies, also enjoyed the reception. "It was wonderful to watch the canoe come in from the ocean," she said.

After these proceedings everyone was invited to feast at an expansive luau, where more music and polynesian dance were enjoyed, and the crew and its supporters were invited to speak. Buddy MacGuire, a crew member from former voyages, thanked the coordinators of the event.

"We are truly blessed to participate in this function," he said, "but it's not about us. We're here to honor what you have done to gather all these communities together."

Nainoa Thompson also made a few remarks. Thompson is the navigator for the Hokule'a, and executive director of the Polynesian Voyaging Society. He is credited as the first Hawaiian to revive the art of non-instrumental navigation, or wayfinding, on long distance ocean voyages since such methods were discontinued around the 14th century (http://www.ifa.hawaii.edu/tops/nainoa.html).

At the reception, he paid tribute to earlier crews and supporters, remembering the obstacles they overcame to make the canoe's mission a reality.

"There was the expectation that we wouldn't succeed, because we were Hawaiian," Thompson said. He also expressed confidence in the rising generation of voyagers, and spoke favorably of the next Hokule'a voyage, which will circumnavigate the globe.

Tiare Te'o, a member of the Hawaiian community, reflected on the significance of the canoe and its purpose.

"The Hokule'a represents keeping Hawaiian culture alive and vibrant," she said. "It is important to know that our people were scientists, astronomers, navigators, and marine biologists. Before we knew what these things were, we had words for them."

She also encouraged people from every background to become involved in the

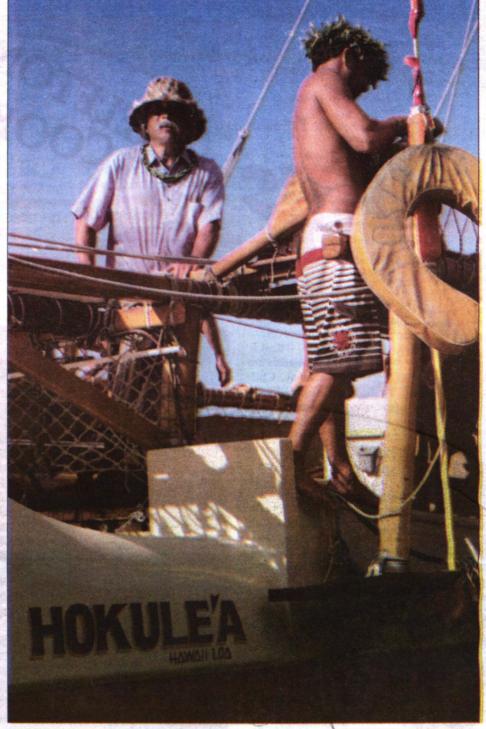


PHOTO BY AARON KNUDSEN

The Hokule'a, Oahu's voyaging canoe and the flagship of the Polynesian Voyaging Society, returned Sept. 20 from voyages to Japan and Micronesia. Here, community elders and former crew members board the canoe for a trip around the harbor, as is customary when a voyaging canoe returns home.

traditions of their people. "It is important for everyone to know their culture. Every culture is great."

Her husband, Kap Te'o Tafiti, community member and renowned performer from PCC's Samoan village, also had many insights about the Hokule'a and its role in preserving culture.

"The people — the living people are the key to the whole thing," he affirmed. "There's only so much you can learn from books. We can look to see where we come from with our own eyes, instead of looking to books. People today are the key."

He echoed his wife's enthusiasm to preserve all cultures. "I'm Samoan," he said, "but I'm very excited to see the rebirth of the Hawaiian culture. It sends a message to my culture to hold on to our culture. The canoe is a very important element of it. The canoe connects all the islands; the canoe is what connects us all."

PHOTOS BY AARON KNUDSEN





Far left: As is customary for Polynesian ceremonies, a conch shell is blown to tell the crew of the Hokule'a that they are home.

Other parts of the ceremony included traditional-style Hawaiian armed guards and part of the beach was blessed as a passageway for the returning seamen.

Left: Maori dancers perform at the luau that followed the welcoming ceremony. After coming ashore, the crew of the Hokule'a was given a warm welcome of gifts, chants, prayers and dancing.