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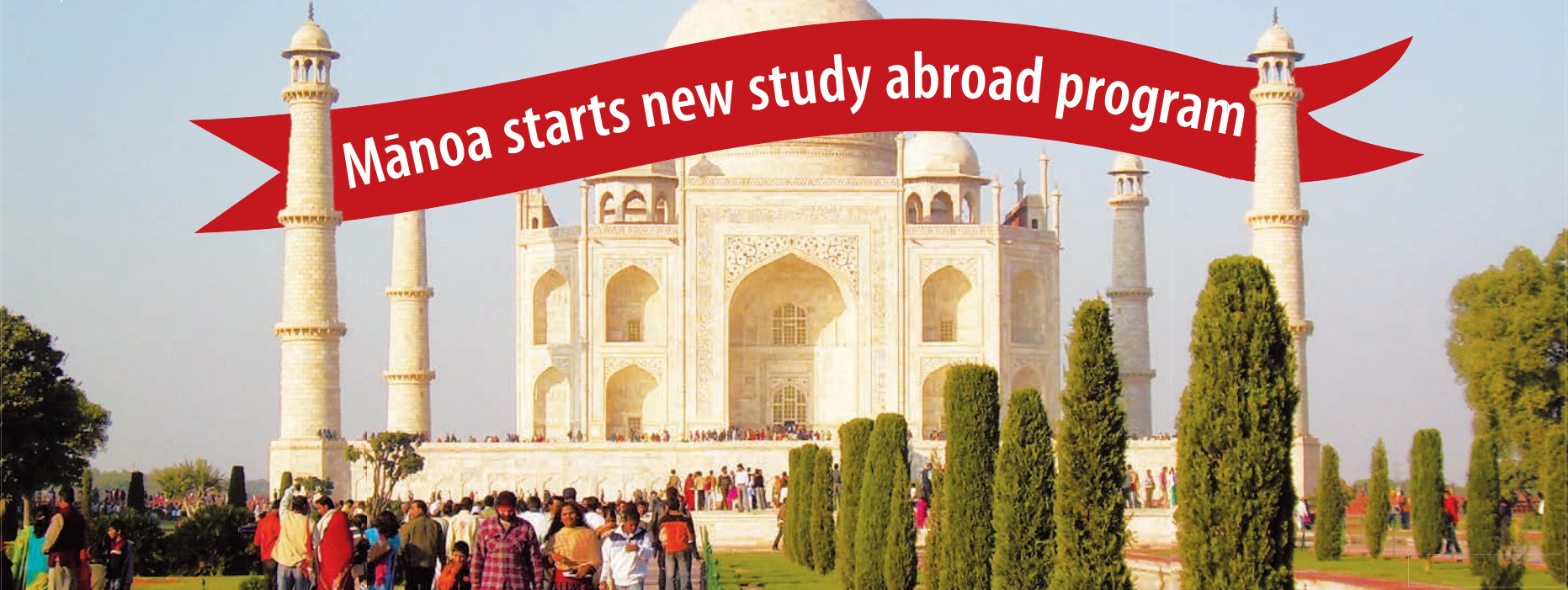
MONDAY, MARCH 17 to TUESDAY, MARCH 18, 2014
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WANT TO GO TO INDIA?

Mānoa starts new study abroad program



ZOE WINBURN
Staff Writer

Studying in the capital of the world's largest democracy will become a possibility for University of Hawai'i students starting next semester.

Under an agreement between UH and the Indian government, students will have the opportunity to study abroad at Ambedkar University Delhi beginning in fall 2014.

The program is UH's first study abroad arrangement in India.

Ambedkar University is a new institution, founded in 2008 by the government of Delhi. It is one of the only liberal arts-type institutions in India.

While most schools in India only allow their students to take classes exclu-

sively related to their major, Ambedkar University is similar to the American model where students can take core classes outside of their specialization.

That difference can make it difficult for universities in the U.S. to set up study abroad programs in India, said Mimi Sharma, professor and resident faculty director for the UH program.

"I've sent this program out to professors on the mainland, even the University of Chicago, they say 'How did you do this?'" she said. "They've been trying for years, but it's not easy in India."

All classes at AUD are in English, but the program will provide mandatory Hindi classes for students with no prior Hindi experience.

The price for the fall semester is about

\$11,000, which includes tuition, excursions, health insurance, housing and meals. There are scholarships specifically for the program, study abroad scholarships and grants, and UH financial aid available.

Students can earn up to 15 credits, which will appear on their transcripts as UHM credits.

Named after the late Indian politician Bhimrao Ramji Ambedkar, who actively campaigned against social discrimination and the Indian caste system, the school is focused on social justice.

Born to the untouchable caste, Ambedkar defied expectations by attending a prestigious Mumbai college. He eventually went on to get his master's at Columbia University and became a well-known politician.

The school's logo is a Bodhi tree, an

important Buddhist symbol in reference to Ambedkar's conversion to Buddhism later in life.

While attending the university, students live with host families to be immersed in Indian life and improve their understanding of Indian culture.

"This is not a bubble program," Sharma said. "Our students are placed in classes with other Indian students."

The deadline for the fall semester is April 1. For more information on applying, visit the UHM study abroad center website at studyabroad.org.

Information meeting

When: March 20 from 3-4 p.m.

Where: Moore 112

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PHOTO COURTESY OF SHASTA YAMADA AND ERIN LAU

'DAY PASS'

Student ACM short film on its way to production

MEAKALIA PREVICH-LIU

Contributing Writer

With the direction of award-winning UH student director Erin Lau, the short film "Day Pass" holds potential to bud into a celebrated production.

THE FILM

"Day Pass" is a slice-of-life comedy drama that follows a tense young man named Ben as he reestablishes his relationship with his troubled teenage sister, Mae, who has been stuck in a behavioral health institute. Ben must reconnect with Mae while driving her from Kona to Hilo on the Big Island for their family's annual mochi pounding.

The film sets itself apart from others in the industry by focusing on the local culture of Hawai'i and creating easily relatable stories that connect with a broad audience.

"There's not enough films made here that capture the true essence of what Hawai'i is," Lau said. "You see the beaches, the paradise factor and the more touristy things – the Big Island has never really been seen that way. I think locally it will be embraced because there's not a lot of that, and when there is – and there's something done well on it – it's a refreshing thing."

THE THEMES

This will be the first film from the Academy for Creative Media program to be shot on a neighboring island. By using Lau's past experience with filming away from Hawai'i, the cast and crew plan to capture the life and beauty of the Big Island through its versatile natural elements. One central theme will be the true essence of Hawai'i found in the people and the environment.

"Each island has its own personality," Lau said. "You have the yellow dead grasslands, farmlands, lush green, black lava rock, and that's actually a theme in the film – every environment is kind of introduced throughout it. (Another) of the big themes is family and how we go through struggles as individuals, but no matter what, find ways for reconciliation between each other."

THE PRODUCTION

The screenplay, written by Hilo local Justin Omori, won the Abernethy Screenwriting Award. The script received funding in order to create the films as part of the award, which gave the production team a starting budget to work with.

The money received from the screenwriting award paid for the crew's plane tickets and other costs such as wardrobe, camera equipment rentals and food.

Student filmmakers from the ACM program started a campaign on Feb. 2 using the crowdfunding site Indiegogo, with hopes of raising enough money to finance the rest of "Day Pass." As of March 12 they have raised almost \$4,300 – \$200 shy of their goal.

"It's been going really well," Lau said. "We've had a great amount of support from family and friends, and it's been really nice."

Having bonds within the actual cast and crew also help portray the message of preserving strong connections in the film.

"We've grown together as film makers, and I think if you have strong relationships with your crew then they'll give greater respect," Lau said. "They understand how you work, and it'll motivate them to want to work harder because you care about what each other makes, and you care about one another."

THE FUTURE

The crew plans on looking into both local and international film festivals upon completion of "Day Pass."

"Hawai'i International Film Festival is always the 'for sure' where we go because it's local and is the biggest one on this island," Lau said.

They are also considering looking into festivals like the Los Angeles Asian Pacific Film Festival and the Berlin International Film Festival.

Lau said she hopes the film will flourish and be embraced when introduced to the community.

"You want to think the best for your films because it gives you the energy to strive on – especially because it will get so difficult – but I do believe it will," Lau said.



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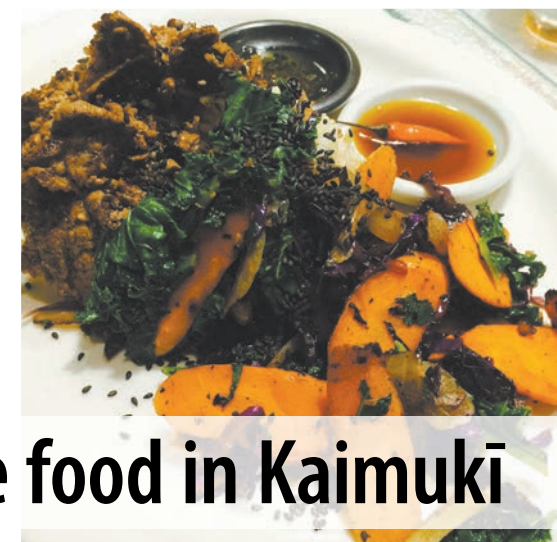
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Features



ALL PHOTOS BY BRAD DELL
KA LEO O HAWAII'



Seed Restaurant: Justice meets delectable food in Kaimukī

BRAD DELL
Features Editor

Every once in a while, there is a beautiful story to be found between the five-star restaurants and hole-in-the-walls. Seed Restaurant is run by Bluewater Mission, a non-denominational church, and exists to serve both delicious food and justice. On the back of the menu is a note: “Our business is an expression of justice. Seed is staffed by survivors of homelessness, human trafficking, domestic abuse and other unique challenges. ... Justice works. Enjoy the food.” Customers are even given the option to ask for free meals or pay for another customer’s meal.

While Seed Restaurant exists on a foundation of charity, this review will give the establishment a rating based on its quality of atmosphere, taste and service.

ATMOSPHERE

An beautiful restaurant isn’t usually what one would expect to discover when traveling through the alleyways of Kaimukī. Seed Restaurant contrasts with the dirt-stained diners and dives in the area with its freshly painted exterior, arched doorway and decorated interior.

The dining area is clean and features pastel-colored walls decorated with surrealist paintings. The tables are set with sunflowers in tall vases and drawing paper with crayons for children – and those that are children at heart. The kitchen is next to the dining area, and a window makes it open to curious eyes. The chefs move about their business in a quiet manner, as to not disturb customers.

The restaurant has large, open windows to prevent the room from being noisy or cramped. Soft music plays in the

background at an ideal volume to allow for conversation without fear of being drowned out.

TASTE

Being a “justice restaurant,” Seed only serves food that is chemical-free and locally grown, with some ingredients coming from their urban garden. Many vegan and vegetarian options are available, and Seed promises that “all plates are proportioned and balanced for optimum health.”

While they do not serve alcohol (although the establishment is BYOB), Seed has a variety of juices and smoothies, as well as coffees and teas. My three companions and I ordered a Flight of Juices (\$6.95), which was composed of three small glasses of juice, each made of vegetables and fruit: cucumber mint, carrot orange and berry protein. The cucumber mint was refreshing and had a hint of apple, the carrot orange was surprisingly citrusy despite smelling strongly of the carrot, and the berry protein was a tangy, thin smoothie. The adequate amount served in each glass was enough to whet my appetite without being filling.

I ordered the Shabu-Cut Grilled Meat Platter (\$12.95), which had thin cuts of grilled, beer-marinated beef served with a greens salad and brown rice. The juicy beef was savory, having an initially sweet taste followed by a peppery aftertaste. The two dips served on the side complemented the dish well, with one giving the meat a smoky tone and the other adding spiciness. The greens salad (kale, cabbage, carrot and onion) was also tasty, with balanced crunchy and wet textures.

One of my companions ordered the Inspired Island Stir-Fry (\$12.95), which was a blend of the greens salad, spinach, sprouts, peppers, chia seeds and sweet pea pods served along-

side garlic and pineapple tofu. It didn’t quite taste like a traditional stir-fry, but was bursting with well-coordinated flavors.

Other dishes ordered by my party included Bi-Bim-Bap (\$12.95), which had great balance in flavors despite being a fusion dish, and Paniolo Chili (\$11.95), which was vegetarian without sacrificing proteins – keeping to Seed’s health standards.

The food was delectable and aesthetically pleasing thanks to its presentation. Despite the rather low price, portions were large and cooked perfectly. A breakfast menu is also available and includes dishes such as breakfast fried rice, loco moco and a paniolo skillet.

SERVICE

We were promptly seated, and the food took 20 minutes to arrive. The service was efficient and kind, which is notable considering much of the staff is made up of volunteers. The waitress was willing to answer any questions about the menu and always came back to refill our beverages with a warm smile on her face. When leaving the restaurant, it seemed that the entire staff stopped what they were doing to wish my party a good night.

VERDICT

Seed Restaurant is everything a restaurant should be and more. I left with a satisfied stomach and sense of joy at knowing an establishment with such a good-natured mission exists.

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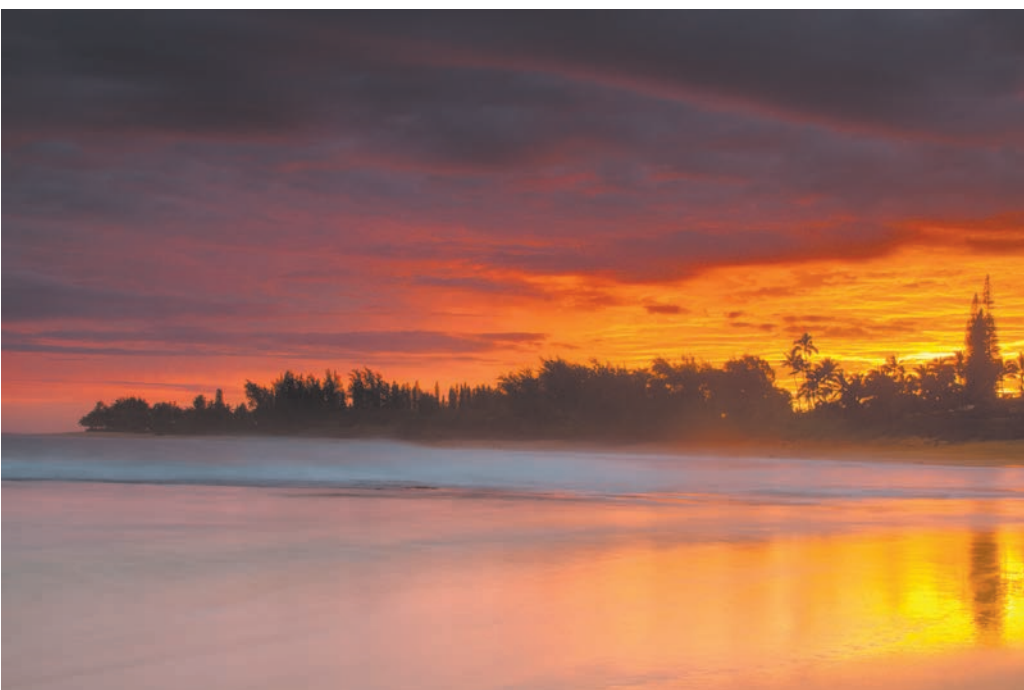
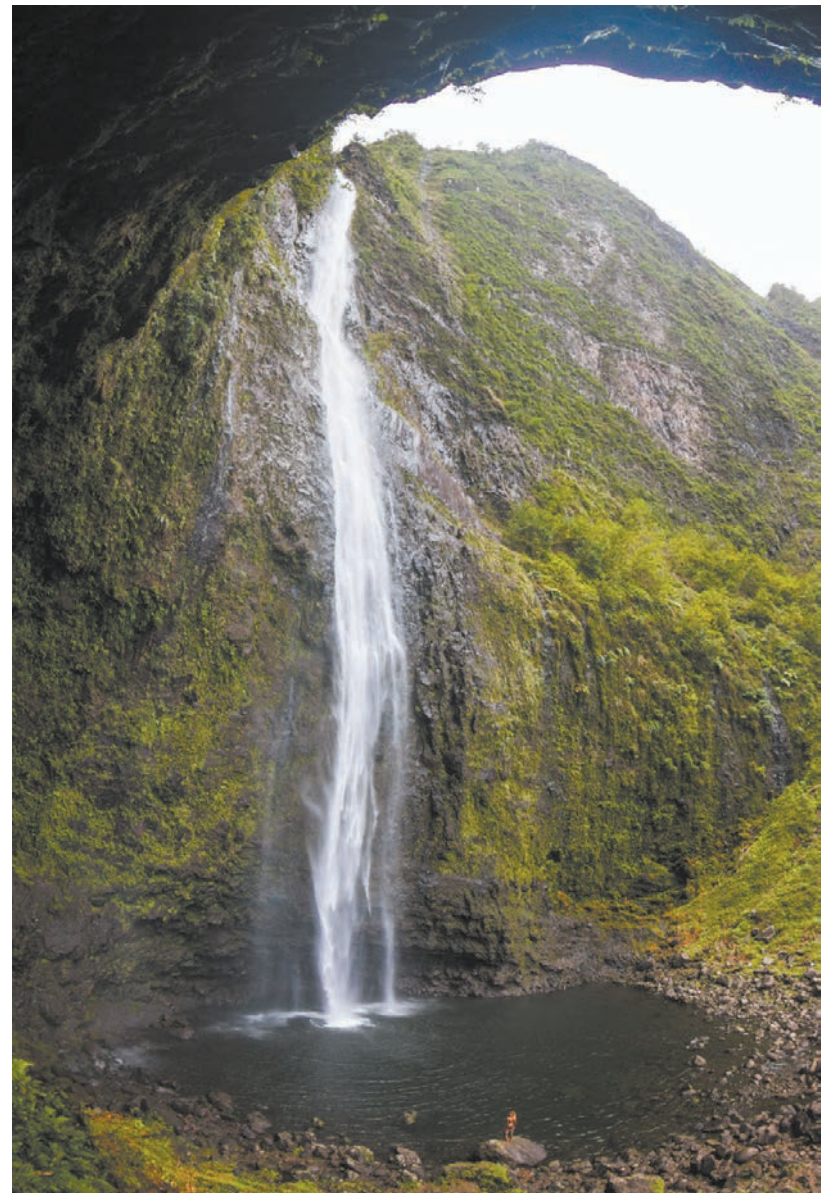
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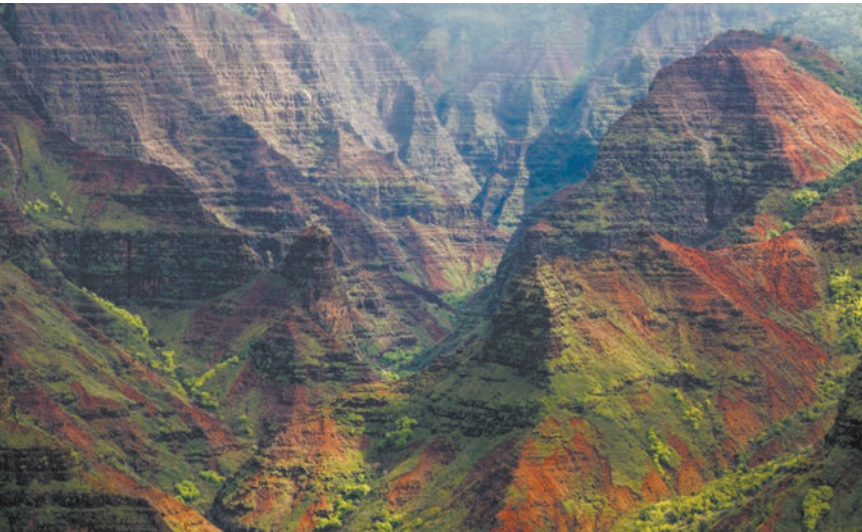
GARDEN ISLE GETAWAY

ALL PHOTOS
BY SHANE GRACE

Waimea Canyon, Shipwrecks Beach, Wailua Falls and the Nā Pali Coast should be at the top of your list if you plan on visiting Kaua'i. Waimea Canyon is known as the "Grand Canyon of the Pacific" and is truly majestic. Shipwrecks Beach on the south side is a beautiful beach with many rock designs and even a cliff to jump off if you're feeling adventurous. Wailuā Falls is one of the most beautiful waterfalls in all of the Hawaiian islands, and the Nā Pali Coast is the most well-known section of Kaua'i for a reason.



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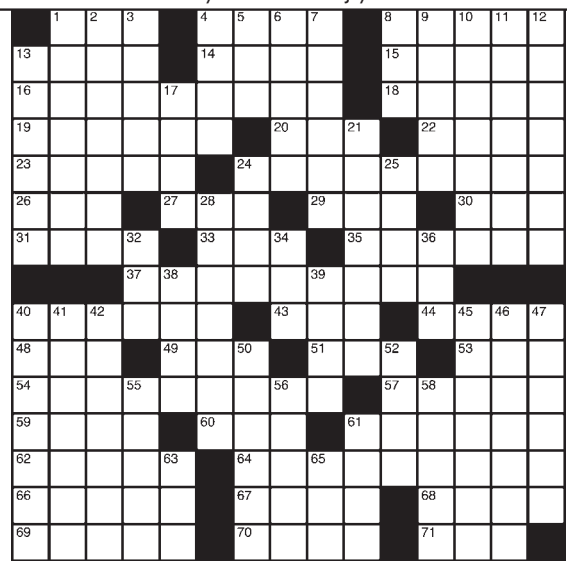
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Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis



ACROSS

- 1 Bambi's mom, e.g.
- 4 First grade lessons
- 8 Father-son actors Robert and Alan
- 13 Essence
- 14 Sodium hydroxide, in chem class
- 15 Deserve
- 16 Tricky situation to deal with
- 18 Chicago airport
- 19 Smitten
- 20 Piper's son of rhyme
- 22 Radio switch letters
- 23 End
- 24 Salon styling stuff
- 26 Santa's laugh sounds
- 27 Victrola corp.
- 29 Govt. intelligence gp.
- 30 Dr. of rap
- 31 Division word
- 33 Taiwanese-born director Lee
- 35 Asked God for guidance
- 37 Former NFLer with a season record 23 touchdown receptions
- 40 JFK's vessel
- 43 Soft slip-on
- 44 Norse trickster
- 48 "I got it!"
- 49 "Norma ___"
- 51 Approves
- 53 Flying Peter
- 54 Flying socialite
- 57 Start of a fitness motto
- 59 Curved foot part
- 60 Minor league rink org.
- 61 "Just watch me!"
- 62 "Politically Incorrect" host Bill
- 64 Hearty meal often made with mutton, and, in a way, what the ends of 16-, 24-, 37- and 54-Across comprise
- 66 "Not ___ out of you!"
- 67 Casino freebie
- 68 Chile's Cape ___
- 69 Methods: Abbr.

- 70 "Ghost Hunters" channel
- 71 Two-time loser to DDE

DOWN

- 1 Talk and talk and ...
- 2 Show more staying power than
- 3 Old Montreal team
- 4 Poker game starter
- 5 Sheep's sound
- 6 Terra ___: pottery clay
- 7 Surefire winner
- 8 Latin "I love"
- 9 "The Merry Widow" composer Franz
- 10 Serious-and-funny show
- 11 Orbitz quote
- 12 Originated (from)
- 13 Oh-so-stylish
- 17 Finished for good
- 21 Logical guy with pointy ears
- 24 Ranch worker
- 25 Auto dealer's inventory
- 28 Bach composition
- 32 Gold, to Gomez
- 34 Workout place
- 36 Communication for the deaf: Abbr.
- 38 Swiss river
- 39 Othello, for one
- 40 Pillow fight garb
- 41 Psychologist's treatment
- 42 Cookie dough units
- 45 Summer shoe style
- 46 Former German leaders
- 47 Back home after traveling, say
- 50 Moral principles
- 52 For instance, with "as"
- 55 Piece of paper
- 56 "The Jetsons" boy
- 58 Malia Obama's sister
- 61 Cosby/Culp TV series
- 63 Rotation meas.
- 65 Global currency org.

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

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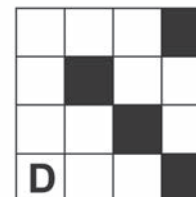


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FILE PHOTO
The Gerson therapy “regenerates the body to health,” according to the Gerson Institute website.

The Gerson therapy: an alternative treatment to cancer

KRISTEN PAUL BONIFACIO
Associate Opinions Editor

Each year, about 14 million people around the world are diagnosed with cancer. Of those diagnosed, almost 8 million will die. It has taken many lives too early.

Treatments for this deadly disease have improved, and although they are often effective, they come with horrible side effects. The Gerson therapy is an alternative treatment that approaches cancer in a natural way. Many of its supporters claim that this treatment works; however, there is evidence that questions the effectiveness of this controversial alternative.

WHAT CAUSES CANCER

According to the American Cancer Society, both external factors, such as the use of tobacco, and internal factors, such as genes, are known causes of cancer. Both factors can equally or individually promote the growth of cancer cells.

Cancer develops when cell growth becomes out of control. As the abnormal cells continue to divide and spread they begin to form tumors. These tumors will grow, and they will interfere with proper body function. The National Cancer Institute states that there

are more than 100 types of cancer.

Popular treatments for cancer include radiation, chemotherapy and surgery. These treatments are accompanied with various side effects such as hair loss, headaches, bleeding problems, extreme fatigue and nausea.

THE GERSON THERAPY

The Gerson therapy is a holistic approach to cancer. It is a natural treatment that utilizes natural supplements, raw juices, coffee enemas and an organic and vegetarian diet to allow the body to heal itself. Its emphasis is to detoxify the body and boost the immune system.

It is strictly vegetarian, and only organically grown fruits and vegetables are consumed. The goal is for the body to ingest between 15-20 pounds of organically grown fruits and vegetables on a daily basis.

The therapy involves a low-salt, low-fat and low-protein diet. It is strictly vegetarian, and only organically grown fruits and vegetables are consumed. The goal is for the body to ingest between 15-20 pounds of organically grown fruits and vegetables on a daily basis.

Juicing is an important part of the diet, and the regiment consists of drinking 13 glasses of fresh raw juice

every day. Supplements such as vitamin B12, thyroid hormones and pancreatic enzymes are also taken.

To detoxify the body, the therapy recommends using coffee enemas as the primary method of helping the liver rid the body of toxins. According to their website, a patient may perform this procedure up to five times a day.

EFFECTIVENESS AND CONTROVERSIES

There are many personal claims stating that the Gerson therapy worked for them. In 1958, Max Gerson, the founder of the therapy, published a book in which 50 cases

of various types of cancers were cured from the therapy. Supporters of the Gerson therapy also believe that it can treat arthritis, allergies, heart disease, diabetes and many other degenerative diseases.

However, many medical doctors do not believe in this treatment. The current data to support that the therapy works is not enough to meet the requirements that are set for any

treatments to qualify for the warrant of being effective.

There is also a limited amount of well-controlled studies published that show that the therapy is successful in treating cancer. Researchers from the University of Texas M.D. Anderson Cancer Center pointed out that none of the seven human studies that have been presented or published were randomized controlled groups.

The therapy is also illegal to market in the United States because the Food and Drug Administration has not approved it as a treatment for cancer or any other ailments. The Gerson Institute does not own

a treatment center but has two licensed privately owned business clinics, in Mexico and Hungary, where patients are referred.

The price for the treatment is expensive, and they are not covered by any insurance. The cost for the recommended two-week stay at their clinics, which has to be paid upfront, is \$11,000 and does not include travel expenses.

Additionally, the supplements, products and necessities required to continue the therapy at home are between \$2,000-\$4,000.

There is also concern about the use of coffee enemas, which can lead to electrolyte imbalances, constipation problems and can weaken the colon’s normal function.

TO EACH HIS OWN

It is ultimately up to those who are faced with cancer to decide which treatment they want to undergo. Being faced with a killer disease is difficult, and decisions are often a life or death situation. However, the Gerson therapy should be the last option for any person to consider after all other possible treatments have been tried.

Even if it the effectiveness of the Gerson therapy might be in question, it does promote a diet that is full of fruits and vegetables. And although the requirements for the therapy might be a little extreme, it highlights the benefits of eating healthy.

Since cancer is partly influenced by external factors, our food choices play an important part in the prevention against this disease. We may never know what can happen in the future, but we can control how healthy we want to be.

DIFFERENT STROKES

Deaf UH swimmer
Peggy Liang finds her
place in the pool

ANTOINETTE RANIT / KA LEO O HAWAII

Peggy Liang swam in every meet for UH during the 2011-12 season.

HAYLEY MUSASHI
Associate Sports Editor

Born deaf, Rainbow Wahine swimmer Peggy Liang has learned to turn snags into successes, jumping to the forefront of the 'Bows program and taking her talents overseas for international competition.

Though the communication "snags" can often be obstacles, Liang believes that it is a quintessential part of who she is.

"Sometimes I'm glad to not be able to hear," Liang said. "Being deaf formed who I am today. If it wasn't for this, I wouldn't be swimming or coming this far with my achievements."

BEFORE THE 'BOWS

A native of Vancouver, Wash., Liang emerged as a high-school prep star, earning several accolades highlighted by qualifying for the 50 and 100 freestyle and 100 butterfly events. Liang also picked up bronze finishes in the 50 and 100 free in the high-school state meet.

The 21-year-old has spent her fair share competing overseas representing the United States. In 2007, she won eight gold medals at the Deaf Pan Am Games, including five Deaf Pan Am records. In 2009, Liang earned a bronze medal at the Deaflympics in Taipei, Taiwan. At the World Deaf Swimming Championships in Portugal, she won three gold med-

als, one silver and two bronze medals. And most recently, Liang spent this past summer competing in her second Deaflympics in Sofia, Bulgaria, earning a silver finish.

"She is very focused and always motivated to do well," said Samantha Elam, fellow Deaflympian and teammate of Liang. "She is a great role model for our younger swimmers, even me at times. If you were to ask her a question about maybe your stroke or how to swim a race, she would give great advice even if it wasn't her specialty."

And though she boasts an extensive trophy shelf, Liang's most precious award is something a little closer to home.

"Getting this award (Oregon Swimming Outstanding Female Swimmer)," Liang said. "I never thought I would be chosen. It was a big deal, and (I) wasn't able to attend because I was here for my first semester of college."

Liang also currently serves as an Athletic Representative for U.S. Deaf Women's swimming on the USA Deaf Sports Federation.

SWIMMER'S EAR

Now a junior, Liang has spent the past three seasons honing her talents in the waters of the Duke Kahanamoku Aquatic Complex, a place considered a second home, filled with a sense of family.

"I would definitely say it's brought the team closer,"

Rainbow Wahine teammate Ashley Ahn said. "More on the women's side because we spend a little more time with her, but it's cool to see freshmen come up to her and ask her how to sign because they want to tell her something."

"I feel very fortunate to be a part of something big, such as a team," Liang said. "We all are in this for the same reason. It is fun for me to see how they try to interact with me, but I know they're trying. Often I think we are playing a game of who is the better mime ... probably just me."

Most recently at the Mountain Pacific Sports Federation championships in February, Liang was a member of the gold-medal finish in the Wahine's 400 freestyle relay.

UNCHARTED WATERS

As Liang prepares for a summer of training and her senior season, she has her sights set much further than competition.

"I doubt I will," said Liang in regards to returning to international competition. "The next Deaflympics will be held in Turkey. I would love to go, but probably as an assistant coach. 2017 is far away. ... I'd be too old, but I definitely don't want to be the next Dana Torres."

But for now, the hardest struggle is the fight to not hide under the covers before practice.

"It's still hard for me to get up in the morning ... just to get moving," she said.