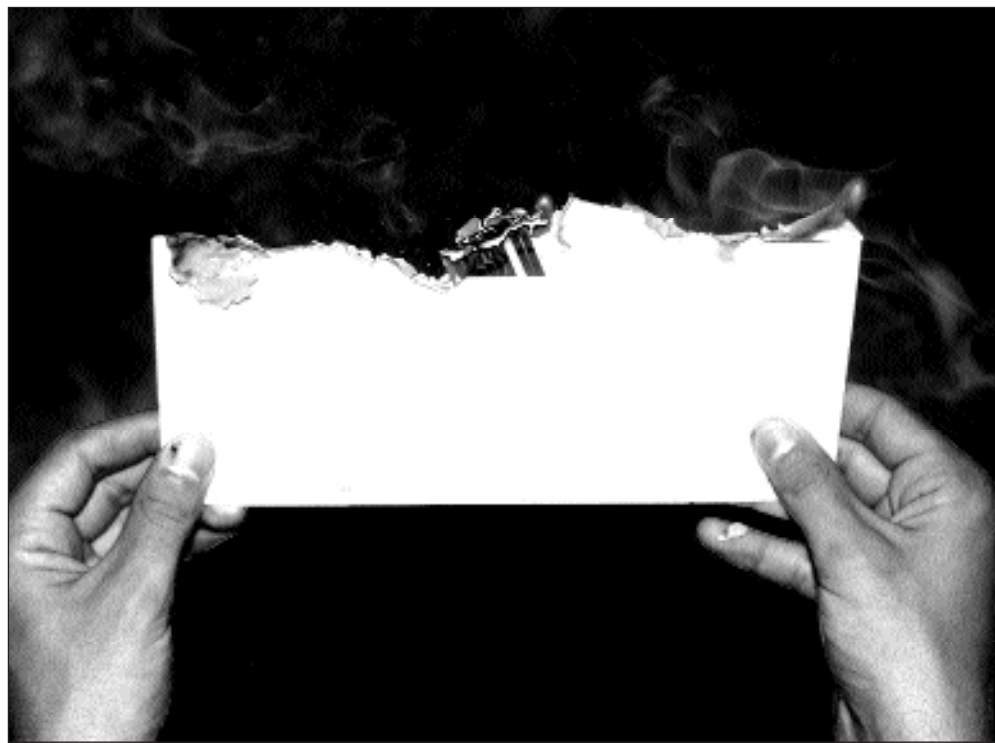




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A chain of rigged letters that catch fire when opened reached the offices of several governors last week. Inmates in a Nevada prison are being investigated.

PHOTO ILLUSTRATION BY TIMOTHY PINAULT
Ka Leo O Hawai'i

Rigged letter probe centered on inmates

By Candice Novak
Ka Leo News Co-Editor

A letter suspected to be the latest in a chain of "rigged letters" arrived at Gov. Linda Lingle's office on Friday.

Lingle's staff did not open the letter because they had been warned about the Ely, Nevada return address, which also was written on several other rigged letters that reached governors in other states on Wednesday. The envelopes, which are made

with a match and a striking surface, ignite when opened. All envelopes came from a maximum-security prison in Nevada.

Officials at the prison where the letters originated are questioning inmates.

When a letter bearing the same return address arrived at Lingle's office, her communications advisor, Lenny Klompus, quickly gave it to the FBI.

Five other states had received the same letter by the time one of

them reached Lingle's office. The letters apparently did not include writing, but in three cases the letters flared up. Others were intercepted by Homeland Security Departments.

Nevada's corrections director also received a booby-trapped letter.

So far, no one has been seriously injured.

The Associated Press reported yesterday that two more letters were

See Letter, page 2

Regents OK \$715 million UH budget

Services to Native Hawaiians a budget priority

By Candice Novak
Ka Leo News Co-Editor

The University of Hawai'i Board of Regents on Friday approved the university's budget recommendations totaling \$715 million for the 2005-2007 fiscal biennium.

The funding recommendations focused on four key UH system priorities. The budget gives priority to serving Native Hawaiians and will be forwarded to the governor and the 2005 legislature.

The BOR also established a Ph.D. program in Nursing and Dental Hygiene to address a shortage in doctoral faculty in nursing in Hawai'i as well as nationally

and internationally. The program was designed to prepare nursing majors to teach in nursing education programs.

Six students have graduated from the program since 2002, and there are 26 continuing and six new students in the program this semester.

The BOR also approved a graduate certificate in International Cultural Studies at UH-Manoa.

The program focuses on the cultural interactions across local and national borders, emphasizing contemporary issues in the Asia-Pacific-U.S. region, and develops tools for debate and policies.

Since the debut of the program in the fall of 1999, 54 students have entered the program and 16 have graduated.

An agenda item to approve the creation of a College of Pharmacy at the UH-Hilo campus was deferred to the board's October meeting, which will be held at UH-Hilo.

NewsBriefs

Professor to lecture on lack of political ethics, honesty

Ka Leo Staff

There will be a free lecture from 12-1 p.m., Thursday, in continuation of the University of Hawai'i at Manoa's College of Arts and Sciences Downtown Speakers Program.

Dr. Jon Goldberg-Hiller, professor of Political Science and chair of UH Manoa Department of Political Science, will speak on the lack of ethics and honesty of democratic politics. He will also address the "importance of these perceptions for the nation of Hawai'i, and the means of understanding the harsh winds of contemporary political language."

The lecture will be held at the American Savings Bank Tower, 1001 Bishop St., eighth floor in room 805. It is a brown bag event so everyone is invited to bring lunch.

For more information contact the College of Arts and Sciences Office of Community and Alumni Relations at 956-5790.

Awareness program offers students free hepatitis B tests

Hepatitis B Education and Prevention Services for University of Hawai'i Manoa Students is offering free testing, free vaccination (worth \$180) and information and resources.

UH Manoa is participating in an effort to educate students about hepatitis B and prevent new infections. Highlights of the project include on-campus resource displays; a project Web site where students can learn about the disease, risk factors, prevention, treatment and take an online personal risk assessment; and free drawings for hepatitis B vaccinations. To learn more, see the project Web site at: www.hawaii.edu/hepb.



On Labor Day, approximately 18,000 Native Hawaiians and their supporters marched down Kalakaua Avenue to the Waikiki Shell to raise awareness of some of the major issues faced by the Hawaiian community.

TONY BLAZEJACK
Ka Leo O Hawai'i

18,000 march for Hawaiian unity

By Leah Gouker
Ka Leo Contributing Writer

An estimated 18,000 Hawaiians and Hawaiian-supporters gathered for a unification march and rally on Labor Day. A sea of red-clothed demonstrators flowed down Kalakaua Avenue from Saratoga Road to the Waikiki Shell.

Organized by the 'Iliu'olaokalani Coalition, the rally focused on

major issues faced by the Hawaiian Community.

"It's a really important year for us to be aware of what's going on," said Mehanaokala Hind, an academic advisor for the Center of Hawaiian Studies. "We want to get Hawaiians out there voting and make them aware of the kinds of issues facing them so they can make wiser choices in the voting booth."

The rally featured speeches

by Hawaiian leaders and mayoral candidates plus entertainment by Kaumakaiwa Kanakaole, Ho'okena, Kainani Kahaunaele, and Sudden Rush.

Five of the main issues of the rally included:

- Repeal Chapter 38 in City Council — Chapter 38 pertains to

See March, page 2



SOU-CHUNG "SAU" HSU • Ka Leo O Hawai'i

British-native Sean Roberts teaches students Karate. Roberts said the martial art can "quiet your mind down and put your life in a bit of perspective."

Karate enhances mind, body & soul

By Kimberly Shigeoka
Ka Leo Staff Writer

With a bachelor's degree in math and a graduate degree in leisure management, you wouldn't imagine England-born Sean Roberts teaching weekly Kinesiology & Leisure Science classes in Karate. But that's what he does every Monday through Thursday at the University of Hawai'i at Manoa.

"I was born and raised in

England," Roberts said with a slight British accent, "but as I was growing up, on a number of occasions we came to Hawai'i."

Roberts lived on Hawai'i from 1975 until 1977, and attended Kuhio Elementary School. During his time in the state, he started taking Karate.

"I used to walk past the Karate Association of Hawai'i, which was upstairs on the corner of Puck's Alley," Roberts said. "I used to walk past it twice a day; on my way to

school and on my way back from school, and so I ended up going in and that's where I started."

From this modest beginning, Roberts became an eight time European Champion, a three time Team World Gold Winner and received second in the Goodwill Tournament. In addition, Roberts competed in three prestigious international Karate competitions. He

See Karate, page 7

Martial Arts beneficial for practitioners

Arts bring physical, mental and spiritual gains

By Jason Ordenstein
Ka Leo Staff Writer

When a lot of people think about martial arts, a cacophony of popularly entrenched images and stereotypes can flash one after another, like a movie reel in your head. These are usually the stereotyped images of an genre immortalized in movies and television: of Bruce Lee deftly disabling multiple attackers with the angry fluidity of a cornered tiger; of Jackie Chan hilariously bumbling his way through one improbable situation after another; of Jean-Claude Van Damme doing the splits and letting out a blood-curling scream as the veins on his forehead pulsate and ripple like giant earthworms.

Yet aside from these mass-

regurgitated images, in reality the martial arts are far less flashy and instead require a humble and stoic sense of self dedication. Taking up a martial art could prove to be an enlightening and constructive experience.

While in today's society there is usually no acceptable reason to enact one's knowledge of the arts upon someone else, (unless in the context of a martial arts tournament) there are definite physical, mental, and sometimes even spiritual benefits that one can take away from it.

Hawai'i is especially unique in having long been a haven where numerous martial arts styles have flourished. The ancient Hawaiians practiced a bone-breaking fighting system known as Lua. The many different Asian nationalities brought with them various aspects of their culture, including martial arts. As a myriad of cultures blended together into the melting pot so identifiable in modern day Hawai'i, so too did different martial arts

See Arts, page 7

Pop-culture at ends with global issues

By Bart Abbott
Ka Leo Staff Writer

We need to start moving American culture towards one that does not emphasize wasteful consumption, sex, violence and entertainment.

About fifteen years ago when Oprah and Sally Jesse began helping housewives with low self esteem find their new "sexy" selves it was not so bad.

However, today we have extreme makeovers like "The Swan," where contestants receive plastic surgery as part of their makeover. How did we get this far? What are shows like this teaching American children about how they should feel about their appearances?

Not all TV is bad. Watching TV for entertainment is fine, but we are trading our lives away to the media so we do not have to face the reality going on around us.

Our world is in one of its most frightening times, but we must face this in order to save ourselves from the direction that the mainstream media is pointing toward.

America's present situation is one of false security.

We have built an economic buffer zone with our consumption, a dream world that numbs us from feeling the suffering of the rest of humanity, and September 11 only caused us to retreat farther into this stupor.

In order to create this psychological haven, the media has avoided contact with the ethical and moral issues that are plaguing our world.

The pop-culture industry is rapidly evolving, while issues like global warming, abortion, world hunger, war and the upcoming presidential election are being starved of attention. No situation has ever gotten better by simply forgetting about it.

We must face the trials our times has presented to us.

As one of the most privileged, educated peoples in the world, we have a duty as human beings to

rigorously analyze ethical issues like euthanasia, genetic engineering, alternative energy, right to bear arms, capitol punishment and others.

Thinking about these topics grows tiring, and maybe even be scary, which is why many people give up and throw their lives away following the newest celebrity scandal on E!

Every time the plights of the world make us grow weak we must ask ourselves: What else do we exist for if not to contemplate the various mysteries and challenges of life that confront us every single day?

We are in a world where miracles still happen, and the movie plots of love overcoming all obstacles are but reflections of what reality actually is.

I am not saying we cannot desire material possessions, or that we should all wrap ourselves in loin cloths and become renunciants in the mountains.

How often do we actually make efforts to change the direction in which America is headed? We give the media power by retreating into the bubble of security where we do not have to try and change the world around us.

Free will does not exist in a world where the quest for profit bombards our brains with subliminal advertisements until we no longer have thoughts of our own.

The masses of America must begin to think critically and move to change what they see as wrong in the world.

People everywhere need to let others hear their voice, be challenged by new ideas, and grow from them.

We live in a world of endless opportunity. Make a difference where you can, and together all our steps will become "one giant leap" for humanity.

This article first ran in Ka Leo on July 1, 2004.

Determine your goals, find your dreams today



PAPA

Robert Ahlstrom
Ka Leo Staff Columnist

Alone is forever so stop going there.

Mistakes are unavoidable, so waste no time kicking yourself even when knowing you are henceforth destined to be a lonely, self-dependent and wanton person.

Perhaps, you are amongst those called unmarried, homosexual or deserted by your multigenerational kin and friends.

Suddenly you have gotten older with your life's journey narrowed by time lost and energy spent.

Should you become frightened after realizing time can never be replaced, vow to avoid past mistakes, change your priorities and plan.

Evaluate opportunities; examine likes, dislikes, highs, lows, best people, worst, what's important, assets, where you are headed, and what you love and hate.

Now, use your new plan to expand friendships and companionships without sex as a priority.

Currently, my own journey for self-survival includes watching gay men grow old.

Their days of beauty now lost to gray beards, balding heads and paunch bodies resembling their evolutionary orangutan cousins.

Gained are racism, criticism and discrimination even from own persuasions, such as what young stud wants to pair up with an old man except for reasons of survival?

Then, when temporarily satisfied, their shadows do not cross again until the next need requires rekindling.

Once established as homosexual, who amongst families wants to admit "queer" is in their genes?

Old men remember days past when civilized man chose to reject gay guys by hiding boy children and mistrusting church mothers sat watch-

ing while gay teachers taught Sunday school class lest a child wander too close for a hug.

Now, wonder if in modern society this could ever happen again, then consider should conservatives have their way in today's utopia, gay souls would forever stay in hell.

Unless there is a compelling cause for confession, admitting you are gay can be foolish and held against further acceptance.

Unfortunately gay youth ignore such words of caution, whereas, along with their older counterparts, they

Older gay minorities should be prepared for negative acceptance from senior social clubs and neighbors making jokes about 2 a.m. visitors begging outside the door.

Knocks get louder; persistence increases as yells wake ever expanding audiences causing you to answer the bell, tip the perpetrator, calm the crowd and settle for sleep.

Dream how you will be bathed in bright light with life's new purposes laid out in a divine vision.

Rather than becoming discouraged, acknowledge that rejection and resistance are almost guaranteed even if your thing is macrame.

So what if you might be wrong about almost everything, you can still enjoy fun-filled life adventures.

With my own kin mostly inattentive and friends lost in time, my living example for changing priorities really works.

Firstly is to continue taking classes at University of Hawai'i to become an artiste, writer and teacher even into my dotage.

Ergo, as an expression of my artistic endeavors, I continue constructing simple wooden hat stands to collect castoffs while inwardly planning mural size paintings.

Becoming exposed to writing for publication increases demand for my stories as has the number of third-agers (senior students) requesting one-on-one computer tutoring.

Although my chosen endeavors are yet to be financially rewarding, by just starting new and exciting career endeavors is spiritually fun and certainly establishes new friendships.

Determine your own future and when you know, or even suspect what you should be doing with the rest of your life, do it now because you don't have a second to lose, even though your plans to change goals, methods and desires could mean taking a wild leap in the dark.

And, oh what a great journey life continues to be.

This article first ran in Ka Leo on June 24, 2004.

"So what if you might be wrong about almost everything, you can still enjoy fun-filled life adventures."

need to jointly settle for nothing less than respect and equality, an almost impossibility in today's political climate.

This does not imply gay life should return to the proverbial closet, but suggests caution when choosing between pride and prejudice.

Greeting strangers seems more difficult than ignoring them; therefore with such rejection, man habitually becomes cranky and grouchy causing defeatism before any new plan to expand friendships can be effective.

Gay men know church social groups more readily accept them whereas people in bars and other gathering places can be overly cautious about expanding their membership to include mixed ages.

The Voice of Hawai'i

Ka Leo O Hawai'i

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EDITORIAL

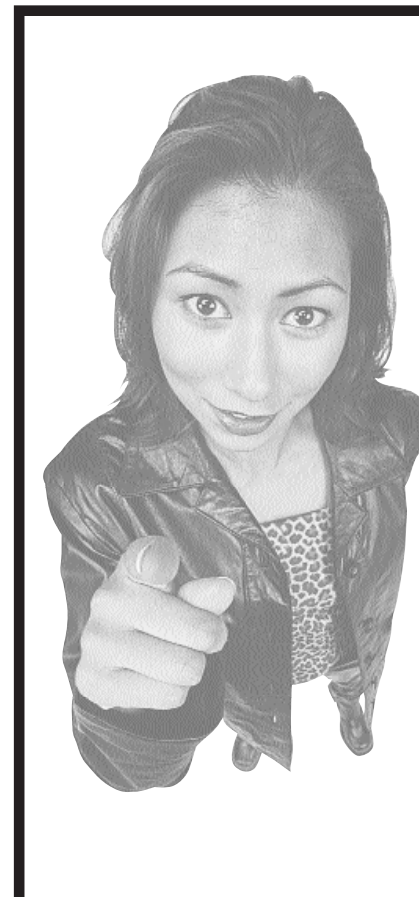
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Opinions

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Terror tactics hurt sovereignty



**Go, You Big Red
FireEngine**

Leah Ricker

Ka Leo Associate Opinions Editor

American poet Langston Hughes (1902-1967) once pondered on the future of a deferred dream: if it dried up like a raisin in the sun, if it festered, or if it just exploded — an instance of spontaneous internal combustion. The natural beauty of a dream lays in the aura of transcendence felt around its core, the bal- last of an existence.

Thus, the explosion of a dream is never subtle and it becomes an earthquake of emotion whose quakes are felt throughout the world, building forcefully, until one day ... it erupts destroying all in the wake, like the volcano of Pompei'i in 70 A.D. — or like the roof of the Beslan gymnasium last Friday, Sept. 3, 2004.

Many dreams were destroyed during that three-day ordeal, of hos- tage mothers who had dreamed of successful children, a dream cut off when they were allowed to leave the gymnasium with only one child; brothers and sisters were look- ing forward to their first day back at school; separationists who had dreamt of a free land, one sans an imperialist nation.

As the events unfolded over the past week, as pictures of the school, of fleeing hostages and dead bodies began making their reverberations through the world, I began to wonder with more intent this idea of sovereignty.

The respect given to a country's right of sovereignty is a matter that has caused many re-wordings of working papers and resolutions in organizations such as the United Nations.

The hostage takers were Chechen extremists, militants weary of Russia's occupation. Chechnya had declared their indepen- dence from Mother Russia 13 years ago in November of 1991, but the Russian President at the time, Boris Yeltsin, evidently felt it would be more to his taste to spend his time in office inebri- ated rather than warring.

Thus he waited until 1994 to show Moscow's muscle. However, when he did, he tied Russia into a two-year war which ended in victory for Chechnya.

At this point, most countries would recognize the liberated country as such and withdraw any troops. However, Russia failed to do so, settling for merely "recogn- izing" the presidency of Aslan Maskhadov in 1997, but not simul- taneously "recognizing" their inde- pendence. It took only two years and a new Russian President until Chechnya was again occupied by

Russian troops. Today, President Vladimir Putin holds the policy of Chechnya is still a part of Russia, although in March of 2003, a refer- endum passed, allowing Chechnya autonomy, but not full indepen- dence.

Since Russia began their reoc- cupation of Chechnya, resistance

Metro, and in September of 2003, they were suspected to have been connected to a siege of a Northern Ossetia school. In October of 2002, these same rebels held 800 people hostage in a Moscow theater, result- ing in almost 200 deaths, of hostage and rebel alike.

This information begs the ques- tion: "Why weren't they crushed out years ago?" How could any government allow this kind of activity to repeat itself year after year?

The only clue we have is the striking com- ment made by Putin when he was asked if he would meet with the extremists to hear their reasoning and demands.

He said, "No one has a moral right to tell us to talk to child killers," adding it would be analogous to the United States meeting with Osama Bin Laden. Putin will not change his stand on the Chechen government because granting total independence would very likely

incite more rebellions from other Russian territories.

Looking back on this past week's horrific tragedy, I find it dif- ficult to find a steady rock on which to lodge ideas of empathy for the Chechen rebels, or their cause. The unwarranted deaths of 300 people in this one hostage situation in a long history of terrorism makes me think these rebels have no true purpose other than inciting terror and grief. If they were granted total freedom, would they cast their guns aside for a peaceful nation? How could they fight crime in the streets without the blush of hypocrisy?

I find it more difficult to jus- tify the annihilation of a cause or people, but the Chechen rebels have done little to nothing to prove themselves worthy of either inde- pendence or a place of recognition among other nations. This nation is the rogue nation all countries should be concerned with, not just Russia.

What is most unfortunate about the three day nightmare was it was not a first for these rebels, nor will it be the last. Like an earthquake, these rebels will hit again, possibly with deadlier force. Fortunately, one of the greatest qualities of humanity is resilience and foresight. Perhaps today will be the day we put these tragedies to an end.



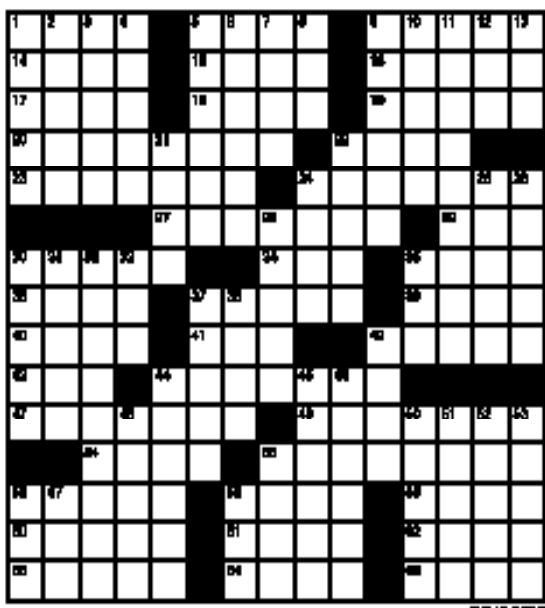
COURTESY PHOTO

has increased tenfold. In August of 2004, two passenger airplanes were destroyed by Chechen women suicide bombers, killing 80 people, an attack followed up days later with an attack on the Moscow Metro. Last February, 39 people were killed during the bombing of yet another attack of the Moscow

COMICS & CROSSWORD

Crossword

- ACROSS**
- 1 Fake
 - 5 Swedish pop group
 - 9 Jewish spiritual leader
 - 14 Pal source
 - 15 Verbosely an ache
 - 16 Actress Burslyn
 - 17 Tied
 - 18 Ahem!
 - 19 One-bit-per-second unit
 - 20 Tidy state
 - 22 Any
 - 23 Toward the coast
 - 24 Like some exercise
 - 27 Nuclear cease-fire
 - 29 Eggs
 - 30 Wane
 - 34 Tailor's line
 - 35 Cut of meat
 - 36 Star in Liza
 - 37 Divinity
 - 39 Just got by
 - 40 Designer Cassini
 - 41 Anger
 - 42 Impertinent
 - 43 Witty one
 - 44 Unwiring
 - 47 Incubation instrument
 - 48 Hamper collection
 - 54 Exclusively
 - 55 Victoria's Secret display
 - 56 Entertain
 - 58 Wander about
 - 59 Hartungway's nickname
 - 60 Uses a dishcloth
 - 61 1968 Pulitzer winner
 - 62 Mimics
 - 63 Endures
 - 64 Military meal
 - 65 Feasting period



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- DOWN**
- 1 Off, odd!
 - 2 Refuge
 - 3 District
 - 4 Calendar division
 - 6 Current unit
 - 8 One in charge
 - 7 Low voice
 - 8 Social insect
 - 9 Green new life
 - 10 Texas shrine
 - 11 Government employee lists
 - 12 Plot for roses
 - 13 November winners
 - 21 Record
 - 22 Borked
 - 24 Aid a croak
 - 25 Climbing vines
 - 26 Sweet treat
 - 28 Robber
 - 30 Declares
 - 31 Secure meat
 - 32 Census classifications
 - 33 Label
 - 35 Meadow
 - 37 Squid
 - 38 New York canal
 - 42 Self-satisfied
 - 44 Except if
 - 45 Martini garnishes
 - 48 Filial princesses
 - 48 Map on a map
 - 50 Himalayan country
 - 61 Hang in folds
 - 62 Grow on the vine
 - 63 Leavering agent
 - 65 Theater area
 - 68 Leather punch
 - 67 Ham or Farrow
 - 68 Male sheep

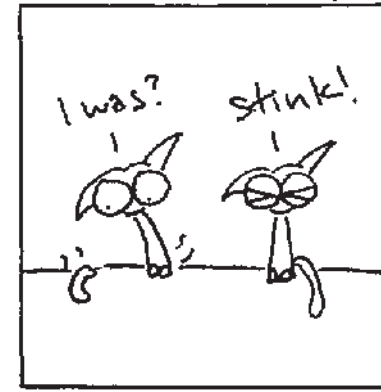
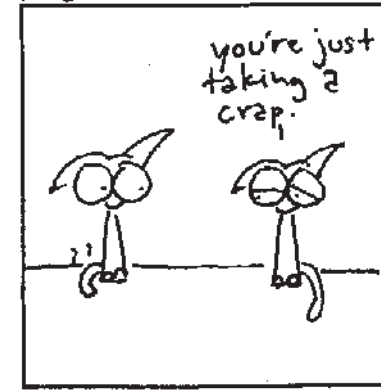
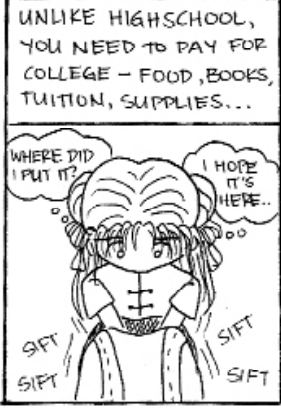
SOLUTIONS FOR 09/13/04

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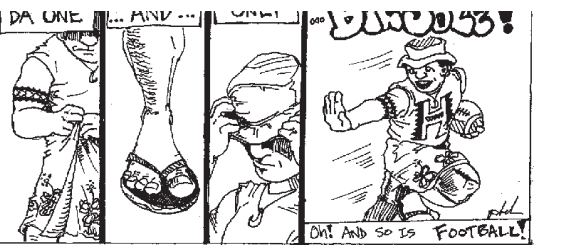
Dragon Girl



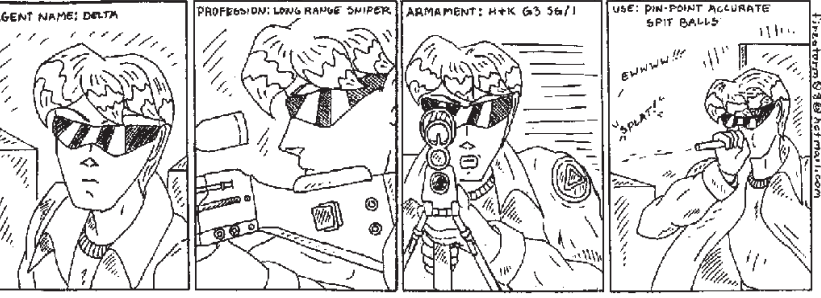
"SURVIVAL FOR THE FRESHER"



BECAUSE (no one) EMANDED IT--
IE RETURN (we really tried to stop him) IF A UH MANOA EREND (he made us say this) FET'S BACK--!



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Karate: Instructor promotes physical exercise, mental discipline

From page 3

currently holds a fifth dan black belt.

Roberts has taught all over England, including the University of Cambridge.

In the fall of 2002, Roberts moved back to Hawai'i to open a dojo in Kaimuki. He is also studying to receive his Ph.D. in Bio Mechanics.

Last year, Roberts accepted a job offer to teach at the University of Hawai'i at Manoa. He has been teaching here since Fall Semester 2003.

Why does Roberts do it? "I have a love for it," he proclaims.

When asked why students should join Karate, Roberts replied, "Many reasons. Initially, it's physical exercise and it's a very general exercise. You can develop strength, stamina, flexibility, and coordination."

"Then there's the mental discipline part of it as well," he added. "You can develop concentration, will power... They say that the students that are lacking confidence can gain confidence and equally the students that are a bit wild and rough at the edges can learn some self-control. So it's actually good for everybody in that sense."

Roberts also says that Karate is beneficial because, "all of the wor-

ries of the world kind of just disappear because you're so involved in what you're doing. It helps to quiet your mind down and put your life in a bit of perspective. There's more to life than, you know, 'I've got to get this piece of homework done' or 'I've got to go to work' or 'I've got to all the this and that's in your life.' It puts it all into context."

"When you practice karate and do the physical workout," he continued, "and you really concentrate, after the class you feel refreshed and much more capable of coping with the rest of your daily life."

He also mentions that it's good for all ages. "The nice thing (about karate) is that you have something to continually work at," Roberts said. "You can keep improving and refining your technique. Minakami (Robert's Teacher/Sensei), he's 56 years old. But every time I see him he's noticeably improved, even at that age."

Roberts will be hosting a training session with his sensei (teacher), Shihan Akio Minakami on Sept. 16 from 2:30 p.m. until 4 p.m. at the Athletic Complex Studio 3. He invites everyone to come. Beginners are welcome. The training fee is \$10.



ABOVE: Sophomore Angela Parvanta demonstrates a kick on instructor Sean Roberts as the class looks on.



LEFT: Roberts stretches out with his class.

SOU-CHUNG "SAU" HSU
Ka Leo O Hawai'i

Arts: Mixed martial arts hold a legitimate place in Hawai'i

From page 3

Hawai'i, so too did different martial arts styles mesh together into hybrid styles.

The hybridization of the martial arts in Hawai'i can almost be seen as a companion parallel history of the people and places of these islands. It is a history influenced heavily by different ethnic groups and checkered with periods of change and upheaval. With these long ties, it's no surprise that there are a number of gyms here that offer a seemingly innumerable amount of different arts.

The sport of Mixed Martial Arts (MMA) is very popular here, where events like Superbrawl, Rumble on the Rock, and many amateur events do very well. This is interesting to note, when you consider that MMA is still considered a very controversial sport in some places on the U.S. mainland. Yet here in Hawai'i, its legitimacy, and sometimes violent nature, has not been overtly questioned.

For those that are looking to train, it is this distinction between Mixed Martial Arts and traditional martial arts that should greatly influence where and what you should train.

The traditional martial arts schools, or at least the good ones, often emphasize discipline and a reverence for ritualistic tradition. The more spiritual aspects associated with martial arts are often preached and emphasized. Martial arts like Kung Fu, Karate, Tae Kwon Do, Judo, etc., are examples of these arts. Many of them require the mostly white-colored uniforms known as Gis.

The main problem is that there are countless martial arts gyms

known as "McDojos." They sprout up simply as a way to make money (www.bullshido.com goes into this in more detail). The teachers at these "McDojos" are unqualified, which instills a false sense of confidence into their students.

Exercises and drills, like striking the air repeatedly and breaking boards/bricks are good for nothing but striking the air and breaking bricks.

Thankfully, Hawai'i does not have as many places like those as the mainland, but they certainly do exist here. I'm not saying that these arts are useless physically (Judo and Tae Kwon Do are Olympic sports); it's just that it's oftentimes difficult to find a good gym with reputable teachers that will instruct you well.

If the physical aspect of the arts is most important to you, than you might be better off learning Mixed Martial Arts.

MMA is renowned for legitimately teaching students how to become skilled fighters. It is a true hybridization of styles that first came to light with an event known as the Ultimate Fighting Championship, which set out to show which arts succeed over the others in a (previously very controversial) sporting competition.

As a result, everything that is deemed useful is kept. With exceptions, the arts that were proven to succeed in this environment were usually a combination of the uglier, straight-to-the-point arts such as Boxing, Muay Thai Kickboxing, Wrestling, and Brazilian Jiu-Jitsu (a submissions based art).

Unlike a lot of traditional art-based gyms, the physical aspect is stressed above everything else; the more spiritual aspects are not. Nearly every MMA gym routinely

sends out (and often encourages) fighters to compete in various grappling, boxing, kickboxing, or MMA events to test their skills.

The training at MMA gyms are almost always a lot more intense and strenuous than the training at most traditional martial arts gyms.

Today, we do not live in the romanticized, "Hollywood-ized" world of the Wild West or 16th century Asia, where the ability to defend oneself could dramatically increase one's self worth.

While most people who have spent time around these fighters are often surprised by how humble most of them are, there are a small number of people who simply take up the sport thinking that they can get into as many fights as they can and get away with it.

If you are over the age of 18 and getting into street-fights, then you are looking for them, and there are probably deeper issues there.

It's important to remember that the mere fact that guns exist today should discourage most people from taking up MMA unless they want to compete or simply dedicate themselves towards perfecting their art in a stoic and peaceful manner. Many students do not compete,

but they are nearly always mature enough to know that they will not misuse their knowledge.

If you do think about joining a Mixed Martial Arts gym, be sure to look within yourself to examine the true reasons for your interest.

Learning one of the traditional martial arts could very well fit you better, depending on your goals. Mixed Martial Arts are either praised or criticized for being a formless, ever-changing hybrid, while many traditional martial arts still adhere and respect values associated with their culture of origin.

For some people, taking up a traditional martial art could be one way in which they could get closer to their own culture.

It's good to know the differences and pros and cons between the two. For mature and dedicated people, in the end, no matter what art you take, humility and discipline will be instilled within you.

If you are legitimately interested in choosing a martial art, you should examine a number of factors in choosing the right place for you. This should not be a hasty decision. The primary factor is usually location. The closest and most accessible place will make training a lot

easier for most people.

Price is another good factor. In my estimation, a month's worth of training with an unlimited amount of classes should be around \$60-100 a month at most, and that includes grappling and striking classes. Any place that charges \$130 or more you should be a bit wary of.

Lastly, the reputation and people that inhabit that particular gym should be taken into consideration. Most places should have a week-long trial period, or something similar. Take advantage of that and see if you like a place and the people there before you sign up. This Web site lists all the available martial arts dojos on O'ahu: www.onzuka.com/oahu.html.

It is specifically divided into sections like, Japanese Arts, Brazilian Arts, Filipino Arts, Mixed Martial Arts, etc. for convenience.

If you are interested, check out a place and see if it is for you. If you like it, and are dedicated and mature enough, then there is a chance that you have begun something that you could possibly continue and take with you for the rest of your life.

Upset!

Young Rainbows take down third-ranked Bruins in five

By Liane Yim

Ka Leo Staff Writer

Some had concerns about this year's Rainbow Wahine volleyball team. But after this weekend's performance, they may have proved those skeptics wrong.

All four teams came into the Mauna Loa Macadamia Nut Challenge undefeated. The then-No. 11 Rainbows (6-0) were the only ones to walk away with their preseason record untarnished, defeating then-No. 3 UCLA (6-1) Saturday night, 32-30, 20-30, 30-23, 27-30, 15-13.

A crowd of 6,854 watched intently for two hours and 45 minutes as the 'Bows tried to make the Bruins the fourth top-four team to taste defeat that week.

Sophomore setter Kanoe Kamana'o kept the tempo and rhythm for her hitters consistent throughout the night by distributing her sets evenly. Sophomore Alicia Arnott led the way with 20 kills, with Susie Boogaard collecting 19. Middle hitter Victoria Prince added 19, Kari Gregory put down seven and Tara Hittle posted 11.

"Our team's confident in each other; we trust in each other that the ball will go up and won't hit the ground," Kamana'o said.

Game 1 started off strong with the Wahine alive with energy and looking better serving, passing and hitting than in previous matches. UCLA stopped three game points, knotting up the game at 29-29. But a kill by Hittle and block by Gregory kept Hawai'i in the game. A kill by Arnott from the back-row ended the game, 32-30.

The Bruins woke up in Game 2, improving their defense — UCLA posted six blocks by the end of the second game. The Bruin block held Hawai'i hitters to a .077 attack percentage in the game.

The Wahine turned things around in Game 3 as they got off to a good start, scoring seven-straight points and

eventually taking over the game.

"No one got down on themselves so hard that (they) couldn't get back up," Kamana'o said. "We played hard together, we had fun, and you do your best when you have fun."

The Bruins responded in Game 4, taking the game 30-27.

The 'Bows took control early in the final game, which is played to 15, eventually going up 9-5 on the Bruins. But UCLA went on a 8-2 run for a 13-11 lead. But the 'Bows rallied after a Boogaard kill and a hitting error by UCLA. A kill by Hittle and a block by Prince and Boogaard ended the match.

"We came together as a team," Hittle said. "In emergency situations we came through. It showed character the way we pulled through."

The 'Bows will host their last tournament of the season this weekend. Hawai'i will take on No. 14 California and UC Irvine in the Waikiki Beach Marriott Invitational. The matches start on Friday, with the 'Bows playing the Bears at 7 p.m. at the Stan Sheriff Center.

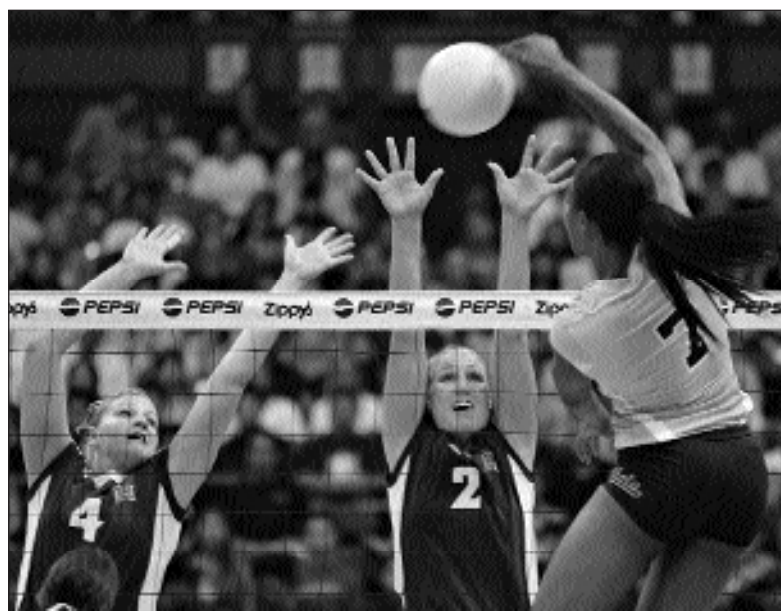
Notes: The Rainbow Wahine moved up from No. 11 to No. 7 in the USA Today/CSTV Coaches Poll released yesterday. Santa Clara dropped from No. 17 to No. 19 after losing to both Hawai'i and UCLA, while the Bruins fell out of the top five to No. 6. ... Kamana'o was named the Western Athletic Conference Player of the Week yesterday, her first such honor. The sophomore setter averaged 14.31 assists per game and 3.38 digs per game in the tournament.

All-tournament team:

Kanoe Kamana'o (Hawai'i) — Most Outstanding Player
Alicia Arnott (Hawai'i)
Victoria Prince (Hawai'i)
Nana Meriwether (UCLA)
Chrissie Zartman (UCLA)
Kim McGiven (Santa Clara)
Sabrina Apker (Southwest Missouri State)



ABOVE: UH's Kari Gregory, left, and Juliana Sanders embrace after defeating third-ranked UCLA, 32-30, 20-30, 30-23, 27-30, 15-13. The top four volleyball teams in the nation all lost on Saturday.



LEFT: Gregory and Susie Boogaard, middle, go up to block a kill attempt by UCLA's Nana Meriwether Saturday night at the Stan Sheriff Center. Gregory had nine blocks against the Bruins and Boogaard five, including a hand in the match winner with Victoria Prince.

PHOTOS BY ANDREW SHIMABUKU
Ka Leo O Hawai'i

Rainbow sophomore in top 10 after opening round

Ka Leo Staff

The Rainbow Wahine golf team started playing in the Law Firm-Dick McGuire Tournament yesterday with an overall ranking of 12th place.

The 'Bows posted a team score of 305 in the first round; 18 shots behind the team leader, the University of Georgia.

The tournament, hosted by the University of New Mexico, is being played from Sept. 13-15 with its first round played yesterday, the second scheduled today and final round played tomorrow.

Along with the Universities of Hawai'i and New Mexico, there are

15 other teams participating; including Western Athletic Conference opponent Texas-El Paso.

After the first round of 18 holes, sophomore Sara Odelius leads all other Rainbow Wahine golfers and ties for seventh place overall. Odelius posted a 1-under 72 in the opening round.

Following behind Odelius is newcomer Xyra Suyetsugo, who is currently tied for 28th place with a 2-



ODELIUS

over 75. Other Rainbows competing in the tournament are Dale Gammie (T45), Megan Stoddar (T84) and Kari Sur (T89).

Two players from Georgia stand in the top three spots of the tournament. Kelly Froelich holds the number one spot with a 5-under 68.

Her teammate, Allison Martin, holds the number three spot, shooting a 3-under 70. Brigham Young's Natalie Newren finished the day in second place, recording a 4-under 69.

In the overall team position, Georgia is holding on to first with a score of 287. Host New Mexico is second at 292, with Pepperdine right behind at 293.

'Bows second in Hilo, host Big Wave next

Ka Leo Staff

The Rainbow Wahine cross country team improved from their fourth place finish at the Hawai'i Pacific Invitational to second place in this past weekend's University of Hawai'i at Hilo Invitational.

Brigham Young-Hawai'i again topped UH, winning for the second-consecutive week as five of its finishers placed among the top nine runners. Held on the Vulcans' campus, the competition included the state's four Division II teams in addition to the Rainbow Wahine.

Under head coach Carmyn James, the top four finishers from last week's Chaminade Invitational along with sophomores Chantelle

Laan and Danielle Binns comprised this meet's team.

Laan, the top finisher in three meets last season, finished second overall behind BYUH's Chelsea Smith with a recorded time of 19:28 in the 5-kilometer event. Binns was close behind at 20:03, good enough to place fifth. Sharlene Carillo, last weekend's top Hawai'i finisher, took 13th. Chelsee Pummel, Jessica Rohr, and Ashley Monfort finished 20th, 22nd and 24th respectively.

The 'Bows are currently preparing to host the Big Wave Invitational on Saturday, Sept. 18, at the Kane'ohe Klipper Golf Course.