Participants needed for campus study of CVAC pods

By Kimberly Shigeoka
Ka Leo Associate Features Editor

A volunteer experiences a full-body workout sitting inside the Cyclic Variations Altitude Conditioning pod. UH is seeking volunteers to test the machine.

A Cyclic Variations Altitude Conditioning pod has landed at the University of Hawai‘i at Mānoa. The Department of Kinesiology and Leisure Science, along with the John A. Burns School of Medicine, is currently testing the CVAC pod in hopes of discovering if its purported benefits hold true. The UH Mānoa eight-week study will test blood changes and changes in performances caused by the pod.

The CVAC pod is advertised by its producers as a “passive exercise that uses dynamic changes in air pressure to exercise every part of your body at once.” In other words, you sit in a pod while it exercises your body for you. The CVAC is in its prototype stage, but initial tests have pointed to positive results. The CVAC can exercise your body for 20 minutes, may be able to improve the body so that “it can adapt better to change, release greater amounts of toxins, be more resistant to disease, heal faster, recover more rapidly and better handle stress.”

The CVAC’s results in other studies are “exciting,” said Joe Smith, a graduate student working on the project. When asked what the ramifications could be, he explained that they are far-reaching. The pods could be used in hospitals, athletic gyms, even health clubs.

He cites a San Diego health club as already having installed a CVAC pod. Smith also mentions a rumor that Lance Armstrong is training for his next Tour De France with a CVAC pod. However, he explains, the CVAC pods still need more research.

UHM currently has one pod but will soon acquire a second one. Additional participants are still needed for the study. Participants must be trained runners, tri-athletes or cyclists between the ages of 18 and 35.

Unlike normal pod sessions, the UH study will be testing students at varying lengths of time, some as long as an hour. The participants will receive a detailed analysis of their physiological and performance characteristics such as VO2 Max, lactate threshold and anaerobic power.

Those interested in learning more or want to participate in the study can contact Joe Smith or Toby Wolff at 956-3804 or e-mail twolff@hawaii.edu, josephsms@hawaii.edu.

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Employer reps to appear at later fair

By Ka Leo Staff

There will be no employer representatives at the Liberal Arts Major to Career Exploration Fair on Wednesday. Employer representatives will be available next month at the EXPERIENCE IT! Fair.

The Liberal Arts fair, as well as the entire semester-long series of events, is not hosted by one department but jointly by the College of Arts and Sciences, Student Employment, and Cooperative Education/Internships, Co-Curricular Programs, Services and Activities, and Student Activities Council.

Fair to feature student major reps

If you are undecided on a major or interested in adding a liberal arts minor or certificate, then check out the Liberal Arts Major to Career Exploration Fair on Wednesday, Feb 23 from 10:30 a.m. to 1:30 p.m. at the Campus Center. This fair will feature liberal arts majors and alumni. Student representatives from various majors will be on hand to talk about their academic programs and co-curricular activities. Alumni will also share how a liberal arts background has made a difference in their careers.

Fair to offer job opportunities

Next month, students can meet employers who offer internship experiences and co-op opportunities at the EXPERIENCE IT! Co-op & Internship Mini Job Fair happening Thursday, March 10 from 10 a.m. - 1:30 p.m. This fair will feature employers who offer part-time, internship and Co-op opportunities. Through the job fair, students will have access to employers to gain first-hand information about expectations in the workplace and to apply for work-based experiences through part-time, internship and Co-op jobs.

For more information, contact the Colleges of Arts & Sciences Student Academic Services, Lynne Higa at lhiga@advisors.hawaii.edu or 956-4037 or Dawn Nishida at dnj@advisors.hawaii.edu or 956-4039 or Cooperative Education Counselor, Student Employment Cooperative Education, Wendy Sora at wendytak@hawaii.edu 956-9264.
Lectures

Student Parent Brown Bag & Talk Story
When: Feb. 23, 11:45 a.m. - 1 p.m.
Where: Women’s Center Lounge - QCSS #211

Student parents are invited to bring their children for a brown bag lunch and talk story.

Brown Bag Biography Lecture Series
When: Feb. 24, 7:30 p.m.
Where: Kumu Kahua Theatre

“Surfing, Heroes and Hawaiian Identity,” in collaboration with the Kumu Kahua Theatre and Honolulu Theatre for Youth coproductions of “Eddie Would Go” and “Queen of Makaha.”

Experts at the Palace Lecture Series
When: Feb. 24, Noon
Where: Old Archives Building on the Grounds of Iolani Palace

“The Hawaiian Islands — A Thousand Years of History,” presented by the Palace Museum of the Prefecture.

Center for Hawaiian Studies Seminar Series
When: Feb. 25, 3 - 4:30 p.m.
Where: Moore Hall #319

Asian-Pacific Law and Policy Symposium Series
When: Feb. 26, 10:30 a.m. - 2:30 p.m.
Where: William S. Richardson School of Law, Classroom #3

“The Hawaiian Islands — A Thousand Years of History,” presented by the Palace Museum of the Prefecture.

Center for Japanese Studies Seminar Series
When: Feb. 27, 9:30 a.m. - Noon
Where: Japanese Cultural Center, fifth floor

The forum, “Okage Sama De: Challenges, Sacrifice and Satisfaction in Elder Care in the Japanese American Community in Hawai’i” will discuss the unique challenges young Japanese American adults are facing in caring for their elders.

Workshops

Youth Speaks Hawai‘i
When: Monday and Thursdays (every week) from 4 p.m. - 5:30 p.m.
Where: The Arts at Marks Garage

The Hawai’i SATSANG Society will host a free workshop entitled “Create Your Dream Dictionary to Understand Your Dreams.” For more information call 735-7719.

Events

Whale Sanctuary Ocean Count
When: Feb. 26, 8 a.m. - 12:15 p.m.
Where: Humpback Whale National Marine Sanctuary

The Hawaiian Islands Humpback Whale National Marine Sanctuary is looking for volunteers for the 2005 Ocean Count to help the staff observe humpbacks from the shore and record observations. To register, volunteers can call 397-2651 ext. 253.

Honolulu Printmakers 77th Annual Exhibition
When: Feb. 24 - Mar. 18
Where: Academy of Arts, 1111 Victoria Street

Opening reception will be held on Feb. 23, 5 - 7 p.m. Gallery hours are Tue. through Saturday, 10 a.m. - 4:30 p.m. and Sunday from 1 p.m. - 5 p.m.

Writing Workshop Open House
When: Feb. 23, Noon - 2 p.m.
Where: Kukukendall Hall #415

The English Department and Second Language Studies Writing Workshop will be holding an open house to better acquaint students and teachers with the workshop’s services, which include help with writing projects for any UH course. All are invited to attend.

Announcements

Pacific Spots 2005 deadline
The deadline for Pacific Spots 2005, presented by Pacific Islanders in Communication, is Feb. 25, 2005. Filmmakers interested in applying can download the application at www.pic.com.org/producers.php?id=P18_0_3_0_C#open or call Gus Cobb-Adams at 591-0059, ext. 16.

NSO Recruitment
New Student Orientation is seeking students who possess an enthusiastic, positive, and spirited attitude. NSO needs summer 2005 leaders to welcome new students to the Manoa campus. Leaders should be of sophomores standing by fall 2005, in good academic and judicial standing and enthusiastic about helping fellow students succeed at UHM. For information or an application, visit the NSO office at UHM Campus Center #208 or call 956-3667. Applications are due by March 30, 2005.
New exhibit features
Japanese modern art

By Sean Horie
Ka Leo Contributing Writer

“You gotta do what you want to do,” said Dan Rudoy, one of the artists featured in “The Sacred Order of the Esteemed Brotherhood,” an exhibit of modern art showing at the Japanese Cultural Center starting Wednesday, Feb. 16. The exhibit features Rudoy and four other artists.

The opening had live entertainment, food and a rich environment adorned with leis. This classy event was the foreground for thought-provoking pieces of art that lie waiting inside.

The art is there for everyone to take in and appreciate. All five artists want the public to see their pieces and, if they truly inspire, purchase them. The prices of the pieces range from $75 to $2,575, but average $300.

“All five artists featured at the “The Sacred Order of the Esteemed Brotherhood” exhibit want the public to see their pieces and, if they truly inspire, purchase them. The prices of the pieces range from $75 to $2,575, but average $300.”

“Satisfying camaraderie,” said Cade Roster, “is what can sum up the efforts of these talented artists.”

The exhibit features the art of Duncan Dempster, Ian Gillespie, Cade Roster, Dan Rudoy and Jason Teraoka. A couple of them have done shows together before, but nothing like this.

“We’ve had a long relationship for about 10 years,” Dempster said. “Some of them I’ve known since I was four.” There is no doubt that these gentlemen work well together and that their art is fittingly present-

See Art, page 7
How are spam e-mails a debatable topic? Is there anyone who actually likes spam? I can’t imagine that even the people who send out spam like it. In 2003, two senators — one democrat, one republican, because isn’t this just a peachy bi-partisan issue — introduced the “CAN Spam” law, which attempted to reduce the amount of spam by punishing the people who send it. The law went into effect over a year ago, but the amount of spam has increased since then. Yet another glorious victory for Washington, D.C. Perhaps the most interesting thing about the anti-spam law is its acronym. Like the USA Patriot Act — which is really the Uniting and Strengthening America by Providing Appropriate Tools Required to Intercept and Obstruct Terrorism Act of 2001 — the anti-spam law has a silly name. The anti-spammers’ clever acronym stands for Controlling the Assault of Non-Solicited Pornography and Marketing Act of 2003. Wow. If our senators spent as much time re-solving real-world problems as they did solving acrostics, we’d be living in a Golden Age, indeed. At the same time, we’re living in the Internet Age, and apparently that means I have to get a spam e-mail about every three minutes. I have two main e-mail accounts, one for friends and family and another for buying/Ebay/business-type stuff. My personal account is still fairly clean, and only attracts one or two spam e-mails per day. My problem is that I need to check the business account every day, so what’s the point of having two accounts if I need to see the spam-infested one that fills up with nonsense about Nigerian bank accounts every 130 seconds? The other problem is that my built-in spam-blocker does filter a lot of the spam to a junk mail folder, but this system is not perfect.

By Sebastian Blanco
Ka Leo Staff Columnist

The Internet is the world’s great laissez-faire medium. Without watchful Internet bloggers calling Dan Rather on his fraudulently-motivated attempt to pass off forged Texas National Guard memos, the corporate conspirators at CBS would have subverted democracy and foisted ketchup democracy on the American public. Without the Internet I could not dissect the ravings of fake-Indian Ward Churchill and come to the inescapable conclusion that he is a typical pseudointellectual academic Marxist liberal arts professor, whose only mistake was to clearly enunciate his insane beliefs. Without the Internet, I could not look up the arrest record of anti-war activists like Scott Ritter or look up how much of Saddam’s oil-for-food money Ritter is alleged to receive. Nor could I find out about the millions of barrels of oil alleged to receive. The Internet is the world’s great laissez-faire medium. The Internet is the world’s great laissez-faire medium. The Internet is the world’s great laissez-faire medium.

By Andrew Walden
Ka Leo Contributing Writer

Government bureaucrats cannot keep up with Byelorussian spammers with a Guyana computer server soliciting “assistance” for the son of the late Togolese dictator to extract money from a bank account in Dubai and send it to Zurich. Government bureaucrats cannot even keep up with the disk scanner viruses that send ads for various body part enlargements to everyone on your e-mail list when you — and a million other people — turn on your computer. I don’t know anybody who likes spam, but that doesn’t mean there should be a law against it. One year after Congress enacted the CAN-Spam Act, supposedly banning certain types of spam and regulating others, e-mail spam levels have continued to increase as before. The law has zero effect on spam. But it does begin the process of government regulation on and interference in the Internet. The Internet is the world’s great laissez-faire medium. Without watchful Internet bloggers calling Dan Rather on his fraudulent attempt to pass off forged Texas National Guard memos, the corporate conspirators at CBS would have subverted democracy and foisted ketchup democracy on the American public. Without the Internet I could not dissect the ravings of fake-Indian Ward Churchill and come to the inescapable conclusion that he is a typical pseudointellectual academic Marxist liberal arts professor, whose only mistake was to clearly enunciate his insane beliefs.

Without the Internet, I could not look up the arrest record of anti-war activists like Scott Ritter or look up how much of Saddam’s oil-for-food money Ritter is alleged to receive. Nor could I find out about the millions of barrels of oil received from Saddam by French cabinet ministers or the Russian president. Without the Internet I could...
Spam: We've learned to cope

From page 4

Bush & Co. can’t accept that, maybe, just maybe, all the consumption of natural resources we’re doing hurts the environment, and they’re willing to back out of international treaties, what are the chances anyone wants to help us out? Not much, I’m guessing. This is just another tangential example of how Bush’s hubris can hurt average Americans.

Spam e-mails are a bore, but we deal with them so that we can e-mail our friends around the world and purchase all sorts of crazy things in the middle of the night. When spam comes to you, and you aren’t sure if it’s legit, take a look at the archive over at Snopes.com. Barbara and David P. Mikkelson keep an up-to-date index of all sorts of urban legends and Internet rumors. While Snopes has been wrong once or twice in the past, it is one of the most honest sites on the net. Its listing of spam e-mails is at www.snopes.com/inbox/pending/pending.htm.

Cleverly, there is a spam e-mail going around that tries to get people to click on a link to put their e-mail addresses on a “do not e-mail” list. When people do, they give these mysterious strangers their e-mail addresses. Don’t fall for this one. Until there’s an effective international response to spam e-mails, the Internet can provide us with a moment of relief. Even though the game is uncomfortably named in the “Spammer” game at http://torturegame2.com, it’s quite addictive. Two days later, you could have spent many hours dead-ending the spam e-mails.

Most importantly, any effective anti-spam campaign needs to be truly international because people can send spam e-mail from anywhere. Given the effectiveness of the Bush Administration in making friends around the world, I’m not going to hold my breath for a nice international response to the problem the industrialized countries have with spam e-mails. Just remember that the world recently celebrated the launch of the Kyoto Protocol, which Bush pulled out of. If fees. Since I routinely click on the “empty spam set-up” button without scanning the e-mails there because I’m not the point of the filter, to filter things?), it turns out I’ve deleted important messages. Almost everyone who uses e-mail with any regularity suffers from spam infestations. I think of my parents, who have to sift through a few hundred spam e-mails per day on their dial-up connection.

The spam e-mail problem, though, isn’t just about our inboxes. All the spam coursing through the Internet slows things down for everyone. After a little over a year with the CAN-SPAM Act, people in the know seem to agree that, overall, the amount of spam has increased. The estimates of just how much it increased differ, but a sixty or eighty percent increase seems about right. Since CAN-SPAM hasn’t decreased the amount of spam going around, we need better tactics. For a fairly detailed look at why the CAN-SPAM act doesn’t work, check out www.quoddyloop.com/cantheacanspamact/can-spam-act.html.

From page 4

The Internet is just too important for the government to be responsible for regulating it.

CNN, and MSNBC.

The Internet is just too important for the government to be responsible for regulating it. In developing without the chains of regulation, the Internet is revolutionizing the world and making life difficult for those who speak out of both sides of their mouths. The left’s game of saying only what they can get away with is falling apart and the Internet, which allows immediate research on the most obscure rantings of even quasi-public personages, is the reason why. It is no accident that a system based on near-absolute freedom is taking down those who believe in collect-
For more opportunities and UH-related events, visit our Web site at www.kaleo.org.
Art: Japanese exhibit reflects artist’s inner perspectives

Before you get too excited about going down to JCC to see these masterpieces, you should be familiar with the themes of their respective works.

Roster presents adult themes to “child-like” audiences as a sort of “how-to illustration” for the world.

Gillespie shows his audience that communication is visual. He is inspired by Jasper Johns and one of the University of Hawai'i’s finest professors, Fred Roster.

Teraoka is inspired by 1950s style pin-stripping, cartoons and a usual irreverence toward the world.

Rudoy uses art to express tension and external frustration as a means to work out these feelings, to later reflect on the painting and to realize that it wasn’t that bad.

Dempster’s inspiration is elusive. He wants his audience to come to their own conclusions and find association. “Don’t know my inspiration and don’t want to know; but don’t over-analyze,” Dempster said.

If any of these intriguing themes spark your interest, it would be worthwhile to check out this exhibit.

The wonders of expression are presented on the ground level of JCC till March 16. See them while you can.

Through March 16
2454 S. Beretania St. Honolulu, HI 96826
Gallery Hours: Tuesday - Saturday 10 a.m. - 4 p.m.
Admission is free.

PHOTOS BY CHRISTOPHER YEUNG • Ka Leo O Hawai'i

Cade Roster, “How to Chase the Blues Away”, 2005; Acrylic on Panel 81 x 50”. “The Sacred Order of the Esteemed Brotherhood” exhibition will be open through March 16.
Steroid testing would bring baseball back

By Michael Rosenberg
Knight Ridder Newspapers

DETOUR (KRT) — So how will baseball survive this winter? How about steroids for everybody? It worked for baseball.

You've no doubt heard the story, courtesy of St. Louis Post-Dispatch's Joe Vardon: Gossage targeted the owners, you'd better accept a deal that is totally lopsided or you'll head to the owners, you'll lose 12 points in the playoffs, 16 in the series, 20 in the World Series. It's economic survival of the fittest.

The money they lost this season effectively end their NHL careers. For some players, this cancellation will put an end to their careers. For others, it might be a turning point.

But now, baseball tests for steroids. The game has changed.

The NHL blew its opportunity to alteration the landscape. There is no bliss in ignorance. There is no need to be scared as it previously was.

The NHL players union chief Bob Goodenow is still at the helm. 

The money they lost this season effectively end their NHL careers.

The NHL owners would have to convince themselves that movie stars can jump from a helicopter onto a plane, and that Adlai Stevenson can deliver a speech. But we can't block this out. The biggest story in baseball this season will be Bonds' chase of Babe Ruth and Hank Aaron. Bonds gets there by now because of the new CBA. The second-biggest story is the Red Sox and Yankees rivalry. The Yankees have two players — Jason Giambi and Gary Sheffield — who admitted to juicing. Sheffield, like Bonds, said it was all worth it. I hope steroid testing works. I hope when we see the best players, we don't immediately wonder where the inflated button is.

I hope somebody leads the major leagues in home runs with 38. McGwire said: “Chicks dig the long ball,” but traditionalists dig the subtleties of the game. I miss stolen bases. I miss the emphasis on fielding. I miss the hit-and-run. For the past few years, there has been too much mashing and not enough grace. Baseball was never as pure as the games doesn't mean they don't care. I think a lot of fans are angry.

What the NHL owners did by canceling a complete season has happening next in hockey, it might not be as scary as it previously was.

If the NHL players become fractured, it would be as scary as it previously was. McGwire actually admitted to using steroids. McGwire said he had been taking steroids since 1987. McGwire went on to hit 70 in a season, then 65. Bonds hit 73. McGover never hit more than 37.

Sosa's production exploded in a similar fashion.

Is McGwire accusing McGwire, Sosa and Bonds of juicing? Deny it if you want. Me personally, I would laugh. Who was the best player of the past 10 years? We'll never know. Who, from this generation, truly deserves to make the Hall of Fame? Vote only guess. It would be nice to forget the controversy and enjoy the games. It would also be nice to forget the snow and sunbathe. It's not so easy, though.

The American public has an enor- men's careers.