The Voice of Hawai'i Ka Leo O Hawai'i

Alternative Medicine Features page 6

WEDNESDAY

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VOL. XCIX ISSUE 77

THE UNIVERSITY OF HAWAI'I AT MANOA



Studyin'



ANDREW SHIMABUKU • Ka Leo O Hawai'

University of Hawai'i student Yu Jing Chen studies in the newly reopened Hamilton Library Addition. Twothirds of the library remains without power after the October flood destroyed the ground floor of the original building.

Iraq women divided in vote

By Hannah Allam Knight Ridder Newspapers (KRT)

BAGHDAD, Iraq — On Baghdad's college campuses, the poster woman promoting the parliamentary elections on Jan. 30 is a pretty student with a swinging ponytail and bare arms.

She's transformed into a blackveiled grandmother on posters in southern holy cities. In conservative western towns, she's a young wife with a baby in one hand and a ballot in the other. Only the slogan is the same: "Your voice determines your future.

Women make up about 55 percent of Iraq's population and they're guaranteed a quarter of the 275-member

national assembly after elections. Yet, as the posters reflect, women don't speak with a single voice, and they face many obstacles in transforming their impressive numbers into political power.

Women who belong to powerful Shiite Muslim political factions echo their cleric-led parties' calls for a new Iraqi constitution based on Islamic law, which, strictly interpreted, could limit women's role in society. Secular female candidates, on the other hand, fear that a conservative new leadership could roll back hard-won rights and keep women on the sidelines.

"Educated, prominent men, the ones who describe themselves as liberals, talk proudly about how the new government is going to be 25 percent women," said Hanaa Edwar, a candidate who runs an umbrella organization for about 80 Iraqi women's groups. "But their words are like jelly when they talk about women's equality. They absolutely do not believe that women should have a leadership role in the political process."

Many of the favored candidates are clerics-turned-politicians who served on the interim U.S.-appointed Iraqi Governing Council, which has since disbanded. Last year, men on the council blocked a law that would have given women 40 percent of government posts.

They also tried to inject religion into the relatively progressive Iraqi family laws to decrease the amount of

See Vote, page 3

KOKUA seeks student help for spring

UH program assists people with disabilities

By Diane Kawasaki Ka Leo Contributing Writer

The KOKUA program at the University of Hawai'i at Manoa is looking for employees for the spring semester.

The KOKUA program, which provides disabled students with equal academic access, employs approximately 100 students each semester. Students work as notetakers, readers and receptionists among other tasks.

The program assists people with health-related disabilities such as heart, respiratory and back conditions; learning disabilities; attention deficit disorders; psychiatric disabilities; low vision and others.

"(The) majority of students whom we serve have nontraditional disabilities, which may be

invisible to the casual observer," said KOKUA Director Ann Ito.

Students employed as notetakers attend classes with the students they are assisting and help them with note-taking. Readers transcribe text for those who have difficulty with print materials and may also record text materials onto cassette tapes.

Starting pay for an entry level KOKUA employee is \$7.40 per hour. Pay rates vary according to the position.

Besides getting paid, student employees also may increase their awareness of the disabled community, said Ito. She said a college education extends beyond traditional textbooks and examinations, allowing students to experience life lessons that cannot be taught in a classroom, Ito said.

"It was more than a job for me. It was a place where I developed character, people skills and lifelong friendships," KOKUA Auxiliary Aide Specialist Candice Young said of the program.

See Kokua, page 3

Professor to speak on nonviolence as an alternative

Ka Leo News Services

Ralph Summy, adjunct profes-

Humanitarian Law for the Indonesian Supreme Court is being held at the East-West Center until Jan. 14.

Participants include members of the Indonesian Supreme Court, the High Courts of Jakarta and Surabaya and a group of international faculty from the International Criminal Tribunal for

NewsBriefs

from the Canadian Government Human Security Program and the Wang Family Foundation, and cooperation from The Asia Foundation.

For more information, contact David Cohen at 944-7236 or cohenj@eastwestcenter.org. Phil Estermann may also be contacted at 944-7464 or estermap@east-

to locations outside of Hawai'i. In these cases, current students may be exempt as authorized family members of military personnel who are on active duty and deployed.

A grace period of one semester will be granted in situations where the military personnel's rotation date expires prior to the start of

Gould received his A.B. from the University of Rhode Island, his LL.B. from Cornell University, and studied at the London School of Economics. From 1994 to 1998, Gould served as the chairman of the National Relations Labor Board.

"New Ideas in Corporate Law" will be taught by Kent Greenfield of

sor at the Australian Centre for Peace and Conflict Studies at the University of Queensland and former Director of the Matsunaga Institute for Peace, will speak on "Countering Terrorism with Nonviolence," a more effective alternative to the "War on Terrorism," from noon to 1:30 p.m. tomorrow at Campus Center 306.

Summy will examine the values that are necessary for a nonviolent society, and how an individual's personal life needs to reflect those values. Admission is free.

Seminar to cover international humanitarian law

A Seminar on International

the former Yugoslavia and the International Criminal Court.

Indonesia's Chief Justice Bagir Manan will attend the seminar along with eight other justices from the Supreme Court and six appeals court judges, all of whom hear appeals in human rights cases in Indonesia.

The seminar will cover a range of issues in contemporary international humanitarian law. It provides an opportunity for members of the Indonesian Supreme Court and Appellate Courts to engage in discussions with international experts on issues of mutual concern regarding international justice and human rights.

The seminar is co-sponsored by the East-West Center, the War Crimes Studies Center and the Human Rights Center at the University of California Berkeley. The seminar is receiving support

westcenter.org

Resident tuition granted for UH military personnel

The University of Hawai'i system will continue to grant resident tuition status to eligible non-resident family members (previously referred to as "dependents") of military personnel who are on active duty and have been deployed as part of the United States' war undertakings or other official military duties and assignments.

UH recognizes that these military personnel are considered "stationed" in Hawai'i and are eligible for this benefit despite that some of them may have been deployed

the following semester.

For more information, contact Doris Ching, UH Vice President for Student Affairs, at 956-8753 or dorisc@hawaii.edu.

UH law school to feature series of special courses

The UH Manoa William S. Richardson School of Law is having an inaugural three-week winter term from Jan. 10 to Jan. 28. This "J Term," features three one-credit courses taught by scholars and professors from law schools around the country.

William B. Gould IV, the Charles A. Beardsley Emeritus Professor at Stanford Law School, will teach "Sports Law and Labor Law."

Boston College Law School. A graduate of Brown University and the University of Chicago Law School, Greenfield was a clerk for Justice David H. Souter of the United States Supreme Court prior to joining the Boston College Law School faculty.

Morton Horwitz will teach "The Warren Court." He is the Charles Warren Professor of American Legal History at Harvard Law School, having received his A.B. from City College of New York and his A.M., Ph.D. and LL.B. from Harvard.

Through the support of UH Donor Frank Boas, Horwitz will be the law school's first Frank Boas Visiting Professor. The professorship allots for a mini-course to be taught each year by a distinguished member of the Harvard Law School faculty as part of the new "J Term."



KRT CAMPUS

Marwa al Beqaa, 25, started a humanitarian aid group in her hometown of Najaf, a Shiite Muslim holy city 100 miles south of Baghdad. She said her work is made more difficult by local restrictions on women's activities, and she hopes the Jan. 30 elections will recognize Iraqi women's rights.

Vote: election to affect women's rights

From page 1

money women inherit, cap alimony and make divorce more difficult. Only demonstrations and a veto threat from L. Paul Bremer, the top American occupation administrator at the time, averted the amendment.

While Iraqi feminists foresee another nasty battle on the issue after Jan. 30, many Shiite female candidates said they supported a constitution whose primary source would be Sharia, Islamic law.

Dr. Junan al Ubaidi, a Shiite pediatrician and member of the interim national assembly, argued that a government that looks to Islam for guidance is still capable of protecting women's rights. She said critics of a religion-based constitution failed to recognize Iraq's rich Islamic history.

Al Ubaidi, 43, said a Muslim woman was allowed to negotiate the terms of her marriage, seek work or education, take custody of her children after divorce and keep her own money. Islam views women as individuals and, unlike many Western societies, most women keep their own names after marriage.

"Equality? We don't believe in equality. We have more rights than men," said al Ubaidi, who's running for office on the leading ticket. "It's all in how you understand rights. If I believe my right is to wear this black robe and you ban it, then my right has been taken."

However, women's rights in Islam are open to interpretation. For example, conservative clerics — both Sunni Muslim and Shiite — use verses from the Quran on modesty to justify cloaking women from head to toe.

Some women view the veil, a perennially thorny issue, as a sign of piety and religious identity. Others see it as a tool of oppression to keep women out of public life. Still others see it as a personal choice, and the streets of Baghdad are full of stylish educated women and electricity to poor ones. While feminists in Baghdad hold sociology seminars for female voters, Ubaidi and other candidates make humble campaign promises of quick improvements to women's lives.

"I'd be the first to open women's recreation centers. Why not? I like swimming," said candidate Nawal al Ibrahimi, 34, who supervises men in her job as head of a university computer lab in the southern city of Kufa. "I'd open employment centers and give jobs to widows and divorcees."

Even in religiously homogeneous southern Iraq, some activists are lobbying for a secular government in which women's role are expanded from minor posts in the ministries of culture or health. Women already are trying their hands at local leadership in hopes of taking office one day.

Marwa al Beqaa, for example, recently started a nonprofit group that she ambitiously named the International Organization for Friendship and Peace. When pressed, 25-year-old al Beqaa admitted that it's mostly just her and a few friends working out of segregated women's sections of Internet cafes in Najaf.

In the past week alone, however, al Beqaa's scrappy group had held voter-education seminars, scored thousands of dollars in foreign aid and given winter clothes to Najaf's poorest residents. But the more al Beqaa achieves, she said, the more she fights with men who want to stop her.

"They think just because I'm a woman, I have to do women's programs," she said, rolling her eyes. "I'm a woman who works for everybody. There is so much energy inside me. If given the chance, I could make the impossible happen."

Al Beqaa, a devout Shiite, said she saw few role models among the crop of Shiite female candidates. Their loyalty to religious parties often supersedes their commitment to women's issues, she complained, making them complicit in continuing oppression.

KOKUA: Student workers take notes, assist disabled

From page 1

KOKUA, short for Kahi O Ka Ulu Ana, means "a place of growing."

While a student at Manoa, Young was employed as a notetaker and a receptionist before joining KOKUA's full-time staff.

"Many student employees had not realized that in the course of their KOKUA work, that they had gained an appreciation of the abilities and capacities of persons with disabilities," Ito said.

KOKUA student workers gain exposure to a once unfamiliar community of people. Through their student employment, Ito said students learn about resources that are available for the disabled community and realize the importance of becoming familiar with appropriate disability etiquette, which helps to break many uncomfortable barriers.

"It's a win-win situation," said Ito.

She said exposure to a wide variety of people inevitably allows students to function at an optimum level in both their professional and personal lives.

According to Ito, the ability to overcome stereotypes and anxiety is critical to ensure effective communication and overall success in any

field.

Notetakers and readers may also gain academic benefits during their time as a KOKUA employee since the students get to preview classes they may want to take in the future.

"You're learning something while in the class," said Carline Higaki, a KOKUA receptionist. "It's a good way to see what the course load is like."

Students experience a glimpse of the course without having to write papers or take exams, giving them opportunity to explore different areas of study.

KOKUA employees also have the opportunity to review course material while they serve their fellow students. Notetakers are able to attend lectures of classes, which provides adequate preparation for exams such as the Graduate Record Examination or other professional school entrance examinations.

"We're not just serving students with disabilities; we are providing opportunities for our student staff to continue the important work of welcoming people with disabilities and to assist disabled students toward equity of opportunity here at Manoa," Ito said.

For more information, contact Gwen Chong or Candice Young at KOKUA by calling 956-7511.

prints or designer logos.

A ringing cell phone interrupted a long-winded politician's speech to dozens of quiet, shrouded women recently in the southern holy city of Najaf. As the shrill chirp continued, nearly every woman in the audience extended black-gloved hands to reach for little Nokias hidden in the folds of their traditional robes.

Exchanging winks through the eye slits of their veils, the women commiserated about their situation: They might appear cloistered to outsiders, but they're deeply connected to their communities. Many said they were excited about elections that would put women in power, even if their role isn't likely to mirror their numbers.

"I don't read and I don't write, but I'm one of them," said Ratheea Mohammed, 50, whose tribal tattoos peeked out from long black sleeves. "I refuse to believe it's too late for me."

Al Ubaidi joked that male candidates have learned to offer freedom to Ka Leo O Hawai'i OPINIONS Page 4 | Wednesday, January 12, 2005

Cell phones put life in the background

By Nina Buck Ka Leo Staff Columnist

Trapped in a cell phone? About a year ago, my parents bought me a cell phone. They were tired of not knowing how or where in the world to find me. In the four years following my graduation from college, I moved every four to six months. I hopped from San Francisco, California to Fort Peck, Montana to Kealekekua, Hawai`i to Quetzaltenango, Guatemala to San Salvador, El Salvador to a little gray Volvo on the road from Missoula to New York City and back again. The cell phone was a logical and kind, if self-interested, gift. They wanted to be able to reach me.

At first, I kept it off a lot. I left it at home when I was going out. I used it like a small, portable home phone. I did like taking it out to the porch and talking from outside. And I liked leaving silly messages on my voice mail. I liked having a consistent phone number to give to the people in my life.

But, I didn't like the idea that I could be contacted at any moment. I didn't want the phone to ring at the checkout counter in the grocery store. I didn't want to be "that guy". I didn't want to be talking on the phone when another person was cutting my hair. I didn't want to start chatting away on the phone with someone not there when I was out for coffee with a friend. I didn't want to forget to turn the thing off and have it ring in the middle of the most tense part of the movie.

I tried to be generous when I saw people at the beach talking on the phone instead of sunbathing or walking or watching the sunset or conversing with the people actually with them at the time. I imagined they were all doctors on-call for emergencies and that's why they absolutely needed to have their phones with them every second.

I wasn't really all that generous. I didn't like the way cell phones made people so much less present to the world. I didn't like it when someone was waiting for a call, expecting a call, and feeling like that call was so much more pressing than what was really in front of them.

But, I got slowly less conscientious. I work in theater and it is handy to have a telephone to make appointments with. It's nice to have a phone in the car in case of mishaps. It's convenient. And convenient has become paramount in U.S. culture. We'd rather eat five-minute macaroni than prepare a meal. We'd rather race around a drive-through than prepare five-minute macaroni. I started taking my cell phone with me more often when I went out. Just in case I might need it. Somebody might want to get in touch with me. My agent might call (I don't have an agent). I justified it.

I found myself waiting for it to make its distinctive bleeping noise to alert me of my popularity and importance. It has that metallic musical ring from the bottom of the bag. I expected phone calls. I was disappointed when none came. I was, in effect, always waiting by the phone.

Here in Honolulu, I have finally stopped moving for a while. I've clocked at least four months in Hawai'i and am making plans to stay. I have a local phone number on my cell phone. My roommate, a dear friend from the mainland who I convinced to come out here with me, shares the phone and we have no separate land line.

My roommate, like the very important phone call makers at the beach, is on-call tonight. She works for the Sexual Assault Recovery Center and may receive notification that she is needed at work this evening. She has taken my cell phone to her favorite cafe and is likely drinking cappuccino while it sits on the table. She undoubtedly looks like "that guy."

As for me, I am sitting on a cushion with a bowl of cheese and crackers to keep me company at the computer. I have a glass of wine. The ceiling fan is turned low. I might put on some restful music. I am not waiting for the phone to ring. It can't. It's little metal beep is at the cafe and I am here in the soft evening of my apartment. There's no subconscious stirrings about who might call, who hasn't called and why not. There's no suggestion that the phone might ring and it might be very important indeed and it might take me away from everything else that I was doing because it is so crucial that all things be convenient and easily accessed and multi-tasked and done right away. I'm writing a story tonight; there's

nobody's around and the apartment is quiet and I'd forgotten what a very nice feeling it is to simply have the phone turned off with no anxiety about what I might be missing. No one is going to call. They can't. The night is mine.

The Voice of Hawai'i

Ka Leo O Hawai'i

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Tsunami gives new perspective



Stout Minds Christopher Mikesell Ka Leo Opinions Editor

Christopher Mikesell Ka Leo Opinions Editor

The swell of headlines began pouring into news outlets over the winter break, right after the Christmas holiday. Seeing the headlines, the numbers, and the faces has been truly staggering. An estimated 157,000 people died in Indonesia, Malaysia, Thailand, Myanmar, Bangladesh, India, Sri Lanka, and several island and African nations, and that number will only rise as regions newly isolated by the damage and destruction become accounted for. Disease runs rampant in what little habitable areas are left, plaguing those who were lucky enough to survive the initial disaster. Man-made hardships are also affecting those already victimized by the deaths of loved ones and annihilation of homes. These lurking threats range from the despicable individuals who engage in human trafficking amid the chaos of the region to the separatist rebels of Aceh, Indonesia, who persist in sniping and attacking the very relief workers sent to rehabilitate this utterly destroyed part of the globe.

And to think, all we lost when our wave of water hit at the end of October was a library, a few buildings, and a number of homes in the area surrounding Manoa stream. Come to think of it, we got off pretty lucky considering what could have happened. Nobody died as a result of



KRT CAMPUS

Qunuti, who along with her husband lost about 40 family members in the tsunami, sits among relief supplies at a refugee camp in Banda Aceh, Indonesia, on Saturday, Jan. 8.

the initial flooding, although a few cases of sickness resulting from contaminated water were reported. Yet in Thailand some think it has become necessary for those still living to begin using mass graves to bury their dead. People were displaced here in Manoa, but much of the monetary relief for the victims of Hawai'i's flooding will be supplied by insurance, if it hasn't been supplied already. Many of the victims of the tsunami, however, were in poverty to begin with, and what aid is coming in is being used up faster than it can be delivered. Indeed, even the harrowing story of a daring escape by some unlucky students trapped in Hamilton's basement as it filled with water somewhat pales in comparison to the images captured by tourist camcorders of giant waves poised to collide with waterfront villages and resorts that just moments before had been populated by vacationing sunbathers, unsuspecting families, and innocent children.

It is quite plain to all of us now that our own flood could have been a lot worse, had it come in a form similar to the Indonesian tsunami. To even

persist in calling the overflowing of our Manoa Stream a disaster makes me wonder if we, as an island region similar to many of the areas ravaged by the Dec. 26 tsunami, have forgotten what true disasters are. Think of where the populated coastal areas are on Oahu. Our Manoa Campus shares our southern shore with Pearl Harbor, Diamond Head, Waikiki, Hawai'i Kai and Ewa Beach. Further west are Makaha, Nanakuli, and Waianae, while the east shores have Kaneohe and Waimanalo, with Kahuku in the north. A tidal wave coming from any direction towards Oahu would be nothing short of catastrophic for our island, let alone for all the other islands in the state. If the prospect of a tsunami hitting the state of Hawai'i is not a true disaster, I don't know what is.

Perhaps we can learn something from all the suffering going on in the tsunami-ravaged regions of the world Indeed, if we have learned anything, it is that we are truly lucky to have stayed out of the way of disasters that other places have unfortunately fallen victim to. Saying "it could be worse' is not an act of defying or mocking fate or chance but simply a recognition of the veiled reality of our daily lives. We can have all the warning systems and sirens in the world but we don't have the means of really seeing what is to come, at least not yet. We may never have a way to fully know what the weather has in store for us. Tragedies like these, however, have a way of washing away our old preconceptions about what is truly disastrous, giving us the vision and clarity to see from a new perspective to match our new year.



'Aryuveda' films Indian alternate medicine

By Kimberly Shigeoka Ka Leo Associate Features Editor

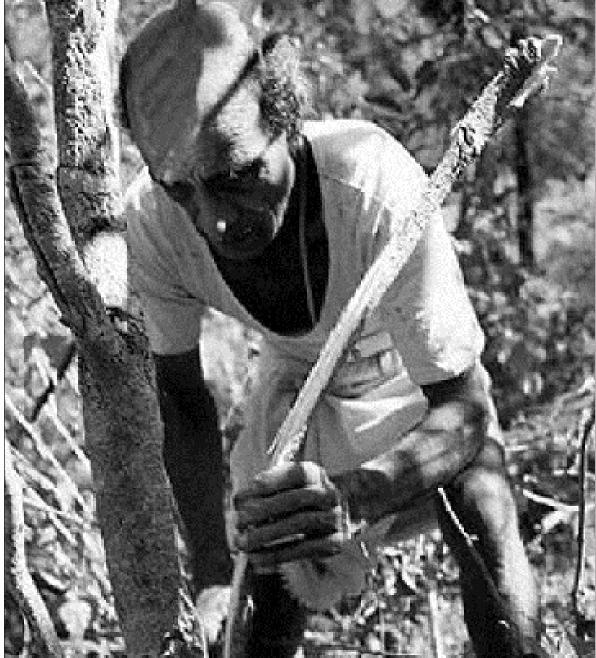
Long but interesting describes the newest University of Hawai'i at Manoa/Bank of Hawai'i Cinema Series film, "Aryuveda - The Art of Being," playing this Thursday at 7 p.m. at the Architecture Auditorium. The film describes an Indian alternative medicine practice called aryuveda. The film is mostly in Hindu but has subtitles.

Aryuveda centers on the concept of balance. Doctors specializing in different fields explain how to balance one's self with varying techniques. Fields range from child birthing to eye care to mental illness.

The film acts as a crash course to aryuveda, explaining as many concepts within the realm of this practice as possible. We are shown various methods of creating medications and therapies. Some seem to work and are backed in the film by modern scientific analysis. Other methods are reminiscent of late night infomercials selling placebos in lieu of medication.

The film got me interested in this alternative medicine, so I searched the internet for a little more informa-

See Aryuveda, page 8



COURTESY PHOTO

UHM and Bank of Hawai'i's Cinema Series presents "Aryuveda - The Art of Being," a film that documents the concept of balance in Hindu culture. The film will be playing this Thursday at 7 p.m. at the Architecture Auditorium.

'Pop Vocab' delivers quick word definitions

By Darlene Dela Cruz Ka Leo Staff Writer

Anyone resolving to increase their word power in 2005 will find "The Pop Vocabulary Book" a great help in heeding that New Year's resolution.

Nick Camas, the creator of "The Pop Vocabulary Book," has compiled over 1,800 words and phrases into a handy little book of definitions. As an over-simplified dictionary, the book cuts out the perplexing pronunciation marks and word origin mumbo jumbo of most dictionaries and defines words in an easy-tounderstand way.

Camas selected words and phrases from mainstream culture and academia for the book, creating a diverse vocabulary list. Words run the gamut from common slang like "couch potato" and "paparazzi" to SAT-like terms such as "intransigent" (meaning "stubborn; uncompromising") and "splenetic" ("irritable; bad-tempered"), to rarelyused, funny-sounding words ("clamjamfry," for example, which means "ordinary people; the masses").

"The Pop Vocabulary Book" is a useful school tool and a fun read. Students writing papers or prepping for the SATs will appreciate how easy it is to find a word's definition without sifting through lines of technical dictionary notes before it. The simple way its words are defined is also a draw for the book.

Dictionaries often define big words with even bigger words, leaving definition-seekers to look up several words to define the one word they initially set out to look up. "The Pop Vocabulary Book" eliminates that hassle by using everyday language to explain a word's meaning.

Dictionaries may not be the most exciting way to pass idle time, but "The Pop Vocabulary Book" has entries that amuse and educate. The word "poop," for example, takes on new meaning as the book defines it as "current inside information; the relevant facts." Readers of the book will be enlightened not only by new words, but with new definitions to words already in their vocabulary.

The Book's one drawback is its lack of an update. The book hasn't had a new edition since its first in 1996. With slang words constantly being created, the book's word list may now seem old-fashioned eight years after its first publishing. While the book's author tries to distance the book from the dictionary market, "The Pop Vocabulary Book" may improve by taking a cue from the Oxford and Webster folks, who release a new version of their dictionaries with updated words every year.

That drawback notwithstanding, "The Pop Vocabulary Book" is a great tool for anyone looking to increase their word power. Whether you are a student searching for that perfect word to use in a paper, a crossword puzzle enthusiast in need of help on a word clue, or you're just unsure of the meaning behind a word in a newspaper article, "The Pop Vocabulary Book" and the convenience it offers over cluttered dictionaries will prove useful to you.

East-West Center Relief Fund collects over 200K

By Marlo Ting Ka Leo Features Editor

The East-West Center Tsunami Relief Fund has collected approximately \$235,000 from the Hawai'i community as of Jan. 6. The money will be distributed to relief organizations working directly with Tsunami victims in South and Southeast Asia.

"We are touched by the extraordinary generosity of the people of Hawai`i in responding to this disaster," said Charles E. Morrison, the president of the East-West Center. "Never in our lifetimes has a natural disaster had such widespread impact over an entire region. And never has the world as a whole responded so generously to those in need."

The East-West Center Tsunami Relief Fund was established on Dec. 27, one day after an earthquake in the Indian Ocean sent devastating tidal waves to countries in South and Southeast Asia and Eastern Africa. Donations can be made online through http://www. eastwestcenter.com

Checks made to the East-West Center Tsunami Relief Fund can be dropped off at the East West Center information desk or any First Hawaiian Bank. They can also be mailed to the following address:

1601 East-West Road Honolulu, HI 96848-1601

First Hawaiian Bank has been working with the East-West Center, and collected funds at all of its branches.

"Hundreds of people came to

our branches to donate for the relief fund," First Hawaiian Bank president and CEO Don Horner said. "It's yet another example of the generous heart of Hawai'i's ohana."

According to a press release, East-West Center alumni and American embassies and consulates in the countries affected by the tsunami were consulted before the organizations that will receive funds were selected. An East-West Center team will leave for Indonesia and Sri Lanka in the middle of January to monitor relief work supported by the fund and identify changing needs.

The Pacific Disaster Center, managed by the East-West Center, already has three of their personnel in the region providing data related services for the relief efforts. They have also set up an online system providing information crucial to the relief and rebuilding efforts, such as satellite imagery.



Changing spark plugs requires car manual

By Justin Sumida *Ka Leo Staff Writer*

I was told that I should change my spark plug wires, so I did because I was also told that it was easy to do. Now my car will not start! Did I do something wrong? -Anonymous

Yes, you may have done something wrong. It is important to put the spark plugs in the correct "firing order" for the car to run properly. For example, on a distributor ignition system, the spark plug wire for cylinder number one must go to the distributor cap connection where the spark for cylinder number one occurs. It cannot go to where the spark occurs for cylinder number three or four; otherwise your car will run poorly or will not run at all.

Most people remove all the spark plug wires at once and then replace the wires. This is incorrect, because the spark plug wires all have different lengths. It is very important to replace a certain wire with the replacement of the correct length.

The correct way to replace spark plug wires is to remove one wire at a time, match it with the closest matching replacement (wires come in a set with different lengths), install the new one, then move on to the next one. This procedure eliminates the possibility of mixing up wires and messing up the firing order.

To fix your car, you will have to get a manual (Chilton/Haynes are good manuals) to see what the firing order is and where the spark plugs go. If you don't want to spend \$18 - \$30 on a manual, you can go to your local dealership and they may be willing to print you out a copy of the firing order for free.

Send your car questions to kaleocars@hotmail.com

Gift of maps



Ross Togashi, head map tecnician at Hamilton Library goes through a box of maps generously donated by Maplink of Santa Barbara, Calif. Only one-third of Hamilton Library's entire map collection was salvaged from the disastrous flood in October.

JAMM AQUINO Ka Leo O Hawai'i

Aryuveda: film loaded with info

From page 6

the internet for a little more information. I turned up an article about the finding of poisonous metals, such as arsenic and mercury, in oral aryuveda medications sold in the United States. But a doctor interviewed in the film explains that he treats the metals and turns them from a poison into a medicine. He stresses that without his treatments the metals are poisonous and will kill a man.

The movie has a few more disturbing parts. Another can be found listening to a doctor who specialized in vital points. He explained that by touching certain vital points a person can be cured of some diseases. He goes on to warn that students should learn only from live gurus and not books because some of the techniques are deadly. There are also scenes of half naked men and women, and a scene of a man throwing up.

Two words frequently used that forced me to grab a dictionary were "allopathy," orthodox medicine and "ophthalmology," a branch of medicine focusing around the eye. But despite my limited vocabulary, I was able to grasp the gist of the film.

The film was rating well with me until its fragmentation got the better of it. It's an hour and 42 minutes long. Within that time, it jumps from the basics of aryuveda, to the use of aryuveda in modern society, to doctors working out of shacks for the love of helping others, to yoga.

All the parts were interrelated; but overall I felt bored and over-

loaded with information. I blame the editing. Much of the film should have been left on the cutting room floor. The repetitious scenes passed from helpfully reinforcing major points to being boring and irritating.

If you've got some extra time on your hands or are looking to find a new interest, check out "Aryuveda - The Art of Being." It costs \$3 for students and \$5 for everyone else. It'll be shown at the UHM Architecture Auditorium at 7 p.m. on Thursday, Jan. 13, and again at 5 p.m. on Sunday, Jan. 16. Dr. Raj Kumar, a clinic owning practitioner of aryuveda, will answer questions after the Sunday screening with Dr. Mina Ganapati, a Straub doctor who practices aryu

a Straub doctor who practices aryuveda and Western medicine. Parking is free on Sundays in

the Architecture Building's lot accessible from University Avenue.



"I came in on Monday night, so I missed my first five classes which means tomorrow will be more stressful. But today was pretty relaxed because I had one class, although I had to get everything done today for the dorms and stuff."

"Good, I like my

looking forward

to this semester."

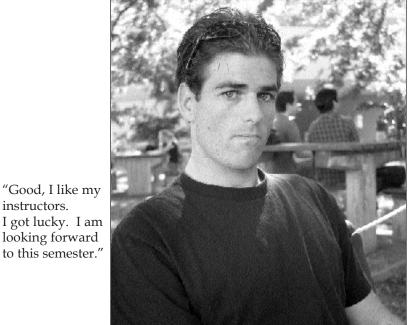
instructors.



"Pretty boring because most of the classes went over the syllabus and expectations. Some classes were interesting--economics went over the 10 major parts of an economy, which I thought was interesting."

"The first day of school was really good. My ethnic studies course showed a video which compared Biology and Genetics with competitive athletes and seeing if it had anything to do with their success."

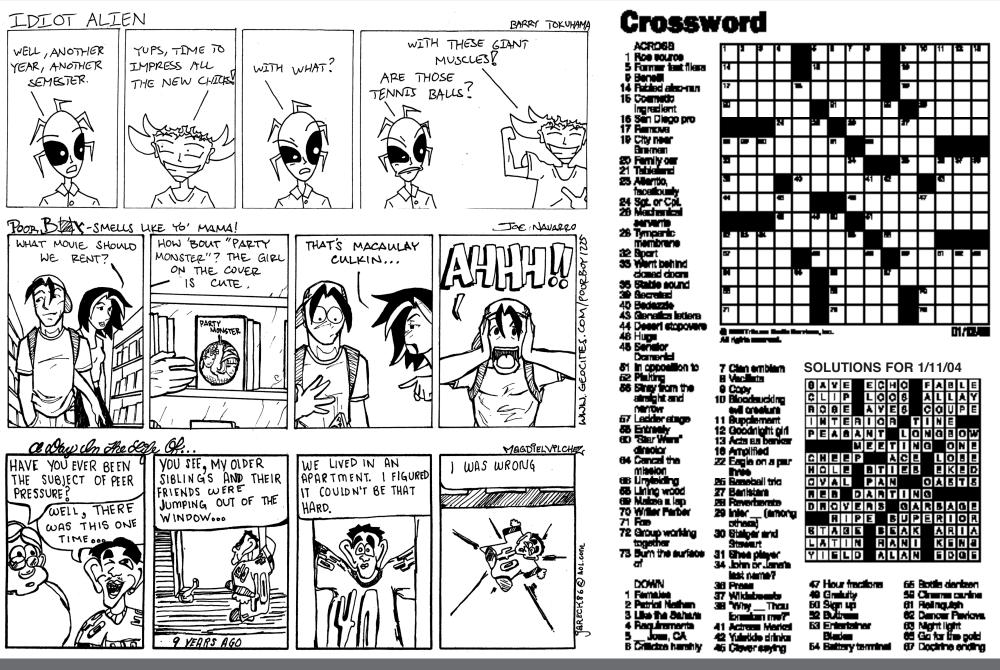




First Days of School

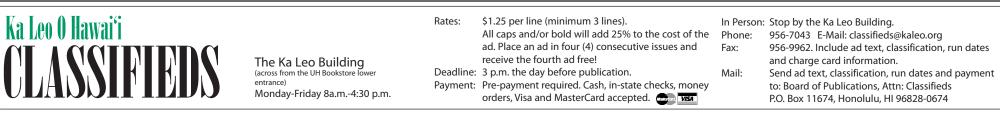
Unlike in the Fall, many students this semester have had a good experience coming back to class. Dorm check in was painless for most, classes were fairly easy to find and there were no major problems in finding a good mix of classes for the semester, and the bookstore seems to have whatever people are looking for. When asked how their first days of school went, here's what some of your fellow UH students said.

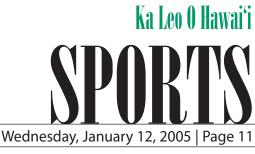
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For more opportunities and UH-related events, visit our Web site at www.kaleo.org.





OSU: Controversies have taken toll on Buckeyes

From page 12

account paints him as a naive, even gullible young athlete in 2003, one willing to assist the Buckeyes' then star. It is believed OSU investigators became aware of the cell phone link between Smith and Clarett last month when Smith was questioned by members of the university's compliance office.

A high-ranking OSU booster alerted the university last month that Smith had accepted money from Baker, reportedly in part to pay off Clarett's outstanding cell phone bill. The athletic program is in the process of severing ties between itself and Baker, who had rented a suite at Ohio Stadium for Buckeyes games.

Baker is a founder of the Columbus-based Poly-Care Services, which in the summer of 2003 employed former OSU All-American Chris Gamble. Poly-Care has bought out Baker's share of the company.

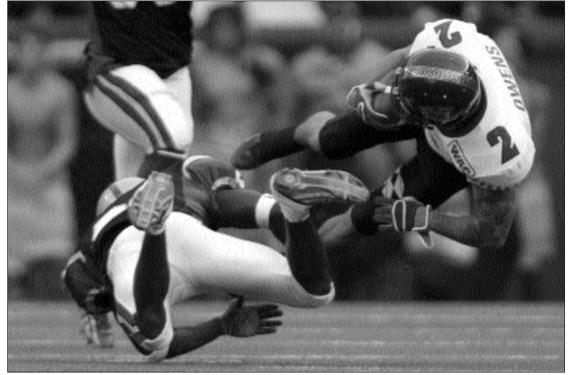
Geiger has admitted to a feeling

of helplessness in dealing with boosters determined to illegally aid players. He announced his retirement last week, effective June 30, 2005, and he said the continual controversy surrounding the football and men's basketball programs have taken a toll. Both programs are under NCAA investigation. Clarett has been at the heart of OSU's troubles for nearly two years. Accusations made by him or against him have kept the program in the national eye.

Clarett said he told ESPN of the football program's wrongdoing to clear his name with NFL officials. The running back is eligible to enter the upcoming NFL Draft. Clarett's reputation figures to take another hit if the Smith story proves to be true.

Geiger told the New York Times recently that Clarett had contacted the university through a third party promising to recant his story to ESPN in exchange for giving him a positive review to NFL officials.

Christmas gift



JAMM AQUINO • Ka Leo O Hawai'i

Hawai'i's Chad Owens flies up and over an Alabama-Birmingham defender in the second half of the Sheraton Hawai'i Bowl this past Christmas Eve at Aloha Stadium. Owens and quarterback Timmy Chang are expected to play in the East-West Shrine Game in SBC Park in San Francisco Saturday.

can we have a 2x3 house here thank you



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SportsBriefs

Rainbow divers nearly sweep competition Ka Leo Staff

The University of Hawai'i diving team took wins in both men's and women's 1- and 3-meter diving and platform competitions in the Hawai'i Diving Invitational held last Friday and Saturday.

Mats Wiktorsson led the way for the Rainbow Warriors, taking the men's 1-meter competition with a score of 280.45. He also won the 3-meter with an NCAA Zone Qualifying score of 480.30. UH diver Justin Wilcox was close behind, finishing third in the 1-meter (239.40) and second in the 3-meter (478.55)

QiongJie Huang took the top spot on the women's side, placing first in the 1-meter (329.00) and the 3-meter (579.50). Teammate Rui Wang helped keep UH in the lead, placing second in the 1-meter (279.70) and third in the 3-meter (547.90)

Wang also took the win in the platform event, with fellow UH diver Miranda Maas placing second and University of Wisconsin Cassie Kubly in third. Sunshine Diving representative Jason Graves took the win on the men's side with Warrior Wilcox in second and University of Wisconsin Justin Bonner placing third.

Warriors, Wahine go 3-2-1 in dual meets

While the divers hosted their own competition, the Hawai'i men's and women's swimming and diving teams hosted dual meets earlier in the week at the Duke Kahanamoku Aquatic Complex.

The squads faced off against Texas A&M, Wisconsin and South Dakota last Thursday.

The men took wins over Wisconsin (73-67) and South Dakota (122-18) and tied with Texas A&M (69-69). The women notched a decisive win over South Dakota (123-16), but lost to both Texas A&M (54-84) and Wisconsin (59-81).

The teams will next take the lanes again with the Rainbow Wahine hosting the University of San Diego and the Rainbow

Sixth-ranked Warriors to take on alums

Ka Leo Staff

The University of Hawai'i men's volleyball team is ranked sixth in the first USA Today/AVCA Coaches Poll of the season released yesterday.

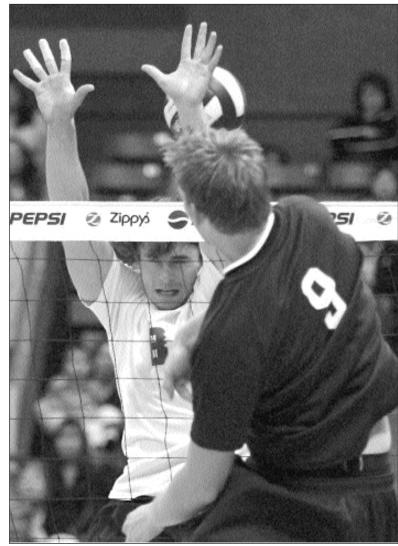
After starting the season with victories over No. 7 Penn State and No. 14 Lewis, the Warriors dropped their last match against defending national champion Brigham Young. The Cougars start this season just as they ended last season - ranked No. 1.

This week, the Warriors take a break to play an alumni match Friday at 7 p.m. at the Stan Sheriff Center. Hawai'i then starts Mountain Pacific Sports Federation play with a pair of home matches against No. 4 Cal State Northridge on Jan. 19 and 21.

Former UH players who have signed up to play in the varsity alumni match include Warrior assistant coach Aaron Wilton (1994-97), student assistant Jake Muise (2001-04), Kimo Tuyay (2001-04), Costas Theocharidis (2000-03), Sivan Leoni (1995-98) and Jason Olive (1992-95).

USA Today/AVCA Coaches Top 15 Poll

- 1. Brigham Young
- 2. UCLA
- 3. Pepperdine
- 4. Cal State Northridge
- 5. Long Beach State
- 6. Hawai'i 7. Penn State
- 8. Stanford
- 9. Pacific
- 10. Ohio State
- 11. UC Irvine
- 12. Southern California
- 13. UC Santa Barbara
- 14. Lewis
- 15. Ball State



JAMM AOUINO • Ka Leo O Hawai'i

BYU's Casey Patterson spikes it past Hawai'i's Lauri Hakala last Friday at Stan Sheriff Center. Hawai'i lost to the defending NCAA champions in four games.

Ohio State dialing up trouble again

By Tom Reed Knight Ridder Newspapers

AKRON, Ohio (KRT) - The troubled Ohio State University football program cannot seem to escape the long shadow of Maurice Clarett.

Suspended Buckeyes quarterback Troy Smith accepted money from a rogue Ohio State booster last spring in order to pay an outstanding bill for a cell phone his mother obtained for Clarett, according to published reports.

Outgoing OSU athletic director Andy Geiger, citing federal student privacy laws, would not comment vesterday on the Cleveland Plain Dealer account but said that he hopes any athlete in financial peril would contact school officials and not boosters.

"If an athlete finds himself in a

jam, we have legal ways we can help," Geiger said. "We will forever be using this kind of case as an exam-

ple of what can happen." Neither Smith nor Clarett could be reached for

comment. Smith has not

spoken publicly since he was suspended before the Alamo Bowl for accepting an undisclosed amount of money from Dayton area booster Robert Q.

pending NCAA approval, but he will likely sit out next year's season opener, making it a two-game suspension. Clarett has not talked to

"We will forever the media since

> pended by the program in 2003 for accepting improper benefits and then lying about

them to NCAA investigators. One of the benefits was a cell phone provided by a Warren-area booster.

Clarett convinced Smith to acquire a cell phone in the summer of 2003 through his mother, sources told the Plain Dealer.

Geiger has conceded that Clarett used multiple cell phones. Why Smith, then a redshirt freshman, would agree to such an arrangement is not known.

Smith was the hero of OSU's surprising 37-21 victory over Michigan and is expected to be the team's starting quarterback next season barring any further off-field incidents. Smith exudes confidence, but the latest account paints him as a naive, even

Baker. Smith is expected to return to the Buckeyes for spring practice,

he accused the be using this kind of case as an

OSU program of wide-ranging improprieties in ESPN The Magazine two months ago. The former tailback, who helped lead the Buckeyes to a 2002 national title, was sus-

example of what can happen." – Andy Geiger, Ohio State Athletic Director