The Voice of Hawai'i

Ka Leo O Hawai'i

Size Matters
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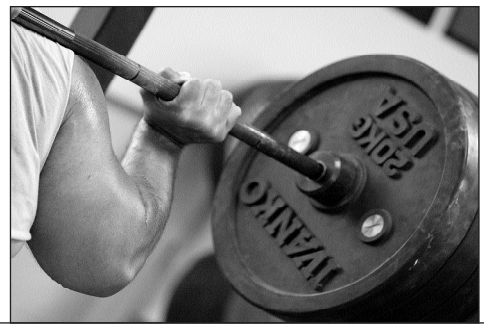

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Inside

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Wal-Mart protest set for tomorrow

By Candice Novak
Ka Leo News Editor

Twenty-five Native Hawaiian protesters rallied in front of the new Honolulu Wal-Mart during the grand opening, while most bargain-crazed shoppers headed past them for free Jamba Juice and coffee. A protest similar to last Wednesday's Wal-Mart opening is planned for tomorrow at the adjacent Sam's Club opening.

The Honolulu Wal-Mart Mega Mall sits on top of a burial site from which 42 Native Hawaiian bodies were excavated. Some protesters claim the ancient remains are those of their "iwi kapuna" or ancestors. During the year-and-a-half construction of the city-block-wide, 315,000-plus square-foot, double-decker building last spring, the remains of the Native Hawaiians were found and now sit in cardboard boxes under the on-ramp.

"Wal-Mart's pitch is that it's slashing prices for you. In this instance, it's slashing graves," Moses Hala, a Native Hawaiian Legal Corporate Lawyer who has filed a suit against the company told the Associated Press.

Wal-Mart's spokesperson Cynthia Lin told the AP that Wal-Mart is treating the Hawaiian remains with respect by placing them "in an air-conditioned, darkened trailer in a secure location on the cite."

After a Hawaiian-themed opening ceremony — with the untying of a lei at the main entrance — protesters yelled that the boxed ancestors and ignorance to the Hawaiian culture were a "form of terrorism" on the part of Wal-Mart. The demonstrators, who tried to stop the opening of the store, want the remains to be reburied at the Wal-Mart site.

A similar demonstration is expected tomorrow as the adjacent Sam's Club will hold its opening festivities.

Wal-Mart arrivals worldwide are making wakes of sacrilegious claims. In Mexico a Wal-Mart situated before the ancient pyramid ruin of Teotihuacan represented a desecration of pre-Columbus culture for natives there. The Teotihuacan Wal-Mart has triggered the creation of the International Boycott vs. Costco and Wal-Mart coalition, which says, "Wal-Mart has destroyed sacred sites of the Aztec and Olmec nations."

There are those who agree with the affordability and availability Wal-Mart offers to shoppers. "It's a good thing because Wal-Mart is cheap," Maria Hernandez, a resident of Teotihuacan told reporters. "We won't have to go far to buy things."

Mark Raymond, a Native Hawaiian student at the University of Hawai'i said, "I believe Wal-Mart should show more respect for the Native Hawaiian community's ancestors than placing them in cardboard boxes."

Even in places that don't claim substantial cultural loss with the arrival of Wal-Mart, there are still problems. Los Angeles' City Council in past months has seen a strong backing for a proposal law that would make it more difficult for Wal-Mart to build superstores in the city. The Council wishes to ask the corporation to prove it would have a positive impact on the community, which, the Council believes, Wal-Mart will have a hard time doing.

Speaking about the current location of the dug-up remains of the Native Hawaiians, Raymond said, "the site is inadequate for preservation of native remains."

Wal-Mart and Sam's Club on Ke'eaumoku St., which opened this past week, has drawn recent public attention regarding the discovery of ancient human remains during their construction.

JAMM AQUINO
Ka Leo O Hawai'i

Wal*Mart Facts:

• Wal-Mart is a 2,300-store, world-wide corporation, which receives more than 100 million customers each week.

• For the 2003 fiscal year Wal-Mart made $244 billion and was on top of the 2000 Fortune 500.

• Wal-Mart has 1.2 million employees worldwide.

• The Honolulu Wal-Mart employs 1,100 workers and is the seventh and largest on Hawai'i — it is bigger than the Royal Hawaiian Shopping Center in Waikiki.

U.S. troops overseas still awaiting absentee ballots

By Patrick Kerkstra
Knight Ridder Newspapers (KRT)

BAGHDAD, Iraq — U.S. service members based in Iraq and across the globe can't be confident that their votes will be counted in this year's presidential election, analysts and military advocates said this week.

Those warnings came despite a stepped-up Pentagon campaign — developed in response to the 2000 election, when as many as 30 percent of service members stationed overseas were unable to vote — to encourage troops to register and vote early. Observers praised the military's efforts but said a cumbersome voting process, a confusing patchwork of state laws and likely ballot challenges almost certainly would disenfranchise some military voters.

Anecdotal accounts from soldiers stationed in Iraq confirmed that at least some troops here who applied to their local elections boards for absentee ballots months ago still haven't received them. "I sent my application in June, and I never got anything back," said 1st Cavalry Sgt. Jim Villareal from Orange County, Calif.

There have been isolated reports of shortages of the federal replacement ballots, but Wright said they appeared to be reaching most soldiers who needed them.

"We have seen some improvement. Just how much is impossible to say. At this point everyone has their fingers crossed," said Derek Stewart, who in 2001 wrote a highly critical assessment of the military's overseas voting program for the Government Accountability Office. Given the likelihood of a close presidential election, a few thousand more votes from service members stationed overseas could swing the results in battleground states such as Florida, Pennsylvania and Ohio.

Just 537 votes divided President Bush and Al Gore in Florida in 2000, a spread easily covered by military ballots. Military voters have tended in past elections to vote Republican, and a recent Annenberg election survey of 655 active-duty soldiers and their family members found that they were likely to back Bush in large numbers again this year.

Overseas military ballots are particularly susceptible to challenge, experts said, because they frequently arrive past deadlines and without postmarks. The Pentagon had planned to roll out a $22 million electronic solution to the problem this election. But security experts said the votes — which would've been transmitted over the Internet — wouldn't be secure, so the system was scrapped. The hodgepodge of voting and ballot-application methods that took its place are so confusing that the Defense Department issued a 379-page guide to help service members figure out how to vote. The military has deluged service members with reminders to vote early. Banners and signs seem to fly from every base in Iraq, and "remember to vote" commercials air frequently on the Armed Forces television network. The Pentagon campaign and the crucial role of the Iraq war in the election have combined to make the election a passionate subject of debate in mess halls and barracks across Iraq.

"A lot of soldiers feel President Bush isn't fulfilling what he said he'd do," said Spc. Ricardo Hart, 35, of the 321st Signal Co. out of Reno, Nev. "But I tell them, this is war, this is still a conflict. Nothing is black and white. So, we're all voting — just maybe not for the same person."

Distributed by Knight Ridder Corporation. Hannah Allam contributed to this article.

Politicians to discuss election ads

Sen. Les Ihara and Rep. Galen Fox will speak tomorrow about their new "Clean Campaign Project" from 12 – 1 p.m. in Saunders Hall, room 704.

"Dirty Election? How To Tell If You're Getting the Straight Story" will describe the bipartisan group created this year as a watchdog against dirty campaign advertisement.

Also present will be three of the four-member bipartisan group. The three are former City Councilwoman Marilyn Bornhorst, also a former Democratic Party chairwomen; Warren Iwasa, a Democratic official and Honolulu Community-Media Council president; and Randy Roth, a University of Hawai'i Law professor, who also is a former senior advisor to Republican Gov. Linda Lingle.

The other republican from the four-member group who is not scheduled to appear at the event is Kate Zhou, a political science scholar and Republican convention delegate. This forum is presented by the UH Manoa Society of Professional

Casting out

CHRISTOPHER WARSH • Ka Leo O Hawai'i

Mayoral candidate Mufi Hannemann talks with an absentee polling location employee on his way to cast his vote yesterday.

On the NFL field, inertia is king

By Greg Bishop
The Seattle Times
(KRT)

TONY BLAZEJACK • Ka Leo O Hawai'i

Mike Brewster cuts through the Nevada defense with the help of the offensive line. In the NFL, the offensive line has seen bulkier players since a 1978 rule change allowed linemen to extend their elbows farther than the span of their shoulders and to use their hands when they blocked.

SEATTLE — Here were two large men, giant against giant, small car against small car, sauntering toward each other, faces contorted into snarls, adrenaline and machismo pumping through their veins. They stopped at an imaginary line, waited for the signal.

And then, BOOM. Somewhere, Isaac Newton cringed. That whole force-is-equal-to-mass-times-acceleration deal.

Bill Laveroni had spent a decade of his life coaching offensive linemen, and what he saw before him that day in 1990 was the future. That year, there were 39 players in the NFL who weighed more than 300 pounds. This year, there are well over 200.

But Laveroni wasn't watching offensive linemen that day. He was watching sumo wrestlers.

"And I saw offensive line play," Laveroni said, his breath quickened after a spirited demonstration. "Japanese-style."

That's what offensive linemen have become in this glorified game of girth: faster, quicker, better-conditioned sumo wrestlers. A souped-up, slimmed-down version of the largest athletes on the planet.

The NFL never felt so large. Consider:

In the 1980s, legend told of a man who ate cereal out of a mixing bowl and once drank 48 12-ounce beers in one sitting during college. That man weighed somewhere between 320 and 330 pounds, normal by today's stretched standards. Yet William Perry was the biggest man on campus, and a regular nickname wouldn't do.

So they christened him "The Refrigerator."

When the Washington Redskins won the Super Bowl in 1983, their offensive line averaged 267 pounds. Seahawks tight end Jerramy Stevens weighs 265.

Then there's Art Shell, who played under John Madden on the Oakland Raiders. He fluctuated between 285 pounds and 300-plus, gaining weight as the season wore on. Madden used to joke that he would look between Shell's legs for sunlight. If he didn't see any, Shell needed a new diet.

Even Jerry Glanville once famously opined, "He can be a great player in this league for a long time if he learns two words: I'm full."

He was talking about Lincoln Kennedy, a University of Washington graduate who became a three-time Pro Bowl player.

"You're going to have more 400-pounders," said Laveroni, who is in his first season as the Seahawks' line coach. "There will be a 450-pound player. I don't think you'll see too many more linemen 290 pounds or less. I could see a sumo wrestler on an offensive line. It's just going to get bigger and bigger and bigger."

Well then, how did the NFL get so Naturally Freakin' Large?

Players train like Olympians, for starters. They do so with regimens culled from strength and conditioning coaches, adding more strength and size with supplements legal and illegal.

On the offensive line, the shift from mobility to mass started in 1978 when the NFL changed its blocking rules, allowing linemen to extend their elbows farther than the span of their shoulders, allowing them to use their hands when they blocked. Bulk became more important, maneuverability less so.

But the league — like waistlines, McDonald's meals and Johnny Damon's hair — just keeps growing. Twenty years ago, linemen who weighed more than 300 pounds were in danger of being cut. This year, those who weigh under 300 pounds are the endangered species.

So this is an offensive lineman's job description: lift weights, drink protein shakes, take supplements, run block, pass block, attend meetings, eat until food doesn't taste good anymore.

Seahawks center Robbie Tobeck calls it the seafood diet. See food. Eat it.

Ed Cunningham, a former Seahawks lineman who works as a broadcaster for ABC, would eat 10,000 to 12,000 calories a day to maintain weight. If he didn't focus on consuming, he would lose 5 pounds.

"It was literally a part of my job," he said. "Just like a stockbroker checking the earnings, that was part of my job description: stuffing my face purple."

Joey Hollenbeck, an Enumclaw native who was in Seattle's camp this year, takes 15 vitamins a day and washes down 2,500 calories a meal with a protein shake. While most people eat one steak with three vegetables for dinner, Tobeck enjoys three steaks and one vegetable.

But what amazes former Seahawks quarterback Jim Zorn isn't how large these linemen have become, but how they push like sumo wrestlers, run like linebackers and eat like that guy who wins the Nathan's hot dog eating contests.

"They're quicker than guys that weighed 260 when I played," Zorn said.

Cunningham spent his time between his sophomore and junior years at Washington living in Australia. He practiced with a rugby team, and one of the players told him he could be world class in that sport, even at 285 pounds. Seahawks center Dennis Norman can dunk a basketball. Seahawks guard Floyd Womack, a man they call Pork Chop, can jump rope with the ease of a 14-year-old girl.

"When you stop and think about it, these guys are athletes," Seahawks strength and conditioning coach Mike Clark said. "REALLY BIG athletes."

Just ask the guy who walked up to Tobeck in the gym for the following exchange:

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Clarification

Friday's front page WalMart photo was taken by Jamm Aquino. The photo had been attributed to the wrong photographer. Ka Leo regrets the error.

If you have any questions about the accuracy or fairness of our articles, please email kaleo@kaleo.org

Size Matters

Stout Minds

Christopher Mikesell
Ka Leo Opinions Editor

> **"Guys who go and work out ... to get bigger, stronger and more massive are not more likely to go and act poorly or violently toward other people just because they are big and physical."**

Size matters. No question about it. As much as people would like to tell you otherwise, as long as we have eyes to see (and mass to measure) we as a society will never be able to act as if people are all uniform particles of similar size and shape. It's just not practical that way; to recognize that some people can barely take up space inside an S size shirt while others have no problem filling out an 3XL one is to recognize the fact that not all people are built the same. Nor should they be.

But then, to what extent does size matter? A lot of people would say that your size doesn't determine who you are, and I'd have to agree with them. I'd say that everyone is a person first and an adjective second. But the way you are built undeniably has some impact on the way you think about and develop your self-esteem in the sense that while you physically resemble one body type, you might have another body type that you'd like to be, and sometimes those two profiles don't match.

It's something of a universal struggle. Are people really satisfied with the way they look? You can call it vanity if you want to be malicious about it, but to an extent, if you feel good about the way you are built, then you feel better about what you can do and you have more confidence in yourself.

So if it's a universal struggle, why has almost all the attention been placed on the female side of this equation? We hear so much about how women are oppressed by the plague of negative body image but we hardly ever get to hear from a male standpoint. I suppose this is because guys have a tendency to not want to talk about stuff like feelings and inadequacies, but I'm just asking you to take a moment and think about this kind of stuff.

Shameless? You bet!

For guys, yes, this is kind of an ego thing. If you really want to get technical and academic about it, I suppose I could say something to the effect of "men are obsessed with size because size has a correlation with perceived power," and that would make all the gender studies folks happy while alienating most guys.

Really, it's almost as if people think it's a bad thing to feel that size is something to be proud of. In fact, it's almost as if because people think that the male preoccupation with size is so connected with what people often incorrectly perceive as chauvinism or machismo that of all things, men have to feel guilty — guilty! — about feeling good about their size.

Men, it's time to say it loud, say it proud, and say it with me: I am not ashamed of how I feel about my size, and neither should you. Whether you're short or tall, big or small, the fact that you have an ideal that you want to strive for does not make you a bad person.

Guys who go and work out and eat to get bigger, stronger, and more massive are not more likely to go and act poorly or violently toward other people just because they are big and physical. It's not machismo. It's self-improvement, and both men and women need to understand this.

Conversely, just because a guy wants to exercise and diet to get himself leaner does not mean that he is automatically going to act as if he is God's gift to anyone. Like the previous example, it's quite possible that he just wants to feel better about not only the way he looks but also about his overall health. Same goes for guys like me who are neither muscular nor skinny but still big — I am not obligated to feel as if I am slobbing or uglying up the world, nor should I feel guilty if I do not. Every guy can have his own standards of masculinity and physicality, and in no circumstance should any man have to answer to anyone else as far as his standards are concerned.

Being Small

Let me use my own conceptions of size as an example. I stand at about five feet two inches tall, maybe five feet three on a good day with big shoes on. Thus, by my yardstick, I'm a lot shorter than most people I know. Believe me, for a guy with not many role models in his life, I have to look up to quite a few people than I would like to on a daily basis.

For people taller than the median height of 5'9", it's good to know that the limitations of being a short guy are sometimes inconveniences and sometimes blessings in disguise. The most obvious limitation I can think of is that of reach. Yes, sometimes I'm not above just reaching for a stepstool to get something I can't reach or walking a little bit faster to get to a goal

See Matters, page 4

> **"For people taller than the median height of 5'9", it's good to know that the limitations of being a short guy are sometimes inconveniences and sometimes blessings in disguise."**

Ka Leo O Hawai'i

OPINIONS

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Size

> "People call it bulk, burliness and a million other things, but whatever you call it, if you have it, you can most definitely make your presence felt."

Matters: Building character by building mass

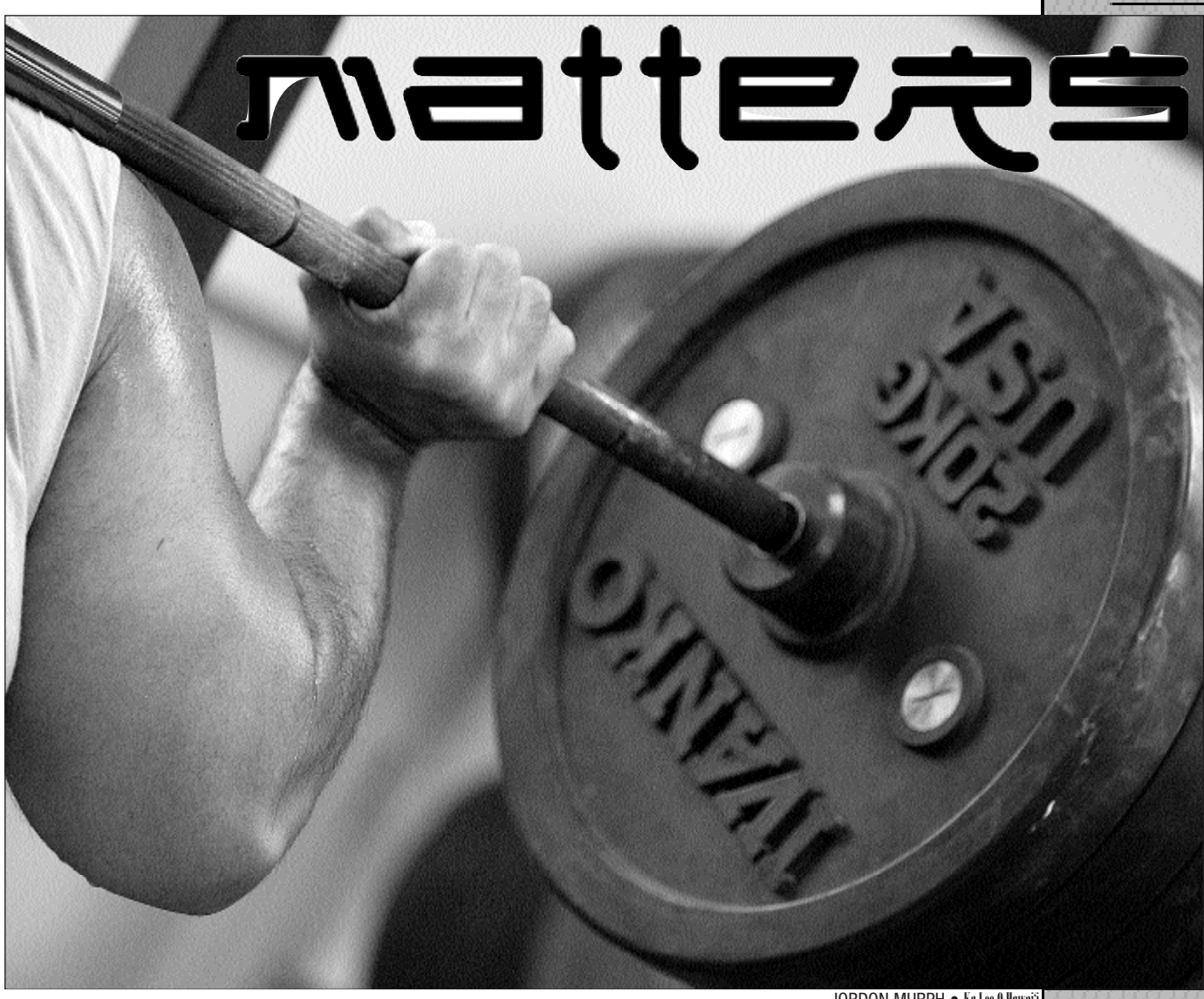
From page 3

I wish I were taller, but I can live with being short. You know why? Short people don't take up as much vertical space, which means that the low ceiling that would split the forehead of a taller person walking into it is just an easy overhang for a short person to deal with.

Also, while short people might be smaller than their taller counterparts, we are, by scale, stronger. It's obvious that short weightlifters, especially those who do world-class competitions in contests like the Olympics and the annual World's Strongest Man contest, have the advantage when performing the task of lifting something off the ground simply because the don't have to move it as far to get it overhead.

And consider this: while it may not be much of a consolation to someone who wants to lift sheer numbers the fact remains that the smaller an organism gets the more it can lift relative to its own body weight. When you get really down to it, ants, of all creatures, can lift about fifty times their own body weight. If an ant were to be built proportionally larger, it would get to the point where it wouldn't even be able to lift itself off the ground, which is why we don't see giant bugs crawling around Hawai'i, thank goodness.

Unfortunately, it's a lot more difficult for a guy to change his height than his weight. I mean, I guess if you wanted to you could pull off a Don King hairdo and wear a lot of vertical stripes, but it'd be a whole lot easier to figure out how you can make your height work for you. That way, while you may need to reach for a ladder every once in a while, at least you'll be able to accept what you can and can't change about yourself.



JORDON MURPH • Ka Leo O Hawai'i

Getting big means more than just increasing your size - it's a state of mind. It's an attitude that allows you to take pride in your efforts, and it's a way to empower yourself physically, mentally and spiritually. Most importantly, a stout body can more often than not be the result of the focus and determination of a stout mind.

Being Big

Of course, an aspect of a man's size that is often changed is his mass, or his girth. People call it bulk, burliness and a million other things, but whatever you call it, if you have it, you can most definitely make your presence felt. I know this firsthand: while I might be a shave above five feet tall I am also about 260 pounds. Should I be guilty or ashamed of the fact that I don't feel bad about this? No. I don't subscribe to the belief hat I am somehow a bad person because I don't spend my time in self-flagellation over my size.

Of course I am aware of the facts about the health risks associated with being a particularly fat guy. Come on, give fat guys some credit, just because we are fat doesn't mean we are as stupid as the common stereotype would suggest. What I do know is that these health risks are not a result of simply being overweight, but are a result of inactivity, a poor diet, and an unhealthy cardiovascular system. A thin guy can be just as much of a couch potato as a fat guy, and he would be at the same risks for all these things that are supposedly — and incorrectly — linked to simply being overweight.

Even if you are big, you're not alone, nor are you unloved. Current studies indicate that as much as 65 percent — which was, last time I checked, a majority — of the U.S. population is overweight, so if you think that fat people are going to behave as if they are a persecuted minority forever, you are sadly mistaken. In fact, according to a recent study, the number of individuals who strongly agree with the statement, "people who are not overweight look a lot more attractive" has gone down from 55 percent in 1985 to today's figure of a mere 25 percent in 2004.

What does this mean, folks? We live in a world where a big "huggable" teddy bear like Ruben Studdard can win on American Idol, where Fat Joe can appear on MTV's Spring break without a shirt on, and where — gasp! — being big is on its way in.

But what if you're not just big, but also buff? Or what about those people who, like myself, are not as muscular as we'd like to be yet, but want to get stronger and subsequently bigger? Hey, more power to them. Literally. There's a lot to be said about being able to accomplish more, and being able to use your own muscles to push further, longer, and harder than you could before is most definitely an accomplishment!

In a way, even though I am already a big guy, I do admit to wanting to be bigger. There is no shame in it. I admire the fact that titanic men like Shane Hamman of the U.S. Olympic Weightlifting team have the discipline and determination to go out and train like crazy to get the physiques and the power that they want. Really, that kind of size doesn't just happen.

I've seen a lot of what I'd call "naturally big" guys, but if you want to get to where Hamman is, you have to be willing to work for it, and I respect people who can do that. That takes guts, that takes toughness, and that kind of devotion is a true indication of character. The fact that such things are even possible is one of the most empowering ideas that we as men can hold dear.

Being Me

Size matters. It matters to me and it matters to all of us. It's wrong to say, though, that a man's feelings about size stem from a feeling of superiority or inferiority, that a man's character and attitude is defined by his size, and that men can't think about size without feeling the guilt imposed upon us by the rest of society. It's actually quite the opposite: for men — real men — your character determines your size and not the other way around.

Men, it is not only possible, but also imperative that we be of both stout bodies and stout minds when it comes to our self-perceptions, have confidence in ourselves and motivate ourselves to achieve the ideals we set. To achieve what you see as your vision of the perfect you, the best you that you can be, it takes not only clarity and focus but it also takes the willingness to defy the negative associations society holds with men who deal with size and strength. Only when men of size can successfully shuck these negative perceptions can we truly prove that we need not feel guilty about our pursuit of physicality.

So, no matter how strong or large your biceps or lats are, how far you tip the scales, how fast you can run or how much you can squat, always remember that the size of your heart is one of the most important sizes of all that matter. After all, your heart is a muscle, too.

Breasts: The concept of our beauty is irrational

If Can, Can

Matthew Ernst
Ka Leo Staff Columnist

Do you ever question things that everyone thinks are cool? Recently I've been wondering about the popularity of large breasts, more specifically those on women. Breasts are a common subject for men to talk about with other men. We have all been in situations where we talk or joke about how cool big breasts are. Do you ever ask yourself why? Have you ever turned to the other guys and asked why or said something to the contrary?

I've asked myself and I realize there is no good answer. If you ask someone else what's so great about a woman having a large chest they wont be able to give you a good answer either. At best they may say "it just does." If in our society a large chest is viewed as being a good thing why aren't we able to answer why?

Is there any logical reason for liking large breasts? You don't need large breasts to share a kiss, you don't need large breasts to hold hands, and you don't need large breasts to have sex. You don't even need large breasts to breast feed. There really is no activity that couples do in which the size of the woman's chest matters, but still it seems to be an issue.

Could there be an inborn affinity for large breasts? Physical attractiveness also falls into the same question. Why do we view certain features as more attractive? Is it a part of human DNA? The fact that different cultures consider different features to be attractive points to it being other reasons. Social ideas of what is pretty also change. Take for example suntans. In Japan pale skin is often preferred, yet in Hawai'i everyone is concerned with being too pale. If you ever watch the Discovery channel you may see a program of a tribe in which the members are all or mostly naked. Women's chests are in plain view yet you do not see the men walking around with constant erections. If considering certain features beautiful were an inborn trait then we wouldn't see such a wide diversity of ideas on beauty in different cultures.

Since the concept of beauty is irrational and not natural, that means we must have learned it. As we grow up we are bombarded by the media with images of certain features on a woman representing beauty. This is not something where we make a choice; rather we are unconsciously molded into believing certain things. For example, there is a lot of emphasis that being skinny is important to being beautiful. Do you know why? Can you give a good reason why skinny is more beautiful than fat? A hundred years ago in America, a voluptuous body shape was considered beautiful.

It is clear that social ideas of what beauty is change over time. The interesting thing is in how society's influence manifests itself in our concepts of what is beautiful. We honestly believe large breasts are more attractive even though we know we have no real justification for thinking it. Why do we consider some girls pretty and some not? Its because we have learned that beauty means a certain thing? The scary part is that what we have learned can be stronger than our own reasoning. Even men who know that a woman's body shape isn't important can sometimes succumb to the attraction.

So you may ask, where is the harm in that? The harm is that these ideas hurt those who can't or don't conform. Some studies have shown that when you put two different faces on two resumes with the same qualifications, the woman who fits the social standard of beauty is picked more often. People get hurt not just in job opportunities but also emotionally. Many women get depressed when they see unattainable images of large breasted, skinny, tanned women. They undertake dangerous diets in attempts to be considered beautiful. Why do we just accept and promote ideas such as "big breasts are better looking than small ones" even though they hurt us?

Breast implants are another example of how strong of a grip beauty has on women. These ideas of beauty are so deeply ingrained that some women are willing to have surgeons cut them open and put in an implant just to try and be beautiful. The fact that women get breast implants shows that they believe larger breasts are more attractive than smaller breasts, otherwise there would be no point in the operation. It is only when we are trying to get attention from the opposite sex that we are concerned with our attractiveness. Now why is it that a woman should have to undergo surgery or drastic and dangerous dieting in order to impress men? Why should she be treated differently just because she doesn't have a large chest?

Maybe the question should be, "what is it about humans that makes our minds so weak that we would judge someone on their physical appearance?" I don't expect to change society, but it is good for people to question what we learn from society. Society takes years to change, but it won't change until someone challenges it.

Inertia: For athletes, gain outweighs pain

From page 2

Guy: "You're probably the strongest guy in here."

Tobeck: "I get paid to be strong. It's no big deal."

Guy: "You're probably not very fast, though."

Tobeck: "Well, I've got $100 in my wallet that says I can beat you outside in the parking lot right now."

Guy: "Uh, well, um ... ."

That kind of speed (acceleration) coupled with that kind of size (mass) means some serious force. Tobeck estimates that he breaks one facemask a week during the season.

After Cunningham finished football, his doctor told him with a straight face, "Ed, you're a 70-year-old man who's been in 15 car wrecks."

"My fear, because of the wear and tear, is that we're going to get to the point where there's so much force that guys are just going to be snapping femurs," Cunningham said. "I don't see an end in sight. I don't feel like these guys understand what they're doing to their bodies. I wish there was an education process."

Seahawks linemen said they understand the consequences but don't spend time dwelling on them.

They know that heavier athletes are at greater risk for diabetes, heart disease and high cholesterol. They know that the National Institute of Occupational Safety and Health did a survey of 7,000 former players in 1994 and found that linemen had a 52 percent greater risk of dying than the general population.

"You know," Hollenbeck said. "But I don't really think about it because you can't really think about it."

They might not know that, while the general population grows about 2 inches and 30 pounds every 30 years, the NFL grows that quickly in a decade.

They might not know what Dr. Pierce Scranton, a former orthopedic surgeon for the Seahawks, was talking about the other day. About how the surface cartilage area on a joint doesn't grow when people do. About how repetitive stress wears those joints out. And about how football players put between four and 10 times the amount of stress on joints than they are normally subjected to.

"They're still given the same surface that God gave every one of us," he said. "We really understand how to make people bigger, faster and stronger. They've got that figured out.

"But the long-term health consequences aren't known. My prediction is that if you took 100 players who played at least their career expectancy (3.5 years) and examined the joints in their body, 100 percent would have symptomatic arthritic deterioration."

Scranton suggests linemen get a full medical profile when they're done playing, a baseline for the painful life most experience after football.

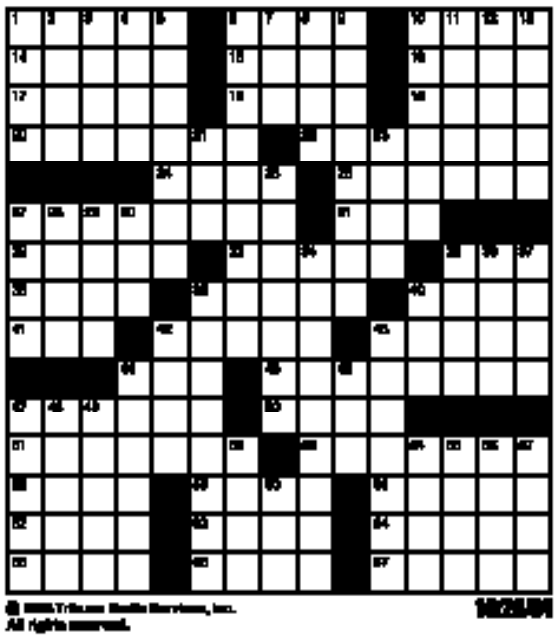
But gain now outweighs pain then. So linemen eat. Lift weights. Take supplements.

This is nothing new. At Vanderbilt, in 2001, Laveroni identified 50 potential linemen. Only two were under 300 pounds. All were high-school juniors.

A decade earlier, he was already scouting sumo wrestlers. Now, he can barely tell the difference.

"It has to stop now, doesn't it?" said Womack, the man they call Pork Chop. "We can't get any bigger, can we?"

Crossword

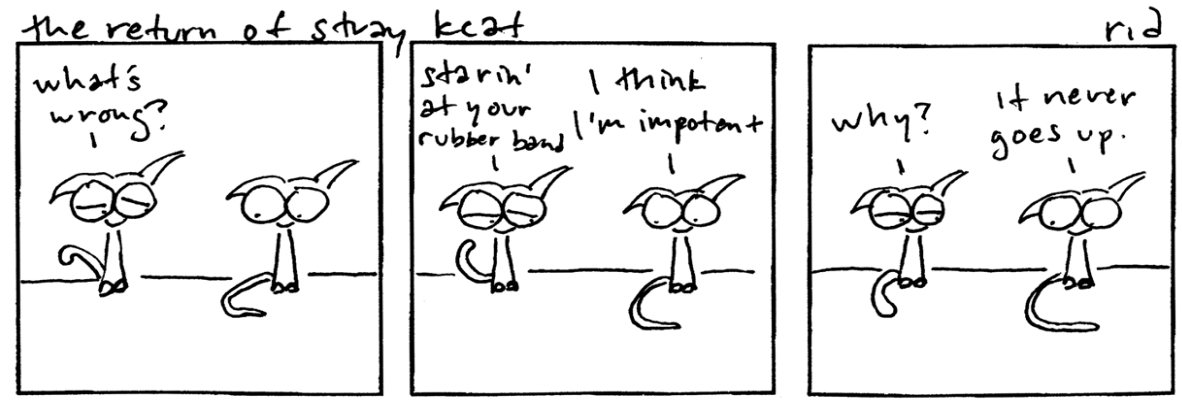


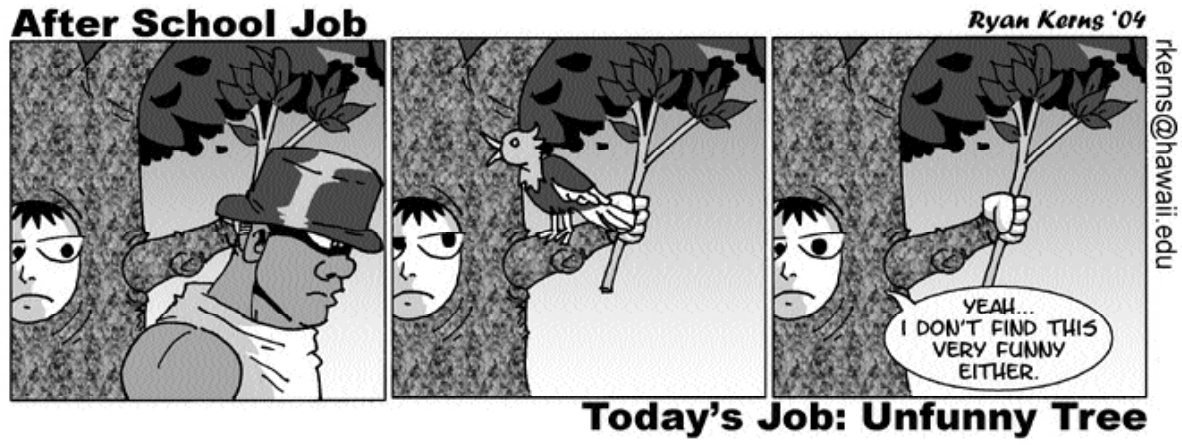
ACROSS
1 Aesop work
6 Enamles
10 Emeril's title
14 Indian or Atlantic
15 Fuzz
16 Kind of estate
17 Studio sign
18 Burn ointment
19 Choir part
20 Draw away
22 Stable seats
24 Gangsters' hankins
26 Canteloupe and honeydew
27 Wrist adornment
31 Compass pt.
32 Troubled
35 Second attempt
36 Exclamation of discovery
38 Mediocre
39 Equate
40 Go-with-anything color
41 DOE's command
42 Inch along
43 Misrepresent
44 Game room, for short
45 Major male rulers
47 Affront
50 Regrets
51 Packed chamber
53 Side-to-side
55 Poop
58 Newspaper section, once
61 Missouri feeder
62 Cloistrix
63 Hosiery shade
64 Tapers off
65 That girl's
66 Accomplishes
67 Web locations

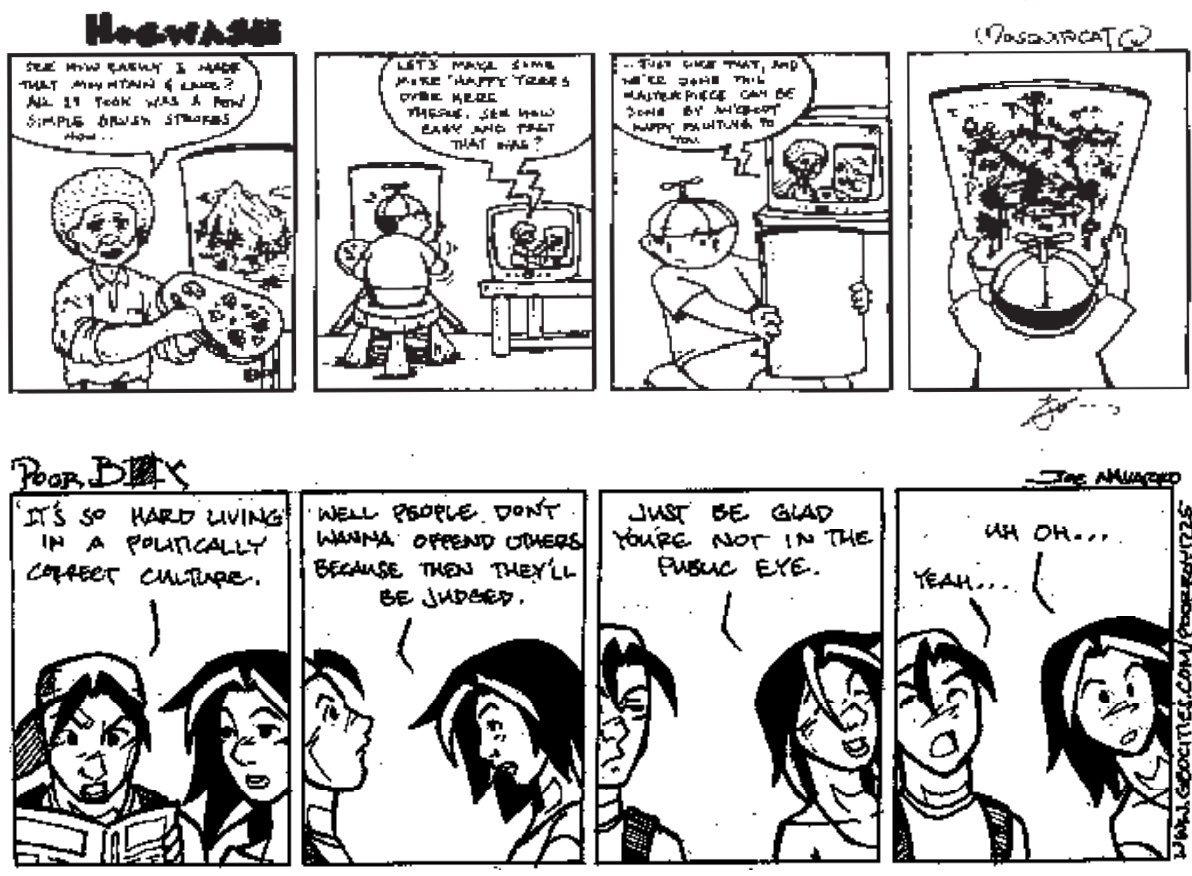
DOWN
1 ___ for thought
2 Complexion damage
3 Dog tired
4 Dan
5 Furious
6 Bulleted up
7 Lubricate
8 Adam's grandson
9 Soft-shell clams
10 Baby's berth
11 Common greeting
12 Gobbled up
13 Dental-care product
21 Cool price?
23 Contradict
25 Pittsburgh pro
27 Foundation
28 Run wild
29 Too
30 Boardroom bigshot
34 Aquiver
35 Woody Guthrie's son
36 '50s rock musical
37 Nautical affirmatives
39 Imagined
40 Fr. neighbor
42 Egotist's focus
43 Conifers
44 Grapevine fodder
46 Green color
47 Type of seller
48 Present occasion
49 Au yeil
52 Dealt
54 Actor Morales
55 Engage in diatribe
56 1959 Pulitzer novelist
57 Fewer
60 Torino three

SOLUTIONS FOR 10/19/04

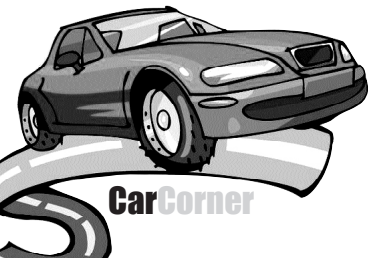
B	L	A	G		C	B	S		P	R	I	M	E	S
T	A	L	E		I	O	U		R	E	T	I	N	A
R	I	O	T		N	I	N		O	M	E	L	E	T
I	N	F	I	D	E	L		S	L	I	M	E		
P	E	T	N	A	M	E		H	O	T	S	P	O	T
			M	A	R	T	I	N	S		O	R	E	
S	A	R	G	E			E	N	G		T	E	A	R
A	L	E	E		B	R	A	B	B		A	T	T	N
L	I	F	E		R	O	O			V	I	B	E	S
E	K	E		R	A	W	H	I	D	E				
S	E	R	V	I	C	E			B	R	E	A	K	E	R
		R	E	Y	E	L			E	A	R	L	O	B	E
S	P	I	R	A	L		O	R	O		I	R	O	N
K	I	N	D	L	E		R	I	O		G	E	N	T
I	N	G	E	S	T		R	A	N		N	A	Y	S







Look, smell for damage in used car deals



By Justin Sumida
Ka Leo Staff Writer

Regardless of whether or not a used car has 100 or 100,000 miles on it, it's hard to know what its previous owner did to it. But after an inspection of the exterior, you can do a thorough inspection of the interior and take it for a test drive. And if you can, bring a friend or relative along to help you, since they may catch something you miss.

When entering the cabin of a car, take a quick sniff. Check for cigarette smells and anything else your nostrils find offensive. If you should smell mildew or mold, it could be an indication of a water leak.

Water leaks usually occur due to poor fitting door seals, window rubber or even rusted out metal. The same goes for the trunk. Cars with potential water leaks should be avoided.

Look at the ceiling, door panels, seats, seat belts and carpeting. Nothing should be worn, frayed, stained, ripped or broken. Ripples in the ceiling are indications that the headliner will soon start to sag, and which will cost around $100 to repair.

The dashboard, door panels and other plastic/rubber should not be cracked or broken. If they are, live with it or be prepared to pay some serious cash to replace them.

With a general inspection of the interior complete, sit in the driver's seat. It should be supportive and have little wear and tear. If the pedals are hardly worn, then the vehicle should have relatively low mileage. But if they are severely worn yet the vehicle has only 10,000 miles on the odometer, then you should suspect odometer fraud.

Another way to check for odometer fraud is to closely inspect it. All numbers should be in line, excluding the white number at the end. On some vehicles, an indicator will show up in the odometer opening, indicating that it has been tampered with or is malfunctioning.

If the vehicle is equipped with power accessories, test them at its door as well as at the driver's master control center. Power windows should operate smoothly from open to close positions, and all power door locks should lock when the main button is pressed. If every window works but the driver's main control center doesn't, it's going to be expensive to replace.

Before taking a test drive, pop the hood. If the car is equipped with gas struts, which hold up the hood, then those should easily support the hood without letting it sag or slam closed. On a relatively new, low mileage engine, there should be very few signs of grease, wet spots and dirt.

Check all the fluids, including the oil, brake, coolant and power steering; and make sure that they are full. Check for any missing parts and covers; and make note of any modifications, such as an aftermarket security system, or any other electrical device which may be present. There should be no loose or exposed wiring.

Although you may not be familiar with an engine compartment, you can usually tell if a cover, guard or other component is missing, or if something has been installed incorrectly.

Preferably, you want to take the car out for a test drive when the engine is cold (not started that day). If an engine has any starting problems, these problems will most likely be evident when the engine is started cold. The engine should start up as soon as the ignition is turned. Don't "give it a little gas," even though the owner/salesman instructs you to.

The old rumor of giving a car a little gas to start is untrue of fuel injected cars. Although it might have been the norm to start an old carbureted car, any modern day engine does not need to be given a little gas to start properly. If it does, then there is something wrong with the engine's management system.

As soon the car starts, look out at the rear view window and give the car a little gas. A very small amount of white smoke is probably just some condensation. But white smoke that pours out of the exhaust and looks like a sauna room indicates that the engine has severe problems. It could be a blown head gasket, or worse, a cracked engine block/head.

If blue smoke is present, excessive oil is getting into the cylinders. In this case, an engine rebuild will most likely be required in the near future. Black smoke indicates a fuel/air problem.

You should stay away from a car that shows any sign of blue, black or white smoke coming from the exhaust.

When you give the car a little gas while in park, the engine should respond immediately, and should

See Car, page 8

Car: Check leaks, breaks, transmission, a/c and engine noise

From page 7

while in park, the engine should respond immediately, and should return to its idle state without sputtering or excessive shaking. When you apply the brake to engage the transmission (automatic), the engine should not sputter/die. When you engage the transmission, the car should shift into the appropriate gear smoothly without a jerk or clunk.

On manual transmissions, the shifter should go into gear smoothly without excessive effort or grinding. With the transmission in gear, switch on the air conditioning. You should hear an audible click indicating the air-condition compressor has engaged. The air vents should quickly blow cold air. If not, suspect a possible refrigerant leak in the A/C system or a failing compressor. Both are very expensive to repair.

If the car is OK at this point, take it for a test drive. Take note of any weird noises. There should be no clunks or loud rattles. On an open stretch of flat, straight road, check the car's acceleration by giving it a little gas. The engine should perform well without hesitating, or losing power.

Next, check the cars alignment by slightly letting up on the steering wheel. Be very careful when doing this. The car should continue to move forward in a straight direction without swerving or pulling to one side.

There shouldn't be any shaking, excessive vibrations or shimmying while cruising on a road. When applying the brakes, you should have a good, solid pedal feel. If there is shimmy or vibration when the brakes are applied, suspect warped rotors, which means a brake job is needed.

The transmission, if automatic, should shift smoothly. It should downshift without any clunking or harshness. If the car is equipped with a manual transmission, the clutch should engage and disengage smoothly and, as mentioned earlier, the shifter should go in place without any grinding.

If the car is in good condition, you can start thinking about aesthetics and ergonomics. Is the car something you can live with? Are the controls safely located and well within your reach? Are there any potentially dangerous blind spots? Is it comfortable by your standards? Can you drive it easily? Is it too big? Is it too small?

After your test drive, before shutting off the car, put it in park and open the hood. Pull out the transmission fluid dipstick and wipe it off. Then reinsert it and pull it out again. The fluid should be reddish in color. If it is brown, the transmission fluid needs changing. If it is milky, the radiator is bad. If the fluid has a burnt smell, the car's transmission may not last much longer, and you could be looking at a pretty expensive repair bill down the road.

After replacing the transmission dipstick, take a look around the still-running engine. Check for leaks. A loud, excessive ticking or knocking sound indicates internal engine wear.

Once the engine reaches operating temperature (gauge at halfway point), the cooling fans should come on. Make sure the fans adequately cool down the radiator coolant. Allow the fans to come on at least twice before shutting off the engine (Note: A/C must be off to perform this test.).

TIMOTHY PINAULT • Ka Leo O Hawai'i

After test driving a car, ask yourself if the vehicle fits you well. Is it comfortable? Can your drive it easily? Is it too big?

Inspect the tailpipe. If you see a greasy, oily substance on it, the engine is burning oil. The tailpipe should be dry and have a grayish sooty color.

After letting the car cool down for a while, start it up. Some cars have trouble starting after they heat up.

If something potentially dangerous is found, or if you really dislike the car for another reason, just say no. Do not let a salesman push you into buying something you do not want. If you have the emotional strength of 10 tiny shivering Chihuahuas, have someone with a lot of confidence and nerve make the deal for you.

If the car is in good condition and in your price range, take the time to have your mechanic check it out. And remember, if you end up buying a lemon, you can always sell it. Good luck.

Send your car questions to kaleocars@hotmail.com