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Case sets pace for changed campaign

Exchange credits open new doors

Former gubernatorial candidate Ed Case makes case for Congresswoman Patsy Mink's emptied seat

By Beth Fukumoto
Ka Leo Associate News Editor

By Lisa Huynh
Ka Leo Associate News Editor

In the midst of speculation on Democratic political maneuverings following Congresswoman Patsy Mink's death, Ed Case flew into Maui on Monday morning to file a petition at the County Clerk's office to fill the late Mink's Democratic congressional seat.

Immediately after, Case returned to Honolulu to honor a prior commitment of appearing before a journalism class at the University of Hawai'i at Manoa.

Case addressed a wide range of issues — from his opinions on his would-be opponents if Mink is posthumously re-elected, to theories as to why he lost the Democratic gubernatorial nomination to Lt. Gov. Mazie Hirono, to whether the United States should be going to war against Iraq.

The 20-member class of Journalism 205 students showered the politician with questions during the mock press conference.

Case told students that Mink's former post would be "a perfect fit" for him, citing his three-year experience serving as a legislative aide — at the age of 22 — for the late U.S. Rep. Sparky Matsunaga.

"I know Congress and I know how to work there," Case said.

With President George W. Bush and his administration pressing for war, students asked Case several questions about his stance on Iraq.

"I think we need to do it in a way in which the decision of the United States is accepted by other countries," Case said. "I am under no delusions that there are people that want to do harm to us, and the leaders of other countries, such as Saddam Hussein, is one of those."

Case said that his Republican

opponent, state Rep. Bob McDermott, is not the best person to replace Mink because "he is a conservative and the people of the second congressional district are mostly liberal."

McDermott has publicly stated that he was disappointed that Democrats would continue to back Mink's re-election to preserve their chances of holding the seat. "If that was my mom, I wouldn't let them do that," he said. "Let her rest in peace. Treat her with some dignity."

Asked how he felt about running against former Gov. John Waihe'e, who was pondering a run for Mink's seat earlier in the week, Case replied, "I spent eight years in the Legislature trying to clean up the mess Mr. Waihe'e made, both fiscally and ethically." Asked to elaborate, Case stated that, in his two terms, Waihe'e did not budget and spend conservatively. "The fact of the matter is, I don't think leopards change their spots," Case said. "You asked, and I answer you honestly."

Addressing his primary election loss to Hirono, Case said he believes his defeat was due to low voter turnout, a grassroots campaign as the underdog, and a message of change that may have sounded threatening to voters.

Asked who he believed would win the gubernatorial general election in November, Case reaffirmed his support for the Democratic candidate while reiterating his message for change.

"For Mazie Hirono to win, she has to embrace change," he said. Unless Hirono does this, Case warned, the people who voted for him would probably vote for Republican candidate Linda Lingle.

As to whether he would support the legalization of marijuana, Case replied, "I do believe we are using too

much of our assets on the eradication of marijuana."

He said that if he had been elected governor, he would have seriously considered the decriminalization of marijuana in Hawai'i.

Issues aside, Case's desire to fill Mink's position could be affected by recent circumstances. Among these is whether the Hawai'i Supreme Court will continue to uphold the constitutional electoral process, which calls for a special election to be held with Mink's name on the ballot.

On Tuesday, Attorney General Earl Anzai filed a second petition to bypass the special election. The state is seeking to save the \$2 million it would cost for the vote and wants to allow the Democratic Party to put another Democrat on the ballot.

The request, supported by Gov. Ben Cayetano, has faced much criticism, including that of Gwendolyn Mink, the late Mink's daughter. In a Tuesday interview with the Associate Press, Gwendolyn Mink said "the erasure of my mother's name from the ballot in an extraordinary sort of legal maneuver would be very insulting and painful." Beyond that, she said, it raises questions about "the openness and the participatoriness of the whole election process."

In addition, Waihe'e spokesperson Steve Hirono announced Tuesday that Waihe'e no longer intended to run for Mink's seat. Instead, Waihe'e and state Sen. Colleen Hanabusa, who had also previously considered running for the open seat, are now urging John Mink to serve the remainder of his late wife's term. "I really believe her husband, John, should fill it out, if he wishes to do so," Hanabusa said.

However, Gwendolyn Mink stated on Tuesday that she does not believe her father will do so.

University of Hawai'i students have the opportunity to experience other universities in the United States and Canada at low costs and minimum time away from home.

The National Student Exchange Program (NSE) allows students to attend any of the 177 participating institutions while paying UHM tuition or resident tuition at the host campus for a semester or a year.

NSE adviser for the UHM campus, Sandy Davis said, "It's often good for people to try college here, and when they're confident with college level classes, they can try another part of the country."

Davis added that it is especially important for Hawai'i residents.

"I feel every student who grew up in Hawai'i should spend a semester or year away; number one reason is to appreciate Hawai'i more, another is to get a little more confident. Lots of students live at home, so sometimes the only way to experience independence is to do an exchange."

Travel industry and management major, NSE participant Joanna Lee agreed.

"Anytime you're able to go anywhere else from where you're from, you can get a different perspective. You have to adjust to those differences. (It's good) being able to take advantage of other things that are available in other places."

Lee attended the University of Washington for the 2001-2002 school year.

She said: "I did get to meet quite a few people, and they were all really cool. And all of my professors were great, and they were all really nice."

Participating schools include, but are not limited to, University of Utah, University of Georgia, Virginia Tech, Virginia State University, Howard University in New York, Johnson State College, Boise State University, San Jose State University,

University of Oregon, University of Guam and Universite de Sherbrooke in Quebec.

According to Davis, most Hawai'i students prefer the West Coast. The most popular West Coast school is California State University, Northridge.

Out of the East Coast participants, Davis said Hunter College in New York, University of Massachusetts at Amherst and University of Maryland were most popular.

Davis said, "We're the most popular of all the 177 schools. The last four years, we've received 300 mainland students. And we send out between 100 and 120 students."

She added that most students love the experience. They just want to see what classes are like on another campus. Sometimes they want to check out courses and job opportunities. But mainly they just want to try something different.

When asked what she enjoyed most about her exchange, Lee said, "I think being able to live somewhere else in a different environment and atmosphere, experiencing life away from home, different weather, a different school, different kinds of people and different culture. The culture was not as laid back. It's not like here."

Davis said that the application for NAS is just a formality. Most importantly, you have to be a full-time student and have at least a 2.5 GPA.

She added that most students are able to attend any of the 177 schools they want, but some schools are limited. University of Washington, San Jose State, California Polytechnic State University, and the University of Arizona are the toughest to get into. Oregon schools are usually the easiest.

Applications for the year 2003 are due February 14, 2003. The fee to apply is \$120. For more information, visit SSC 206.

Daily workout an addiction for some college goers

By Jamie Bellevance
Daily Orange
(Syracuse U.)

(U-WIRE) SYRACUSE, N.Y. — If Michelle Bartlett misses a workout, she won't sleep at night.

The senior biology and psychology major at Syracuse University said it's a physiological thing and that she needs to burn off her energy for the day in order to get a good night's rest.

"I have to work out," she said. "There's no way I could miss two days in a row."

Many men and women develop exercise obsessions because exercising is a socially acceptable and admirable thing to do, said Dr. Carol Thompson, a behavioral psycholo-

gist who counsels people through the Spirit of Recovery program, which helps people recognize and recover from addictions.

"There's nothing wrong with working out every day, but when it becomes the most important thing in your life and you find yourself mourning the loss (of a) workout, then it has taken over," Thompson said.

Some people are addicted to the release of endorphins, also known as "runner's high," produced from exercise, she said. These people work out excessively — even when sick or injured — and get upset or angry if they miss a workout.

Eric Bees, a sophomore management major, has worked out with a wrist injury.

"I just took a bunch of Advil, wrapped it up tight and worked out anyway," he said, adding that he'll work out even if he's sick or hungover.

Other people are not necessarily addicted, they just do it because they love the feeling of working out and the way it makes them look, Thompson said.

Bartlett works out 10 times a week. Her shoulders are cut, her stomach is tight and her legs look flexed even when she's sitting comfortably in a chair. A former college gymnast and tri-sport high school varsity athlete, she goes to the gym everyday, spending two hours lifting weights and running on the treadmill. She also takes a kickboxing class and jogs when it's nice outside.

Bees also has a strict workout regimen, arranging his schedule so that his evenings are open to go to the gym. He lifts weights three times a week for three hours Monday, Wednesday and Friday, with a day of rest in between for his muscles to recover. As a result, his biceps leave no room to breathe under his fitted Gold's Gym T-shirt.

"I do the same things at the same time, on the same days," Bees said. "I don't think I am obsessed, but maybe it looks that way to some people."

Although tough workout schedules like Bartlett's and Bees's are widely considered a positive thing, they can promote injuries or cause people to put their workouts before other commitments, Thompson said.

Addicts cannot get through their

daily lives without working out, said Thompson. Bartlett and Bees, however, said their lives are not controlled by their exercise habits.

"I don't think I am obsessed. It's just a healthy part of my day," Bartlett said, adding that she always puts class and schoolwork before her workouts.

"When the body is taken far beyond what it can handle, the brain releases a natural morphine substance. It feels terrific to them, not unlike anyone who uses a narcotic," Thompson said. "When it happens, it is a very pleasurable feeling, and the body becomes accustomed to that and looks for it."

ON OCTOBER 10, 732, CHRISTIAN FRANKISH LEADER CHARLES MARTEL DEFEATS A LARGE ARMY OF MUSLIM SPANISH MOORS AT THE BATTLE OF TOURS, NEAR POITIERS, FRANCE.

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Test taste tantalizing cinematic excellence

By Sebastian Blanco
Ka Leo Senior Staff Writer

Watching "Mostly Martha," a German film about a neurotic chef in an upscale Hamburg restaurant, makes one somehow feel smarter. There's not a lot of subtlety at work in this well-made film.

The audience can sort of piece the final menu together since all the ingredients are carefully, blatantly presented throughout the film. The connection between the mess that is Martha's life and her inability to enjoy eating is the first ingredient writer-director Sandra Nettelbeck lays out for her audience.

We don't see Martha (Martina Gedeck), who prides herself on cooking everything exactly as the recipe instructs, robustly enjoying devouring a meal until we're almost finished with the film. It's almost as if Nettelbeck didn't want to take chances that anyone would miss her allusions.

How could we?
 It's hard not to notice that when the cold, almost unfeeling Martha needs a quiet place to escape the pressures of her kitchen, she runs into the freezer. The cold person goes to the cold place, get it?

Of course you do. It's easy.
 The plot is also easy to follow, even to predict. Martha's life is in professional order and personal turmoil.

She obsesses over creating perfect food, both in the restaurant and at home, but can't simply sit and eat her concoctions. She's got other problems, too.

When patrons send food back to the kitchen, Martha is liable to stomp out into the dining area and explain fiercely why the food is not undercooked. She throws raw meat at the man who wants his steak rare.



"Mostly Martha," flick worth the watch, stars Martha (Martina Gedeck, left) and Mario (Sergio Castellitto).

Nettelbeck's script supplies an inescapable tragedy (the death of her sister), which leads directly to Martha having to create a human connection with her niece Lina (Maxime Foerste). The ploy also contributes to the well-timed arrival of Martha's potential rival/love interest Mario (Sergio Castellitto), who begins working in the kitchen to pick up some of the slack Martha creates when she's busy with Lina.

It's an easy-to-follow plot with easy-to-understand characters. When Lina first hears of her mother's death and moves in with Martha (Lina's father was an old affair and is off somewhere in Italy), she won't eat anything.

But, just in case the audience still doesn't get the connection between sadness and not eating, Nettelbeck shows us that Martha, with all of her personal issues, can't get Lina to eat. Yet, the gregarious, avuncular Mario can.

This is not to say "Mostly Martha" is a bad film. It's not. There's a gentle humor in Castellitto's warm portrayal of the Italian Mario.



COURTESY PHOTO

"Mostly Martha," a delectable cinematic masterpiece, has one flaw: predictability.

Castellitto and Gedeck don't have the most amazing chemistry ever filmed, but this is almost a plus since Martha has such a difficult time opening herself to anyone. Martha struggles to talk to anyone (Lina, her shrink, her co-workers) about anything other than preparing food.

The food itself, always a starring player in food films, is beautifully filmed. Scenes of dressing being made, of expensive dessert plates and of home cooked living room picnics are gorgeous.

Cinematographer Michael Bertl showcases the steam of the stoves and the flow of the kitchen just right. When Mario joins the restaurant staff and spreads his enjoyment of the food to the other workers, including an impressive Katja Studt, you get hungry watching.

Some minor flaws inhabit "Mostly Martha." For example, the music the kitchen staff listens to in the high, metallic kitchen is ostensibly produced by a giant boom box, yet sounds like a movie soundtrack.

There's never even that moment where the sound shifts from diegetic to non-diegetic. The characters, Mario in the lead, sing along with these beautiful, full sounds coming from a cheap stereo, and it's disorienting.

Plot-wise, it's confusing when Martha and Mario suddenly have the same day off, without an explanation as to whether the restaurant is closed that day or if there's all of a sudden a third chef who takes over in the kitchen.

Also, the film should have ended about three minutes before it actually did. Still, these detractors do not make the film less likable.

For a light meal of a movie, and one that's easy to digest, "Mostly Martha" is delectable.

Christian veggies tell merciful tale

By Marlo Ting
Ka Leo Staff Writer

"Jonah: A Veggie Tales Movie" is Big Idea Production's first major motion picture featuring their popular talking vegetables. As the title suggests, the film is a comical, offbeat version of the Biblical story of Jonah, with computer-generated vegetables instead of people.

Strange? Very. Preachy? Barely. Entertaining? Absolutely. For those that don't know, Jonah was a prophet whom God told to go to Nineveh in order to get the inhabitants to change their wicked ways lest they be destroyed.

This didn't sit too well with Jonah, who thought they deserved to be punished and that God shouldn't extend any mercy to them. The asparagus version of Jonah is no different.

When God tells him to deliver his message to Nineveh, he refuses and instead attempts to get to Tarshish, the farthest city from Nineveh he can find. But since the local cruise lines don't go there, he has to rely on the services of the "Pirates Who Don't Do Anything."

True to their name, they don't do anything. Instead of disrupting trade like normal pirates, they just sit around singing about how they don't do anything while watching the occasional episode of "Alf" and eating all the cheese curls (a snack food) they can get their hands on.

When reminiscing about past exploits, the only thing that comes to mind is "Remember when we did that one thing ... with that one guy?" None of them do, because until Jonah came along, they never did anything.

The only reason they've decided to start doing something now is



COURTESY PHOTO

Jonah the Asparagus doesn't believe God should show any mercy.

because Jonah offered them lots of money. With lots of money they can buy lots of cheese curls.

These pirates love their cheese curls, but not as much as Jonah hates the idea of going to Nineveh. A generally unfriendly lot, the vegetable version of the Ninevites lie, steal and constantly slap each other with fish.

They aren't as bad as they are in the Bible, which is appropriate, considering this is a children's movie. Don't let that keep you from watching this movie, though.

It's aimed at kids, but it's funny and amusing enough for everyone else as well. Jokes about diversified portfolios and other subjects the younguns probably won't understand are mixed in with all the kiddy stuff.

Amidst the peas with French accents (funnier than it sounds) and allusions to Monty Python, there is a moral message about the importance of compassion, mercy and second chances.

"Jonah" is, at its core, a Christian movie promoting Christian values. The songs littered throughout the film make that fact very clear.

It would be a real shame if, just because of that, people were steered away from this comic treat.



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1. JIMMY FALLON: Bathroom Wall (Dreamworks)
2. GUTTERMOUTH: Gusto (Epitaph)
3. COMMON RIDER: This Is Unity Music (Hopeless)
4. SOLE: "Salt On Everything" (Anticon / 12-inch)
5. MILES DAVIS: The Best Of (Columbia/Sony)
6. EARTH WIND & FIRE: Essential (Columbia/Sony)
7. RUBEN BLADES: Mundo (Sony)
8. ATMOSPHERE: God Loves Ugly (Fat Beats/Rhymesayers)
9. HOT WATER MUSIC: Caution (Epitaph)
10. NEW FOUND GLORY: Sticks & Stones (MCA)
11. REEL BIG FISH: Cheer Up! (Jive)
12. SPARTA: Wiretap Scars (Dream Works)
13. THIEVERY CORPORATION: The Richest Man in Babylon

(Eighteenth Street Lounge)

14. MUSTARD PLUG: Yellow #5 (Hopeless)
15. VU (Variable Unit): Seven Grain (Wide Hive)
16. IVY: Guestroom (Minty Fresh)
17. NO KNIFE: Riot For Romance! (Better Looking)
18. KIND OF LIKE SPITTING: Bridges Worth Burning (Barsuk)
19. THE FAGS: S/T (Idol)

Read Ka Leo Daily

Without absolute certainty, executions cannot punish

THE EVENT: The State of Florida executed Aileen Carol Wuornos by lethal injection Wednesday at the Florida State Prison.

In 1985, the State of Maryland sentenced King Bloodsworth to death for rape and murder. A year later, his sentence was reversed on grounds of withheld evidence pointing to another suspect. He was retried and reconvicted. In 1993, newly available DNA evidence proved he was not the rapist-killer. The prosecution dismissed the case and he was awarded \$300,000 for wrongful punishment.

In 1985, the State of Illinois sentenced Rolando Cruz and Alejandro Hernandez to death for the abduction, rape and murder of a young girl. Shortly thereafter, another man in prison confessed to the crime. However, he refused to testify unless the state waived the death penalty. Ten years later, the courts overturned the verdict using DNA evidence, which exonerated Cruz and Hernandez and implicated the confessor.

In 1980, a black high school janitor, Clarence Brandley, and his white coworker found the body of a missing 16-year-old white school girl. After the interrogation, police told the two, "One of you two is going to hang for this." Looking at Brandley, the officer said, "Since you're the nigger, you're elected." Brandley was tried, convicted and sentenced to death. There was very little evidence offered and real leads were ignored by the police. While awaiting execution, evidence emerged that another man had committed the murder. Brandley was not released until 1990.

In 1990, the State of Florida executed Jesse Tafero after being convicted (along with his wife) for murdering a state trooper. On appeal, his wife's sentence was reduced to life in prison. In 1992, a federal court vacated the judgment and set her free. The testimony that convicted the two was identical. It consisted of perjured testimony of an ex-convict who turned into a state witness himself to avoid the death penalty.

The State of Florida executed Wuornos after her being convicted by a Daytona Beach court of killing a Palm Harbour electrician, Harry Mallory. She was a prostitute who worked the Florida highways. She confessed to five more killings and was suspected of a seventh killing.

There are five methods for executing prisoners in the United States. The traditional method is hanging. Death on the gallows is easily bungled. If the drop were too short, there be a slow and agonizing death by strangulation. If the drop were too long, the head be torn off.

Another method is the firing squad. The prisoner is hooded and strapped into a chair. A target is pinned to the chest. Five marksmen take aim and fire, one has only blanks.

The next method introduced is the electrocution method. The prisoner is led to the death chamber, strapped to a chair, and electrodes are fastened to the head and legs. When the switch is flipped, the body strains and jolts as the voltage vacillates. Smoke rises from the head and an awful odor of burning flesh fills the air.

An improvement on the electrocution method is the gassing method. The prisoner is strapped into a chair with a container of sulfuric acid underneath. The chamber is sealed and cyanide balls are dropped into the acid to form a lethal gas. The prisoner twitches and jerks for a long period during which every cell in the body slowly suffocates to death.

The most recent method introduced is lethal injection. It is stated as the most humane but, as the U.S. Court of Appeals observed, there is "substantial and uncontroverted evidence ... that the execution by lethal injection poses a serious risk of cruel, protracted death ... Even a slight error in dosage or administration can leave a prisoner conscious but paralyzed while dying, a sentient witness of his or her own asphyxiation."

Nobel Laureate Albert Camus once wrote, "For there to be equivalence, the death penalty would have to punish the criminal who had warned his victim of the date at which he would inflict a horrible death on him and who, from that moment onward, had confined him at his mercy for months. Such a monster is not encountered in private life."

We believe that a criminal justice system that cannot guarantee absolute certainty cannot mete out absolute punishments — death being the irrevocable absence of life.



U.S. should allow weapons inspectors into Pentagon



Talk about weapons of mass destruction has lately proliferated even more than the weapons themselves. We are told that we must prevent certain people from having them. People who would think of using them are insane and it's our duty to stop them. Saddam Hussein has used them on his own people, and we wouldn't want that to happen again.

But just what ARE "weapons of mass destruction," and why are we so concerned with them? The run-of-the-mill definition seems to be that weapons of mass destruction are nuclear, biological and chemical weapons. This appears to be the definition used by the Bush Administration.

The CIA talks about "advanced conventional munitions" along with the usual list. The Department of Defense says that weapons of mass destruction are weapons with "... capabilities to inflict mass casualties and destruction: nuclear, biological and chemical weapons or the means to deliver them."

The FBI, perhaps because of the forward-thinking and cross-dressing legacy of J. Edgar Hoover, has a much more open-minded view of weapons

of mass destruction: "A weapon of mass destruction (WMD), though typically associated with nuclear/radiological, chemical, or biological agents, may also take the form of explosives, such as in the bombing of the Alfred P. Murrah Federal Building in Oklahoma City, Oklahoma in 1995. A weapon crosses the WMD threshold when the consequences of its release overwhelm local responders." (CIA, Department of Defense and FBI definitions are compiled at www.nti.org/f_wmd411/fla1.html).

Obviously, WMD's are scary things and there are far too many of them in the world. I'm sure a few of them are sitting in Pearl Harbor right now on our friendly nuclear submarines.

The point that unfortunately gets missed in all this talk of WMD's is that the "mass destruction" part is more or less theoretical. Sure, plenty of people have been killed by nuclear, chemical and biological weapons. But how many more people are killed by normal bullets, knives, landmines, bombs and such while we worry about WMD's? Over 800,000 people were killed in Rwanda in 1994, mostly with guns and machetes — hardly weapons of mass destruction. Yet, it certainly WAS mass destruction, perhaps even by the FBI's definition.

In 1999 there were 28,874 firearm-related deaths in the United States (according to the CDC), but you don't hear President Bush talking about

bombing Smith and Wesson. The automobile would be the most lethal weapon in our society right after the Big Mac if you thought of automobiles and Big Macs as weapons. They certainly fulfill the "mass destruction" criteria given our rates of car accidents and heart disease.

What scares us about WMD's is not that they can kill lots of people but that a small number of people can kill a relatively large number of people in a very short about of time. It's simply the efficiency that worries us — not merely the fact that they kill people. During World War I, I'm sure the machine gun was thought of in the same way.

I'm not saying we shouldn't be concerned with WMD's. I agree with the common wisdom distributed by our media pundits that anyone who would use such weapons is insane. But I'd add that this holds true whether that person is Saddam Hussein, Harry Truman, Joseph Stalin, Richard Nixon or George W. Bush. There's simply never a good reason to have or use such weapons.

But in our haste to denounce WMD's (albeit somewhat hypocritically) we shouldn't ignore the weapons that actually DO cause destruction on a massive scale. If we

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The Voice of Hawai'i

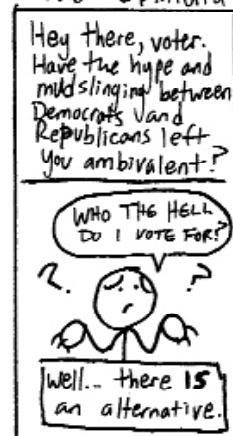
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the opinionator



by Casey Ishitani



FBI: USA in glass house on nuclear bomb issue

From page 4

considered weapons dangerous on the basis of their likelihood of actually being used to kill people, knives, handguns, tanks, bombs, landmines, cruise missiles and aircraft carriers would be weapons of mass destruction.

It seems a bit odd to say that we ought to use our normal weapons to cause a lot of real damage to stop an unknown amount of theoretical damage. I find it weird to talk about the threat of nuclear proliferation when the United States is the number one proliferator of weapons that are actually used to kill people everyday around the world. It's strange to talk about some dictator on the other side of the world who might have weapons and might someday use them when there are people being killed on our own streets and in our own homes every day by actual weapons of mass destruction.

By all means, let's talk about weapons of mass destruction. But let's define them, not just in terms of some theoretical military simulation, but also in terms of the real blood shed by their human victims worldwide.

Letters to the Editor

Steve Tataii, the late Patsy Mink's erstwhile opponent in the Second Congressional District, received almost 15,000 votes; furthermore, he states that he would have received "over 80,000 if our chief election officer had acted according to his duties by Sept. 21, and, by law, requiring me to get enough votes to continue to the general election."

The number of votes that he did in fact receive would have been plenty had he been the only candidate in the Democratic Primary.

Neil Abercrombie, the incumbent in the First Congressional District, in that same election received about the same amount of votes as did Mink — 72 percent. Had Abercrombie received just one vote, however, then his name would still appear on the Nov. 5 general ballot, because he ran unopposed.

I ran against Abercrombie as a Democrat a couple of elections ago. Like Tataii, I was a "bread truck" candidate, meaning that, had a large vehicle hit my opponent early on, I might conceivably have won, since I was the only other candidate. Yet, the election official would not have cast thousands of additional votes for me.

Richard Thompson
San Diego, CA

Apathy a result of state's flawed elections system



Stout Minds
Christopher Mikesell
Ka Leo Staff Columnist

There are many complaints about the electoral process in Hawai'i, and for good reason. We simply do not have very many people voting. What little voter turnout we have is miniscule indeed: only 44 percent of us voted in 2000's general elections, and approximately 41 percent cast their ballots in September 21's primary. These figures are still quite optimistic when you realize that these are only the percentages of registered voters who are voting; it does not account for all of the people who don't even bother to register.

Thus, when it comes to voting, there are basically three types of people. There are those who vote — regardless of who they vote for, I applaud them for trying — those who are registered to vote but do not, and those who do not bother to even register at all.

There are many complaints about all three groups. But perhaps many of the complaints are misguided. People cry voter apathy and reapportionment and other causes to try and explain why Hawaii's constituents don't seem to care, but apathy can't be all of it. Reapportionment confusion is understandable, but I'm sure most reasonably prudent people are able to keep track of little yellow postcards that tell them where to vote.

So what is it? Well, voter apathy covers the major portion of those who don't register. It's insanely easy to register. Some people went around the Manoa campus hunting down those people who didn't register. Voting registrars are going to be as notorious as Jehovah's witnesses one of these days. They are nothing if not persistent.

So how can we possibly explain this lack of voting presence? Maybe we shouldn't assume that it's because people don't care about their votes. I'm a person who cares passionately about my vote, but that didn't obligate me to vote in every single race, or for any of the races at all, for that matter.

That's where the difference lies, and that's the key issue for snagging voters who want to be part of the democratic process but do not vote: many voters like myself were not satisfied with the options we were handed. When it comes down to a choice between Tweedle Dee and Tweedle Dum during an election, why should anyone have to vote for either of them? Same difference.

If we are presented with candidates who do not represent

what we stand for, we don't vote for them. It certainly doesn't mean that we are obligated to vote for at least one candidate. That is the big issue. Hawai'i voters are unsatisfied with any of their options in their elections, so a lot of them decide not to back anyone. It's the critical difference between those who do not bother to vote and those who effectively give a vote of no confidence in our system.

But while this sounds noble, it certainly does not solve our problems. Not voting doesn't keep the people who do not represent you out of power. But while our choices are limited to whatever the major parties hand us, what can we do about it? Our two-party system has produced many look-alikes over time, and only a handful of independent thinkers have ever been successful in taking down candidates from the big two.

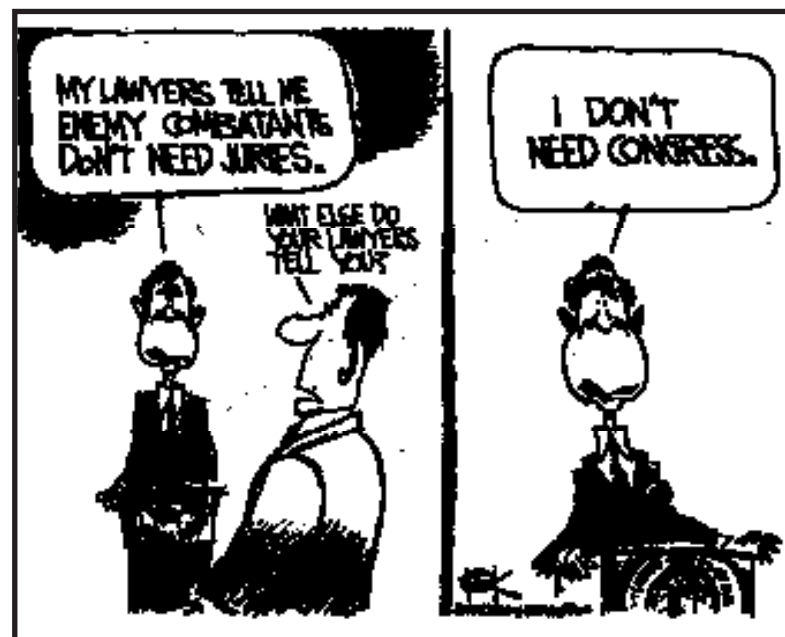
Remember that fiasco with Gore and Bush during the last presidential election? The two of them were virtually indistinguishable on many issues, and they didn't represent people outside their well-established voting blocs. Let's face the facts: politicians do not really care what people who do not agree with their positions think because they are not obligated to represent them.

There have to be better choices out there than what we have now. I have no doubt that there are many people out there who are not only more qualified but who would also do a better job in general than our current set of politicians.

But do you want to know the secret to why we can't get those competent people into politics? The competent people are out there in the private sector with real jobs that pay a lot more than what politicians make. They don't have to worry about whining constituents who are unhappy with the people they didn't even bother to vote against. They have it easier and better than politicians do. I don't blame them for staying out of politics.

Given that, however, what is it going to take to get some better options onto our ballots? Raising political salaries is going to raise a lot of eyebrows as well as a lot of voices. And we certainly can't make intelligent people run for public office any more than we can make them do anything else. It's something of a Catch-22.

The people we want for public office don't want to serve in public office themselves. It's going to take a very good set of new, passionate and effective people who haven't been spotted or included yet in our big political machine landscape to revolutionize Hawai'i and national politics. Until anyone better comes along, we have no choice but to try to represent those who need representation by ourselves, and to be careful with our votes. After all, the lesser of two evils is still a pretty bad choice.

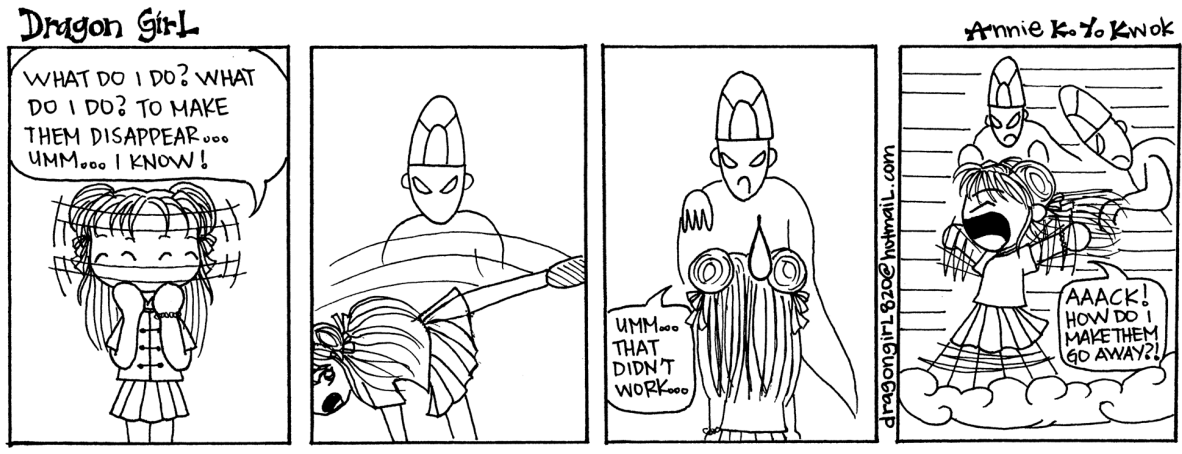
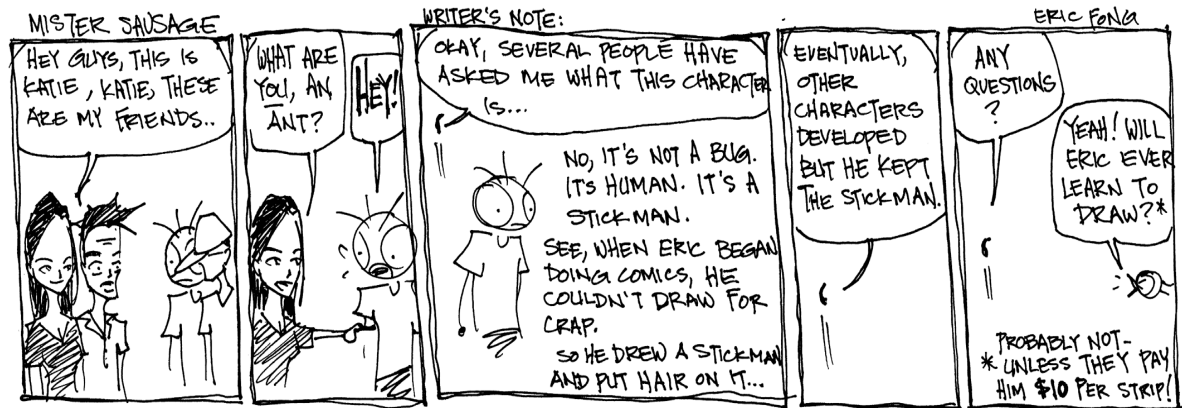
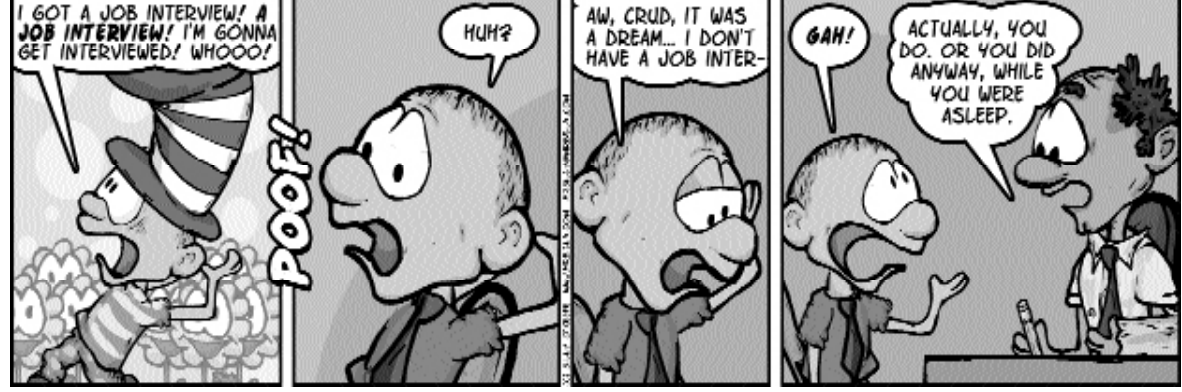


COMICS & CROSSWORD

POOR BOYS: LOST & FOUND*

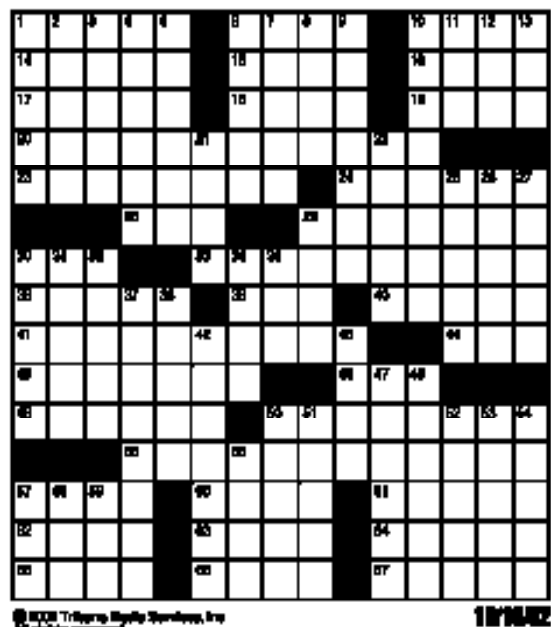


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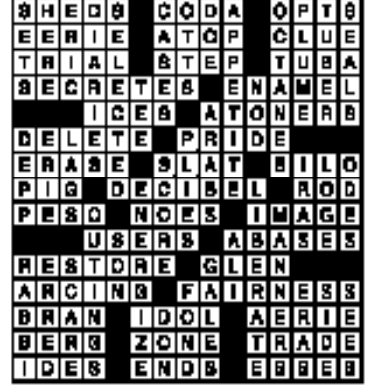
Crossword

- ACROSS**
- Sated green
 - Sooty matter
 - Thompson of "Carrington"
 - Jumped
 - Phnom Cambodia
 - Fitzgerald's forte
 - Actor Davis
 - Brickell or McClung
 - Peaceful
 - Mr. Whitney's range
 - East California airport
 - Singer Brewer
 - Sun. onion
 - Turns into
 - Money manager: abbr.
 - Office fasteners
 - Gertrude's teaparty
 - Sniggle's prey
 - Eagles' home
 - Certain serving basin
 - Trick chair
 - Single copy
 - However, for short
 - Going out with
 - Silver-tongued liar
 - Compromising periods
 - One opposed
 - Animal's den
 - Winkler's equipment
 - Brummell or Bridges
 - Perry's creator
 - First name in cosmetics
 - Molecular building block
 - Match koppers
 - Pawasa
- DOWN**
- Near
 - Spruce juice
 - Relates
 - Pinnacles
 - "Triumph Shandy" author
 - Play out
 - Play by Euripides
 - Part of UNLV Broadway building
 - Sated green
 - Media business
 - de mar
 - Dispenser
 - Org. for seniors
 - First record label to use Dolby
 - Bahian ruler
 - Reddish brown
 - Something valuable
 - "For Whom the Bell Tolls"
 - May and Ann, S.G.
 - Bluenose
 - Palmer of golf
 - Long, long time
 - Church bench
 - Element number 89
 - Glisten
 - Hemittee out of year
 - Greek parica
 - Spider
 - Lazy
 - Wading bird
 - Bags down
 - Owl calls
 - Bay
 - Snaking curves
 - Rowboat need
 - Ally's org.
 - Sains
 - The Chinese "way"



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SOLUTIONS FOR 10/09/02



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

Ka Leo O Hawai'i CLASSIFIEDS

The Ka Leo Building
(across from the UH Bookstore lower entrance)
Monday-Friday 8a.m.-4:30 p.m.

Rates: \$1.25 per line (minimum 3 lines). All caps and/or bold will add 25% to the cost of the ad. Place an ad in four (4) consecutive issues and receive the fourth ad free!
Deadline: 3 p.m. the day before publication.
Payment: Pre-payment required. Cash, in-state checks, money orders, Visa and MasterCard accepted.

In Person: Stop by the Ka Leo Building.
Phone: 956-7043 E-Mail: classifieds@kaleo.org
Fax: 956-9962. Include ad text, classification, run dates and charge card information.
Mail: Send ad text, classification, run dates and payment to: Board of Publications, Attn: Classifieds P.O. Box 11674, Honolulu, HI 96828-0674

CampusBriefs

Homecoming bash on tap for Friday

ASUH in conjunction with the Athletic Department and Activities Council is hosting a Homecoming bash tomorrow.

The event schedule is as follows:

4:30 p.m. - The pre-bash meeting place at the dorms to gather the housing students for the march up to Bachman Lawn

5:15 p.m. - The march officially starts

5:30 p.m. - The main program, with prize giveaways including free tickets to the homecoming game for the first 500 students and food vendors, begins

6 p.m. - The football team makes an appearance along with the UH cheerleaders, Coach June Jones, Vili the Warrior, President Evan Dobelle, and Athletic Director Herman Frazier.

7 p.m. - Musical guests Ten Feet and Natural Vibes perform

10 p.m. - Event wrap-up, Midnight 'Ohana

Press conference will clutter Zone A

The Zone A lot will be closed tomorrow between 6:30 a.m. and 11:30 p.m. to accommodate guests at a press conference at Kennedy Theatre.

Parking directly in front of the theatre will also be closed between 6:30 a.m. and 12:30 p.m.

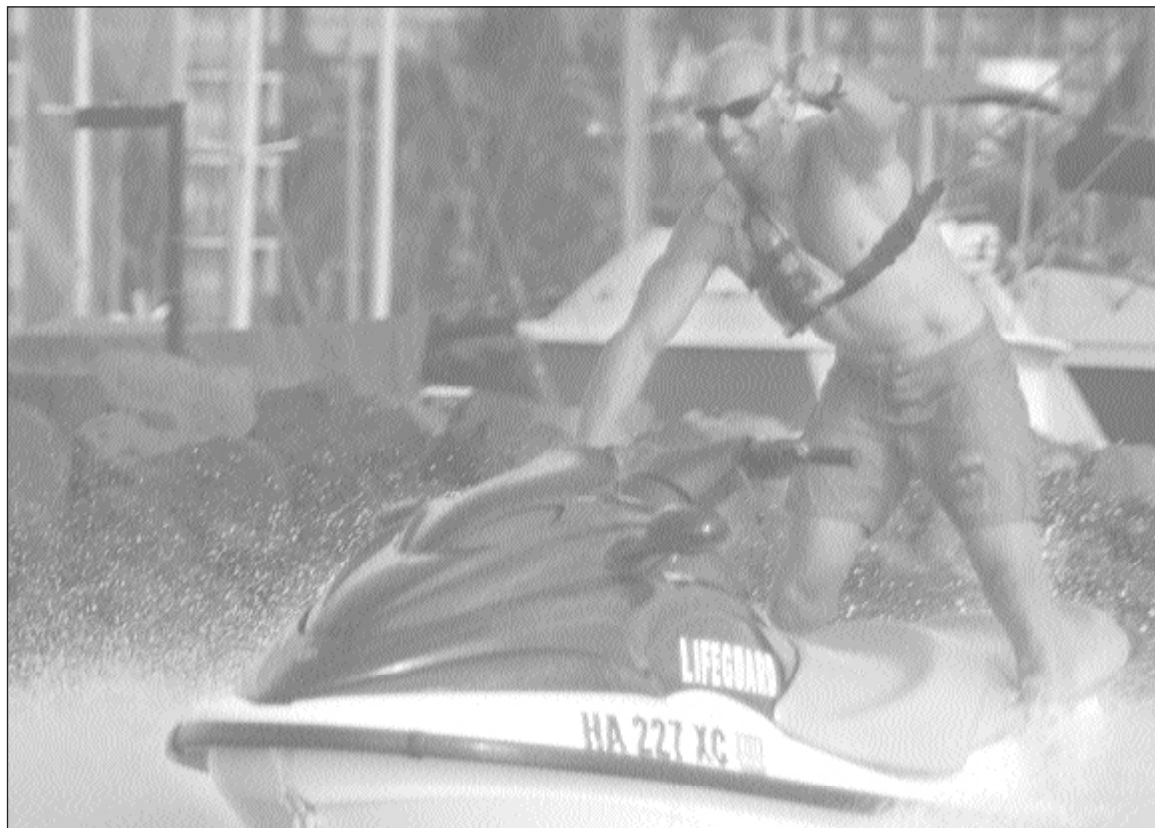
After the press conference, both lots will be open to permit holders and for approved overflow parking.

Hamilton, Sinclair will extend hours

Longer hours for Hamilton and Sinclair Libraries will begin Oct. 14. The new hours for Hamilton are: Monday to Thursday, 7:30 a.m. to 11 p.m.; Friday, 7:30 a.m. to 7 p.m.; and Sunday, noon to 11 p.m.

Sinclair Library's new hours are: Monday to Thursday from 7:30 a.m. to 9 p.m.; Friday, 7:30 a.m. to 5 p.m., Sunday, noon to 11 p.m. Both libraries are open Saturdays, 9 a.m. to 5 p.m.

Look ma, one hand



ANDREW SHIMABUKU • Ka Leo O Hawai'i

Real life Baywatch: A Hawai'i lifeguard zooms by near Magic Island Tuesday. Boats resting at Ala Wai Yacht Club float in the background.

Exercise: Gym rats may be in danger of addiction

From page 1

When the chemical kicks in, the rush lasts for only about 15 minutes, she said, adding that, like drug use, the body will become used to workout routines and the person will have to work out more to create that same feeling.

Bartlett recognizes this endorphin release, although she said she is not addicted to it.

"It's just an added plus when I have a good workout," she said.

But she still strives to put more into her workouts.

"I don't know when I will ever be at the point where I am satisfied. I'm always looking for progress," she said. "I think, 'If I lift a little more, I'm making progress, if I look a little more cut today, I'm making progress.'"

According to the National Eating Disorders Association, exercise addiction still has not been added to the Diagnostic and Statistical Manual of Mental Disorders, the American Psychiatric Association's manual for diagnosing mental disorders. However, it is often linked with or accompanied by other eating disorders, Thompson said.

"The prevalence of eating disorders in exercise addiction is massive," Thompson said. "People get into cult eating habits and turn their lives over to this behavior."

Bartlett does watch what she eats by limiting carbohydrates, but her eating habits are healthy and she allows herself to splurge on weekends. If she does exceed her caloric intake, however, she said she always makes up for it at the gym by running a couple extra miles.

Bees said he hasn't had a slice of pizza since he came to college, even though it's his favorite food. "In high school I would get a pizza

and eat the whole thing. I had to cut it out, because I can't control myself or eat it in moderation," he said. "And all that fat at once is so bad for you."

Bees started working out after high school when a friend who used to get made fun of for being small came back gigantic after the summer.

"I thought it would be nice to get bigger," Bees said, adding that confidence is his driving force for working out.

Bartlett decided to hit the gym freshman year to lose weight. As she saw the pounds come off, it was an incentive for her to continue working out religiously; the more progress she made, the tougher she became on herself.

She doesn't even let her shoulder injury keep her out of the gym, although she has to take a break from gymnastics until her orthopedist tells her she can go continue again.

She's not sure if she injured it by tumbling in gymnastics or from the incline press at the gym. Regardless of how intense the pain in her shoulder can be at times, she works out anyway and avoids exercises that will completely do her in.

"No pain, no gain," she said.

Bartlett and Bees also take supplements to enhance their workouts. This past Tuesday, Bartlett spent \$120 at the General Nutrition Center on protein bars, Hydroxycut, glutamine powder, CLA and omega-3 fatty acids, which she says all work to help her build muscle, stop carbohydrate cravings and lose fat.

"If you stress your body, it's not unreasonable to replace what you are losing in moderation," Thompson said. "The key to living life on the edge is doing things in moderation."

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Odd couple play the kicking game

By Kalani Wilhelm

Ka Leo Staff Writer

Being a kicker on the football team is never an easy job. Being a kicker on a team with a high-powered run-and-shoot offense and playing for a coach whose first intuition on fourth down is to yell, "go for it" is even harder.

But sophomore place kicker Justin Ayat and senior punter Mat McBriar know that it's just a matter of time before they get the call.

One has led the team in scoring the past two years and has the ability to challenge all of former Rainbow and current Denver Broncos kicker Jason Elam's school records. The other could have a shot of playing against Elam in the NFL on Sundays.

Ayat is a local boy from Waipahu whose second language is pidgin, while McBriar is a redheaded Aussie with a polite accent. When you put one person whose favorite phrase is "da kine" with someone whose favorite word is "g'day," you get the Warriors' version of the odd couple.

"We mess around with each other, tease each other. On road trips I throw him around in the room. He's a little

on the chubbier side and I'm way stronger than him," Ayat said half-jokingly.

McBriar retaliates by saying: "Justin is a punk. He's still a soccer player. That's all I have to say."

In all seriousness, the two share a bond, exemplified by the ease with which they tease each other.

"Actually, we spend a lot of time together. We're pretty close friends. We hang out together at practice and are roommates on the road," Ayat said. "We appreciate and understand each others' skills and abilities."

Ayat said: "I know Mat is a baller. He'll punt it a mile."

Said McBriar: "Justin can nail a kick from anywhere, and he's only a sophomore."

Their teammates' appreciation is evident as well.

"We got big respect for the special teams," said senior defensive end Laanui Correa. "They're the one that starts off the field position for us. However they do depending on that field position affects what we do."

Sophomore quarterback Timmy Chang calls Ayat and McBriar the best punter-kicker tandem in the nation.



EAMON SHANNON • Ka Leo O Hawai'i

Senior Mat McBriar leads the WAC, averaging 43.9 yards per punt. Said Ayat of the 6-foot-1 Aussie, "I know Mat is a baller. He'll punt it a mile."

"Mat is a deadly weapon, knowing that if we get stuck in our red zone, he'll kick it out and put it on the other team's side. It puts the other teams in a bind."

Chang continued: "Whenever we're inside the 30, I feel we can score. Even though we want the seven we can still score (on a field goal). Knowing that they are our backup plan is always great."

Through the Warriors first five games Ayat and McBriar have proved to be the conference's best kicking duo even though they have been used sparingly this season.

Ayat has only seven field goal attempts, making five of the seven, while connecting on all 24 of his extra point attempts. McBriar is the conference's leading punter at 43.9 ypp (yards per punt) but has the least amount of attempts, averaging less than three punt attempts per game.

McBriar is ineligible for NCAA rankings because of the low number of attempts; if he were eligible he would rank 15th in the country. To put McBriar's cannon of a leg in perspective, his average would have him tied for 13th in the NFL.

Although their attempts are down from last season, they understand that it will only be a matter of time before one of their kicks will mean the difference between a win and a loss.

In last week's loss to Boise State, the Warrior kickers made cameo appearances. Ayat opened up the scoring with a field goal and kicked three extra points. McBriar had less success, as his one punt attempt was blocked and recovered in the end zone for a Bronco touchdown.

"We didn't have the best game last week but I'm sure we'll rebound and get things straight this week," McBriar said.

During practice, the two are relegated to playing the role of spectators as the offense and defense prepare for the upcoming game. In the greater scheme of things, Ayat and McBriar go virtually unnoticed. But in their minds, they're doing what they've been asked to do: "just kick it."

"They stand on the side all day and just kick balls, and when they're not out there kicking balls they're out there playing little games with the ball," said Correa, referring to a game the kickers play that resembles hackey sack but with a football.

"There's a little animosity because they don't really do too much at practice," said Correa. "But they're cool.



JORDAN MURPH • Ka Leo O Hawai'i

Justin Ayat leads the team in scoring with 39 points. Said Mat McBriar of the UH kicker, "Justin can nail a kick from anywhere, and he's only a sophomore."

They're still part of the team and we still like them as brothers."

"The guys give me little trouble, because of the title and the position I play, but I'm stronger than half of them," noted Ayat. "They're just salty because I get to cruise during practice and they're sweating and dying."

Special teams coordinator Tyson Helton refers to McBriar to a "kicking prodigy" and Ayat as "only just beginning."

"Anyone can coach these two guys. They make my job easy," said Helton. "My job is to make sure

they're doing what they're supposed to be doing and make sure they don't sneak off the field."

Whether McBriar is pinning the opposition back against their own goal line or Ayat is booting another field goal through the uprights, they understand their role completely.

"I really don't mind, I just want us to win any way we can," said Ayat. "If it's me kicking a field goal or Mat punting it for good field position for the defense, I just want to win. The team's success should come before individual success."

SportsBriefs

Golfers wrap up road tournaments

Ka Leo Staff

The University of Hawai'i men's and women's golf teams both shot strong final rounds at their respective tournaments on Tuesday to finish 11th and 12th, respectively.

Of 15 teams, the Rainbow Warriors finished in a tie for 11th with the Wyoming Cowboys at the Wolf Pack Classic in Genoa, Nev. with a score of 881. Top Warrior finisher Kellen-Floyd Asao shot five under 67 on Tuesday to finish fourth overall with a total of 209 points. Junior Matt Kodama was the next lowest scorer for the Warriors, he

finished tied for 29th with a score of 220.

Host Nevada took the team title with a three-round score of 851, 13-under-par.

Meanwhile the Rainbow Wahine, who entered the final round in last place, shot a 313 on Tuesday to finish 12th of 16 teams with a 643 total at the Heather Farr Memorial in Broomfield, Colo. Freshman Tara Chappell led the 'Bows, shooting 157 to finish in a tie for 32nd. Senior Bobbie Arakawa was the career-best 74 on Tuesday to finish in a tie for 43rd with fellow UH senior Laura DeLucia, among others.

The University of Denver shot a 603 to win the tourney. The tournament was named after former LPGA tour member Heather Farr who died of breast cancer in 1993.

Bad, bad Buffs: CU put on probation

By Mitch Schneider

Colorado Daily
(U. Colorado)

(U-WIRE) BOULDER, Colo. — The NCAA placed the Colorado Buffaloes football team on two years' probation on Tuesday, stemming from numerous recruiting violations that occurred under former head coach Rick Neuheisel. Neuheisel and his staff were guilty of around 51 violations, including illegal contact with recruits, excessive reimbursement for recruits' travel and entertainment expenses, and the handing out of athletic apparel to recruits.

Neuheisel said in a statement

Tuesday that he would not appeal the NCAA's decision.

Current Buffs' head coach Gary Barnett had been cited for two violations during the NCAA's investigation.

In response to the alleged violations that took place over a four-year span at Colorado from 1995-1999, the NCAA ruled:

— Colorado will incur two years of probation, effective immediately.

— The permissible limit of 25 football scholarships will be cut to 20 for either the 2003-'04 or 2004-'05 academic year.

— On top of the self-imposed limit of 51 (out of 61) expense-paid visits to campus by football recruits during this school year, Colorado is, again, limited to 51 visits for the 2003-'04 academic year.

— Only six CU football coaches (out of an NCAA-allowed seven) will

be permitted to recruit off-campus at any one time.

Aside from the sanctions imposed against Colorado, the NCAA barred Neuheisel, now the head coach at Washington, from any off-campus recruiting until May 31, 2003.

"What made this case major," said Thomas Yeager, chairman of the NCAA Committee on Infractions, "were not only the calculated attempts to gain a recruiting advantage, but also the number and pattern of the violations."

The violations involved 26 prospective student-athletes, seven of which enrolled at CU.

Barnett and CU athletic director Dick Tharp do not believe the penalties will hurt the program. The Buffaloes are still eligible to participate in bowl games.