Health & Fitness Special

Content:

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Health and Fitness Issue

Ka Leo O Hawai'i

THE VOICE OF HAWAI'I

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Events Calendar

Compiled by Alice Kim

FREE EVENTS

Mark Lindberg will perform his junior recital on percussion instruments today from 1:30 p.m. to 3:30 p.m. at the Orvis Auditorium. *For more information, call the music department at 956-8742, e-mail uhmmusic@hawaii.edu, or visit http://www.hawaii.edu/uhmmusic/schedule.htm.*

"Latest Results from the EPICA Ice Cores: Greenhouse Gas Records and Bipolar Seesaw," a lecture, will take place at the Marine Science Building, room 100, today at 3 p.m. Thomas Stocker, a professor of climate and environmental physics at the UHM oceanography department, will present this lecture. *For more information, call the UHM oceanography department at 956-7633, or e-mail ocean@soest.hawaii.edu.*

"Sacred Earth: Sacred Calling for Human Beings Today," a lecture, will take place today at 7 p.m. at the Hawai'i Institute of Geophysics auditorium. Author and theologian Matthew Fox will present this lecture in celebration of Earth Day. *For more information, e-mail Jgaines519@aol.com.*

The graduate composers' symposium will take place tonight from 7:30 p.m. to 9:30 p.m. at the Orvis Auditorium. *For more information, call the music department at 956-8742, e-mail uhmmusic@hawaii.edu, or visit http://www.hawaii.edu/uhmmusic/schedule.htm.*

The Warrior Challenge will take place tomorrow from 7 p.m. to 10 p.m. at the UH weight room. Prizes will be given to the winning Warriors. Registration begins at 7 p.m. *For more information, call Darrick Tanigawa or Laine Malson at 956-4491.*

"Munich" will be shown tomorrow at 7:30 p.m. at the Campus Center Forum. A second showing will following immediately after the first showing. There will be 25-cent Subway sandwiches, 10-cent popcorn, and 25-cent drinks on sale. *For more information, call Lisa Yanagida of the Campus Center Board at 956-4491.*

Kristen Fishcher will sing soprano for her graduate recital on Sunday from 4 p.m. to 6 p.m. at the Orvis Auditorium. *For more information, contact the music department.*

PAID EVENTS

Glass etching will take place tomorrow from 7:30 to 9:30 p.m. at Hemenway Hall, room 101. Students may buy $1 glasses, plates, or bring their own glasses for etching. *For more information, call Jake Miyasato at 956-4491.*

"Rhinoceros," by Eugene Ionesco, will be performed tomorrow at 8 p.m. at Kennedy Theatre. Ticket prices are $15 for regular admission, $12 for discounted admission, $10 for non UH Mānoa students and $4 for students with a validated UH Mānoa ID. Tickets may be purchased at the Kennedy Box Office and online at http://www.etickethawaii.com. *For more information, call the Kennedy Theatre Box Office at 956-7655 or visit http://www.hawaii.edu/kennedy.*

Senator says no military solution for Iraq War

Barack Obama criticizes the Bush administration

By Brandon Weisenberger
Daily Egyptian
(Southern Illinois U.)

(U-WIRE) CARBONDALE, Ill. — U.S. Sen. Barack Obama said the nation's involvement in Iraq is not being handled correctly by the Bush administration during a visit to the Southern Illinois University — Carbondale campus Friday.

Obama told about 250 people in the Lesar Law Building Law School Auditorium the United States should serve as a moderator between disputing political parties in the venture to establish a government in the "unsteady" Middle Eastern country.

"There is no military solution for Iraq, but there is a political solution," he said.

An opponent to the invasion of Iraq in 2003, Obama said an ideal situation would be to have a functional government there and a significant U.S. troop pullout by the end of the year. He said that likely it will not happen soon because no exit strategy has been set.

During his 47th town hall-type meeting across the state, Obama also said more attention should be paid to soldiers returning from combat in Iraq and Afghanistan. He claimed new veterans are seven times more likely to become homeless because of undiagnosed post-traumatic stress disorders.

One Carbondale resident questioned Obama about affirmative action in U.S. universities, referencing SIUC's recent agreement with the Department of Justice to open up three graduate fellowships the DOJ deemed racially exclusive.

Obama said he spoke extensively with SIU President Glenn Poshard during the case and noted minority programs have their benefits and drawbacks.

"These programs, based on my understanding, were designed to encourage and provide solid financial help to minorities, mostly in areas where they are so unrepresented," Obama said. "I understand that we're in a time in which people are anxious about jobs, resources are scarce. Those concerns probably make more sense in a situation where there are a limited number of spots. "

Poshard told the senator SIU would continue to assist minority students.

"Despite our settlement with the DOJ on this case, we're absolutely committed across our entire system to opening up all of our programs to greater representation of underserved populations," Poshard said.

Obama addressed the recent immigration protests that swept across the nation last week after the U.S. House of Representatives proposed a 700-mile fence to be erected at the Mexican border and felony charges be brought against illegal immigrants. He said the Senate has attempted to increase border security but also establish a "pathway to citizenship" for the 11 million undeclared citizens working in the country.

The senator also answered inquires about Iran, health coverage and student loan programs.

CampusBeat

Urine and stool in Saunders Hall

Compiled by Michelle White

Tuesday, April 11

9:05 a.m. — A report was filed regarding a theft of a power tool from the Agricultural Science building.

10:15 p.m. — Hale 'Ilima staff requested that Campus Security take a switchblade and a bottle of vodka that had been confiscated earlier.

Wednesday, April 12

9:30 a.m. — A Campus Security guard reported that the Varney Circle fountain may have soap in it due to an excessive amount of bubbles.

10:12 a.m. — Someone told the Bachman Hall guard that there was a nude man near the UH Foundation office. Campus Security was unable to find any naked people.

10:30 a.m. — A man called to complain about a State vehicle that almost hit him near Kapi'olani Hospital. The UH Athletics department was informed.

12:04 p.m. — A man called to report that he was stuck in the elevator at Moore Hall. He freed himself before security arrived.

Thursday, April 13

7:45 a.m. — Some items were stolen from a room at Spalding Hall, according to a staff member.

9:05 a.m. — A Hale Noelani staff member reported that a car was damaged in the parking lot. HPD was called.

3:50 p.m. — A UH instructor reported that someone urinated and defecated in the stairway at Saunders Hall.

Friday, April 14

4:18 a.m. — Campus Security found a man and a woman in a white Toyota arguing. They eventually calmed down and left the area.

8:23 a.m. — Campus Security picked up a purple Road Master bicycle at the baseball stadium.

8:42 a.m. — An HPD dispatcher called about a man that was locked in Cooke Field. Campus Security let him out. He said that the athlete who was there earlier left without telling him and locked the gate.

See CampusBeat, page 3

CampusBeat

From page 2

10:31 p.m. — Eight people were stuck in the Hale Lehua elevator. The elevator repair person was estimated to arrive in 45 minutes.

Saturday, April 15

1:03 a.m. — A man got hurt while he was riding his mo-ped on the dorm access road.

1:38 p.m. — An HPD officer was using a laser gun to catch speeders on Dole Street near Johnson Hall.

3:06 p.m. — A woman reported that there was a little girl who was lost and crying near Sakamaki Hall. Campus Security assisted the young girl and found out she was crying because her nearby father would not carry her.

Sunday, April 16

11:59 p.m. — Campus Security found a black and yellow Huffy bicycle near the baseball stadium.

NewsBriefs

Dueling DJs

On Monday, April 24, music lovers can duel to see who has the skills to be the best DJ. With iPod, MP3 player or laptop at hand, plugged into a speaker, competitors will race to see who can find a song that contains the word "peace" in their play lists, or locate a song with the name of a body part on it before the rest.

The "DJ Dueler" game, sponsored by the University of Hawai'i at Mānoa club of slam poets/writers, will be held at the Campus Center courtyard from 10 a.m. to 2 p.m. The winner receives $50, and everyone can watch as four KTUH DJs battle on vinyl.

Students be wary of credit card interest

Most students attending colleges or universities are plied with advertisements and offers to get a credit card. Many often do. But IndexCreditCards.com, a Web site which offers comparisons between credit cards, points out that the average rate for students is now 16 percent, a one-point increase over the past five months.

Students often receive credit cards based on the companies' desire to gain a lifelong customer, versus criteria like credit history and full-time jobs that their parents are subjected to. This usually comes with higher interest rates as well.

"It's tempting to sign up for credit cards, to create a little cushion and maybe not feel so broke," said Justin McHenry, research director for IndexCreditCards.com. "But when you have very little income and can't pay off your balances, the interest mounts on a higher and higher base. Many students leave school with thousands of dollars in credit card debt."

McHenry added that some employers actually look at credit card reports to assess a possible employee's responsibility, so students can't leave paying their debt after they find a real job.

House Democrats take action against escalating colleges costs

"Now, more than ever, affordable college opportunities are critical to our nation's ability to remain number one in a competitive global economy," said Rep. George Miller, the senior Democrat on the House Education and Workforce Committee. "However, as college costs continue to climb at staggering rates, more students and families are unable to afford the high price tag of college, or they are dealing with unprecedented amounts of student loan debt.'

As a response to the increasing costs of college, Miller and other Democrats in the United States House of Representatives launched a national forum online, where college students and parents can discuss directly with Congress how the increasing expense of tuition affects them.

The forum Web site is http://edworkforce.house.gov/democrats/makecollegeaffordable.shtml.

Looking through the louvres

DIANA KIM • Ka Leo O Hawai'i

A view through the louvres on the fourth floor of Kuykendall Hall reveals a striated moment in the Sustainability Courtyard.

Chiseling to perfection

Photos by Diana Kim

TOP: Using the high-intensity training program philosophy, Mana is shown squatting 405 lbs. without a belt. Mana's training partner, Daniel Cheong (right), spots Mana in case assistance is needed.

ABOVE: Mana takes some time off his workouts to get advice from an experienced bodybuilder, Brian Copeland (left). Copeland placed 16th in the light-middleweights division at the 2004 NPC National Bodybuilding Championships.

TOP LEFT: Mana follows the High-Intensity Training program (HIT), originally developed by Arnold Jones, and later used by famous bodybuilder of the 70s, Mike Mentzer. The philosophy of the program is to train with the heaviest weight one can manage in good form and without injury. In this photo, Mana is leg-pressing 870 lbs. at the Gold's Gym located on South Street in Honolulu. Benefits of membership at Gold's Gym include flexible hours: Mon-Fri: 5 a.m.-11 p.m., Sat 6 a.m.-9 p.m., Sun 7 a.m.-8 p.m., and a variety of state-of-the-art workout machines. Additional services available include aerobics classes, kickboxing, nutrition counseling, tanning salons, and personal trainers.

BOTTOM LEFT: Manaia Alalamua (left), a UH-Mānoa student in training for the Mr. Natural Hawaiian Islands Bodybuilding Competition, begins his daily routine at the upper-campus maintenance shop by preparing oatmeal and a non-seasoned chicken breast. Mana's diet consists of mainly tuna, chicken breasts, vegetables, and other protein-rich foods.

Ka Leo O Hawai'i
the voice of hawai'i

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In his earlier years, Mana considered himself overweight and unhealthy. His experience in being unfit and his passion for the arts eventually geared him towards challenging his physical, mental, and emotional self. An artist by nature, sketches produced at a younger age reflected his desire to shape himself into the perfect body. His drawing of a perfect body is a combination of figures such as the Renaissance piece "David" by Michelangelo, and Greek mythological characters.

TOP: The competition being only 2.5 months away, Mana practices his poses and gets critiqued by a friend and training partner, Kamuela, at Gold's Gym. The main judging criteria consists of mass, definition, proportion, symmetry, and stage prescence. The Mr. Natural Hawaiian Islands Competition is scheduled for June 24, 2006 at Kaimuki High School

Hydration plays vital role in active lifestyles

By Rebecca Gallegos
Ka Leo Staff Writer

DIANA KIM • Ka Leo O Hawai'i

Gatorade bottles line the beverage refridgerator in the Campus Center Food Court. In some long duration exercises, sports drinks are preferred over water.

Without proper hydration, the rigorous training involved in NCAA Division I sports can be detrimental to the participants' physical well-being. At the University of Hawai'i, athletes are more prone to suffer from dehydration as a result of the humid and hot climate.

According to the American College of Sports Medicine Web site, "During hot weather training, dehydration occurs more frequently and has more severe consequences."

Five to 10 days of training and heat exposure will generally acclimate the body, reducing the risk of illness and the amount of sodium lost through sweat, favoring UH's athletes but putting visiting teams at risk.

This past fall when the University of Hawai'i took on the Michigan State University's basketball team, the visiting players suffered from cramps, which were possibly related to heat loss, dehydration and muscle fatigue.

Alan Titchenal, a professor in the Department of Human Nutrition, Food and Animal Sciences, theorizes, "[In Michigan State's case] they come out here and go to the beach, see the sights in Hawai'i, and by the start of the game the players haven't realized their lack of water consumption or the climate's impact on their bodies."

Titchenal says that it's not entirely known why people experience cramps, or if there is even one direct cause. In addition, dehydration can result in numerous health risks such as increased cardiovascular strain or heat illness. It negatively affects performance capacity, both physically and mentally.

In contrast, a condition known as hyponatremia results from excess intake of fluids, which depletes the level of serum sodium (low blood sodium concentration) and may cause intra-

See HYDRATION, page 7

Surviving Sodexho

Student bodybuilders struggle to get proper nutrition

By Andy Taylor
Ka Leo Staff Writer

For many college students the idea of bodybuilding is very appealing. It offers a chance to set and meet goals, improve one's overall health and a possible chance to compete. Unfortunately, for many students at the University of Hawai'i and other college campuses across the nation there is one roadblock: Sodexho.

DIANA KIM • Ka Leo O Hawai'i

A Sodexho employee grills up hamburgers for the lunch rush.

Sodexho is a North American food and facilities management service company that provides various services such as food services, grounds-keeping and maintenance at schools, sporting arenas and several other locations throughout the United States, Canada and Mexico. For students living in student housing at UH it is a requirement to purchase a meal plan through Sodexho.

Nutrition is one aspect that cannot be overlooked in the lifestyle of bodybuilding. In order to be successful, most bodybuilders need to consume at least five to six meals a day with heavy emphasis on protein and complex carbohydrates. Many days they exceed 4,000 calories. Most students involved in the sport believe that Sodexho does not supply nutrition that is considered "bodybuilder friendly."

"The food quality is terrible," said UH senior Pete Apozzuto, who uses bodybuilding as an escape from the classroom. "It's the same things over and over again, and it's very monotonous."

The largest traditional meal plan Sodexho offers provides students with 14 meals per week. The two meals a day format presents problems for those trying to pack on muscle.

"It forces you to gorge," Apozzuto said. "It's not a healthy way to eat, and it makes it difficult for any athlete to make progress."

For the sake of argument, the services Sodexho provides are not all bad for those looking to bulk up. The buffet format allows students to consume as much food as they want each time they use one of their meals.

"It's not gourmet," said UH sophomore Richard Shaffner. "But because it is all you can eat, it lets you get enough food."

Another problem is that a large portion of the food served is fried, and many of the available items are loaded with high amounts of fat. It is not uncommon for a slice of pizza to contain up to 20 grams of fat.

It can also be difficult for students to know the nutritional value of each item. Nutrition facts are occasionally not listed, or specific values such as fat or carbohydrates are left blank, leaving the student wondering how healthy the food is that he or she is consuming.

There are ways that students can work through the problems presented by the food service on campus. By purchasing some of their own food, drinking protein shakes between meals and choosing the healthiest options available in the cafeteria, students are able to maintain their required nutritional values and goals.

For bodybuilders, eating choices can be a troublesome hindrance at times, but as long as the athletes are dedicated to their sport, there is always a way to work around it.

HYDRATION: Sports drinks replace losses

From page 6

cellular swelling to alter the central nervous system function.

Athletes involved in Ironman or marathon competitions are more prone to suffer from hyponatremia. Proper hydration prevents both dehydration and hyponatremia from occurring. Titchenal explains that the general rule of thumb is the amount of consumed water should be relative to the number of calories that are burned.

Rehydration is pivotal before, during and after participation in sports. Carbohydrate-electrolyte beverages offer flavor as well as the necessary amounts of carbohydrates and sodium chloride. During prolonged exercise these drinks are recommended over water.

Titchenal describes sports drinks as having three general, designated purposes: providing water that the body can readily absorb, offering carbohydrates, and supplying a small amount of salt, which helps the body absorb sugars and can replace the salt that has been lost.

Recommended daily water intake for those individuals that have extended, intense exercise could be more than 10 liters, but for most moderately active people it ranges from three to five liters a day.

Dehydration results when the water concentration in the body has a deficit greater than two percent of the body weight. It is very possible that not just athletes are lacking hydration, but because of their hard work on the field/court the problem is more noticeable and likely.

Open your eyes to sleep deprivation

Lack of sleep a serious problem among students

By Keane Santos
Ka Leo Sports Editor

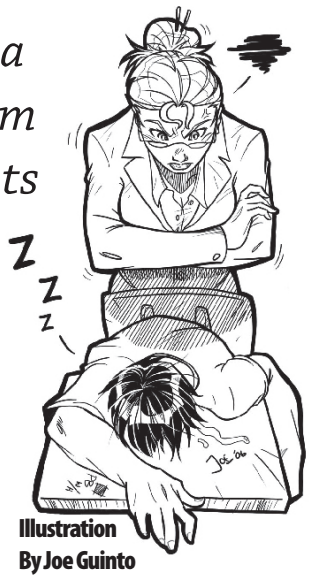
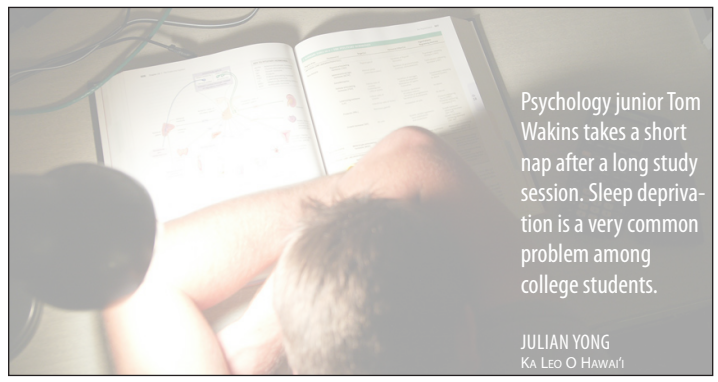


Illustration By Joe Guinto



Psychology junior Tom Wakins takes a short nap after a long study session. Sleep deprivation is a very common problem among college students.

JULIAN YONG
Ka Leo O Hawai'i

I stayed at a friend's house until nearly 2 a.m. one night, hanging out and playing cards. It was a relaxing break from a week of studying and work at my new job. I went to bed around 2:30 a.m. and woke up at 6:30 a.m., four hours of sleep.

Just like any other day: I showered, dressed and got in my car to make the one-hour commute to school.

After 15 minutes of driving I knew I was tired. I turned up the radio, and rolled down a window, but neither helped for long. I closed my eyes during red lights, trying to catch a few winks until the light turned green.

Eventually, my eyes glanced up toward the university cutoff sign. I was 10 seconds away from reaching the exit and less than a minute away from campus. Without realizing it, I closed my eyes, just for a second.

Blink. Brake. Crash.

In a matter of seconds I had an airbag in my face, a van conjoined with the hood of my car, and smoke drifting up to my nose.

I ran from my car to check on the people I'd hit. The mother and child weren't hurt, yet I felt horrible.

"What were you thinking?" the lady said. "You could have killed us," All I could say back was, "Sorry."

I never thought I would fall asleep at the wheel, and I never realized how much of a problem it is nationwide.

"You are seven times more likely to have an accident when you are sleep-deprived than you are when you are not," said Dr. Bruce Sholl, a board certified doctor in sleep medicine and founding medical director at Queen's Medical Center. "When you compare it to those who are intoxicated with alcohol you have roughly the same magnitude of errors."

Many students are sleep-deprived; you can see it in the parking structure on any morning, hundreds of students will catch up on sleep in their cars.

"In [the college] population, sleep deprivation is epidemic. The majority of your readers are sleep-deprived," Sholl said.

According to the 2004 American Automotive Association Foundation for Traffic Safety Internet Survey, nine out of 10 police officers in North America have stopped a driver they believed was drunk who turned out to be drowsy.

In addition, the National Highway Traffic Safety Administration estimates that up to 100,000 police-reported crashes annually result from drowsiness or fatigue.

My accident opened my eyes to how dangerous sleep deprivation can be. I was lucky, my car was totaled but nobody got hurt. I changed my sleeping habits for the better, and since then haven't been tired at the wheel.

If you take anything at all from my experience, know that just a second of dozing off can change your life.

What if my accident had been worse? What if I had killed someone? What if I had killed myself? Those were the kinds of questions I had to ask myself following the accident, and for over a month I was terrified to drive to school in the mornings.

Don't put yourself in my situation; get some sleep.

Four wheels down

Skateboarding in Honolulu

Photos by Joey Trisolini

ABOVE: Adrian Adrid backside flips an old school desk in Aiea.

LEFT: Travis Hancock smith grinds the Voicestream hand-rail in downtown Honolulu.

FAR LEFT: Adrian Adrid kickflips over the Voicestream rail in downtown Honolulu.

Switches on defense may aid Warriors

By Scott Alonso
Ka Leo Staff Writer

University of Hawai'i football safety Brad Kalilimoku appeared somewhat frustrated after the spring practice this past Saturday.

"I really want to whack someone," Kalilimoku said, holding his shoulder pads at his side while sweat dripped down his face after an hour of 7-on-7 drills between the offense and defense along with the 43-play scrimmage.

A graduate of Roosevelt High School, the former linebacker made the switch to safety at the beginning of the spring. While the switch has benefited the UH secondary, Kalilimoku said he was still getting used to not being in on every play.

"Today I got irritated," Kalilimoku said. "I got used to playing the run, to being in the play. If I do not do it, I don't feel a part of it."

As a linebacker last season, Kalilimoku was active in making plays for the Warriors. He was third on the team in tackles with 71 and had five tackles for a loss. With the new position, Kalilimoku's learning pains have halted as an injury kept him out of seven consecutive practices.

Despite the injury, UH Secondary Coach Rich Miano is pleased with the progression of his new starting safety.

"He is looking good, he is very aggressive against the run, like [former UH safety] Lono Manners," Miano said.

Elsewhere in the secondary, Hawai'i is searching for talent at the cornerback position. Last year's top cornerback Kenny Patton has moved to the offensive side of the ball. Despite the transition, Miano admits coaches have been impressed with C.J. Hawthorne, a junior college transfer in new recruit.

Adam Linwood (white), is defended by Albert Distajo (green) during last Saturday's scrimmage. The Warriors are searching for starters for the cornerback position.

DIANA KIM
Ka Leo O Hawai'i

"We are a little thin but I think we found a good corner in C.J. Hawthorne," Miano said. "He showed he could be a good corner for us."

A native of Gulf Port, Mississippi, Hawthorne completed his associate's degree at Mississippi Gulf Coast College and will have two years of eligibility left for his football career here at UH.

"He is very athletic and he is going to get a chance to compete," said UH Head Coach June Jones.

Hawthorne originally switched to the cornerback position after transferring here to Hawai'i to play wide receiver. Jones does not think Hawthorne will move back to his old position.

Other players that are switching positions include former running back Mario Cox and former wide receiver Desmond Thomas. Cox is moving on to play linebacker and Thomas is slated to compete for time at the cornerback position.

Injuries plagued the Warrior defensive front. Linebacker Timo Paepule missed action with a dislocated elbow, defensive lineman Michael Lafaele sat out of practice with a strained left calf and Kalilimoku pulled his left hamstring.

Overall, the Warriors return six starters from last season, including second-team All-WAC members from last season, defensive ends Melila Purcell and Ikaika Alama-Francis.

UH safety Leonard Peters is eagerly awaiting his appeal for a sixth year of eligibility from the National Collegiate Athletics Association. Peters was injured in the first game of the 2005 season against University of Southern California.

Warriors ready to take on anyone

By Zack Smith
Ka Leo Staff Writer

The University of Hawai'i men's volleyball team (23-4, 19-3 Conference) is gearing up to host the first round of the Mountain Pacific Sports Federation tournament this Saturday, where they will play the winner of the UC Santa Barbara (13-15, 9-13 Conference) and UCLA (20-12, 12-10 Conference) game.

"Probably UCLA is going to be favored to win," said UH Head Coach Mike Wilton. "They just recently beat Santa Barbara pretty badly and [the match is] going to be at UCLA."

The Bruins were able to beat the Warriors early in the year at Los Angeles in five games, but have lost the last two matches to Hawai'i at the Stan Sheriff Center. The Bruins have gone on an eight-game winning streak to close out the regular season.

UH is riding their own winning streak. The Warriors have won a school-record 19 matches in a row to end the regular season as the no. 2 team in the country. They have been able to out-hit their opponents 0.347 to 0.221 on the season.

After a banquet on Monday night, the Warriors were back to practice on Tuesday getting ready for whoever they play.

"Santa Barbara's tough, UCLA's tough," said senior outside hitter Matt Carere. "We're ready for both."

DAN RICHARDS • Ka Leo O Hawai'i

Lauri Hakala gets down for a dig during Hawaii's earlier season match with UC San Diego. The Warriors begin MPSF tournament play this Saturday at the Stan Sheriff Center.

UC Santa Barbara split the season series with UH, beating the Warriors in four games and losing in five games in Santa Barbara. The Gauchos lost their last three matches and six of their last seven.

Despite any streaks or records, the tournament is single elimination and anyone can emerge on top.

"It's the playoffs," Wilton said. "Anybody can beat anybody."

"It doesn't matter how many games you won in the preseason, it's the postseason that counts," Carere said. "We've done well to get here, but there's a lot more left ... you've got to keep playing strong to make it to the Final Four."

If the Warriors can add to their record run on Saturday, they will head to the MPSF Semifinals and Championship in Irvine, California. They would play the winner of the Cal State Northridge and Pepperdine match-up.

The winner of the MPSF tournament receives an automatic bid to the NCAA Final Four, while other top teams are vying for an at-large bid. The at-large bid has come out of the MPSF 23 out of the last 24 NCAA's.

With all of the competition and uncertainty in the playoffs, one thing is for sure. Whoever comes to the Stan Sheriff Center on Saturday night will face a Warrior team that's ready for anything. The game will start at 7 p.m., and UH student tickets are $5.

Hamas deceives the Western media

By Andrew Bare
Independent Florida Alligator (U. Florida)

(U-WIRE) GAINESVILLE, Fla. - After the Palestinian elections in January, when the Palestinian people knowingly and willingly gave the power of governance to a terrorist organization, most observers split into two camps.

One group looked at the facts, at the nature of the Hamas, its murderous past and its insistence on an identical future, and despaired for the region. Hamas had brutally murdered Israelis and was stubbornly saying it would never relinquish its "right to violent resistance" against what it saw as an illegitimate state.

The other group, while acknowledging that Palestine's new legislators would have blood on their hands, took a more optimistic view. They put forward something we could label the "trashman theory." Namely, the act of performing the basic, mundane tasks of government and the day-to-day realities of dealing with Israel would ultimately lead to Hamas' moderation.

As evidence for this idea, these optimists pointed to Yasser Arafat and his Fatah Party. Arafat began his career as an unabashed terrorist, openly and freely committing murderous acts against Israel. But according to the more pleasant view of things, Arafat moderated, eventually recognizing Israel. Theoretically, he also forswore violence. It is assumed that Hamas would follow the same path as Arafat and Fatah.

There's one problem with this example: It doesn't really work.

Oh, Arafat said all the right things about living in peace with Israel and condemning violence - in English. When speaking to Western reporters or Western audiences, he could be very persuasive.

But somewhat astute observers would point out that when speaking in Arabic to Arabic audiences, Arafat's tone would grow more venomous and more violent. The speeches in Arabic never received as much attention in the West as the comments to Western reporters did, and most Western sources never really noted the discrepancy.

The new Palestinian government has clearly learned well from the old.

An article on the news website www.ynetnews.com quoted Hamas spokesperson Sami Abu-Zahri as saying to Voice Of Palestine Radio, "It is natural to make different statements to different audiences, each of which has its own style, but Hamas' basic principles are unchanged and we abide by them."

Since its takeover as the government of the Palestinian territories, Hamas has played its media game with great skill. On April 1, for example, Zahri told Voice of Palestine Radio, "Hamas adhered to resistance in all its aspects, including terror attacks."

But weeks before, Palestinian Prime Minister Ismail Haniyeh told CBS, "Hamas will never think of violence. Hamas aspires for peace and calm based on justice and equality."

Two languages, two philosophies.

We could trust that the English-language statements are the true reflections of the Hamas attitude. We could trust in the good will and honesty of proud murderers.

Or we could take at face value the Arabic statements, such as Haniyeh's claim on April 15 that the Palestinians would rather eat only "thyme, salt and olives" than respond to Western aid cuts with an official recognition of Israel.

And come to think of it, that sounds a lot like the Arabic words of the head of Hamas' Political Bureau, Khaled Mashaal, when he said at an anti-Israel assembly in Iran, "We will never recognize Israel."

Westerners trying to ascertain Hamas' intentions need to do little investigating. The words are there. One need only read them.

COURTESY PHOTO
OFFICIAL RYAN CABRERA WEB SITE

EditorialCartoon

Cartoon by Léo Azambuja

THE BATHROOM WALL

- Let's declare April 28 hate on Ryan Cabrera day ... boo this no talent hack!

- One-hit-wonders five years later... When did UHM turn into VH1 Classic?

- Activities Council is where good music goes to die!

-Didn't Everclear break up like three years ago?

- The best thing about the Ka Leo is its absorbent properties at the bottom of bird cages.

- My crossword puzzle would be solved a lot faster if the annoying, lecturing professor in the background would just shut up.

- I'm glad to see that Activities Council got such huge names as that one band from the 90s and that other guy who went out with Ashlee Simpson to come and play there tops hits called ... wait who's coming to play again?

- Two more weeks till the end of school...yay!

- The beach is such a tease right now; remember to stay out of the poopie water.

- People who let their cell phones go off more than once in class without turning them on silent should be shot.

If you have a funny or insightful quote, Ka Leo wants it on the Bathroom Wall.

Send your submissions to thewall@kaleo.org.

Fantasies gone wrong

By Danny Simon
Ka Leo Columnist

Dear Wala'au,

I think you'll find my problem very strange, but here goes. My girlfriend and I were discussing ways to add some interest to our love life. I suggested costumes – nothing fancy, just homemade ones from stuff lying around the apartment. Unfortunately, my idea backfired, and so far her twisted little fantasies have resulted in my dressing up as Santa Claus and Lord Voldemort (don't ask). How do I tell her that I don't want to be a "love chemist" who chases her around the bedroom wearing a lab coat and goggles?

Sincerely,
In Disguise

Dear In Disguise,

Beyond the dry cleaning and rental costs, why wouldn't you want to dress up like Santa Claus if it gets your woman hot? It could be worse: she could ignore you and plug in an industrial strength dildo while you play Grand Theft Auto.

I wonder whether you're bent out of shape because she has taken on the role of instigator – would you care about dressing up like Santa if it had been your idea? While I congratulate you for clearly and successfully communicating your desires, you have to reciprocate – otherwise you create a power imbalance, which may cripple future sexual creativity in your relationship. It seems odd that you draw the line between homemade and store-bought costumes or improvised vs. traditional images. Why are you repelled from donning powerful imagery that obviously excites your girlfriend?

The idea of sexual parity, not to be confused with a barter system, describes an open equitable relationship. What were you expecting, for her to not to have ideas of her own? I advise you to play along, albeit on your own terms and have fun. Who do you fantasize about having sex with? The Easter Bunny?

By Larissa Eisenstein
Ka Leo Columnist

Dear In Disguise,

Sounds like yet another great idea gone terribly, terribly wrong. The first misstep was suggesting that you make costumes out of whatever you had lying around the house – you're lucky that your girlfriend didn't locate the duct tape and week-old contents of the refrigerator before she found the old Christmas decorations. She's either got a wicked sense of humor or truly funky fantasies. Either way, it's time to tell her you aren't into it. Make sure she knows that you appreciate her creativity, but would just like to see it go in another direction. Of course, if you're going to knock her costume choices, you'd better have some dress up ideas of your own:

Tarzan and Jane. As the saying goes, less is more. All you need for this scenario is a leaf or two for Jane and a washcloth-loincloth for you. If a washcloth isn't big enough, move up to a hand cloth and give yourself a pat on the back for your superior DNA.

Batman and Robin. If she's a sucker for the latest fashion fads, your girlfriend probably has a few pairs of unbearably ugly 80s tights in her closet. The look isn't just for Sienna Miller and the Olsen twins; Batman and Robin could use a pair of the sexy stockings plus some tight shirts and makeshift masks. Pow! Bam! Biff! Now, that's sexy.

Tom Cruise and Katie Holmes. Break out a beach ball for her and a crazy grin for you. Once she's stuffed her shirt and you have worked yourself up to the appropriate level of mania, jump up and down on the couch proclaiming your love for her. Soon you'll be hot, sweaty and bothered. Take it down a notch and practice silent birth techniques in the bedroom.

George Bush and Condoleeza Rice. Oh yeah, saving the super sexy sadomasochism for last. Here's where the duct tape comes in handy. Put on a couple of business suits, have her tape your mouth shut and let her do all the rough talking. She could even slap you around with an overlooked national security memo or two. But before you drop the bomb on her, take time to explore her forbidden zones.

If you've had it with homemade costumes, take her out on a shopping spree to a local adult store. You will have your pick of sexy costumes, toys, videos and whatever else you need to keep your love life interesting.

As with any relationship problem, the best way to tackle it is to simply talk about it. Communication is key. Neither of you should be doing anything in the bedroom that makes you uncomfortable – unless that's what turns you on, of course.

Good Luck.

Ecuadorian culture meshes with modernity

By Spencer Kealamakia
Ka Leo Staff Writer

"Shaman of the Andes," by Steve Ford, takes viewers on an extraordinary journey into the Andes of northern Ecuador, where modernity has mixed and mingled with the native Quechua. The film's primary focus is on the Quechua's ancient practice of shamanism and the roles of outside cultures have had on their traditional medicinal practices.

Taita Churo, a village shaman, treats many different types of ailments, from wounds to evil spirits, and even bad luck. In the darkness of his consultorio, a gloomy candlelit room, he administers to local villagers using a combination of rituals involving plants and herbs, and blessings in the name of God.

Churo, a devout Catholic, would be labeled a heretic in other places where Christianity is the staple religion, but in this case, it is accepted. The old ways have blended with the new to create a new and emergent culture.

The film offers an interesting look into the resiliency of an indigenous culture in the face of globalization and modern life. More than an informative piece, "Shaman of the Andes" is a visual feast, showcasing images of small-town life high in the Andes.

"Shaman of the Andes" will show at Spalding Theater on Thursday, April 20, at 7 p.m. and again on Sunday, April 23, at 5 p.m. Admission is $3 for students and faculty and $5 for general admission. For information, call 223-0130.

UHM to celebrate Earth Day, 'Year of the Student'

By Sabrina Favors
Ka Leo Staff Writer

Tomorrow the University of Hawai'i at Mānoa celebrates Earth Day with a festival in front of Hawai'i Hall (facing Varney Circle). Activities and events will run from 9:30 a.m. until 2:30 p.m.

The biggest feature of this year's Earth Day celebration, the fifth for the UHM Office of Sustainability, is the Student Sustainability Forum, which allows students to speak about issues related to the environment and the UHM campus. The forum will be held in the lawn in front of Hawai'i Hall from 9:30 a.m. to 11:30 a.m.

"These open discussions aim to empower students by giving them a forum for their vision of how the campus could be run," said Bruce Justin Miller, director of the Office of Sustainability. "Their recommendations in three vital areas of operations – energy, recycling and materials use and food – will be presented to UHM interim Chancellor Denise Konan so they can be included in the campus' strategic planning process in the future."

Added Linda Day, communications coordinator for the Sustainability Office: "The forum discussions will be facilitated and recorded by students, and the results will be recommendations based on students's ideas."

In addition to the forum, there will be open discussions where students can voice their opinions on environmental issues like recycling and energy use. These smaller sessions begin with a general overview of the topic and a summary of UHM practices in regard to the topic. Students can then discuss and ultimately suggest solutions. At noon, the suggestions will be presented to Konan.

University of Hawai'i Earth Day 2006

LOGO COURTESY OF LINDA DAY

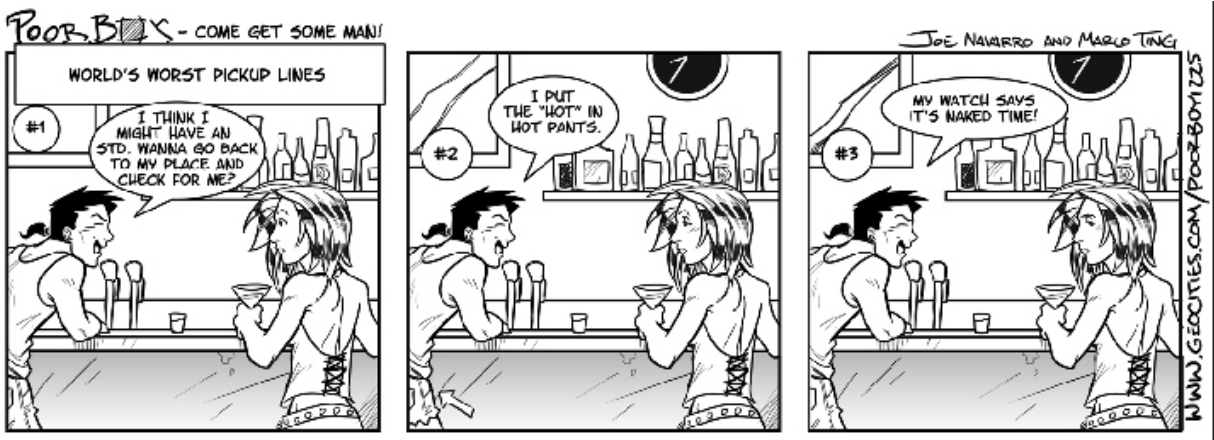
"I don't know what the chancellor has planned as a response," said Day. "But I'm sure she'll welcome their input very much."

At the celebration, there will also be an Eco-Fair throughout the day. Booths will feature causes supported by students and student-made crafts. Other booths will exhibit subjects such as electric and biodiesel-powered vehicles, recycled clothing, local organic food and worms that turn garbage into compost. Students from the Nā Mea Kanu Koa group at the Center for Hawaiian Studies will also be selling herbs at the Eco-Fair. Bands, including local act Makana, will also perform at the celebration.

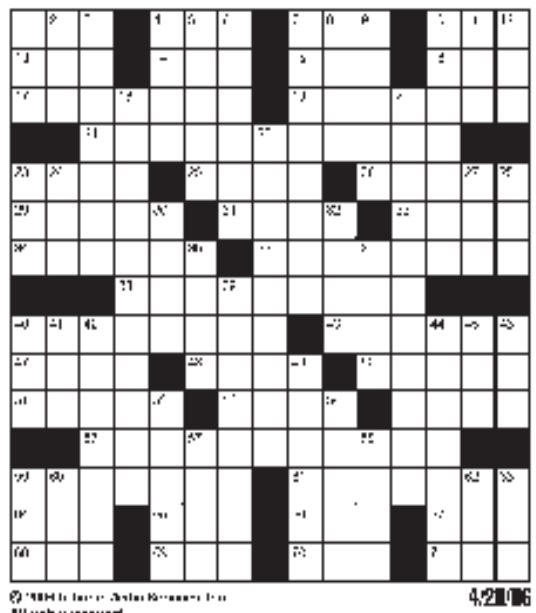
The Mālama 'Āina Work Project is another activity at this year's Earth Day celebration. Students, faculty and staff can help with the landscaping around Hawai'i Hall, which is based on plans designed by students at UHM. Day explained that this project is part of the reason that this year's Earth Day celebration is being held by Hawai'i Hall rather than at the Sustainability Courtyard by Kuykendall Hall. As development for the celebration progressed, Hawai'i Hall also became a symbol of Konan's theme of "The Year of the Student," which the Earth Day celebration incorporated. Hawai'i Hall contains the offices of the chancellor and the vice chancellors. "The seat of power, so to speak," added Day.

"This may be a proverbial 'window of opportunity' through which students can deliver to the administration their vision of how this campus could be run," said Day. "I'm hoping they will take advantage of it, and that the faculty and staff will come out to support them in making the most of it."

According to UHM Earth Day organizers, the goal of this year's Earth Day celebration is not only to bring to light issues on the UHM campus, but to empower students, and through that, make UHM more "Earth-friendly." Next year, Earth Day will most likely be celebrated in the Sustainability Courtyard once again.



Crossword



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4/20/06

Across
1 Over the hill
5 Sadcie
7 Make a choice
10 Spoiled
12 Clan cluster
14 Personal pension
15 Ante up
16 Miner's process
17 Pasturing attachment
18 ___ mines
21 Rage upset
22 ___ on ice
25 Mall event
28 Across Dismore
29 Bamboo-eating mammal
31 Scoundrels
33 Tilt, to one side
34 Salute courtesively
38 Spread rapidly
39 Curved barrels
42 Cinnamon-and-honey dessert
43 In general
47 ___ Britt
49 Institute legal proceedings
50 Stop
51 Stunt indicator
52 Bambi's dad
55 Conclusions
58 Querulous state
60 Old-time motor boat
61 Falling temporarily
64 Market
65 Actor Affleck
66 Dancer
67 Grammar Gehrig
69 Hair preparation
69 To date
70 Tankard filler
71 Dirt

Down
1 Body members of supreme
2 Used-car site
3 Church leaders
4 Tick off
5 Locations
6 Landing strip
7 Predecessor
8 Skin tone
9 Animate
10 Anvil hammer ors. Yup 9.0
11 Is for several?
12 ___ Plaines, IL
16 Peacemakers
20 -ology
22 Music, to mime
23 Stroke
25 Fence hub
24 Scientific study
27 Wood oil fibers
28 Sanctuary shrimpers
30 Monumental endurance
32 Compliance
35 Equal sounds
37 -ast food
38 Degrees day
39 Most meek and mild
40 Measure of 'Nature'
41 Industrious insect
42 Writer V.S. ___
44 Thirst quenchers
45 Inn in Liverpool
48 You-know-it!
49 Mrs. Lodge, Tonto's "The Blue ___"
52 Beatles writer
54 Tree knot
57 Lual suffix
58 Person's weapon
59 Large goats
60 Caviar
62 "___ as a Stranger"
63 Follow

Solutions 04/19

B	L	A	B	■	C	A	E	S	■	E	C	F	A	M
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UHM kiteboarders get an energy boost

By Alyssa Navares
Ka Leo Associate Features Editor

The gloomy weather earlier this month didn't keep University of Hawai'i at Mānoa kiteboarders from soaring through waters off of Mokule'ia during the Red Bull Kiteboard Clinic. The clinic, hosted by Red Bull athlete Adam Koch, served as a chance to practice with a professional as well as exposure to sponsors and photographers.

Working with a pro

"I was really excited to learn new stuff but wasn't sure if the weather was going to hold up for us," sophomore business major Andrew Meade said. "Since I drank some Red Bull, I was even more antsy." Those who attended received an unlimited supply of Red Bull energy drinks and lunch for the day.

To these already accomplished kiteboarders, many of whom are sponsored for the sport, the clinic was another way of advancing to the next level in kiteboarding. The students were able to learn new tricks and to work with Koch individually. Meade made use of his time there by practicing the spin-and-grab with Koch.

Even after kiteboarding for the past three years, sophomore Mike Scott never experienced wave riding, until the clinic. The shallow reef and small waves make Mokule'ia on the North Shore of O'ahu an ideal location for learning to ride waves, said Koch.

"Being the first one in Hawai'i, this clinic was a way to build up the sport of kiteboarding," Koch said, who proposed the idea to Red Bull a few months ago. Koch has also hosted clinics in Baja and Los Angeles, California.

Posing for the camera

These kiteboarders were not only whizzing through the waves but through the camera lenses of student photographers from UHM. Since Red Bull is also hosting an action and sports photography contest, those interested were able to get some shots of kiteboarding at the clinic. Red Bull Illume Quest, an international contest, will exhibit work from the top 50 finalists in outdoor venues across the world. The winner for Image of the Year will get the photo shoot of a lifetime with any Red Bull athlete of the winner's choice.

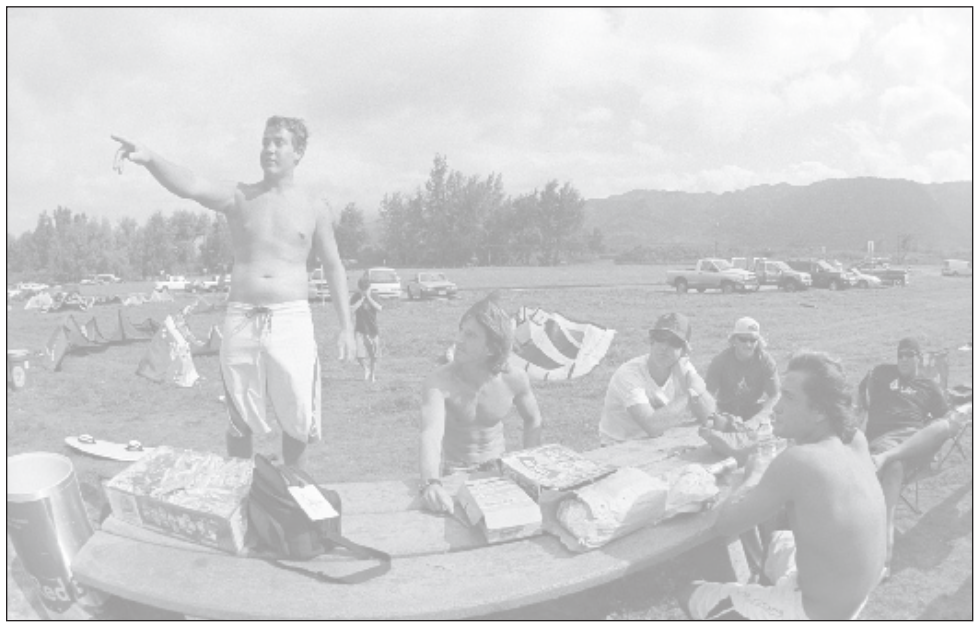
To UHM senior Carl Lindstrom, his dream photo shoot would be in Tahiti. "A good photo is one that you keep discovering new things every time you look at it," he said.

Lindstrom, who switched from a biology to a photography major after taking an Introduction to Photography course at UHM, believes some of the photos he took at the clinic may just have that potential. With three different cameras at the clinic, Lindstrom was able to take a variety of photos, many of which he plans to enter into the Lifestyle category, one of ten categories in the contest.

"What a better way to combine a dynamic subject matter [kiteboarding] with a great backdrop in Hawai'i for a tie into a premiere photograph contest," Red Bull communications spokesperson Josh Kendrick said.

Even more demanding than kiteboarding, working with the photographers is perhaps most challenging to any waterman. To Meade, angling his kiteboard a certain direction in order to get the best light exposure was quite difficult.

"On the water, you have no sense of how fast you are going until you fly past the [photographers]," Meade said, who has never before had someone take pictures of him while kiteboarding. "I had some pretty close calls with some of the photographers."



TOP: Sophomore Andrew Meade worked one-on-one with Red Bull professional Adam Koch.

LEFT: Kiteboarders enjoy free Red Bull energy drinks and lunch while listening to LCC student Reo Stevens, who helped teach alongside RB professional Adam Koch.

RUSSELL SAITO
Ka Leo O Hawai'i

SURF REPORT

	TODAY	FRI	SAT	SUN
NORTH	4-6+	3-5	2-4	1-3
WEST	1-3	1-2+	1-2	0-1.5
SOUTH	0-1.5	0-1.5	0-1.5	0-1.5
EAST	1-3	1-3	1-2+	1-3

This report is according to the Hawaiian Scale measured in feet.

JESSE BOWMAN • Ka Leo O Hawai'i