



Rainbows set sail into 40th season

Program hosts P.J. Wenner Rainbow Invitational



PHOTO COURTESY OF UH SAILING

University of Hawai'i head coach Andy Johnson has been at the helm of the coed and women's sailing teams for 21 years. Under his leadership, they have won two national championships, made 37 national championship appearances, and he has coached 35 All-American selections and two Olympians.



PHOTO COURTESY OF UH SAILING

Among the teams competing in the P.J. Wenner Rainbow Invitational are USC, Stanford and Washington.

SEAN MICHEL
Senior Staff Reporter

For the University of Hawai'i, home-field advantage exists not only at Aloha Stadium and the Stan Sheriff Center, but also in the waters of south-shore O'ahu.

The University of Hawai'i Rainbow coed and women's sailing teams, in their 40th year of competition, will start their 2010 spring season at home, where they will host 15 teams in the P.J. Wenner Rainbow Invitational at Ke'ehi Lagoon, off Nimitz Highway just east of the Honolulu International Airport.

The Invitational will be held all day Saturday, Jan. 16, and Sunday, Jan. 17.

The incoming teams, primarily from

the West Coast, include USC, Stanford, UC Irvine, UC Santa Cruz and the University of Washington, but Salve Regina University will make the trek all the way from Rhode Island.

"We've invited some top 20 teams, so that's always good and we can see how we size up against the teams from the East Coast," senior team captain Ryan Wild said.

The 'Bows practice at Keehi Lagoon all year and have a good feel for what it takes to be successful there.

"We practice there, we know our wind and the different elements, so we feel confident moving forward," fellow se-

Green Days help reach energy goals

Campus Beat

COMPILED BY MICHELLE WHITE
Staff Reporter

SUNDAY, DEC. 20

A bong, which is usually used for smoking marijuana, was found in a room at Frear Hall. Since the bong was under a sink shared by a few students, ownership of the paraphernalia has yet to be determined.

MONDAY, DEC. 21

A bong was found on a student's desk at Frear Hall. Since there is only one occupant of the room, ownership should be easy to determine.

TUESDAY, JAN. 5

A student parked his mo-ped near the dorms at about midnight. When he returned at 8 a.m. the rear tire and engine were missing.

HPD and Campus Security are investigating a theft from Hamilton Library. Employees noticed that \$150 mysteriously disappeared from a safe. The money had been there before Christmas.

Crispin said. "Mānoa Green Days help to stay on track."

In 2008, UH Mānoa signed the Climate Registry agreement and received a grant to undertake inventory of greenhouse gas (GHG) emissions and create an action plan. The school regularly monitors and publicly reports GHG emissions.

"I don't know if we'll ever come off the grid because of the need for emergency power beyond our storage capability, but I think we'll get pretty close," Hafner said. "We're slowly improving and getting people to be more energy aware and pay more attention to what it really means to use energy."

"Every time we go through this exercise, people become a little more educated about the problem."



Moore Hall was one of 13 buildings on campus which was shut down completely from December 18 at 9 p.m. until January 4 at 6 a.m.

ALEXANDER DANIELS
KA LEO O HAWAII

LYNN NAKAGAWA
News Co-Editor

As part of the Mānoa Green Days (MGD) initiative, participating buildings on campus completely closed or partially powered down for a period of the winter break.

This is the second year of the program, backed by Chancellor Virginia Hinshaw, which plans to reduce air conditioning and overall energy use during holidays and vacations.

"We've had several buildings on campus that have remained on, on holidays and breaks, when two people are using an office space," said Eric Crispin, assistant vice chancellor of financial and physical management. "It just makes sense to shut down entire buildings."

This year, 25 buildings participated in the program, 13 of

which committed to complete shutdowns. This contributed to year-over-year savings of a million kilowatt-hours. At 22 cents a kilowatt-hour, that equates to \$220,000 in savings.

"It's a learning experience for ourselves as well as socializing the problem with the community at large," said David Hafner, assistant vice chancellor for campus services. "MGD is a way for staff, faculty and students to participate in the energy-savings campaign."

Hafner estimates that buildings that directly participated in Mānoa Green Days accounted for 20 percent of the year-over-year savings. The other savings come from ongoing mechanical upgrades.

A recent such project was updating the air-conditioning system in Moore Hall, which is

predicted to amount to 20 to 30 percent in energy savings for the building.

Campus services uses funding provided by the state Legislature for campus renewal and deferred maintenance to work on projects such as changing air-conditioning plants in buildings, relocating computer servers and making changes to the campus water systems, according to Hafner.

Another ongoing project is replacing lamps, retrofitting lighting controls and reducing unnecessary lighting. They have installed lighting controls in Hamilton Library that turn off the lights in Phase 3 at midnight.

One of the challenges to energy conservation is the way buildings are engineered.

"When these buildings were built, they weren't built like hotels where you can turn off (the

power to) one of the rooms," Hafner said. "You have to turn off floors or entire buildings. It's really old technology. We're learning how to cope with these new problems and we're discovering how we use our space and how we need to adapt to it."

In 2006 and 2007, the University of Hawai'i at Mānoa signed the American College and University Presidents' Climate Commitment to reach specific conservation goals. This includes achieving 30 percent energy reduction by 2012, 50 percent by 2015, and a transition to 20 percent of energy from renewable sources by 2020. By 2050, the goal is to be energy and water self-sufficient.

"From 2001 to date we've achieved 16 percent energy reduction, so we're better than halfway (to the 2012 goal),"

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UH to offer free H1N1 vaccinations today

MARK BRISLIN
Editor in Chief

University Health Services Mānoa (UHSM) is offering free H1N1 vaccine immunizations for current UH Mānoa students on a first-come, first-served basis today.

“We see this as part of our role here to improve the health status of students at UH Mānoa,” said Dr. Andrew Nichols, director of UHSM. “We wanted to take down any barriers people have to getting the immunization.”

Students who are younger than 25, pregnant, work in a health-care field, take care of infants younger than 6 months, or have a chronic health condition such as asthma, diabetes or heart disease are particularly advised to receive an immunization, but Nichols said all students should get the shot not only to protect themselves from H1N1 but to prevent the virus



BRIAN TSENG / KA LEO O HAWAII

The H1N1 vaccine will be administered at the University Health Services clinic on campus.

the exact number of injections available but that the UHSM “should be able to offer several hundred.”

UHSM has been offering the vaccine to students by appointment since December and will

Only urgent medical visits will be seen during the immunization clinic, according to a press release.

The immunization clinic is part of National Immunization Week from Jan. 10 to Jan. 16.

According to the Centers for Disease Control and Prevention, the H1N1 virus has affected young adults 19 to 24 especially hard in 2009 because young adults are usually around many different people.

The influenza virus peaks around January, according to the CDC.

The CDC estimates that there were about 47 million cases of H1N1 from April to Nov. 14 last year, and maybe as many as 67 million, with about 213,000 hospitalizations and 9,820 deaths due to H1N1.

“ ... all students should get the shot not only to protect themselves from H1N1 but to prevent the virus from spreading to others.”

from spreading to others.

The clinic, on East-West Road by Kennedy Theatre, is offering the injection and not the nasal-spray version, Nichols said, because “there is a wider range of people who can take the shot.”

Nichols said he doesn’t know

continue to offer it by appointment after the clinic tomorrow, according to Nichols.

UHM students who are younger than 18 must bring a consent form signed by a parent or legal guardian that they can pick up from UHSM in advanced.

THE VOICE KALEO

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SPEECH! SPEECH! | HILLARY CLINTON SPEAKS AT EAST-WEST CENTER



PHOTO COURTESY CORY LUM / EUROPEAN PRESS PHOTO AGENCY

Secretary of State Hillary Clinton visited the East-West Center on Tuesday as the first stop on her Asia-Pacific trip, delivering a speech on the political and economic importance of this region.

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WHAT IF I AM A FINALIST?

Soon after the finalists are announced, a one-day bootcamp will be held. Upon successful completion of the bootcamp, each finalist will be awarded \$100 as an incentive to pursue their business idea.



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'Ono 101: Easy-on-your-wallet pizza

Pies don't have to cost a lot of dough



CHRIS MIKESELL / KA LEO O HAWAII

Homemade pizza can be a great money-saving alternative to expensive delivery pizza if you're willing to invest a bit of time into the process.

CHRIS MIKESELL
Features Editor

Note: This is Part One of a series this month where we talk about eating on a budget.

One of the best ways to fulfill that New Year's resolution to eat better is to take control of what you're eating. Cook meals at home, and you'll have a better idea of what goes into your food than you would eating out.

The most obvious advantage of making your own food at home is that it will save you a lot of money. Take pizza, for instance. A pizza meal for two, even before delivery charges, can come out to

more than \$15. Buying a prefabricated pizza from the frozen food section of a supermarket can cost, on average, \$6 to \$7. That can add up fast, especially when you're a college student on a tight budget.

But if you put a pizza together yourself – sure, you might have to make an initial investment for the ingredients – most of the savings is actually the labor cost it would take to pay somebody else to make your pizza for you.

When you get down to the math, you can actually make a whole batch (enough for two thin-crust 12-inch pizzas or four mini thick-crust pizzas) for \$3.20. Calculating how much a recipe costs to make is something chefs call

INGREDIENTS:

All dry ingredients are measured by weight

10 ounces bread flour
6 ounces water (filtered or bottled)
2 ounces (1 tablespoon) sugar
½ packet instant dry yeast
1 tablespoon vegetable oil
6 tablespoons tomato sauce
5 ounces shredded mozzarella or pizza cheese
8 slices pepperoni

1) Warm the water in a microwave-safe bowl to 110 F (this should take about 45 seconds, but all microwaves vary, so check with a thermometer). Dissolve sugar and add the yeast, stir

to combine and let it sit for five minutes. (If the yeast doesn't foam that means it's probably dead and you'll have to start over.)

2) In a large work bowl or a stand mixer, combine the yeast mixture with 4 ounces of the bread flour and stir until smooth. Cover with foil or plastic wrap and allow it to sit at room temperature (between 60 and 80 F) for at least one hour (though you can make this in the morning before you go to work and come back to it eight or 10 hours later and it will be even better).

3) Mix in the other 6 ounces of bread flour

along with the oil and salt until it comes together into a slightly sticky ball. If it's a humid day you may need to add more flour a tablespoon at a time until it comes together.

4) Turn out onto a floured counter and knead for 30 minutes by hand (or 10 minutes on low speed if you're using a stand mixer with a bread hook attachment.) Cover with foil or plastic wrap again and let it sit again for at least an hour (two would be even better).

5) Portion your dough into two portions of equal weight (if you

are doing mini pizzas, cut into four portions instead). You may roll out each ball of dough and put toppings now, or you may store any unused dough balls in ziptop baggies in the fridge. They are great after about a week in the chill, though they are still quite tasty after as little as a day.

6) For a chewy crust, form by hand to about a 6-inch to 8-inch diameter, top, and bake in the middle rack of a 350 F oven for 14 to 15 minutes, but for a thin and crispy crust, roll out to fit a 12-inch round pan and bake on the bottom rack of a 400 F oven for 11 to 12 minutes.

EASY-ON-YOUR-WALLET PIZZA

Makes two thin-crust pizzas or four mini pizzas

Ingredient	Cost per package*	Per unit:	Per Batch:	Cost Per Batch	
Bread Flour	\$4 5-pound package	\$ 0.006 oz.	10 oz.	\$0.06	
Salt	\$1 1-pound package	\$ 0.063 oz.	1 oz.	\$0.06	
Yeast	\$2.75 3-pouch package	\$ 0.917 pouch	0.5 pouch	\$0.46	
Sugar	\$3 5-pound package	\$ 0.005 oz.	2 oz.	\$0.01	
Water	\$0.78 50-ounce bottle	\$ 0.016 oz.	6 oz.	\$0.09	
Oil	\$5 gallon	\$ 0.020 tbsp.	1 tbsp.	\$0.02	
Sauce	\$2.00 20-ounce can	\$ 0.100 oz.	4 oz.	\$0.40	
Mozzarella Cheese	\$5 pound package	\$ 0.313 oz.	5 oz.	\$1.56	
Pepperoni	\$4 60 slices (half-pound pack)	\$ 0.067 slice	8 slices	\$0.53	
				Cost per Batch =	\$3.20
				Cost per Thin-Crust Pizza =	\$1.60

* note: prices are as close as possible to average nonsale prices.

costing analysis, only they do it on a much greater and more precise scale. Don't be intimidated by it, though; costing is an easy way to see what you're spending on your own home-cooked food.

You can do this with any recipe – this pizza recipe is just an example. If you can get any of the basic ingredients on sale, the price will

be even better, but in this calculation we used nonsale prices.

To do a costing analysis, you need to do only two things: pay attention to labels and receipts, and weigh your ingredients, especially for dry ingredients like flour that can pack easily; a loosely packed cup of flour might weigh half as much as a cup of

firmly packed flour.

While using a food scale is important to understanding how much of an ingredient you're using, dividing the cost of a package by its volume or weight will be key to translating your ingredients to the amount of money you're really spending to make your meal.

Charities: relentless wallet captors

MORGAN CARMODY
Staff Writer

Most people will agree that giving should be done from the goodness of someone's heart. But when I'm at the checkout line at Safeway and the cashier asks if I would like to donate to a charity when my wallet's already out and I'm handing them a 50, I feel ashamed to say no.

Once or twice, I was asked if I was sure about not donating. As Eric Felten described in his recent editorial in the Wall Street Journal, he's had experiences where "cashiers have gotten on the intercom (the one usually saved for price checks) and proclaim to the whole store that a donation has just been made!"

Thankfully, there are no announcements for those who decline making donations.

But even on the off-chance I have the extra money to spare and decide to donate, I still feel bad, now because it is glaringly obvious that I am spending more on myself than that dollar I gave to charity.

Also, while charities are quick to ask for donations, they don't usually specify how much of my money goes to the foundation; if they did, it could be an effective tactic. Rarely does the charity receives the full contribution, so an honest foundation should be able to explain where the expenses go.

This is by no means saying charities should not exist nor advertise, or that people should not give. But these organizations should inform people of their cause instead of holding a person with a wallet captive.

Though charities rely heavily on the sympathy of others to get money, entreatment gets old. Eventually, shoppers at Safeway get a tough skin and decline a foundation's advances, and, per-

haps subconsciously, giving becomes more of a nuisance than something we ought to do.

Felten says in the same article, "There was a time when telephone solicitations for charity worked – and so they proliferated. But after a while, people became ever more practiced at saying no."

A year ago, an environmental organization scattered itself around the most crowded areas of the Mānoa campus. On the way to class, intimidating group members stopped students and preached about dying polar bears and the greenhouse effect. Even after students said they had class or were uninterested, members persisted that we could prove our concern for the environment if we signed up, gave our credit card number and made monthly donations.

Trying to dodge the group members became time-consuming and frustrating; Mānoa got annoyed, fast.

Another problem I have with charities at stores are the seasonal practices. If a company is going to team up with a charity, they should make it permanent. Safeway sponsors four charities throughout the year; in April it's people with disabilities, June is prostate cancer, August is Muscular Dystrophy and October breast cancer.

These charities need money year-round, not just one month out of the year. I feel that if a company is serious, they should make it a permanent part of their company policy. This could be done by putting in a service counter next to the customer service desk so people can do their grocery shopping and make a charitable donation on their own time.

If a company is in business to sell groceries, they should always sell groceries. It is not appropriate for them to act as a middle-man for charities.

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Politicians using robo-calls should hang up the phones

MARK BRISLIN
Editor in Chief

You hear a ring and make a dash towards the phone, hoping whoever is calling does not hang up. After answering, a second passes until you hear:

“Hello, this is (insert politician’s name) calling to talk to you about my campaign for the upcoming (fill in seat) ... “

That’s all I really know about these “robo-calls” because that’s around the time I hang up.

It’s an election year, so expect to receive a bunch of phone pitches for votes. The most effective robo-calls trick people into listening to see if the voice is real, allowing enough time for a politician’s automated voice to state their name.

And surprisingly, 50 percent of people listen to the whole message, according to an Oct. 31, 2008, Newsweek article. The other 50 percent hang up within 10 seconds of answering robo-calls. Half of the robo-calls are played out on answering machines.

Much easier than having people make the phone calls, politicians use robo-calling to cut costs, with each call costing about 7 cents. The calls can quickly reach a span of people; some telemarketing companies are able to make 700,000 calls an hour.

But research found that robo-calls have no effect on voters, according to the Newsweek article. Some argue that robo-calls, while potentially effective if used right, have a detrimental effect if over- or misused. During the 2000 election season, Al Gore accidentally woke up thousands of West Virginia voters at 2:30 a.m.

Supporters of robo-calls argue they are protected by the



MIKO WALCZUK/KA LEO O HAWAII

Prepare to receive automated political pitches via cell phone during the upcoming election.

First Amendment, and that robo-calls are a cost-effective way to reach a lot of people.

And telemarketing is profitable. According to telemarketing.com, in 2009 it will have become a \$480 billion industry.

In September of last year, the Federal Trade Commission (FTC) made automated telemarketing illegal. Customers could report violators at donot-call.org and the companies behind the message could be hit

with a \$16,000 fine for every illegal call.

The FTC did not, however, make it illegal for politicians, poll conductors, charities and “informational” calls from businesses, such as the vet reminding you to give your cat his flea medicine.

Some politicians feel disadvantaged without robo-calls because their opponents gain more name recognition over them. Some voters don’t have

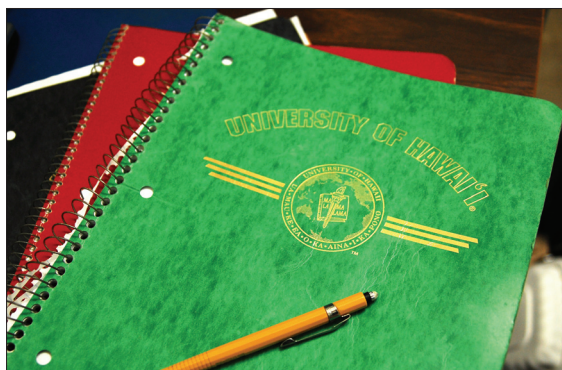
the time to learn about every politician on the ballot and end up basing their vote on what they do know, which sometimes may be whoever’s name they remember hearing.

I know that whenever I answer a robo-call I mentally note the politician’s name, not for their political views, but because they bothered me. A politician who calls the house of an on-the-fence voter during dinner time could lose the en-

tire family’s vote.

Politicians, and others who use robo-calls, should consider the possible harmful effects, such as annoying the person who answers the phone, that are barely balanced out by any support that they gain. Instead of making robo-calls, politicians should use the money for another commercial on prime-time TV or a string of radio ads, or better yet, donate the money to a good cause.

Finals need to be better spread apart



ALEXANDER DANIELS / KA LEO O HAWAI'I

Some students who have more than two finals in the same day become more stressed than others.

JAY-ME MORITA
Staff Writer

How were your finals last semester? I'm sure they went better than mine. But regardless of how well you may have done, I bet most of you felt overwhelmed.

Could it be because all of your exams were crammed into a five-day period? How would you feel if finals week was a bit longer and you had more time to study?

Last semester I only had three finals, so my week went by at a fairly pleasant pace. I'm sorry the same cannot be said for everyone else. Melvyn Sumer, a sophomore applying to the College of Engineering, had six finals this past semester, three of which were on Thursday, followed by two more on Friday.

"Having extra time to study would definitely help, but it just sucked that all my exams were right next to each other," Sumer said.

Some professors are kind enough to issue exams during the last few days of the semester to alleviate the students' workload during finals week. Also, earlier exams provide professors with extra time to evaluate the tests so that they can submit student grades on time.

Most students would likely prefer to have no more than two consecutive exams at a time. Six hours of continuous test-taking can be physically and mentally exhausting. On top of that, this can lead to a poorer performance on each subsequent test.

If final exams are meant to evaluate a student's competence

with a particular subject, shouldn't we be assessed during optimal mental capacity? What if being tired from previous exams leads you to receive a C- instead of a C on a final, preventing you from fulfilling an important prerequisite?

One major flaw with the university's method of scheduling exams is that final exam periods fall on normal instruction days. In other words, Tuesday/Thursday classes must have their finals on Tuesday or Thursday.

So, if you have five back-to-back classes on Tuesdays and Thursdays, guess what? You're going to have three finals in a row on either of those days during finals week.

If there are five total days available for finals, it makes sense for those exams to be spaced out more evenly.

Why can't some Tuesday/Thursday classes have their exams on other days of the week? Exams should simply be scheduled by time and not exclusive to what day the lectures occur. The same amount of time is allotted for each course's final, anyway.

The amount of days available for final exams could also be increased. No one wants to lose precious vacation time. However, the last day of instruction last semester was Thursday. One possibility is to end school on Wednesday and provide Thursday and Friday as extra days for tests.

Perhaps I shouldn't be complaining. I know there are a lot of you who tend to be more successful under pressure because multiple exams stacked on top of each other can procure better test scores.

But for the rest of us, a little space in between test times can be the difference between passing or having to see your professor's face again next semester.

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CORRECTION

In Wednesday's issue, the JTYSK meant to say that the first 500 fans would receive dog tags, courtesy of Jack in the Box. The Victor E. Vans, courtesy of Chevron, will be handed out at the men's basketball game on Sunday to the first 250 fans.

Rainbow Cheerleaders head to UCA Nationals



BRIAN TSENG / KA LEO O HAWAII

The University of Hawaii Cheerleading team is heading to the the Universal Cheerleaders Association Nationals as the No. 1 seed.

SPORTS DESK

The Rainbow Cheerleading squad will enter the Universal Cheerleaders Association (UCA) Nationals as the top-seeded Division IA squad from the West Region. The 'Bows received the top seed after their qualification video received a perfect score, which was the second time in school history that a squad received all 15 points for the video.

Because of the No. 1 seed, UH advances straight to the finals, bypassing the preliminary rounds. It will compete against 14 other teams in the championship, which includes perennial powers Kentucky, Alabama, Ohio State and Memphis.

This year marks the return of the squad to the UCA Nationals after taking last year off to compete in the MTV's "Paula Abdul's RAH! Cheerleading Bowl." The 'Bows won the inaugural competition, which was shown on MTV last January.

The teams that participated in the competition were the University of Montana, University of Arizona, University of Arkansas at Pine Bluff, the University of Miami at Ohio and the Uni-

versity of Hawai'i.

In the UCA Nationals, Hawai'i's squads have finished in the top 10 in the competition, and the highest they have placed was third in 2001 and 2005. In their last appearance at the UCA championship in 2008, the 'Bows finished seventh.

This year, the 2010 cheer squad is bringing one of the youngest squads in recent history to the competition, with 10 newcomers and six returnees. Only three of the current team members have performed on the national stage.

"We have a very young team with great potential," said head coach Mike Baker in a press release. "... We have worked extremely hard the past few months to raise our level of competition. Our last few practices have been phenomenal, and the team is really starting to click.

"What makes the UCA Nationals different from other competitions is that it is not just about stunts, tumbling and pyramids," Baker continued. "To me, it's a truer representation of what college cheerleading is about ... supporting our various teams while getting the fans involved in the game."

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Rainbow sailing: Host 15 teams for sailing regatta

from front page

Senior team captain Darla Baldwin said.

"We do have an advantage in the lagoon," Wild said, "especially if the winds are blowing from the normal direction."

The Invitational was renamed in memory of P.J. Wenner, a UH sailor who died in a boating accident in November 2008. Before and after the sailing, skippers and crews from all participating teams will gather to honor Wenner's memory.

"It was definitely one of the most challenging moments of my life," team captain Jaelyn McLoughlin said. "You never realize how someone you see every day can just ... it was just crazy."

But McLoughlin said that the accident strengthened the 'Bows'

bonds with each other. Wenner's younger brother, Matthew, also sails for UH.

"It's like we have a piece of him here always with us," McLoughlin said.

Although the 'Bows are looking to protect their "house," they know they will compete against some of the best schools collegiate sailing has to offer.

"The last couple years (the Rainbow Invitational) has become really popular," head coach Andy Johnson said. "We want to win it at home."

The defending champions, Brown University, will not be in attendance.

"Winning is the top priority," McLoughlin said. "But either way it's going to be a lot of fun."



PHOTO COURTESY OF UH SAILING

The UH sailing teams practice at Ke'ehi Lagoon just east of the Honolulu International Airport.

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Sailing: the hidden gem of UH athletics

RUSSELL TOLENTINO
Sports Co-Editor

Two national championships, 37 national championship appearances, 35 All-American selections and two Olympians.

No, this isn't head coach Dave Shoji and his Rainbow Wahine volleyball team.

It's head coach Andy Johnson and his coed and women's sailing teams, both of which have become premier collegiate sailing programs, although their accomplishments – and existence – may go unnoticed on campus and in the state.

"Yeah, it's frustrating," head coach Andy Johnson said about the programs' lack of exposure. "But since I've been doing it for this long, you sort of accept it a little bit."

But that hasn't stopped the program from rising to national prominence, and UH is considered to be one of the top teams in the West Coast alongside Stanford and USC.

In 2001, the women's team won the program's first national title, and in 2004, the coed team won the second. The program also boasts two Olympians in John Myrdal (1990-1991, 1993), who competed for the United States in 1996 and 2000, and Phung Yang (1991-1993), who competed in 1996 for Hong Kong.

The athletes haven't let that affect them either.

"It doesn't effect our motivation because (sailing is) something we love to do," senior team captain Darla Baldwin said. "We enjoy competing and we're happy to have the opportunity to do it here, so even though we're not as well-recognized as other teams, it's still equally satisfying."

RECEIVING SUPPORT

"Our program certainly has all of the tools to get our team to win the national championship," Johnson said. "We got the good boats; we'd like to



PHOTO COURTESY UH SAILING

The University of Hawai'i sailing teams have two national championships. The women won one in 2001 and the coed team won in 2004.

think we got good coaching, and the athletic department is backing the program still 100 percent. They continue to give us a budget every year, and that shows that we're still wanted in one form or another.

"As times get tougher it does get a little bit more frightening as far (as if we are) going to be around next year or not, but you just got to keep plugging along," Johnson continued. "(Athletics Director) Jim Donovan feels strongly about our program and for the most part I've been around long enough, so everyone pretty much knows my face down there (at the athletic department) – we have good support."

That also includes fellow UH coaches.

"All the coaches support each other pretty well," Johnson said. "You'll get a pat on the back if you done something well because they all keep track of whose doing this or that, so that makes you feel pretty good."

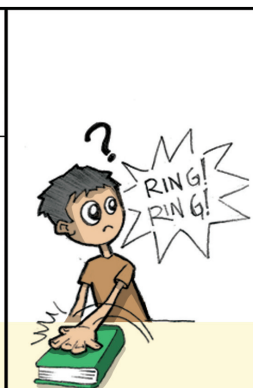
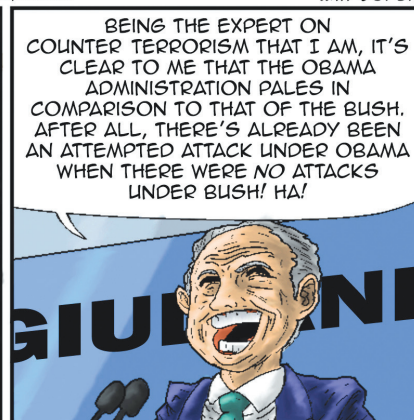
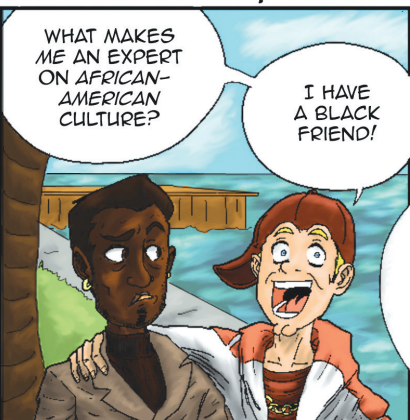
Campus Center, another backer of the program according to Johnson, made a banner for the team after it won its 2004 coed national title. It hangs in Johnson's office in Hemenway Hall, along with the program's award certificates.

Johnson said that the team

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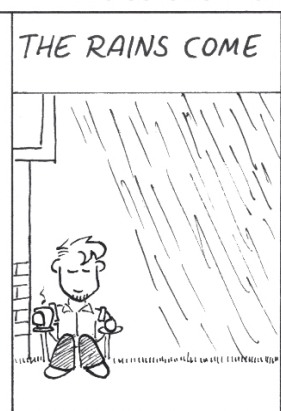
Will Caron



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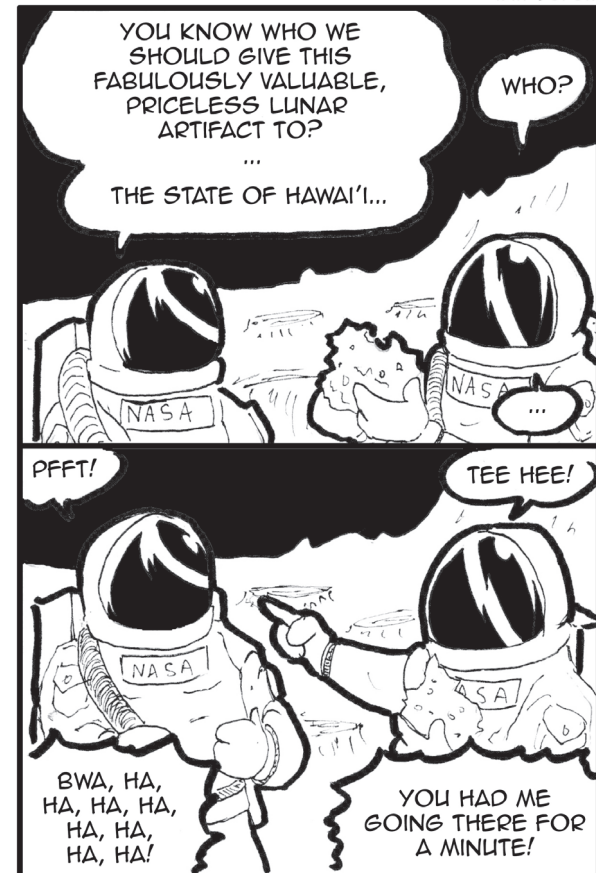
Mature Adult Behavior

Panel Precipitation

P. Albanese



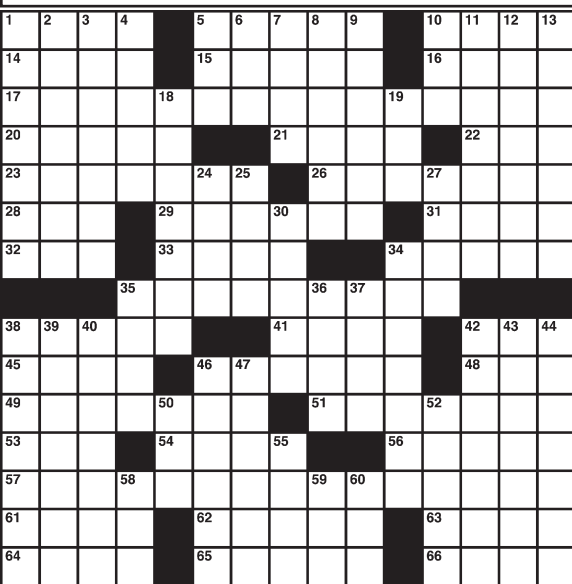
Ham Hocks and Moon Rocks Will Caron



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Los Angeles Times Daily Crossword Puzzle
 Edited by Rich Norris and Joyce Lewis



By Ed Sessa 1/14/10

- ACROSS**
 1 Italian port on the Adriatic
 5 Los Alamos project, briefly
 10 Newspaper family name
 14 Yemen's main port
 15 Roofed patio
 16 Guinness of "Star Wars"
 17 Hackneyed line
 20 Love, in 1-Across
 21 Heros
 22 Male delivery
 23 Frothy fountain drinks
 26 Green soldier
 28 Unwanted kitchen visitor
 29 Killed, in a way
 31 River in NW France
 32 MA and PA
 33 Bakery worker with a gun
 34 Spirited equine
 35 Chowder base
 38 "___ moi, le déluge": Louis XV
 41 New Rochelle, NY, college
 42 "Pygmalion" monogram
 45 1975 A.L. MVP and Rookie of the Year ___ Lynn
 46 "The evil that men do lives after them" speaker
 48 Brutally harsh
 49 ___ stone
 51 How architects draw
 53 Rear admiral's rear
 54 Crimson Tide, briefly
 56 "Flip This House" network

- 57 Summertime cosmetic mishap
 61 Hall of Famer Slaughter
 62 Book from which the film "What's Love Got to Do With It" was adapted
 63 Netman Nastase
 64 Posted
 65 Animal family hidden in 17-, 35- and 57-Across
 66 Buffoonish

- DOWN**
 1 Commonwealth off Florida
 2 Uncompromising
 3 Rises up
 4 At a standstill
 5 Tavern choice
 6 Kapow cousin
 7 Singletons
 8 Come of age
 9 Like many lobster eaters
 10 Galoot
 11 Sense of completeness
 12 Sandra Bullock role, e.g.
 13 Like some candles
 18 Agricultural pests
 19 Corner PC key
 24 Numerical prefix

su | do | ku
 © Puzzles by Pappocom

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 thru 9.

Puzzles will become progressively more difficult through the week.

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5				3	6	2
2			6			
8		5				
	4		8		6	
6	7			4	1	
1	4			8		
			1		5	
			9		8	
6	9	7				4

HARD #29

- 25 Pipe part
 27 Portnoy creator Philip
 30 Move in high circles?
 34 Patronizes, as an inn
 35 Hand over
 36 Canine anchor
 37 ___ occasion: never
 38 Popular ski country homes
 39 Talking a blue streak?
 40 Sits atop
 42 Hiker's snack

- 43 Longtime Steinway rival
 44 Todd of Broadway
 46 Classic video games
 47 "Broadway Joe"
 50 Not yet gibral.
 52 City near Gibraltar
 55 Brest friend
 58 Western Ky. clock setting
 59 Santa Barbara-to-Vegas dir.
 60 Slurp (up)

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Horoscopes

By Nancy Black and Stephanie Clements
Tribune Media Services (MCT)
Today's Birthday (1/14/2010) Your luck this year depends on logical patterns. This suits your basic nature, and it also challenges you to hone your intellect through personal studies and creative projects involving group effort. Go beyond what you can see to test the future results of your plans. To get the advantage, check the day's

rating: 10 is the easiest day, 0 the most challenging.
Aries (March 21-April 19) -- Today is a 6 -- Focus your thoughts on personal issues. You benefit from expanding your database of possibilities. Avoid arguments. They hold you back.
Taurus (April 20-May 20) -- Today is a 5 -- You have multiple opportunities to handle basic decisions. Progress provides great relief. A co-worker becomes a devoted ally.
Gemini (May 21-June 21) -- Today is a 6 -- You feel a big change coming, but you're unclear about its nature. Prepare yourself by imagining a wide-open field

to play in.
Cancer (June 22-July 22) -- Today is a 6 -- Everything seems to slow down today and take twice as long as you'd planned. No amount of pushing matters. Go with the flow.
Leo (July 23-Aug. 22) -- Today is a 5 -- Consider your personal agenda and follow it. What you need is focused energy. There will be plenty of time to enjoy yourself this evening.
Virgo (Aug. 23-Sept. 22) -- Today is a 6 -- People in your work environment confuse important issues with weak data. It's up to you to sort out the facts and list them clearly. A female resists.

Libra (Sept. 23-Oct. 22) -- Today is a 5 -- Take time to analyze your decisions and assess the wisdom of the direction you've chosen. It's easier to make a change now than to face the music later.
Scorpio (Oct. 23-Nov. 21) -- Today is a 5 -- Stay in bed today and read the paper. Then drag yourself out, face the world of adjustments and make the most of what you find.
Sagittarius (Nov. 22-Dec. 21) -- Today is a 5 -- If you open your mouth, plan on chewing shoe leather. It won't be possible to please everyone. You'd do better by offering a variety of resources.

Capricorn (Dec. 22-Jan. 19) -- Today is a 6 -- Deciding for yourself doesn't happen today. You need a sidekick. Whether for errands, work or household chores, keep someone close at hand.
Aquarius (Jan. 20-Feb. 18) -- Today is a 5 -- Stick to the basics as much as possible. Adapt yesterday's plan to today's needs. Four or five people gather closely together in a leaderless group.
Pisces (Feb. 19-March 20) -- Today is a 5 -- Although you're ready to move ahead, others have reservations. Be sure they tell you what's on their minds. Otherwise, you're shooting in the dark.

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Sailing: AMONG THE NATION'S BEST

from page 12

also receives support from different local yacht clubs and from their alumni. The day after Thanksgiving, the program hosted an alumni regatta, and many of the alumni made donations to the program following the event.

"I'd say there is support but we could probably do a better job of (getting) more by having the UH sailors more involved in local events and local regat-

At the same time, Johnson said that the program requires a lot of commitment, and because there is no financial aid, it can be hard to maintain members who have a lot to balance.

"It's a pretty big commitment, and people get jobs, boyfriends and girlfriends, and when it comes down to it you're here to study," he said. "It's a sacrifice, and it's a tough one for a lot of these guys.

"(Doyle) is 95 now so he was 75 when he quit, and he started when he was 65," Johnson said. "He was getting pretty tired of doing it, but bless his heart, he kept it going for 10 years.

Johnson, who only coaches part time, said he would like to see someone take over in a full-time basis and would like to see the team win another national championship, noting that the team is "not that far away."

“It's all been about the kids and the pride of the program, keeping it going and having fun with it.”

tas and showing face a little bit more," Johnson said.

PAYING THEIR DUES

Collegiate sailors also have to pay for their own education. Unlike NCAA-sanctioned sports such as football or basketball, collegiate sailing (which competes under the Intercollegiate Sailing Association) does not have scholarships for athletes.

But Johnson believes that works out for the best in this sport.

"If there was some sort of ability to give tuition or some aid based on sailing ability, it would help a portion of the sailors," Johnson said, "but in all, I don't think - particularly now with the economy - there (would) be many schools that (would) be able to offer scholarships for sailing.

"And in that case you are (only) going to have 10 programs in the country that will be able to do so," he continued. "The ICSA is geared toward participation."

"You'll get your core of sailors that absolutely come here to be on the sailing team and sail. Then you'll have to accent that with a lot of students at UH," continued Johnson, whose athletes will ask students to join the program even with no sailing experience. "We try to train those and say you get 15 at the beginning of the year that come out and by the end of the year we might have five left."

But for those who stick it out with the program, there is much to be expected.

"I don't know if this year I can say it, but our goal in the beginning of the year (in recent years) was to win a national championship, and there's not many programs here at UH that can really say that," Johnson said.

"BECAUSE OF THE KIDS"

Now in his 21st year, Johnson, who lettered for UH from 1981 to 1983, took over for his predecessor Charlie Doyle because he "didn't want to see (the program) die."

"It's all been about the kids and the pride of the program, keeping it going and having fun with it," Johnson said. "I always said that I was going to do it until we won a national championship. And then we won a national championship, and the funny thing is I got calls from a bunch of people I told along the way saying, 'So are you going to retire now?'"

"But I haven't done that," he continued. "I do it because of the kids, and hopefully they are getting something out of it. It's still fun for me."

And it's been a rewarding experience for the sailors as well.

"We're really a close-knit group; everyone is really accepting and gets along really well. It's almost like we're a family," Baldwin said. "When you spend so much time with someone practicing all the time and when you travel, you get to know them really well.

"We're a really close group," she continued. "It's been so much fun; I've really enjoyed it."

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Sailing captains lead 'Bows into season

Program built on family atmosphere

SEAN MICHEL

Senior Staff Reporter

A team captain is looked upon to take the lead in competition and in the classroom while also being a role model and example of the program's values and expectations.

Luckily for the University of Hawai'i coed and women's sailing teams, they have three in seniors Ryan Wild, Darla Baldwin and Jaclyn McLoughlin.

"This is the first time we've had all senior captains in a long time," head coach Andy Johnson said. "(They) really make life easier for the coaches."



UNIVERSITY OF HAWAII

(left to right) Seniors Ryan Wild (San Diego, Calif.), Darla Baldwin (Costa Mesa, Calif.) and Jaclyn McLoughlin (Honolulu out of Sacred Hearts Academy) are the team captains of the University of Hawai'i coed and women's sailing team. Wild began sailing when he was 4, Baldwin started in high school and McLoughlin began when she was 13.

RYAN WILD

Wild, a 23-year-old from San Diego, Calif., has been sailing since he was 4.

"I was kind of born into it," Wild said. "Just as a lot of dads want their kids to be really good at baseball, my dad took me to sailing regattas on the weekend, clinics, all that kinds of stuff."

Sailing roots have been firmly planted in the Wild family; his father is a sailor in Mission Beach, Calif., and his younger brother Adam is a sailor at La Jolla High School, like Ryan once was.

Entering his second season as a team captain, Wild feels that his role is to help connect the sailors and coaches.

"The coaches look to (the captains) to be an intermediary," Wild said. "There can be a sort of power distance between the sailors and the coach, so I do my best to bridge that gap."

Wild also assumes responsibility for all of his fellow sailors during practices and competitions.

"I feel that it's my job to look out for everybody and make sure everyone is having a good time

and getting along with one another," he said.

"Ryan is extremely dedicated to helping everyone on our team," Johnson said.

DARLA BALDWIN

Darla Baldwin is a 21-year-old from Costa Mesa, Calif., whose spark for sailing ignited after a friend invited her to try out her junior year at Calvary Chapel High School.

"I always thought sailing was just lying out on the boat and getting tan, so I thought I'd give it a try," Baldwin laughed. "It was completely different, but I fell in love with the sport and had so much fun."

Becoming a Rainbow Wahine wasn't an issue for Baldwin, who was looking for somewhere warmer than her Southern California hometown.

That eliminated all options east and north of California, leaving the nationally recognized sailing program at UH

as her pick.

Entering her first year as a team captain, Baldwin, along with her fellow captains, want the team to be in the upper echelons of collegiate sailing.

"(Going to nationals) is definitely a goal and a hope of ours to make it there," Baldwin said.

She also stressed the 'Bows' need for improvement.

"We have a lot of newer crew on the team right now so we want to get everyone united and see everyone's sailing improve, because there's always room for improvement," Baldwin said.

She also said the team is about more than sailing.

"Everyone just fits in so well; it's like a family," Baldwin said. "I consider everyone on the team as one of my best friends and the closest thing I could have to family in Hawai'i."

"We're very close-knit and we look out for one another like a family," Wild added.

And although Baldwin recognizes that winning is expected, she says that the greatest thing about the squad are the relationships.

"I've learned a lot through the sailing team, and the friendships I've made on the team are what I value the most," Baldwin said.

JACLYN MCGLOUGHLIN

McLoughlin, a 21-year-old Kailua native who graduated from Sacred Hearts Academy in Honolulu, has been sailing since she was 13.

One of McLoughlin's good friends in high school was on a sailing team and invited her to a practice. She was hooked from there on out.

After sailing for Sacred Hearts Academy, McLoughlin already had her sights set on sailing for the 'Bows.

"In high school we practiced with the UH team and I was around when they won the nation-

al championship," she said.

McLoughlin says that the experience of being around a national championship program was instrumental in her desire to attend UH.

"I was sold," she said.

Although this is McLoughlin's first semester as a team captain, she has little worry about her new responsibilities, instead embracing and looking forward to them.

"It's really nice because at this stage (of being a captain) I can really help out the younger kids on the team," McLoughlin said. "It's cool to look back on my experience and draw from it to help them out as they are joining the team."

"(Jackie) really showed us that she could handle the pressure," Johnson said. "(Jackie and Darla are) extremely dedicated and passionate."

McLoughlin, who is the B skipper (there are A and B divisions for both the women's and coed teams) for the women's squad, hopes to reach the national stage as well and bring the 'Bows back to their glory days.

The 'Bows won the women's national title in 2001 and the coed title in 2004.

"We'd like to make it to nationals, and, if we get there, hopefully crack the top 10," McLoughlin said.

"I'm confident that if we all work together and put our heart and soul into it, hell yeah we can do it," McLoughlin laughed. "We have a very strong team this year and I'm looking forward to them competing."

But regardless of how far the 'Bows go this season, it is clear they will finish as a family.

"There's a lot of love on our team," McLoughlin said, "and I can't imagine college without (my team)."