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The dos and don'ts of all-nighters

PAIGE TAKEYA
Senior Staff Writer

Everyone begins the semester with lofty intentions of diligence, timeliness and academic brilliance. The reality is that by the time finals week rolls around, most everyone is digging their own grave with the shovel of procrastination. If it's come to pulling an all-nighter, try these tips to make sure you get through these darkest of nights.

THE VOICE
KALEO

Ka Leo O Hawai'i

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Visit www.kaleo.org/board_of_publications



Do

Nap in advance

Even just an hour's nap in the afternoon will go a long way. You severely lower your chances of surviving the night sleepless if you mistakenly think you can go longer than 24 hours without sleep. Taking naps during an all-nighter is dangerous because it's easy for 10 minutes to turn into 5 hours (even the loudest alarms cannot pierce through exhaustion), so a nap is an essential part of your game plan. Mid-afternoon is a good window to shoot for a catnap.

Be really uncomfortable

You want to be miserable because if you are even slightly comfortable, you will doze off. Sit in a hard, lumpy chair in the coldest possible room you can find. Cushions are for the weak. Stay away from your bed at all costs. If you can study in public – at the library, maybe, or at a 24-hour spot like Kissaten – do it. You also want music that is jarring and harsh, nothing soothing or rhythmic (do not, under any circumstances, listen to country). Every one of your senses should be in agony to keep you focused on the task at hand.

Ease eye strain

Lower the brightness on your computer, tablet and cell phone. Squinting in the face of intense light will make you tired much, much faster. Avoid turning off all the lights and sitting in the dark. Eye strain is the most tragic way to end the all-nighter prematurely. Letting the blindingly white light of your blank Word documents guide you in a pitch-black room like Gandalf leading the Fellowship through the mines of Moria will only result in one thing: You shall not pass.

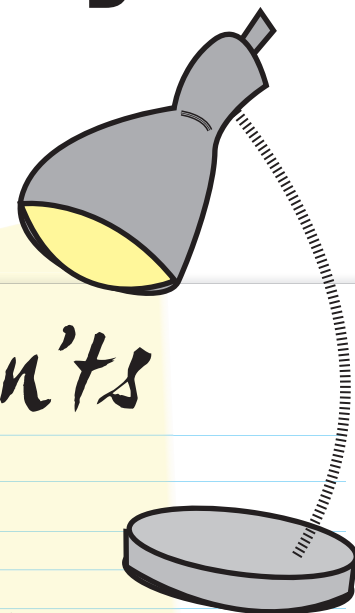
Don'ts

Binge on caffeine

It'll help in the moment and for a few hours after, but when you crash, you will burn. In fact, you'll want to stay away from pretty much all stimulants during this time – even something as innocuous as sugar will bring you down in the end. Drink ice-cold water to shock your insides into alertness. Eat foods that require effort and concentration – like extremely tough beef jerky. Stay away from things with high carbs or sugar. If you really, really must ingest coffee, drink it slowly: no more than a few sips per hour to prevent a major crash (this strategy may not work if your caffeine tolerance is too high).

Sit still for too long

Even if you're sitting on an iceberg in the Arctic, stay still long enough and you'll still fall asleep. Get up now and then to keep your blood flowing. Run a lap around your room. Do 20 push-ups. Walk to the bathroom, splash water in your face and brush your teeth with intensity. If you sit on an exercise ball or stand at your desk, that helps a lot. Don't remain stationary for longer than 40 minutes.



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ASHLEY AHN
KA LEO O HAWAI'I

A one-man plan to enjoying finals week

PAIGE TAKEYA
Senior Staff Writer

All your friends are buried nose-deep in textbooks and notes, frantically trying to pull together a miracle to ace that last exam – and here you are, cool as a cucumber, because you don't have any finals or projects to worry about. How are you going to make the most of your early summer?

GOOD SAMARITANISM

Offer to help a friend in need by becoming their study buddy. Certain classes require drilling on materials that are best done in pairs, like vocabulary definitions or oral dialogues for foreign languages. You could even serve as a discussion partner or idea generator for someone stuck on an essay or presentation topic.

Pros: You will stockpile good karma and your friend will love you forever – especially if they get an “A” thanks to your help. Plus, you might learn something new in the process.

Cons: The whole point of “not having finals” is “not needing to waste time studying,” so as nice as you could be, you'd also be wasting the gift that this semester gave you.

TV BINGE

This is your chance to watch every TV show and movie that you wanted to see but never got the chance to watch during the semester. You can finally catch up on the most relevant TV shows, and now you can join in on that “Game of Thrones” water cooler talk. Purple Wedding? Yeah, you totally know what that is now.

Pros: Aside from polishing your pop culture IQ, you will get to relax and truly enjoy these cinematic treasures with no worries about anything being due the next day.

Cons: Everyone will see you with your laptop, just casually streaming video, and everyone will resent and hate you with a scarily intense fury for your privilege of idleness.

ASHLEY AHN
KA LEO O HAWAI'I

BEACH IT UP

Hawai'i's beaches are going to be packed once school lets out. But if you head out to Lanikai now, in these idylls of May, you'll be able to enjoy that clichéd white sand and blue water without having to fight the crowds of high-school students or tourists (Hawai'i public schools don't get out for another two weeks).

Pros: This is your time to focus on you. Relax. Sunbathe. Build therapeutic sandcastles. The world is your oyster, and no one is going to bother you in this time of rest and recovery.

Cons: Your friends are going to be busy, so you might be lonely out there in all that golden isolation. Plus, for safety reasons, it's better to surf with a buddy.

7 SUGGESTIONS FOR SPONTANEOUS SOLO ADVENTURES

1. Go on a macaron hunt

Compare different takes on the delectable French dessert to truly become a fickle foodie. Hit up Cake Works, La Tour Café, Sugarlina and Saint-Germain Bakery to start.

2. Watch “Political Animals”

It's a quick six-episode binge on Netflix that features a Hillary Clinton figure in Sigourney Weaver, some cut-throat journalism and soapy political drama.

3. Learn to make a fancy lei for graduation.

Storebought leis? Nah, not your style. You braided and wove together that candy-alcohol-money lei by hand.

4. Bake decadent brownies

The unholy trinity of chocolate chip cookies, Oreos and brownies will make you the savior of the dorms when you pass around your sugar bombs to your bleary-eyed friends. Find a recipe online.

5. Have a Marvel movie marathon

“Guardians of the Galaxy” comes out in August, but there are a lot of superhero movies for you to revisit in the meantime.

6. Read “Gone Girl”

A classic case of girl-goes-missing that goes in unexpected directions. It'll be a movie directed by David Fincher come fall, so read the book now.

7. Join Ka Leo

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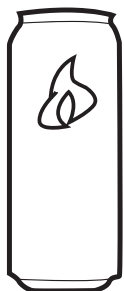
What to drink when pulling an all-nighter

HANA AH YOU
Special Issues Coordinator

"Red Bull gives you wings." The slogan attests to Red Bull's ability to provide enough energy to conquer the highest mountains ... of homework. But are energy drinks the best option? How much caffeine is actually in college students' favorite forms of motivation? Here's how to maximize caffeine intake while studying for finals this week:

ENERGY DRINKS:*

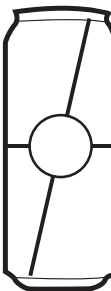
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Latte: 150 mg

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*Taken from Consumer Reports

**Taken from the Starbucks website

Find your perfect summer getaway

EVANGELINE COOK
Staff Writer

The school year is slowly winding down, the stress is building and you just can't wait to get on a plane to anywhere but here. Being a college student makes it difficult to buy a plane ticket. This summer, stay frugal. By all means, get on that plane, but watch your wallet. Here are just a few options for your perfect and affordable summer getaway.



JOHN EWALT/KA LEO O HAWAII

Staycation: If you spend most of your time in the Honolulu/Mānoa area, you are missing out on the true beauty that O'ahu's North Shore has to offer. The perfect way to ease your mind and save money on airfare is to have a staycation. There are several beachfront vacation rentals all throughout the Haleiwa area. Get together with your friends and check out the beach rentals at hawaiibeachhomes.com that range from \$300-\$600 a night, relatively reasonable if you have a big group of friends. You'll feel like you're in complete paradise and not even realize you're on the same island.

Santa Cruz: Right now, tickets are cheaper than ever, but you have to get them, before it's too late. Why, you might ask, should you visit Santa Cruz? There is so much to do. If you're looking for an incredible summer full of thrill and endless adventure, Santa Cruz, California, is a must. Not to mention that housing is ridiculously affordable with beach rentals starting as cheap as \$60 a night. The things to do are endless, including the Santa Cruz Boardwalk, whale watching at Monterey Bay, exploring the Santa Cruz Surfing Museum and so much more.

Dallas: Airlines are beginning to become more flexible with options to Dallas. Hotels and hostels in downtown Dallas start as cheap as \$70 a night. But the main reason to visit this huge city in Texas is the endless amounts of activities going on all the time. It is the ultimate American experience. Dallas offers several great shopping locations, an extraordinary nightlife with bars, clubs and concerts, and an abundant amount of cultural activities and sports.

Spain: You might be thinking "yeah right." But it's important to get out of your comfort zone in life and see the places you might never have an opportunity to see in the future. News reporters throughout the country are talking about Spain's financial issues, but travelers are finding that the situation is in their favor. With the financial woes going on, the costs of hotels are falling, along with attractions and shopping areas. Spain is now a must-see vacation target for many Americans.

Washington D.C.: According to Reader's Digest, the U.S. capital was one of the top budget picks of 2013. Get the best bang for your buck and combine the beauty of D.C. and Virginia Beach. You have the opportunity to see the White House up close, explore the beauty of history in the Smithsonian Museums and stand in awe of the Lincoln Memorial. When you are overwhelmed by the sights, head to the fresh ocean air of Virginia Beach and enjoy the sound of the crashing waves.

So there you have it, class of 2014. You have worked this hard, now reward yourself in a way that will not hurt your college student wallet. It will be an experience you will never forget.

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14 things to do instead of studying

LEILANI PORTILLO
Staff Writer

1. **Stream a new show that you haven't watched on Netflix.** If you're a really dedicated Supernatural fan, watch all eight seasons in one sitting. It's only 172 episodes.



4. **Stare at the ceiling.** Contemplating the meaning of life is always better than trying to memorize crucial information for your exam.



7. **Tumble.** Go to Tumblr and scroll through your seemingly endless dash and reblog everything and anything. Stop for no one.

Q tumblr.com

10. **Take a dip in the ocean** and swim. Don't stop. Just keep going. Swim to another island. Don't look back.



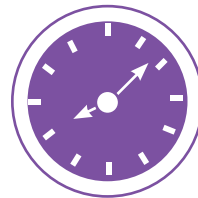
2. **Go for a mile run. Or 10.** Just do anything to get out of the house and away from your books.



5. **Read the "Song of Ice and Fire" series that includes the ever so popular "Game of Thrones."** Or just watch the show. Either way say goodbye to your social life.



8. **Check out some good feng shui ideas and rearrange your whole dorm room or apartment** to bring in the good vibes to help ease your mind off the fact that you are not studying right now.



11. **Leave for somewhere during rush hour** just so you can sit in traffic and complain about it instead of complaining about studying for your finals.



13. **Have a mental breakdown.** All the stress from exams, final projects and life in general are a great place to start thinking about how much of a failure you have become.



3. **Visit BuzzFeed.** You can scroll for hours on end and laugh at all the hilarious articles you find. Don't forget to share it on Facebook to help your friends avoid studying also.

Q buzzfeed.com

6. **Sleep.** Sleep for 12 hours. Sleep for a day. Sleep your life away because you are Sleeping Beauty.



9. **Down a bottle of vodka.** Maybe this will get you through finals week or maybe you won't even make it to finals week. (But please don't do this, or you will die).



12. **Fly to another country.** Shed your previous identity. Start a new life. Avoid all the responsibilities of finals.



14. **Cry.** What better way to celebrate failing your exams than to cry because you haven't been studying or paying attention all year?



KINSEY JUSTA / KA LEO O HAWAII

De-stressing tips to surviving finals

LAUREN ROXTON
Staff Writer

Take time for yourself: Don't get too wrapped up in studying and the stresses that accompany the end of school. A warm bath or cup of tea isn't going to hinder your study time and will calm you down when you feel like studying has taken over your brain.

Study often and study in short spurts: It's better for you to start early and take lots of breaks while studying than to pull an all-nighter to try and cram information into your head.

Sleep: Studying right before sleeping will help you retain information better. Getting enough sleep before a test is crucial to a more conducive test-taking environment. You will feel better and get better grades on your tests.

Take a walk: Getting your blood moving helps you to relax and gets you out of your study space. The fresh air will help clear your head.

Eat your favorite foods: Eating things that make you happy will make you feel

better in the chaos that is studying for finals. You have to eat, so why not make it something that you like.

Call your parents: A quick pep talk from the people you love will make you feel more at home and give you the confidence to ace those tests.

Eat dark chocolate: This tasty treat is shown to reduce stress and make you feel less anxious in daily activities. Dip some strawberries in it, and you have a healthy snack to keep you going all night.

Listen to music: Probably not on full blast, but having some soothing music in the background while studying can keep your mind relaxed.

Drink lots of water: Staying hydrated is key to maintaining healthy bodily functions. Six to eight glasses of water a day is recommended.

Remember to live a little: You don't want to be so stressed that you can't deal with everyday life. You need to remember that everyone needs a break, so go out and have a little fun while you work. Don't forget to study, but definitely don't forget to live.

What to look forward to

EVANGELINE COOK
Staff Writer

With finals closing in, summer couldn't come any faster. But don't give up now. Here are a few things to look forward to that will get you through finals.

Events

May 16 at 10 p.m. **What:** Summer kickoff event feat. Oscar Olivo, an EDM DJ
Where: Hallway Internet Café

Cost: \$10

May 17 at 8 p.m. **What:** Soul'd Out Saturdays Dance Party. With DJ James Cole from 93.9

Where: Eleven44

Cost: \$5

Concerts

May 29 **Who:** People Under the Stairs

Where: The Republik

Cost: \$25

June 8 **Who:** Reblution

Where: Kaka'ako Waterfront Park

Cost: \$39-85

July 30 **Who:** The Head and the Heart

Where: The Republik

Cost: \$25

Movies

May 23rd "X-Men: Days of Future Past"

June 6 "The Fault in Our Stars"

June 13 "22 Jump Street"



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Study drugs popular among students during finals

KRISTEN PAUL BONIFACIO
Associate Opinions Editor

Side effects of taking study drugs include nausea, loss of appetite, irritability and dizziness, according to WebMD.

KINSEY JUSTA
KA LEO O HAWAII



For college students, the end of the semester means stress and long hours of study sessions. And as finals approach, we find ourselves cramming and trying to balance schoolwork with our busy schedules. While everyone has their own technique of studying, many are turning to prescription stimulant drugs to help them get through the last few weeks of school.

WHY IT'S SO POPULAR

Medications such as Adderall, Ritalin and Vyvanse, some of the most prescribed drugs in America, have become extremely popular among college students. Originally prescribed for people diagnosed with Attention Deficit Disorder and Attention Deficit Hyperactivity Disorder, desperate college students are illegally taking these "study drugs" for the purpose of increasing concentration and stamina.

According to a 2013 study from the University of Maryland, almost 11 percent of full-time college students will admit to using Adderall for non-medical purposes in the past year. The pills' affordability also makes them easily accessible to college students. NPR.org states that the rate per pill for Adderall is generally \$5-25 when the demand is high.

THE DANGERS

Intake for these drugs is on the rise, and they are a growing concern for many colleges in the United States. Emergency room visits for nonmedical use of stimulants tripled from 2005 to 2011, according to the Substance Abuse and Mental Health Services Administration.

When taken by those who do not suffer from ADD or similar disorders, these powerful drugs pose serious dangers, especially when combined with alcohol and other

drugs. The National Institute on Drug Abuse states that Adderall can cause irritability, paranoia, impulsive behavior and hallucinations.

The biggest worry is that these drugs are considered to be highly addictive and are classified as Schedule II controlled substances, in the same category as oxycotin, morphine, cocaine and meth. And for those who do not have ADHD or ADD, these drugs have the potential of creating a physical and psychological dependence.

BETTER ALTERNATIVES

With an abundance of healthier alternatives to dangerous prescription drugs, those who are thinking of taking these drugs should opt for these better and safer options. Many are simply unaware of the full benefits of these readily available alternatives.

Water is the most accessible, and perhaps the best, alternative to study drugs. The human brain is made up of 85 percent water, and water is one of our main sources of energy. Dehydration is sometimes the only cause of lack of attention, and a drink of water will provide the brain with the power it needs to function.

Although energy drinks might seem like a good option, they are extremely caffeinated, high in sugar and come with their own health risks. More natural selections such as coffee and tea provide similar effects with much less sugar. They also contain antioxidants, and a study by newscientist.com found that coffee can increase short-term memory.

As college students, we must not outweigh the momentary benefits of our behaviors over the deadly dangers and possible long-term effects that come with them. College is stressful, but there is a smart and ethical way of getting through it. Turning to prescription stimulant drugs is not only foolish, but can also lead to serious trouble with law enforcement.

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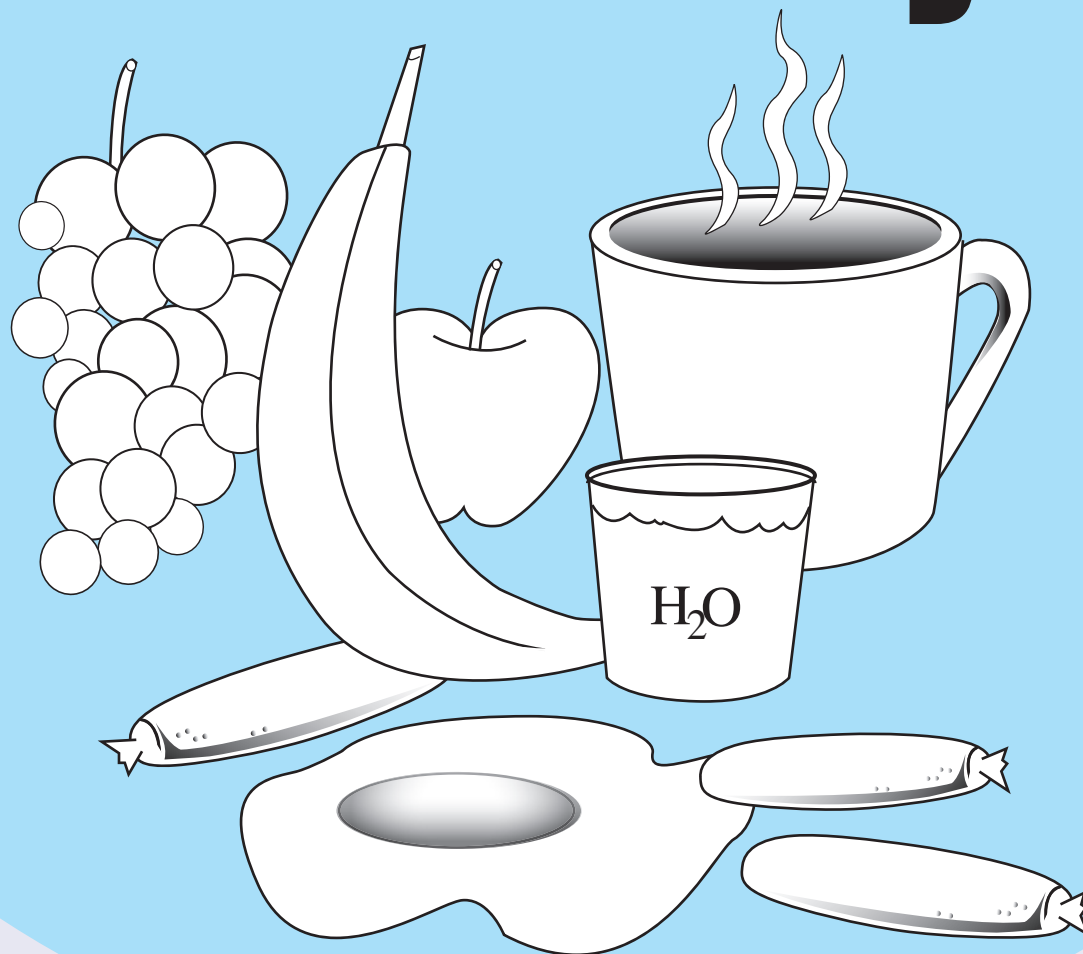
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Handle the hangover



EVANGELINE COOK
Staff Writer

Let the games begin. Graduation is right around the corner, and so are the graduation parties. But the question is: Do you know how to handle your hangover? You don't want to be the person who wakes up on graduation day 20 minutes before the ceremony and shows up still drunk. Start taking precautions before you start drinking. Here are a few tips that will help you out in the long run.

What to eat before you drink: If you're serious about preventing your hangover (which you should be), start taking into consideration what you eat throughout

the day before you drink. Stray away from hearty foods like hamburgers and hot dogs. Think simple and healthy. For example, hummus is full of vitamin B and therefore a wonderful food to consume before drinking, as alcohol rids the body of vitamin B. Cheese is another food that is essential to the body while consuming alcohol. It easily absorbs the alcohol while you're drinking and helps prevent you from waking up with that hangover.

How to cure the current hangover: If you took all of the precautions but still woke up with a hangover, stop it before it's too late. Do breakfast right the morning of by starting off with some eggs. Eggs are easy to digest and full of protein, which will help you get back on your feet. Eggs are also filled with large amounts of cysteine, which

helps to clean out the leftover toxins of last night's game of king's cup. Accompany your eggs with a fruit salad. Fresh fruit is filled with vitamins and minerals that help to boost the body's energy. The fiber found in fruits helps to break down the toxins in your body as well. Be sure to include bananas in your fruit salad, especially if your night ended with puke. Bananas are rich in potassium and gentle on your stomach. Last but not least, top your breakfast off with a steamy cup of coffee. Caffeine dilutes your blood vessels, which helps get rid of your headache faster. Not to mention, it perks up your brain function, which, let's admit, is a little foggy from last night's binge. Just be sure to follow it with a large glass of water to rehydrate because both alcohol and coffee dehydrate the body.



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Agdinaoay, Raylita COM	Colton, Mari COM	Kim, Cassandra COM	Nishikawa, Kate COM
Agosto, Antonio COM	Cope, Kapokuipoonalani COM	Kim, Marssia COM	Nystrom, Jocelyn COM
Ahn, Ashley COM	Cristobal, Jam Nicole COM	Kim, Sonya COM	Panighetti, Robert COM
Ako, Lorraine JOUR	Dang, Michelle COM	Kim, Yujin COM	Pestal, Lauren COM
Ala'ilima, Tawni COM	DiGiovanni, Paolo COM	Koizumi, Keenan COM	Quiban, Dejah COM
Allen, Briana COM	Directo, Deanna COM	Koss, Kristen COM	Ramos, Ariel COM
Allison, Jessica COM	Duque, Jennifer COM	Kravitsky, Derek JOUR	Reynolds, Jordan JOUR
Anderson, Taryn JOUR	Edens III, James JOUR	Lammers, Madeline JOUR	Ridgeway, John COM
Anderson, Zackary COM	Estrella Bergonia, Chablis COM	Larson, Nash COM	Rodriguez, Danielle COM
Arnolde, Brianna COM	Eubanks, Jenna COM	Laviana, Hannah COM	Roth, Alexandra COM
Asao, Andrew COM	Fairly, James COM	Lew, Lauren COM	Sapigao, Madeline JOUR
Barrett, Leimaile JOUR	Fergusson, Manjari JOUR	Lluellen, Mayzy COM	Scoville, Sara COM
Bergonio, Bobby JOUR	Goetsch, Devin COM	Manahane, Sila JOUR	Shimizu, Taryn COM
Bernades, Chelsie JOUR	Hartong, Emily COM	Manog, Deborah JOUR	Silverstein, Mark COM
Bowman, Mary Lee COM	Haruo, Sammy COM	Maor, Barak COM	Soto, Averie JOUR
Brandt, Shelley COM	Hashimoto, Glory COM	Masuda, Joy COM	Spatatore, Hannah COM
Caswell, Alexandria COM	Hayag, Joanne COM	Mattie, Brian COM	Stomber, Max COM
Chance, Dakota JOUR/COM	Hughes, Caelen JOUR	McGrath, Katherine COM	Sylva, Matthew JOUR
Chastagner, Peter JOUR	Irvine, Tawni COM	Mero, Tasha JOUR	Tokieda, Lisa COM
Chen, Jacky COM	Isa, Jarvis COM	Mizusawa, Richard COM	Ueda, Kiyomi COM
Chestnut, Sydney JOUR	Ishisaki, Kellie COM	Morris, Taylor JOUR	Ushida, Zen COM
Ching, Kapiolani COM	Jower, Mick COM	Nakamura, Sean COM	Vendetta, Ashley COM
Chong, Matthew COM	Juliano, Benedict COM	Nakatsuka, Brent COM	Williams, Lillian COM
Choo, Philip COM	Kawachino, Mika COM	Nasir Ma, Ismael COM	Wong, Eric COM
Clark, Kimberly JOUR	Kawasaki, Mari COM	Nguyen, Christina COM	Young, Jennifer COM

FEDERAL GOVERNMENT COMMITTING FEDERAL CRIMES (for 29 years)?
by Leland Yoshitsu - Amazon • B&Nook • Sony • eBookPie

Why do President Obama, along with the US National 'NEWS' Media & Press, NOT want YOU ("the People") to voice your 'freedom and right to know' & to understand in depth & in detail about: The "Cruel and Unusual"/**BRUTAL & MALICIOUS 'UNRESOLVED' FEDERAL CRIMES COMMITTED** secretly & intentionally against a US Citizen ("interned" for 29 years) by the US Federal Government & NBC that are documented & outlined in this eBook (available online & in Paperback)?

PRESIDENT OBAMA

After over 4 years have passed since "President Obama's August 2009 White House letter to Leland" was written and mailed: Has President Obama COMMITTED THE CRIME OF **MAIL FRAUD** to SECRETLY TORTURE AND TORMENT a US Citizen (and his Family) for "PETITION(ING) THE GOVERNMENT FOR A REDRESS OF GRIEVANCES"?

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Bringing your 'lei' game to graduation

PAIGE TAKEYA
Senior Staff Writer

If you're new to the Hawai'i graduation scene, you'll find some of the traditions baffling: What's with all the lei for everything? How much is enough money to give at a grad party? Here's a fast guide to getting through the graduation season with dignity intact.

GRADUATION

Mainland schools have the pomp and circumstance, but in Hawai'i, the main event arguably comes after the ceremony. Greeting and giving lei to graduates is considered normal, and people prep for weeks beforehand, making lei and planning out the most efficient route to get from A to Z on the field.

- Greeting the lucky graduate after the ceremony is more important than attending the ceremony.
- Get to the field early because the crowd (and parking) gets unreal.
- Upload the photos you take at graduation within two weeks of the ceremonies for maximum emotional impact.
- If you're the graduate, make a sign with your name so people know where you are. It's not vain; it's practical.

GRAD PARTIES

Like the wedding reception, first birthday party and celebration of life, the grad party is a hallmark of coming-of-age in Hawai'i. They are always marked by excessive amounts of food, embarrassing slideshows, bewildering inside jokes and money, money, money.

- You have to give money when you go to a grad party. It's custom. If you're only casual friends with the person, give \$20. If you're really good friends, give \$50. Don't feel obligated to give more; do not give less. Never arrive empty-handed.
- If you're busy, you don't need to stay for the whole grad party. Just make sure you greet the graduate, eat some food and then say goodbye before leaving. Do not leave or arrive unannounced.
- Be friendly. You probably won't know half the people at the party – everyone manages to pull out a huge extended family and network of friends come grad party time – so be open to striking up a conversation with just about anyone.



UH MĀNOA SPRING 2014 COMMENCEMENT

Date: May 17

Location: Stan Sheriff Center

Time: Undergraduates – 9 a.m.-12 p.m. (report at 8 a.m.);
Graduates – 3-5 p.m. (report at 2 p.m.)

Speaker (undergrad): Daniel Dae Kim

Speaker (grad): Kamana'opono M. Crabbe

Notes: First come, first serve;
there is no reserved seating or tickets required.

Post-ceremony: Graduates convene on the athletic fields:

A-J on football practice field;

K-T on soccer field; U-Z at softball stadium

DEADLINE TO REGISTER: MAY 13

LEI

A graduate piled so high with lei that you can barely see their face is probably the iconic Hawai'i graduation image. There are dozens upon dozens of options for what kind of lei you should give out. You can buy lei, sure – they are sold in bulk at Longs Drugs and Walmart, if you're panicking – but it's so much nicer if you custom-make your own.

- Yarn lei: A classic, affordable and easy route to take. The finger lei is easy enough and can be elevated with personalized tags or fancy ribbons; the straw lei requires much more yarn but is even prettier to behold. Eyelash yarn is an easy way to class up the lei.
- Candy lei: A delicious and practical gift for anyone. Hard, brightly colored candies are best for practical but aesthetic effect. Do not use chocolate or any kind of easily melted sweet.
- Money lei: Folding dollar bills into fans or other origami shapes will bring a smile to the face of any graduate. While the \$1 bill is the standard, just imagine how happy your friends will be to see you've made them lei out of Andrew Jacksons.
- Alcohol lei: Most stores sell small bottles of hard liquor that are just the right size to tie into a lei and slap onto someone's shoulders. It's a very adult gift. Unfortunately, too much alcohol gets pretty heavy.
- Flower lei: Flowers are traditional and come in every variety and form at florists all around the state. Purple plumeria stand at the bottom of the lei hierarchy, so splurge and get them something nice. Haku head lei are also an option.

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Even if you're not graduating...

LAUREN ROXTON
Staff Writer

Saying goodbye to all of your graduating friends is hard, especially when you have to stay behind. Staying positive and looking toward the future is the way to go. Here are some fun ways to keep your spirits high if you're not graduating this semester.

If you're staying here during the summer, look on the positive side: You're in Hawai'i. There are so many opportunities here that no one else in the world has. Island hopping is a popular activity, as plane tickets are fairly inexpensive and the flight is short. Take that trip to another island that you couldn't do while burdened with classes. Another option is finding friends who want to road trip and exploring the island. There are many shops and mysterious beaches to stumble upon during your travels. Going around the whole island only takes a few hours, so pick a new destination every day and you are sure to find cool, secluded places that you can impress your friends with when they return next year.

If you're taking summer classes, remember that it's worth it in the end. When taking summer classes

you need to keep in mind that you're speeding up your graduation date. This is a great way to meet new people on campus that you may not meet normally during the school year. Even though it means more work, it also means more social interaction — more parties. You can still have fun while in summer school: The weather is beautiful, and you have the weekends to relax in the sun. Try out new food places and have mini stay-cations when you have breaks from classes.

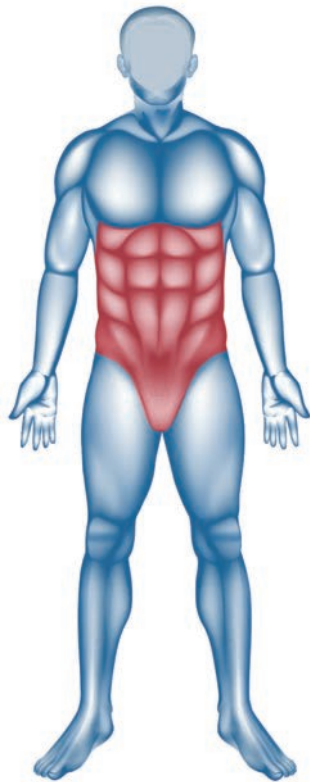
You have things to look forward to next year. Your friends are coming back and so are plenty of new people to get to know. During summer you had new experiences and maybe went somewhere interesting. Swapping stories adds to the excitement of the new year. Show off what you did and learn about what the people around you experienced as well. You'll have plenty of time to catch up during syllabus week, and you can still go to the beach and soak up the warmth. Be excited to come back to paradise with your friends and make new adventures in the upcoming year.

Summer shape-up

BRIDGET KITSON
Staff Writer



Calf raises
Squats
Jump-squats
Cardio



Sit-ups
Planking
Leg raises
Holding push-up position
Flutter kicks
Leg lifts
Resistance training



Push-ups
Benching
Pulling or pushing

Even though summer is weeks away, it's not too late to start working on your beach body. We could all use a little extra confidence slipping into those bathing suits, so here are some tips to get you well on your way to the summer shape you want.

If you are looking to drop a few pounds, cardio is the way to go. Unfortunately, there is no way to target certain areas for weight loss, so getting your heart rate going is your best bet. Anything from biking to running or even jumping on the stair-stepper for half an hour a day will help you feel great. But remember, a summer body isn't about weight – it's about confidence. The whole point is that you feel good about stepping outside and showing off.

If you are looking to tone your legs, there are a few things you can do to get a strut-worthy shape. Calf raises and squats will help build muscle, and adding hand weights is a great idea if you want more of a challenge. Jump-squats are a personal favorite for an extra burn. You can kill two birds with one stone getting in some running time – cardio and leg strength in one.

As far as your tummy goes, elevated sit-ups create more resistance so you can get a tougher workout. Try leg raises as well. Lie on the ground with your hands under your lower back and try anything from flutter kick to leg lifts. Working against gravity is the easiest resistance training, so like with sit-ups, if you can go for an elevated surface you can challenge yourself more. Planking is another great way to strengthen your core. Hold the push up position as long as you can. The more you practice, the more results you will see.

For your upper body, it's hard to go wrong. Push-ups are great for shoulders and abs alike. Pull-ups are more challenging, but well worth the work. At the Warrior Recreation Center you will find weights and machines to help you target whatever muscle you want to work on. Whether you are benching, pulling or pushing, make sure you are challenging yourself enough to get the results you want.

Take these tips, but find out what works for you. No matter what your goals are for your summer body, there's still time to make it happen. All you need is a little motivation and willingness to sweat.





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Semester in review: campus news & sports

January

24

New IT Center opens

The university's new Information Technology Center opened on Jan. 31, housing the university's critical information and communication resources.

The 74,000-square-foot building includes a section that is dedicated to a disaster-protected, 8,000-square-foot data center.



FILE PHOTO

27

Rep. K. Mark Takai proposes \$10 million in funding to UH athletics

Rep. K. Mark Takai proposed a bill that would give \$10 million of state money to UH Mānoa's Athletic Department to help balance the program's budget by increasing contributions from fans and local businesses.

25

Hawai'i ruins UC Irvine's homecoming

The UH men's basketball team spoiled UCI's homecoming in front of the Anteaters' largest home crowd in school history. Point guard Keith Shamburger forced overtime by hitting a desperation, buzzer-beating 3-pointer over two defenders, opening the door for Hawai'i's 90-86 win.

23

Regents adopt sustainability policy

The Board of Regents adopted a sustainability policy into its own policy on Jan. 23, declaring the university's commitment to sustainability.

Seven goals following the policy specify the university's commitment to social, cultural, environmental and economic sustainability in operations; education, research and service; planning, administration and engagement; and cultural and community connections.

February



JESSICA HOMRICH/KA LEO O HAWAI'I

3

UH smoking ban stalls

UH Mānoa's smoking ban was put to a halt after the University of Hawai'i Professional Assembly filed a complaint, saying UH administration failed to consult or negotiate with the union over subjects that are within the scope of bargaining under Hawai'i Revised Statutes Chapter 89.

The smoking ban was originally scheduled to be implemented on Jan. 1, 2014, and would prohibit smoking and tobacco use on campus.

14

UH has 10 year plan to revitalize the campus

UH has a 10 year plan that would transform the Mānoa campus' old buildings into energy-efficient, modern facilities.

Buildings on the campus, such as Snyder, Kuykendall and the William S. Richardson School of Law, have been identified as buildings that are projected to see major renovation in the next decade.

20

Students protest Mauna Kea telescope

Students gathered across the IT center on campus to protest against the university's sublease on Mauna Kea that was discussed at the Board of Regents meeting regarding the development of the Thirty Meter Telescope.

The Board approved a lease agreement for the Thirty Meter Telescope project, which is expected to be complete in 2022.

21

Students lose eligibility for 'prestigious' scholarships

Next academic year, only students transferring from UH community colleges to four-year campuses within the system are eligible for the Presidential Scholarships.

Also next year, Regents Scholarships will be divided among the four-year campuses with 16 being allocated for UH Mānoa, two for UH Hilo and two for UH West O'ahu.

March

10

March 10: UH considers upping credit cutoffs for class standings

Under new proposed requirements, students would have to take 30 credits, instead of 24, a year to move up in class standing.

The proposal, which would take effect throughout the UH system if approved, aims to improve the university's four-year graduation rate and also aligns with the university's "15 to Finish" program.

18

Mānoa's Annie Runland killed in truck accident

UH Mānoa's Annie Runland, was killed in a truck accident at the March 15 Kapi'olani Community College farmer's market.

Runland, who worked at Green & Vines, was set to graduate in May. A delivery truck for Ma'o Organic Farms struck her and the owner of Greens & Vines' husband.

A celebration of Runland's life was held on Sunday, March 30 from 1-4 p.m. at Greens & Vines.

27-

28

Men's golf takes first victory in a decade.

For the first time since 2004, the Rainbow Warriors took home a tournament title, beating second-place BYU-Hawai'i by 31 strokes at the Aloha @ O'ahu Tournament. Ryan Kuroiwa took home the individual title, leading the 'Bows to a 20-under-par total.

28-

30

Baseball earns series win over No. 10 UCSB

The Rainbow Warriors opened conference play in explosive fashion, taking two of three games from No. 10 UC Santa Barbara. The 'Bows outscored the Gauchos over the weekend, 22-13.

April

4

ASUH president violates student senate rules, according to complaint

A complaint was filed against ASUH President Richard Mizusawa for being the chairman of a system-wide student governance group and ASUH president at the same time.

Sen. Ryan Mandado said in his complaint that holding both positions is grounds for removing Mizusawa from office.

4-5

Rainbow Warrior sweeps No. 2 BYU

With its season on the line, UH men's volleyball team topped BYU in a five-set epic before sweeping the No. 2 Cougars the next day. Sinisa Zarkovic powered the 'Bows with 34 kills as they won the final six sets of the series.



JESSICA HOMRICH/KA LEO O HAWAI'I

11

Warrior Recreation Center opens

The Warrior Recreation Center opened its doors April 11 after 16 months of delays.

The two-story recreation center cost approximately \$35 million and includes an array of cardiovascular and weight training equipment, an indoor jogging track, a spin room, locker rooms and showers, and multipurpose courts for basketball, volleyball and badminton.

COMPILED BY NOELLE FUJII,
NEWS EDITOR AND JOEY
RAMIREZ, SPORTS EDITOR

Gore says Hawai'i is leading fight against climate change

Former Vice President Al Gore visited the Stan Sheriff Center on April 15, speaking to a near-capacity crowd.

He said the state is playing an inspiring leadership role in the issue of climate change and is impressed by what is being done.

Hawai'i completes perfect Big West season

The Rainbow Warrior tennis team completed its undefeated conference run by edging UC Irvine in the final game of the regular season. With the match on the line, senior Jonathan Brooklyn dropped the first set but rallied to defeat Ryan Cheung and clinch the Big West crown.

Sand 'Bows make AVCA Nationals

After going 14-1 to close out the regular season, the Rainbow Wahine sand volleyball team was selected as the only at-large bid at the AVCA National Championship. The third-ranked 'Bows made their case in the regular-season finale by hammering No. 5 Long Beach State 4-1.

FILE PHOTO



Sailing qualifies for ICSA Nationals

The UH coed sailing team secured a spot in the upcoming ICSA Nationals with a runner-up finish at the PCCSC Dinghy Championship on its home surf, Ke'ehi Lagoon. Hawai'i finished 37 points behind Stanford to clinch its 14th national championship appearance, while the Rainbow Wahine sailors had already clinched a spot at nationals.

Semester in review: global news

FADI YOKHANA
Associate News Editor

Since the turn of the calendar to 2014, the world has witnessed historical events that have affected millions of lives. Here is a look back at some of the main events around the globe during the past four months:

Ukraine Crisis

Although protests started in 2013, the Ukrainian crisis reached its apex during the spring. In January and February, hundreds of protesters were killed and more were wounded by government troops around Independent Square in Kiev.

Following the explosion of violence, former President Yanukovich disappeared and protesters took over presidential administration buildings. Ukraine's parliament would then issue an arrest warrant for Yanukovich, who fled to Russia.

Despite international efforts to prevent Russia's involvement, President Vladimir Putin's government signed a bill to annex Crimea into the Russian Federation. Russia claimed that the bill was produced in response to the overwhelming results from Crimea's session referendum (97 percent were in favor of joining Russia).

Since then, unrest and sparks of violence remain in Ukraine as pro-Russian militants clash with Ukrainian nationalists.

MH370

In one of the most mysterious disappearances in modern history, flight MH370 has captivated global attention and speculation. Malaysian flight 370 disappeared on March 8 after 40 minutes of taking off from Kuala Lumpur heading to Beijing, China. The ongoing search for the airplane and the 239 people on board has progressed to include many nations in an international effort to cover as much of the southern Indian Ocean as possible.

As time progressed and the hope of finding survivors diminished, speculation and conspiracy theories spread about the truth behind MH370 disappearance. Officials began to conduct identity investigations of the passengers and the pilots; however, no success was reported into linking the disappearance to a possible hi-jacking and terror-related intentions.

The best hope of finding the plane came after pulse signals were detected in the Indian Ocean. The four distinct signals detected will potentially narrow the search area prior to officials deploying an underwater search vehicle.

SK ferry sinking

The sinking of Sewol ferry on April 16 has claimed 244 lives thus far. The ferry contained 476 passengers in total and 174 have been rescued, while 58 remain missing. According to officials, the ship's owner ignored safety warnings and allowed the ferry to be overloaded.

Widespread anger has been directed toward the ship's captain and crewmembers for reportedly delayed evacuation orders. The sinking led to the resignation of South Korean Prime Minister Chung Hong-won after criticism of the government's handling of the situation.

Russia earns most medals in Sochi

Russia earned the most medals at the Sochi Winter Olympics by earning 33 total medals. The United States finished second with 28 medals followed by Norway with 26 medals.

On the final day of the Olympics, Russia's mens 50-kilometer cross-country race and gold medal in the four-man bobsled sealed the top place finish for country. Russia also led all countries in gold medals with 13.

The next Winter Olympics games will take place in Pyeongchang, South Korea, Feb. 9-25, 2018.

MAKSYMEKA OLEKSANDR/FICKR



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Amanda Agrisola, FAMR
Kristianne Agosto, ANSC
Kaeokalei Alo, FAMR
Tara Bagley, FAMR
Melody Anne Baldonado, FAMR
Kimberly Balsai, FAMR
Kyna Beltran, FDM
Andara Boediman, FDM
Meghan Cadaoas, FAMR
Natalie Cady, ANSC
Rosae Calvo, FSHN
Marissa Campo, ANSC
Sara Carlson, FSHN
Amanda Casarez-Ramirez, FDM
Jireh Cebricos, FSHN
Eric Chan, NREM
Jarrin Ching, FSHN
Danielle Choate, FAMR
Bruce Combs, TPSS
Rebekah-Jeanne Correa, FAMR
Amber Cushman, ANSC
Tyler Daguy, PEPS
Jean Marie Dagupion, FAMR
April Joy Damo, FAMR
Camille del Fierro, NREM

Karlo Dieron, FSHN
Christopher Emery, NREM
Sarah Faille, NREM
Amanda Faustine, FSHN
David Fink, BE
Danielle Fong, FSHN
Alexandra Fromm, FAMR
Yui Fujita, NREM
Franalyn Galiza, FAMR
Ryna Gallardo, FAMR
Frances Grace Gamponia, FAMR
Christopher Garza, MBB & BE
Justine George, FDM
Catherine Go, BE
Geneva Graef, ANSC
Emily Guynn, NREM
Jayson Hagi, FAMR
Shinae Hashimoto, FSHN
Lauren Herlicska, PEPS
Justin Hoang, FSHN
Jessica Hodson, FAMR
Dashel Holland, FSHN
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Lauren Houghtailing, FSHN
Michael Hryszyn, ANSC
Ya-Yun Hsueh, FAMR
Maili Huck, FSHN
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Bryan Jackson, NREM
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Elizabeth Jimenez, FSHN
Katherine Jones, FSHN
Kawehipua Kaikaina, FDM
Haley Kakiuchi, FDM
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Samuel Kiek, NREM
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Ava Kuhn, FAMR
Camille Lanier, FDM
Avery Lau, ANSC
Kalikoa Lee Loy, PEPS
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Rebecca Lin, FDM
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Haydn Maclean, FAMR
Colby Maeda, PEPS
Jasmine Manalo, FDM
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Rachel Matsukawa, FDM
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Savannah Vollrath, FAMR

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Leilani Wilson, FDM
Kylie Wong, NREM
Sarah Yamashige, FDM
Alana Yokooji, FDM
Kaimiloo Yoshida, FAMR
Dannie Zboyovsky, FAMR

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Jon Lance, NREM
Alexander Lau, NREM
Christopher Miller, NREM
Robert Saito, TPSS
Josephine (Jody) Smith, NREM
Sterling C. Thomas, TPSS
Nicholas Wilhoite, NREM
Kara Yamada, FDSC

Doctoral students

Cynthia Nazario-Leary, NREM
Shikha Srivastava, TRPP



**College of Tropical Agriculture
and Human Resources**
University of Hawai'i at Mānoa

Fighting off boredom during long-distance travel

IKAIKA SHIVELEY
Staff Writer

The end of the semester is finally here. Goodbyes have been said, dorms have been emptied and now you are on your way to the airport. A common issue that some have during long-distance travel is what they should do to pass the time. Below are a few suggestions for keeping yourself entertained while a mile high in the sky.

TECHNOLOGY

Before leaving for the airport, make sure all electronics are fully charged. For quick access, keep these desired devices in easy-to-reach compartments in carry-ons.

- **Listen to music:** Have a new song or artists stuck in your head? Create a playlist of new artists/tracks so you can get the lyrics and beats. You can also decide to throw it back old school with a playlist filled with music you used to listen to back in the day during your many music phases.

- **Podcasts:** Tired of your music library? Give podcasts a try. What's great about podcasts is the sheer number of them out there, which provide an ideal theme for about every personality type. This growing media platform lets regular people share personal insight and alternative viewpoints with the world. The fact that most of them are free gives listeners a



chance to download as many as they want.

- **"The Screen Watchers Guild":** This up-and-coming podcast, hosted by movie lovers Paul Ponte and Cody Pasby, has been hitting podcast airwaves since January 2013. SWG has released more than 80 episodes ranging from film reviews, movie news and exclusive interviews with comedians. They are rather unknown to the public eye, but that doesn't stop them from creating one of the most entertaining movie-themed podcasts. If you love movies, this podcast is for you.

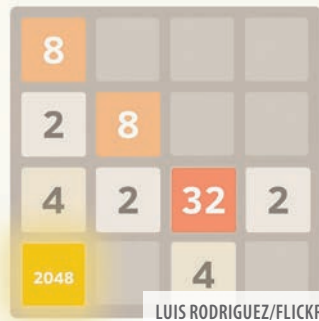
- **"The Joe Rogan Experience":** Hosted by none other than stand-up comedian Joe Rogan, the JRE is one of the most popular podcasts out today. The formula for each podcast is simple: An unscripted conversation with an interesting guest. Guests range from other stand-up comedians, activists, bands and scientists. With this wide variety of backgrounds, episodes switch from

controversial topics, hilarious stories, mind-opening opinions and even human-optimizing tips. If you love to discover new things or simply want a laugh, check out "The Joe Rogan Experience."

- **Gaming:** Video games are a great way to pass the time. From a Game Boy Color to the PlayStation Vita, handheld gaming has been a beloved platform for killing time. It's time to dust off that old Game Boy SP and let the nostalgia commence.

- **Apps:** Gaming apps on smartphones and tablets are also viable sources of entertainment. Games such as "Angry Birds" and "94 Seconds" are awesome time wasters that take only a few minutes to download.

- **"Flappy Bird":** If you are lucky (or unlucky) enough to still have "Flappy Bird" on your phone, you can get a few practice hours as you try to master your



score. Just prepare for the frustration that will ensue.

- **"2048":** Since hitting the app market, "2048" has spread to just about every phone. Not only does this math puzzle game get the gears running in the head, but it's addicting as well.

- **Watch movies:** Most Blu-ray combo packs today come with a digital copy. If you have any lying around, this is the perfect time to make sure you redeem them before they expire. If your laptop is able to play DVDs or Blu-rays, then all you have to do is grab a few favorites or take a trip to the

\$10 or less bin at Wal-Mart.

KEEPING IT SIMPLE

As you sit buckled into your chair, relive the past semester/year in your mind. Look back on how you performed school-wise, pinpointing bad habits that need to be broken, as well as what's necessary for continuing success. If school is the last thing on your mind, you can replay memories that were made during the last few months. Chances are, there are a few hundred pictures on your phone that can help retell

find that perfect stack of paper that will keep you hooked from beginning to end.

- **Stay creative:** Grab a pen and paper and write a short story, novel, journal or whatever comes to mind. While writing papers for class can be dreadful, having creative freedom not only gets the mind flowing but also is quite fun. Drawing is another easy and fun activity. Need some inspiration? Try drawing nearby passengers: Just don't let them catch you; it may come off as creepy.

- **Sleep:** If all else fails, try sleep-

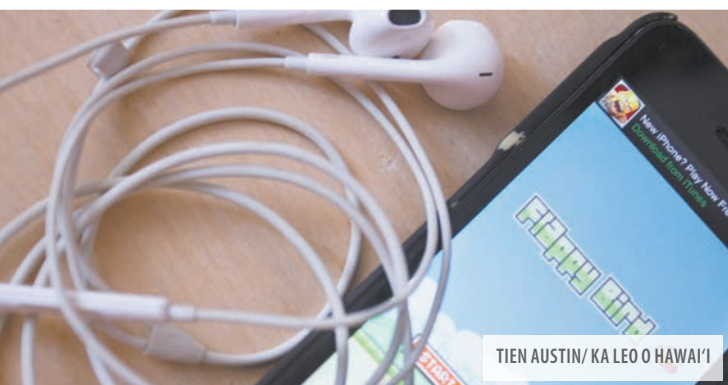


the story as you re-experience the great times with as the bad.

- **Read:** Yes, reading still exists. For some people, reading is the best way to escape the real world as they divulge themselves into a different world. Before heading toward the airport, head to a bookstore and

ing. Sleep is one of the greatest ways to make a six-hour flight go by at the speed of light.

If you decide to go this route, it's best to get a window seat. Not only will you have something to rest your head on, but other passengers won't wake you as they head to the restroom.



TIEN AUSTIN/KA LEO O HAWAI'I



JOAKIM WAHLANDER/FLICKR

M

Mansion

A

Apartment

S

Shack

H

House

SAMMI BAUMGARTNER
Special Issues Editor

The future can be scary, and even though you are supposed to have a plan, this isn't always the case. For those looking for a clear path in life, let MASH (Mansion, Apartment, Shack, House) pave the way.

Partner

- 1) Ryan Gosling / Megan Fox
- 2) Gandhi / Oprah Winfrey
- 3) Christopher Walken / Meryl Streep
- 4) Prince Charming / Cinderella
- 5) Forever alone

Job

- 1) Plumber
- 2) Beggar
- 3) Hand model
- 4) Rock star
- 5) Neurosurgeon

Number of children

- 1) None
- 2) 8,000
- 3) 6
- 4) 2
- 5) 69

Where you will live

- 1) Batna, Algeria
- 2) Bangkok, China
- 3) Rio Claro, Trinidad
- 4) Florence, Italy
- 5) Tucson, Arizona

Car

- 1) Mini-van
- 2) Lamborghini Murcielago
- 3) Grocery cart
- 4) Chevro-legs
- 5) Da Bus

Salary

- 1) \$0
- 2) \$40,000
- 3) \$1,000,000
- 4) Trident Layers
- 5) Minimum wage

Pet

- 1) Narwhal
- 2) Dog
- 3) Cactus
- 4) Anaconda
- 5) Lion

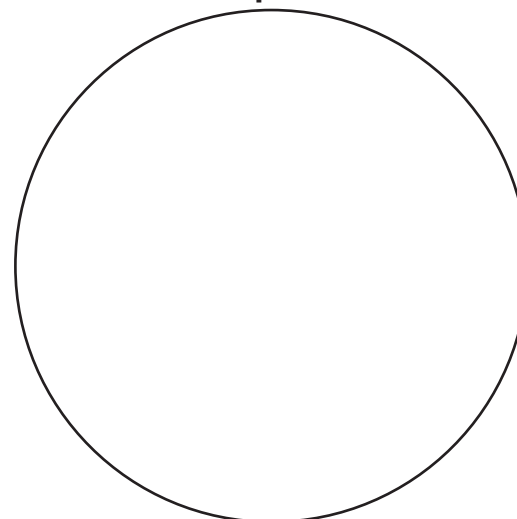
How you will die

- 1) Getting kicked by a donkey
- 2) Twerking too hard
- 3) Choking on Cheetos
- 4) Overdosing on selfies
- 5) Being smashed by the Leaning Tower of Pisa

How to play

- 1) Grab a partner
- 2) Have your partner draw a spiral in the space provided (do not look) and when you feel confident, tell them to stop
- 3) Your partner must count the number of lines in the spiral to determine your special number
- 4) Have your partner start at the M (Mansion) and count each option (A, S, H, Partners, etc). until they reach your special number
- 5) Cross the option you land on off the list
- 6) Continue until there is only one option in each category left
- 7) Behold your future

Special #

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ASUH PRESIDENT'S MESSAGE
Associated Students of the University of Hawaii's
YOUR STUDENT GOVERNMENT



Aloha students!

Finals Week is here! With Commencement coming up this Saturday, now is the perfect time to reflect on the year and all of the successes and challenges faced that helped us to grow into who we are today.

Over the past year, ASUH has done so much service for the students of UH Mānoa. Whether it be drafting legislation that impacts various facets of student life on campus, or approving appropriations that went towards programs to support student scholarship, research, or programs, or even serving as a voice on and off campus, the Senate has accomplished many feats that the student body can be proud of.


I would also like to send my congratulations to all of the graduates of the Class of 2014. I could not be more proud of our graduates this year, as we have emerged as a diverse, hard-working, and diligent class of UH alumni. We have had many successful graduates from our University come up and have made so many positive changes in our society, and this class is one that will continue the legacies our alumni have built upon over the last 100 years. Again, congratulations and I look forward to standing side by side with everyone on Saturday to soon turn our tassels and start a new chapter in our lives.

As always, let us know how we can better serve you. Your new 102nd Senate will do so much good, and I am confident in the leadership that will succeed this year to make student life what our campus has always wanted it to become.

Best of luck as you close off the semester strong, fellow UH Rainbow Warriors, and I wish all graduates success in all your future endeavors.


Sincerely,
Richard Mizusawa
President, ASUH 101st Senate

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Source: 2011 U.S. Census

Summer horoscopes

SAMMI BAUMGARTNER
Special Issues Editor



MARCH 21-
APRIL 19

ARIES: As the first sign of the zodiac, you let your presence be known wherever you go. Unfortunately, there may be some toes you can step on if you're not careful. Use your charisma for the greater good, and you'll be able to reach higher ground this summer, but if you let your head get in the way, July may be an uncomfortable month for you. Know your place.



JULY 23-
AUG. 22

LEO: Let 'em hear you roar this summer, King of the Jungle. Summer is yours for the taking if you go out and get what you want. Determination and focus are two of your strongest traits, and your ruling sign is the sun; let it shine through your spirit even in the darkest of times. Just remember, the world doesn't revolve around you.



NOV. 22-
DEC 21

SAGITTARIUS: The month of May will have you feisty into the beginning of June, but take a step back to evaluate the situation. You may realize you had been wrong all along, and an apology to a friend or close one will allow you to breathe easy. Remember, communication is key for you this summer.



APRIL 20-
MAY 20

TAURUS: Because Venus is your ruler, you enjoy the pleasurable things in life. This summer, indulge yourself in materialism, sensual pleasures and the finer things. By the time August rolls around, you'll have pampered yourself so thoroughly that the upcoming year will seem like a breeze.



AUG. 23-
SEPT. 22

VIRGO: Your constellation is one of the largest – matching your personality to a T. This summer, you'll attract all kinds of people because they just can't get enough of you. While you are usually a very modest person, all the recent attention can easily get to your head, so remember to remain humble this summer. New people you meet have potential for long-lasting relationships if you keep a clear conscience.



DEC. 22-
JUN. 19

CAPRICORN: If you've wanted to get a pet, do so this summer. Your aura is a little less colorful than it should be, and a furry companion will help to boost your attitude. Mid-June is when things will start to pick up again, especially in your work life. If you've wanted a raise, ask for one. Your boss will appreciate your can-do attitude.



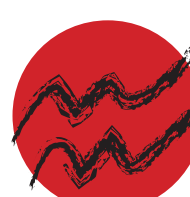
MAY 21-
JUNE 20

GEMINI: Listen here, you chatter-box: The people around you love your stories, but you need to lend an ear every once in a while or you're going to have a very lonely summer. On top of listening to your friends, use your imagination to create an eventful summer for yourself or you will become bored easily.



SEPT. 23-
OCT. 22

LIBRA: In Spanish, libra means pound, as in 16 ounces. Don't put on the pounds this summer by eating and relaxing too much. Remember to hit the gym; it'll be good for your mental and physical health. If you are consistent with your workouts, you'll have the summer body you've dreamed of by July. Don't get lazy.



JAN 20-
FEB 18

AQUARIUS: "This is the dawning of the Age of Aquarius." You will dazzle this summer and come face-to-face with the love you have been seeking – emotional and physical. On June 11, the news you've been waiting to hear will finally come, so mark your calendar. If it doesn't come, it means you didn't take the extra initiative. Go the extra mile; you'll be happy you did.



JUNE 21-
JULY 22

CANCER: While you tend to be a bit *crabby*, you ended the semester well, so your aura is positive in June. If you're traveling to the mainland, make sure to take the time to visit old friends; this will keep your aura positive. If you're staying in Hawai'i, make sure to try something new – your mind is tired from all of the routine.



OCT. 23-
NOV. 21

SCORPIO: Feeling curious this summer? It's because you're naturally inclined to be so. Utilize this trait and explore areas of Hawai'i you have yet to see via hike, kayak and even zip line. Your curiosity may land you a new romantic interest in the month of July; just make sure you pursue what you want.



FEB 19-
MARCH 20

PISCES: This summer, you're feeling bold so do what you were born to (as a water sign) and become one with the fishes. You'll be your most adventurous in July and should plan a scuba or shark-cage diving trip – you won't regret it. With all the work you're going to be doing this summer, money won't be an issue but remember to take a breather.

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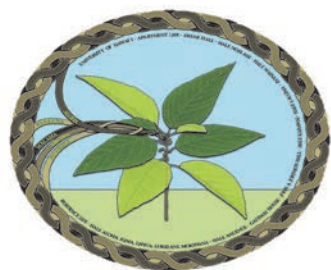
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Taylor Averill - Jr., Volleyball
Isaac Fotu - So., Basketball
Jonathan Brooklyn - Sr., Tennis
Matt Cooper - Sr., Baseball

Male Second Team

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Sean Schroeder - Sr., Football
Kaeo Aliviado - Jr., Baseball
Scott Harding - Jr., Football
Sinisa Zarkovic - So., Volleyball

Male Freshman Team

Marcus Doi - Baseball
Skye Inakoshi - Golf
Victor Goicoechea - Swimming
Aaron Valdes - Basketball
Trayvon Henderson - Football

Female First Team

Kamilah Jackson - Sr., Basketball
Tiana Fujimoto - Jr., Soccer
Karissa Cook/Brittany Tiegs - Sr./Jr., Sand Volleyball
Shawna-Lei Kuehu - Sr., Basketball
Cindy Nguyen - Fr., Tennis

Female Second Team

Leisha Li'iili'i - Jr., Softball
Keiki Carlos - So., Softball
Ashleigh Karaitiana - Jr., Basketball
Lauren Hall - So., Diving
Nikki Taylor - Fr., Volleyball/Sand Volleyball

Female Freshman Team

Monk Berger - Soccer
Nikki Taylor - Volleyball/Sand Volleyball
Lindsey Willmon - Softball
Cindy Nguyen - Tennis
Izzy Leung - Golf

Les Murakami
Stadium

SHANE GRACE
KA LEO O HAWAI'I



Coach of the year Scott Wong

Scott Wong
(white) was
a three-time
AVCA All-
American at
Pepperdine
in the 1990s.

ASHLEY AHN
KA LEO O HAWAI'I

DAVID McCracken
Senior Staff Writer

Sand volleyball head coach, Scott Wong had previously experienced success as the associate coach for the UH indoor team. But he really left his mark this season with his team's success at Queen's Beach and sand courts across the United States.

After guiding the Rainbow Wahine through their inaugural sand volleyball season in 2012 with a combination of a dozen indoor players and sand-only athletes, Wong has been able to

coach and mentor one of the most competitive programs in the country. The 2014 season was an outstanding one for Wong and his players, posting a record of 20-4 with a total team record of 163-47, including his No. 1 tandem of Brittany Tiegs and Karissa Cook, who had a dual record of 17-2.

Wong has guided this young program to national relevance, ranking as high as third by the American Volleyball Coaches Association, while coaching Tiegs and Cook, along with Katie Spielner and Nikki Taylor, to AVCA All-America honors.

A former volleyball player himself, Wong joined the U.S. National Team that won the gold medal at the 2001 World

University Games before entering the pro beach circuit. Playing seven seasons on the AVP tour, where he earned a second-place finish in the 2007 New York AVP Tour, Wong was ranked as high as No. 16 individually and No. 6 in the team AVP rankings.

Also the associate coach for the Rainbow Wahine indoor volleyball team under Dave Shoji, Wong has been an omnipresent figure in Hawai'i volleyball for the most part of the past four seasons and will look to continue his success and further his team's dominance on a national level.



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Male athlete of the year: Amund Gismervik

SHANE GRACE / KA LEO O HAWAII

Amund Gismervik won 10 events in UH's 2013-14 season.

HAYLEY MUSASHI
Associate Sports Editor

After sitting out his freshman season at the University of Hawai'i, Rainbow Warrior diver Amund Gismervik made a splash in his inaugural outing with the 'Bows that included a run at the national title, an All-American selection and multiple school records.

Hailing from Stavanger, Norway, the sophomore diver made waves in his first appearance as a Warrior, taking top honors and posting a new school record in the men's platform dive in a dual meet with Arizona State and Utah in October.

However, Gismervik's record-breaking performances were far from over, as he would go on to surpass his platform score one month later at the Texas Diving Invitational and once again in the final round of the NCAA Championships in late March.

NATIONAL STAGE

A member of the Norwegian contingent that competed at the 2012 London Olympics, Gismervik was prepared for the pressures of his first season.

"It was a lot of fun to be able to travel to new places this season and compete ... but NAAs were definitely a goal at the beginning of the season," he said.

Gismervik tackled his first NCAA Championships in

style, taking bronze in the platform dive due in part to a stellar final-round performance that saw him jump to the top of the standings.

Gismervik scored a 384.15 in the preliminary rounds of the platform competition, good for only sixth place. However, the sophomore made a late push in the finals round with a six-dive total of 446.10 to capture bronze and set a new UH record in the process.

QUIET LEADER

"It was exciting (to watch him) because he's been working really hard, and sitting out for a year can be really frustrating and tough, having to watch everyone else compete," Rainbow Wahine diver Lauren Hall said. "He used that time that he sat out very well, and he prepared for this year the best that he could, and it was nice to see all of his hard work pay off when he went to NCAA's and did so well."

"He's definitely a quiet leader. He doesn't have to speak to lead; he leads by example and through his actions, and I think that's very important, especially with a team that is so small."

Also making her first appearance at the national championships, Hall recalls the bond shared between the two as they prepared for their upcoming dives.

"It was different for both of us," she said. "We definitely weren't used to competing against such a high level

of competition, but we were texting each other the whole time asking how each other was doing. It's hard; it's definitely a mental sport where you can't get caught up in what's going on around you — so that was fun being able to text and talk about what we were both going through."

LOOKING AHEAD

"It's fantastic to see him being able to perform at this high of a level, especially at the end of the season breaking another school record and getting third place at the NAAs," co-head coach Anita Rossing said. "It's nice to work with somebody at that level who has so much body awareness and knowledge of his own diving — it's become a mutual coaching-diver relationship."

Following his record-breaking season, Gismervik will continue to compete during the summer at the Norwegian Nationals and other international competitions.

"Doing that, you can really progress in many ways," co-head coach Mike Brown said. "Being around other great divers, you get inspired by them and you pick up little things from them, so that'll be really good for him."

"I have a couple meets with the national team in Norway — we have Nationals and Internationals. I also have the European Championships in the summer as well," Gismervik said. "Any kind of experience is helpful. The more experience you have the better you will be at competing."



Emily Hartong credits her competitive nature to growing up with her brother, Brad, the left fielder for the Indiana University baseball team.

SHANE GRACE
KA LEO O HAWAII

Female athlete of the year: Emily Hartong

JOEY RAMIREZ
Sports Editor

There are 1,494 reasons why Emily Hartong has been selected as the 2014 Ka Leo Female Athlete of the Year – and that is an underestimation.

That number represents how many kills Hartong smashed in her four-year climb to the eighth spot on Hawai'i's all-time kill list. But this hardly even begins to quantify how valuable she has been for the Rainbow Wahine.

Twice named Big West Player of the Year and first-team All-American, receiving awards has become part of the routine for Hartong, who ranked eighth in the nation last year with 4.64 kills per set.

"Reading about other players that are All-Americans, it's like, 'Wow, I can't believe I did it,'" she said. "I remember when I was congratulating Kanani Danielson my freshman year when she was an All-American, and I was like, 'Wow, that's so cool.'"

Looking back on her successful career, it was like a surreal for Hartong. As a freshman, she started at middle hitter

but ferried around all three front-row positions until finding her place at outside hitter her junior year.

"When I first came in, (head coach) Dave (Shoji) had talked about wanting me to start right away, but I didn't really see that in the stars for myself," Hartong said. "I was kind of undersized as a freshman. But I just worked hard, and I wanted to see the court. I wanted to play."

Hartong's senior season was a dominant one highlighted by 13 double-doubles and 12 performances of 20 or more kills. Opponents managed to hold the Los Alamitos, California, native to single-digit kills just three times in 30 matches.

With her time at UH over, Hartong now looks forward to taking her talents overseas to play professionally, preferably in Europe or Japan. But before she decides on her future, Hartong plans to get a feel for the volleyball cultures of the countries she is considering.

"Some teams practice eight hours a day, whereas other places you have more downtime, and I think a lot of little things come into play like that," Hartong said. "It's not all

about the money. ... I want to continue playing volleyball and just traveling around different places for as long as I can."

However, Hartong's pro plans have been momentarily put on hold as she is currently recovering from a Superior Labrum Anterior and Posterior tear to her right labrum. After never missing a match in four years at UH, Hartong is now sidelined until September.

"I gotta be patient with it, cause if I come back too soon and damage it again it'll just make matters worse," she said. "I think it's good for my mental game right now. This is the longest I've never played volleyball for."

Despite all that she's accomplished at Hawai'i, Hartong and the 'Bows never managed to make it past the third round of the NCAA Tournament. But true to her competitive reputation, Hartong uses this as fuel heading into the next chapter of her career.

"I have to be content because I can't go back and play in NCAA (volleyball) again," she said. "But I'm still hungry to win a championship, and hopefully my career will continue on after I get this (labrum) better."

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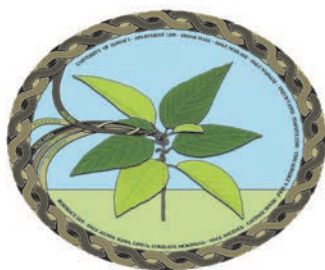
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SUMMER

Lauren mau



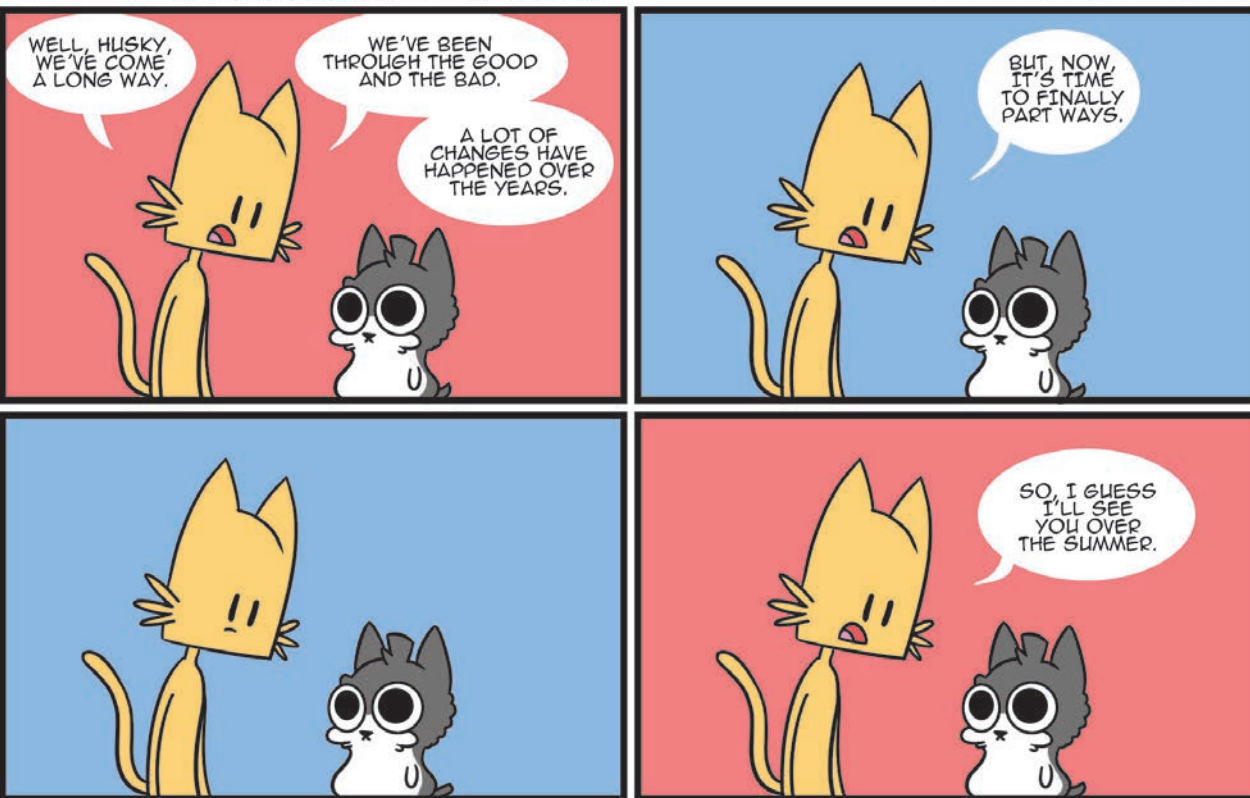
CINCO DE MAYO

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a-are THOSE HUMAN SKULLS?

well...



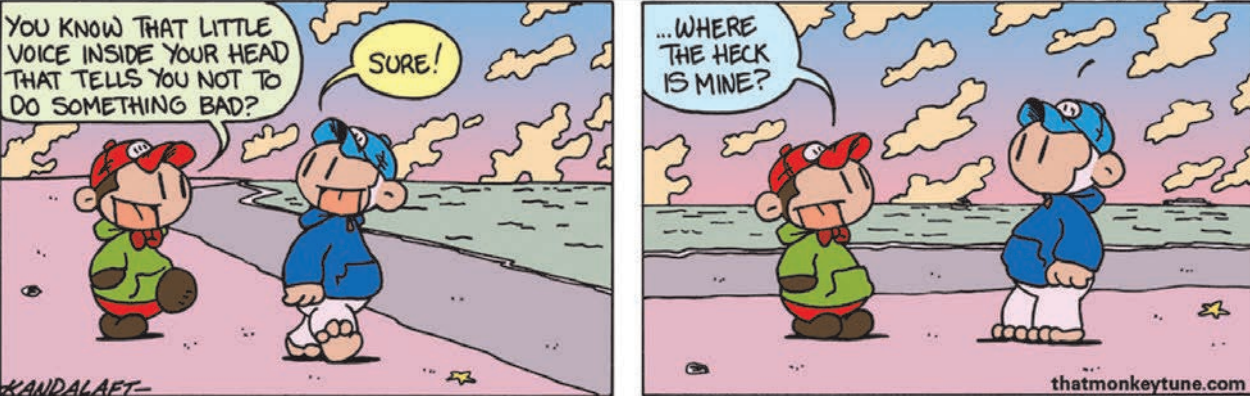
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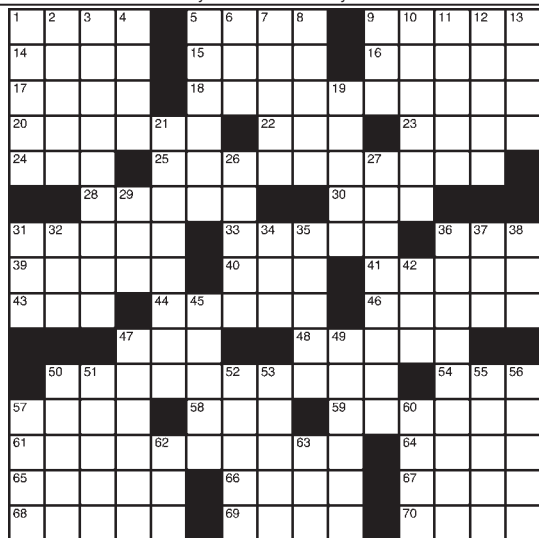
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Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis



ACROSS

- 1 Big-eyed birds
5 Spanish house
9 Witchy woman
14 Toy in the sand
15 For whom the memo is intended: Abbr.
16 Window sticker
17 Frozen breakfast brand
18 *Pre-performance audio test
20 Zap, as leftovers
22 Carnival city
23 Bunny features
24 Gallery display
25 *Area marked with police tape
28 New England whitefish
30 Pipe joint
31 "Huzzah!"
33 Singer Ronstadt
36 Puddle-bottom earth
39 Objects of worship
40 Historic timespan
41 Theater platform
43 Bench for flock members
44 Zapped while resisting arrest, say
46 Turbaned Punjabis
47 Quick hellos
48 Concur
50 *Disturbing potential, as of a gory film scene
54 Lbs. and ozs.
57 "All ___ Jazz"
58 Crew blade
59 Spread out ungracefully
61 *Best possible poker hand
64 Athletic shoe brand
65 Many a low-budget flick
66 Bassoon cousin
67 Steam outlet
68 Horror or romance, e.g.
69 Sunbeams
70 "Understood"
- 2 Put money (on)
3 *Lasers at a rock concert, e.g.
4 Gin flavoring
5 Fidel or Raúl of Cuba
6 From ___ Z
7 ___ und Drang
8 Sharpshooter Oakley
9 Atlanta-based health org.
10 Fix, as a shoe
11 Humpback whale's home
12 Mother-of-pearl
13 Lodge fellows
19 Supplied medicine to
21 Word puzzle that involves a quotation
26 Waits at a light, say
27 School reunion organizer
29 Swindle
31 Shriek bark
32 Star pitcher
34 Wrath
35 Eight-time French Open champ Rafael
36 Cause a sensation, or what the first words of the answers to starred entries may do
37 "Blech!"
38 ___ Moines
42 Bit of business attire
45 Demand from
47 Windbag's bagful?
49 Overdoes the praise
50 Glistened
51 "Surprise Symphony" composer
52 Heroic behavior
53 Vacation island off Venezuela
55 Package-fastening rope
56 Fine-grained rock
57 Math course with sines and tans
60 Sitarist Shankar
62 "Do the Right Thing" director Spike
63 ___ milk

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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.

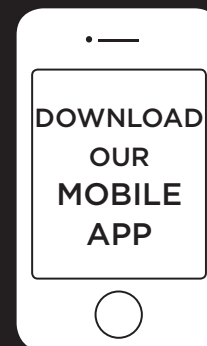
Solutions, tips and computer program at www.sudoku.com

Go to www.kaleo.org for this puzzle's solution.

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

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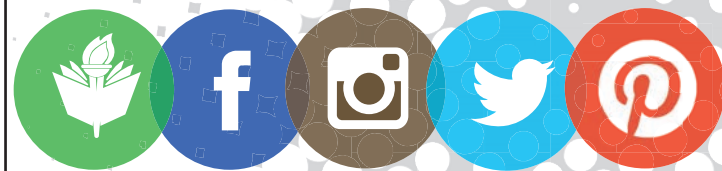


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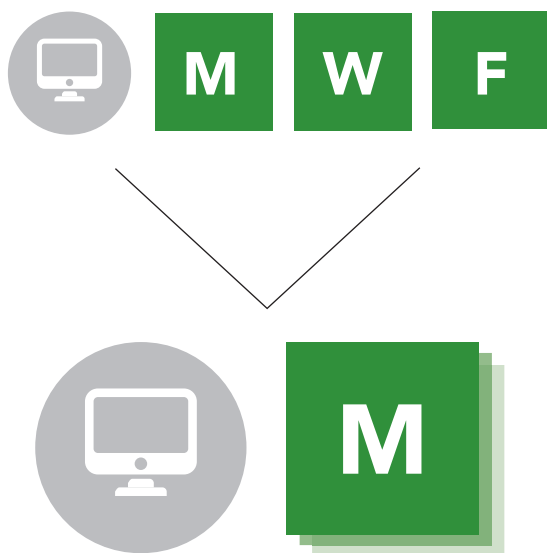


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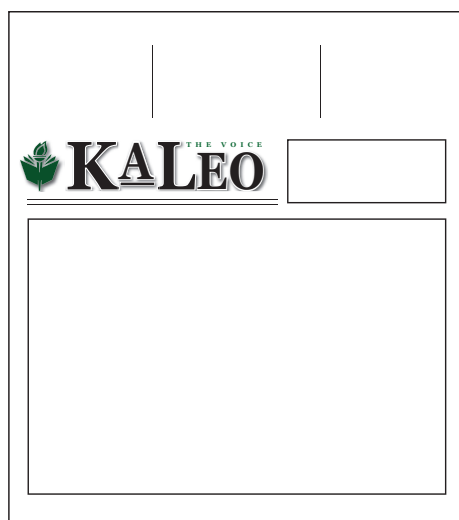
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