



TREE-ROOT BLOCKAGE CAUSES SEWAGE LEAK

SEWAGE BLOCK REMOVED



PHOTOS COURTESY OF STACIE CHERAMIE

ALDEN ALAYVILLA
Crime Beat Reporter

Tree roots blocked sewage flow, causing an overflow of discharge to leak onto the lower campus access road behind Hale Wainani last Wednesday at 8 a.m., according to a Campus Security report.

The sewage flowed into a storm drain about 200 feet below the origin of the discharge. Campus Security, Facilities and Grounds Management, as well as Buildings and Grounds Management, secured the area, cleared the sewer line of the tree roots and cleaned and disinfected the area by 1:16 p.m.

According to Campus Security personnel, the sewage discharge did not alter students' routes between lower campus and the dorms. However, Campus Security designated safe points around the sewage for students to walk through.

"We didn't let anyone cross until the (leak) slowed down," Campus Security Sergeant Da-

vid Andrade said. "We had someone stationed down there to make sure no one stepped in it."

According to Environmental Compliance Officer Stacie Cheramie, notifications were made to the Department of Health, Clean Water Branch soon after the incident occurred.

"The input of that raw sewage in the storm drain is a violation of our National Pollutant Discharge Elimination System Municipal Separate Storm Sewer System (NPDES MS4) permit, so that's what I was responding to," Cheramie said. "The storm-drain line that the sewage hit went to a city and county connection off-site and most likely to the Ala Wai Canal."

However, Cheramie is not certain of the exact location of the sewage drop-off.

"So, our storm drain line and our sanitary sewer line are two differently managed lines in terms of environmental compliance," Cheramie said. "What goes into the sanitary sewer system will eventually get cleaned. What goes into the storm drain does not, and it outfalls to a water body."

According to Facilities and Grounds Work Foreman Michael Kondo, roots from two trees could be the cause of the sewage blockage.

"There's one on the corner of the football field — I don't know if that's the tree — and there's one up by hill by Hale Wainani," Kondo said. "Roots clogged the sewer line. We had cleaned it before, but that was so many years ago."

Kondo said he believes it's been more than 10 years since the last line cleaning.

According to Kondo, the plumbing department alleviated the root blockage with a root cutter at about 9 a.m. and finished at 12:30 p.m.

"We have this thing called a rodding machine, but the thing wouldn't start at first," Kondo said. "When it did start, the rods bore right through the roots. We used a cable first, but the cable caught the roots and kept twisting inside the line."

Kondo used root killer to further prevent future root blockage.

"The next day I threw in some root killer," Kondo said. "If it clogs again, we'll call contrac-

tors because I don't know how you'll stop that water from coming down. They gotta block that line to change the pipe — maybe during summer time. It's a whole lot of water that's going to come out."

Landscape Manager Heidi Bornstart said Buildings and Grounds Management mobilized a four-man crew to seal off the discharge, absorb it, disinfect the area and clear it of debris.

"Generally, our job is to not allow any soil or any debris run into storm drains because it goes to the ocean, and that's one of our largest missions in landscaping," Bornstart said. "So on the sewage, we had to block that from going into the storm drain. Our crew did a really awesome job; they'd been trained on that, and we had all the supplies to deal with that."

Bornstart said it took about two or three hours to clean the area.

"The area was clean, but it looked nasty, so our street sweeper followed up and cleaned it up," Bornstart said. "There were paper and other debris on the street."



KALEO

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The Curb brings coffee and healthy dishes to JABSOM



JESSICA HOMRICH / KA LEO O HAWAII

The Curb is located at both Paradise Palms and Sinclair Library.

LACY DENIZ
Staff Writer

The John A. Burns School of Medicine has gained a new spot for students to come and eat, hang out or study.

"It's very good to stop by and just spend some time here," architecture graduate student Hong Joon Yang said. "It's a very good space. I've never seen this kind of place on the UH campus. It's very modern."

The Curb opened on Dec. 23, 2013, in place of Kūlia Grill, which resided at JABSOM for eight years. The grill, which was run by Kap'iolani Community College's Culinary Arts Program, closed its doors on Dec. 13.

"It's night and day," postdoctoral fellow Juaniza Mathews said. "Last time with the people that were here previously it was basically just rice, meat and some horrible kind of limp vegetables that they probably got out of the can."

Compared to Kūlia Grill, The Curb offers longer hours, accepts credit cards, provides healthier food options and has its own pastry chef who bakes scones, bread and other baked goods.

LONGER HOURS

The Curb will be open Monday through Friday 7 a.m.-6 p.m. This new schedule keeps the cafeteria open four hours longer than Kūlia Grill.

"The nice thing is it's open a lot later," Mathews said. "This place shut down at 2 before, so a lot of people that work late and stuff can't get coffee, can't get anything to eat, but now at least they're open until 6 ... so it gives us a lot more options here."

Students and commuters agree the longer hours are more compatible with their schedules.

"I like it," freshman Nina Ho said. "They're open a lot later because the other place used to close at 2 everyday. ... And they're going to open on the weekend, which is really nice."

NEW FOOD OPTIONS

The Curb focuses on offering healthier food options compared to what was offered on Kūlia Grill's menu. Students and the public are noticing these "healthy" changes.

A larger variety of fresh foods, such as vegetables, is one of the main aspects students like.

"If you ever were to try to get some sort of a salad, it was mostly just iceberg lettuce type

salad," Mathews said. "It wasn't really nutritious salads, but now they've changed things around and they're giving us real dark green salad. Spinach things like that with the meals and their vegetables are like roasted vegetables instead of being out of the can."

According to diners, another positive aspect of the restaurant is its readily available food. The Curb offers a sandwich bar and hot entrees a la carte ready to grab and go.

"I mean it's like right there," bus driver Clinton Yamaguchi said. "Before, you had to come in and you had to order, so you had to wait a little bit. ... From what I saw it was there, I mean all you had to do was probably just make a plate."

Although The Curb has only been open for a month, students have already picked out their new favorite dishes.

"The favorite foods would probably be the grilled mahi mahi and probably the kalua chicken, and if we do have the chef special, which we had yesterday, which was the roasted pork, that

was like a big hit over here," Welch said.

The new bakery addition has also become a favorite for students who didn't have this option before.

"Their scones are really unique," Ho said. "They have interesting flavors. They didn't really have pastries before."

PRICING

Prices have increased, but some students understand why.

"It's a little pricey, I mean the chef special, it was like nine something, but when I looked at the chef special it was really nice like a really nice dinner or lunch you could get at a restaurant, it's not just like lunchroom type food," Mathews said.

STUDENTS FIRST

Being based on the JABSOM campus, The Curb workers understand the hectic schedules of the college students that come in daily. Students get first priority service over other public patrons.

"If we know that you're a student, we will serve you first," Welch said. "Because they come in on their lunch hour, but we don't know if they have a 15 or 20 minute break, so we try to be there."

Even if students don't want to eat, they can still go to the cafeteria to study and hang out.

"I still come here to study," Ho said. "A lot of my friends come here to study, too."

"I've never seen this kind of place on the UH Campus. It's very modern."

- HONG JOON YANG, GRADUATE STUDENT



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Avoiding hiking dangers

BARB BRUNO AND LAURA MYERS
Community writer and Contributing writer

Articles about serious mishaps and missing hikers on O'ahu's trails are all too common these days. By following some basic safety rules, we can avoid turning an enjoyable day of fresh air, exercise and stunning views into a tragedy.

Hiking in Hawai'i often differs from trekking on the mainland and in other countries. Flash floods, slippery or crumbly rocks, narrow ridges, steep drop-offs and dehydration are some of the hazards that can result in injury or even death. The Hawaiian Trail and Mountain Club, which often assists in search and rescue missions, recommends the following guidelines for safe hiking:

Planning - Hike with a partner or a club. File a flight plan with someone who knows where you're going, who's going with you and when you're expected back. Get information about the trail. Wear adequate clothing and hiking boots. Check weather conditions. Know your own capabilities.

Gear - Bring a cell phone, whistle, rain gear, first-aid kit, flashlight, space blanket, something brightly colored and two to three liters of water.

Hiking - Always stay on the trail and look where you step. Stay together or regroup, and watch the time. Monitor everyone's condition, monitor the weather and avoid undue risks.

Pau - When finished, let the person holding your flight plan know that you have returned safely.

In an emergency:

- Call 911 - ask for Fire Rescue.
- Be visible - use a brightly colored jacket.
- Be audible - use the whistle.
- Stay calm - keep a positive attitude.
- Stay put - increase your chances of being found.
- Stay warm - use a space blanket, stay dry and out of the wind.

For more information on hiking in Hawai'i or for a schedule of upcoming hikes, go to the Hawaiian Trail and Mountain Club website at htmlclub.org.

PHOTOS BY SHANE GRACE / KA LEO O HAWAI'I



PHOTO COURTESY OF THOMAS HEFFERNAN

Strength Clinic provides opportunities

NICOLYN CHARLOT
Associate Features Editor

The 5th annual University of Hawai'i Strength Clinic may seem like an event tailored solely to those professionally interested in athletics, but this is not the case.

The primary function of the conference is to "provide professional development opportunities for ... local high-school coaches and trainers," said Thomas Heffernan, director of Strength and Conditioning. However, many of the scheduled speakers discuss things that are applicable to anyone even moderately interested in health and fitness.

The two-day conference will bring in some of the best coaches, trainers and researchers in the country. The presentations will be on a variety of topics that are intended to appeal to a broad audience. Some sessions will focus on nutrition, others on specific sports, such as football or volleyball, and others on general fitness training. There are also social events in the evenings that those who registered can attend. These events provide opportunities for people to catch up and pick the brains of some of the best in the field.

There will be a session on how Hawaiian values can apply to training and leadership, which brings an important cultural aspect to the clinic. Heffernan said that the speaker will "bring some different knowledge that we hope can help us become better people, not about coaches, but being just about better people."

Although the clinic provides opportunities for people casually interested in athletics, Heffernan explained that the audience initially sought was high-school coaches and trainers.

"We targeted them at the start because ... as a coach, you put in so much time with your team, and a lot of these guys do dual jobs, they coach, they run the weight room, they do a bunch of different things," Heffernan said. "So our plan was to help bring in knowledge and expertise so they can ... apply it back to their students. ... Hopefully that helps them become better and open up some opportunities for their kids to go to college."

Though high-school coaches and trainers are the primary audience, the clinic draws many others. Kurt Sibayan is a risk agent at Atlas Insurance, and though he is only casually interested in athletics, he found past conferences informative and will be attending this year's. He said he learned things that could be applied to his daily regiment of exercise, as well as important values such as perseverance and patience, which can be applied to many things other than athletics.

"You can also utilize some of the theories that the coaches have in business as well," Sibayan said in a phone interview. "Some of what (the speakers) said on how they communicate with their athletes, how they coach them, can be taken and utilized in a management setting because you're still dealing with employees and other people."

Both Heffernan and Sibayan believe that this event is a great opportunity for students looking to get into the field of athletics, as well as ones who enjoy being athletic as a leisure pursuit. While similar conferences are usually held on the mainland, the Strength Clinic gives people on O'ahu a chance to learn from some of the best coaches without having to pay for a plane ticket. Those in charge of the clinic do their best to improve it each year.

"It's grown tremendously, and I think it's going to get a lot better as we go on," Heffernan said.

Date/Time:

Jan. 24: 6-9 p.m.

Jan. 25: 8 a.m.-5 p.m.

Place:

University of Hawai'i Athletic Complex Alexander Waterhouse Training Facility (Athletic Weight room)

Cost:

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Beyond genetics: Why do genetically identical bacteria behave differently?



SARAH TAKENAKA
Science Blogger

We are more than just our genes, and it's no different for bacteria. Genetically identical bacteria behave in dramatically different ways. This phenomenon has been seen in factors such as growth rate, metabolism and resistance to antibiotics.

You know how you have to take all of your antibiotics in regular intervals (e.g., twice a day)? This is because antibiotics work by targeting bacteria at a certain cycle in their lives. Variability in growth rate ensures that it takes

longer for some bacteria to become vulnerable to antibiotics. Not surprisingly, this variability has contributed greatly to the success of bacteria.

So if these differences are not caused by genetics, what are they caused by? A recent study conducted by the University of Washington stated that differences in chemical composition could account for extreme differences among bacteria. One of the bacteria in the study, *Caulobacter crescentus*, produces two daughter cells, which, while genetically identical, are different from each other. One has a tail to swim, while the

other has a stalk, which anchors the bacteria to a surface.

This is due to the uneven distribution of chemicals during cell division, where a single bacterium splits into two. Differences in the amounts of important chemicals in individual cells greatly affect the overall appearance and function of the organism.

These differences may not be limited to bacterial cells.

"This is another way that cells within a population can diversify," said Dr. Samuel Miller, the paper's senior author. "Here we've shown it

in a bacterium, but it probably is true for all cells, including human cells."

In an age where genetic sequencing is becoming more commonplace, it is important to remember that our genes do not tell the whole story of who we are. As a human, it is comforting to know that we are more than just a linear sequence of molecules that can be read like a sentence, but rather, a complex network of biological connections that reads more like poetry.

Sarah Takenaka's science blog will be available at kaleo.org.

For your consideration: an urban, edible landscape for Hawai'i

JEANA CADBY
Staff Writer

Urban Farm Hawai'i is taking back the streets. Three Tropical Plant and Soil Sciences students, Andrew Dedrick, Mitchell Loo and Nate Ortiz, are the founders of the new nonprofit urban farm in the heart of Kaka'ako.

WHERE THE FARM MEETS THE PAVEMENT

With land provided by Kamehameha Schools, these three sustainability pioneers are taking advantage of the vibrant art community in Kaka'ako and turning the landscape into an edible and educational wonderland.

Urban Farm Hawai'i is the first step to what they hope is a movement across the urban corridor.

"This movement is important because sustainability and food security are issues that need awareness," Dedrick said.

They have hit the ground running, planting 5,000 feet of kalo during the first planting weekend.

"We want to educate the local community about where food comes from – especially kids, who need to know that food doesn't just come from the grocery store," Ortiz said. "We need to empower them to get involved with food and land policy."

ORGANICALLY GROWN GRASS ROOTS

As agriculture land in Hawai'i is slowly being lost to development, Urban Farm Hawai'i volunteers believe the first step in reconnecting the local community with where food comes from is getting them involved with the production.

"Education is a huge component of this program, and as we expand, more people will have exposure and the opportunity to participate close to home," Dedrick said. "Honolulu is more dependent on food imports than any other major city in the U.S. We need to get the idea out and educate people."

The group intends to send the produce back to the local community and maximize its space usage with creative tools like hydroponics.

"We want to get as many people involved as possible, and we want to expand to more areas," Ortiz said. "We are way past due for this urban farm movement, and we are working hard to involve others."

SUSTAINABLE SUSTAINABILITY

Urban Farm Hawai'i is not only bringing local fresh produce to the spotlight, but it is also renovating an old concept.

"We could start a modern,

urban ahupua'a system by increasing the density of our living space with food production," Ortiz said. "It's also earth-friendly when it's grown a couple feet from the home because transportation effects are much lower. (Programs like) this could really impact the food supply."

In addition to the environmental benefits, the empowerment of the community and the idea of an edible landscape can create a sustainable movement of adaptation rather than hostility.

"(Developers) are going to build

no matter what, but if we get involved early on in the building process, maybe we can make changes to include edible landscape (and) make a model system for urban farming," Ortiz said.

WITH A LITTLE HELP FROM OUR FRIENDS

Urban Farm Hawai'i couldn't have achieved its goal of invading the urban setting with organic produce without the help of volunteers and support. The College of Tropical Agriculture and Human Resources Organic Program and Sustainable

Organic Farm Training Program provided painting materials and training needed to start the venture.

"If we can reconnect people with the idea of where food comes from, promote the concept of farming and empower the community, we have started what we dreamed to do," Dedrick said.

You can catch a radio interview with Urban Farm Hawai'i on 90.3 KTUH during the KTUH news show at 10 a.m. on Friday, Jan. 24. For more information, you can also like "Urban Farm Hawai'i" on Facebook.



PHOTO COURTESY OF MITCHELL LOO

Urban Farm Hawai'i is planting thousands of feet of kalo in Kaka'ako.



Photos

CAPTURE

ALL PHOTOS BY
SHANE GRACE

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NEW Member

Eric Agluba

Why did you join Campus Center Board (CCB)?

I joined CCB because I wanted to get out of my comfort zone within my own little group of friends and actually make something out of my college experience. Driven by some sort of previously inert ambition, I began joining clubs, being active and searching through numerous RIOs and CSOs, and finally, I ended up here, a member of the University of Hawaii at Manoa Campus Center Board!

How do YOU benefit from being on CCB?

Being involved with CCB certainly has its perks. Something that definitely stands out and that I like the most is the fact that we're active not only within our own legislative processes, but we actually have the opportunity to get out there to the student body and physically serve them in person, whether it be on our own initiative as a CCB group or as one of the initiatives of the programming arms that make up the entire identity of the Campus Center Board Ohana.

Should other students get involved with CCB? Why?

Most definitely. The way I see it, CCB is one of those outlets where we can have the power to change or to create something that everyone wants to see get done. Ultimately, the members of the board and their unique personalities affect the overall quality and quantity of the events that happen at the Campus Center throughout the year, and with each new member that we get, the stronger these events become. I mean, if that's not enough to convince you to join, there's a lovely stipend that comes with being a part of this organization!

CAMPUS CENTER

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Schedule of Events for Fall 2014

1/24/2014

1/31/2014

2/07/2014

2/12/2014

2/14/2014

2/21/2014

2/21/2014

2/26/2014

2/28/2014

3/04/2014

3/07/2014

3/12/2014

3/14/2014

3/15/2014

3/19/2014

3/21/2014

4/11/2014

4/17/2014

4/25/2014

5/02/2014

5/12-16/2014

Movie Night: Carrie

The Manoa Games

Bingo Night

Speed "Friending" Event

Monte Carlo Night

Create-a-Bear

Movie Night: Cloudy With A Chance of Meatballs 2

Relaxation/Greek Night

Movie Night: Hunger Games Catching Fire

Career Fair***

Karaoke Night

Warrior Tie-Dye

Battle of the Bands/Rockin' the Roots

International Night***

Safe Spring Break

Manoa's Got Talent

Carnival Circus

Movie Night: Saving Mr. Banks

Aloha Bash***

Fashion/Drag Queen Show

Cram Jam***

***: Co-Sponsorship/Collaborative Program

Events, dates, & times are subject to
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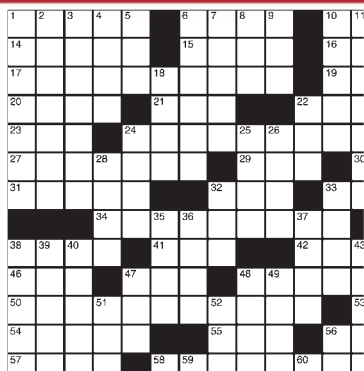
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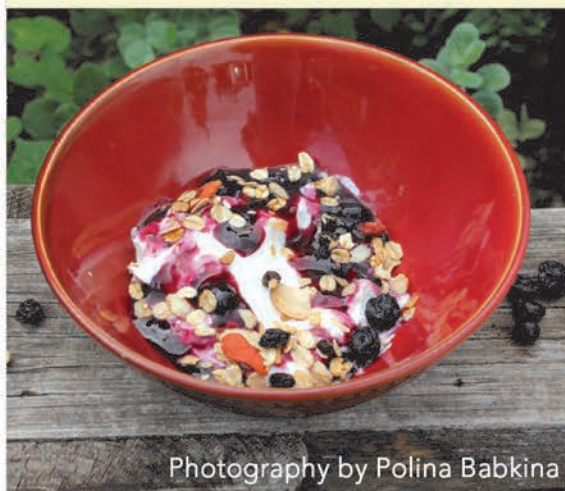
- 1 Big cat of Narnia
- 6 Salad alternative
- 10 No more than
- 14 Pope after John X
- 15 Facility
- 16 Iowa State's city
- 17 *Genealogist's tool
- 19 Political syst.
- 20 Priestly robes
- 21 Suffix with Capri
- 22 Door sign
- 23 ___ Fail: Irish coronation stone
- 24 "Top Hat" leading man
- 27 Abandon
- 29 British throne?
- 30 Churchillian sign
- 31 Compound conjunction
- 32 Uppercut target
- 33 Take a break
- 34 *Stewed chicken dish
- 38 First Greek consonant
- 41 Go a few rounds
- 42 Petting zoo critter
- 46 Pulitzer poet Lowell
- 47 Gloss target
- 48 Concession speech deliverer
- 50 *Most serious or least serious
- 53 Former telecom co.
- 54 Toga party hosts
- 55 HDTV brand
- 56 Amazed sounds
- 57 "Lois & Clark" reporter
- 58 Escapes, and, literally, what each of the answers to starred clues does
- 61 Blues singer James
- 62 Carded at a club
- 63 Catorce ÷ dos
- 64 Work station
- 65 Billy of "Titanic"

DOWN

- 1 "Our Gang" kid with a cowlick
- 2 Circus barker
- 3 Gable's third wife
- 4 Thrifty alternative
- 5 Zilch
- 6 Parlor piece
- 7 Propelled, as a galley
- 8 Capitalize on
- 9 Peruvian capital?
- 10 ___ cum laude
- 11 Eliciting feeling
- 12 Really looks up to
- 13 Springsteen's ___ Band
- 18 N.Y.C. part
- 22 DDE's WWII arena
- 24 Klinger portrayer on "M*A*S*H"
- 25 "Ah, me!"
- 26 Porcine moms
- 28 Cushioned seat
- 32 Fla. NFL team, on scoreboards
- 33 Move for the job, briefly
- 35 Abbr. referring to a previous citation
- 36 Make do
- 37 "What ___ can I say?"
- 38 Bewildered
- 39 Kuwait or Qatar
- 40 Ruthless rulers
- 43 Like a Brink's truck
- 44 Jungle explorer's tool
- 45 Ouzo flavoring
- 47 Capt.'s underlings
- 48 Game venue
- 49 Pipe problem
- 51 Porterhouse, e.g.
- 52 Putting spot
- 56 "The Wizard ___"
- 58 Line of work, for short
- 59 Nutritionist's abbr.
- 60 Fed. retirement org.

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

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

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

MEDIUM

68

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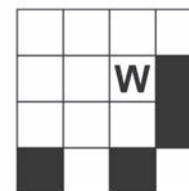


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KNOW YOUR FOES



GAVIN SHIGESATO / KA LEO O HAWAII

Senior forward Christian Standhardinger (center) is second in the Big West Conference with 18.2 points per game.

NICK HUTH
Senior Staff Writer
@NicksHoops

The University of Hawai'i men's basketball team has begun conference play, and the Rainbow Warriors (12-5, 1-2 Big West) currently have the best overall record in the league. This preview of their opponents explains what to expect out of the Warriors' second season in the Big West Conference.

UC IRVINE

The Anteaters (12-7, 3-0 BWC) are undefeated in the month of January and are off to their greatest conference start in eight seasons. Their offense has been able to outscore opponents through a conference-best 17 assists per game. Impressive ball movement has also allowed the 'Eaters to shoot 48 percent from the field on their way to 74 points per game.

CAL POLY

The Mustangs (7-10, 3-1) have relied on defense this season by holding opponents to only 64.2 points per game. In their matchup against the Rainbow Warriors, they held the 'Bows to 65 points despite Hawai'i averaging about 80 points per game. Despite their defensive effort, the Mustangs are last in the conference in scoring.

UC SANTA BARBARA

The Gauchos (11-5, 2-1) have been led by their star center Alan Williams to an impressive start to the season. The junior big man is leading the Big West in scoring and rebounding and averaging a double-double with 23 points and 11 rebounds per game. Coming off a season that saw him make the Big West first team as a sophomore, Williams is putting together an impressive campaign for conference player of the year.

CAL STATE NORTHRIDGE

The second team to defeat the Warriors in conference play this season relied on its bench and efficient scoring to hold off the 'Bows, 79-78 at home. The Matadors (10-9, 2-2) lead the conference in steals per game with 7.2 and have used those turnovers to average more than 74 points per game with a fast-paced style that rivals that of the Warriors' offensive strategy.

LONG BEACH STATE

The 49ers (6-12, 2-2) have not started strong, considering their Big West regular season championship last year. Their struggles in the first half of the season can be explained by their poor first half performances during their games. Long Beach State has been outscored by 85 points this season in the opening half. Those slow starts have led to a 66.2 points per game

average, which is poor enough for second in the conference.

CAL STATE FULLERTON

The Titans (6-11, 1-2) lost their two best guards in the offseason, and they have struggled to replace that pair of Big West second team players this year. They are averaging a conference-low 29 percent from 3-point range after leading the conference in scoring last season. The lack of leadership in the backcourt has also led to the Titans averaging 12.4 turnovers per game and a 2-7 record on the road.

UC RIVERSIDE

Last Saturday, the Highlanders (6-12, 1-3) fell to Hawai'i at the Stan Sheriff Center to give the Warriors their first conference victory. UCR is coming off a 6-25 season and is likely to improve despite its current record. The team's offense is

averaging 13.4 turnovers per game, and Hawai'i was able to force 18 takeaways against the Highlanders last weekend.

UC DAVIS

The Aggies (6-13, 1-3) rounded out the Big West conference with the worst record behind a 0-8 start to the season on the road. Opponents are shooting more than 47 percent from the field against UC Davis as its defense is allowing a conference-worst 78 points per game. In addition, UC Davis is currently averaging a conference-low 29 rebounds per game.

UPCOMING GAMES

Hawai'i at UC Davis
Thursday, 5 p.m.
Hawai'i at UC Irvine
Saturday, 5 p.m.

MORE THAN MEETS THE EYE

JEREMY NITTA
Senior Staff Writer
@NITTA_JEREMY

The Rainbow Wahine basketball team ranks near the middle of the pack or lower in almost every statistical category in the Big West Conference. In the nine-team league, Hawai'i ranks sixth in scoring and field goal percentage and fourth in rebounding.

Even Hawai'i's record seems average. UH is just past the midpoint of its season, having completed 15 of its 29 games this season with a record of 8-7 and a 2-1 mark in conference play.

With a lack of eye-popping stats or the promise of high-scoring efforts to draw in fans, it's no wonder why fans will often pass on making the trek to the Stan Sheriff Center on game nights.

But for the loyal fans who attend the Rainbow Wahine's games, they will be in for 40 minutes of intense, hard-fought basketball.

"We play Rainbow Wahine basketball," head coach Laura Beeman said. "It's never going to be pretty, but we're winners, and winners just find a way to get it done."

And the 'Bows have been able to get it done, combining tough defense with what members of the team call "an insatiable desire to win." This was Beeman's calling card last season as the team overachieved to a 17-14 record. And the team's competitive fire has not been reduced this season.

Before Hawai'i's overtime win earlier this season against Minnesota in the Waikiki Beach Marriott Rainbow Wahine Showdown, many pundits predicted a loss for the 'Bows, citing Minnesota's size advantage and surplus of athletes as reasons. But the 'Bows were able to go toe-to-toe with the Golden Gophers and pulled out the victory to clinch the 'Bows' first tournament win since 2004.

Hawai'i also had a bounce-back win after an overtime loss to Cal Poly. Against Cal State Northridge, the 'Bows held the Matadors scoreless for the first 8:20 of the game. Hawai'i would go on to win in decisive fashion, 54-44.

Finally, one could simply look at the Rainbow Wahine's schedule. After almost all of Hawai'i's losing streaks, the 'Bows have

rebounded to win back-to-back games. In fact, Hawai'i's longest winning streak of the season (three games) came after its worst loss of the season, an 84-44 defeat against Arizona State.

"We want to prove our losses were a fluke," Kuehu said. "We came out with something to prove and a chip on our shoulder. And that's what makes us play hard."

So when the 'Bows next take the court on Jan. 23 against UC Davis, there's a good chance that the excitement level will not be through the roof. There will be few, if any, flashy plays, and there will be times where the team will struggle to connect even on layups.

But there is one thing you can be sure of: These ladies will come to fight.

GAVIN SHIGESATO / KA LEO O HAWAI'I

Senior forward Shawna-Lei Kuehu leads the Rainbow Wahine with 16 blocks, 10 more than any teammate.



UPCOMING GAMES

Hawai'i vs. UC Davis
(Thursday, 7 p.m.)

Hawai'i vs. UC Irvine
(Saturday, 5 p.m.)

All Rainbow Wahine home games are played at Stan Sheriff Center. Admissions is free for students with valid UH IDs.

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RAINBOW WAHINE BASKETBALL
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