

Local Sailors Finish in Top Five at Wave Nationals

Leah White and husband, Dave White finished in 3rd and 5th places respectively during the 10th Annual Wave Catamaran National Championships held November 30-December 3 on Buttonwood Sound at the Upper Keys Sailing Club in Key Largo.

Leah White was only one point out of second place overall just behind the defending National Champ from 2006. She was first place in the Women's Class. She had some problems on the first day and had some bad finishes, but she came on strong the last two days by winning four of the remaining races.

Dave White was tied for 3rd place after the first day of racing, but unlike his wife had some so-so finishes thereafter and slipped to 5th place over, but still in the trophies.

Both sailors have won several major championships in the past and are considered two of the top sailors in the country.

Other locals included Barb Short (finished 14th), Chip

Short (16th), Barbara Bernstein (17th), Stewart Glegg (19th), Inger Hansen (20th), and Mary Wells (24th).

The fleet was filled with star sailors. There were nine participants that had won at least a National Championship of some kind. This was really tough competition. The winner was Paul Garlick from St. Petersburg area and this was the third time he has won the Wave Nationals.

Interestingly, fifteen of the top seventeen boats are past graduates of Rick White's Sailing Seminars, operated by local catamaran guru, Rick White.

The event was sponsored by Hog's Breath Saloon, Catamaran Sailor Magazine (www.catsailor.com), Rick White's Sailing Seminars (sailingseminars.com), www.OnLineMarineStore.com, Founders Park Watersports, and Tiki Watersports.

Next year's event will be held in Key Largo once again on December 5-7, 2008. For more information contact rick@catsailor.com.



ABOVE: Leah White pulls out to a big lead over the fleet.
TOP RIGHT: Leah White overtakes Last year's defending Champion, Patrick Green from Put-in-Bay, Ohio.



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Shining Through the Clouds Grumps

When we're in a good mood, we shine like the sun. But if we find ourselves in the presence of a person, or people, in a grumpy mood, it can feel like a dark cloud approaching to dim our radiance and block our positive way of seeing the world. We can remind ourselves that clouds pass, while the sun and stars continue to shine above. Then it's easier to think of these "grumps" affectionately, knowing that they only have the power to affect our mood if we allow it. With the power of change firmly in our hands, we can choose how to respond to a grumpy person, or a grumbling group of people, with confidence and understanding.

Like a lighthouse, we can continue to shine through the darkness, offering our light to help others find their way back to their own. We can send them a silent prayer of peace or a sympathetic smile. We may sense that reaching out to offer a comforting touch or hug

can ease their frustrations and cause the clouds to dissipate. If they need understanding, we can sympathize without reinforcing the negativity they may be experiencing by directing their attention someplace more positive. Helping them find the humor in their situation might be appropriate and is a great way to lift spirits, or a logical approach may help them see all the good in the situation, in their lives and in the world.

We might find that someone we encounter often seems to be in a perpetual state of gloom. Our tendency in such cases may be to try to avoid them, but instead we can make the choice to offer support that comes from the heart. We may be inspired to ask if they would like some help or to offer suggestions that have helped us in the past. We can include thoughts of their health and happiness in our times of prayer and meditation. When we lend our energy to uplift another in any way, we improve our own lives while making the world a better place for all of us.



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