Aloha & E Komo Mai (Welcome) University of Hawai`i at Hilo students!

I hope you all had a wonderful summer break and are as excited as we are here at Ke Kalahea for the upcoming school year. This first issue is a brief but fun introduction to UH Hilo with faces and other sights that make our campus unique.

Whether you are a new or returning student, there are some new features around campus you might want to check out. New this year are the variety of food vendors on campus and a new University Concierge with new services including bikes available for students to use. The week of welcome offered students a sneak peek into organizations and clubs that they can get involved in. Being part of these organizations is a great way to interact with other students, and gain skills and experience. You can also have a lot of fun while getting involved in your campus community.

My hope for you all this year is that you will step outside your comfort zone and take the chances you never thought you would. There are so many opportunities around us and it is important to take advantage of the abundance. Support your university and have a voice so that you can make it the best it can be, for your own experience as well as your fellow students. Students can make a difference.

The staff at Ke Kalahea is really excited about the upcoming 2015/2016 year and we look forward to being your go-to news source for UH Hilo and community happenings.

Britni Schock
Editor-in-Chief
### In this Issue

- Letter from the Editor  3
- Recent Campus Events  5
- Bike Sharing Comes to UH Hilo  6
- Faces of UH Hilo pt. 1  7
- Faces of UH Hilo pt. 2  8
- The New University Concierge  9
- Nah Brah: Comic Strip  10
- Spotlight on Coach Carl McGown  12
- Faces of UH Hilo pt. 3  13
- 2015 Lady Vulcans Volleyball  14
Recent Campus Events

23rd Annual Hawai‘i Conservation Conference
August 3 - 6, 2015

2nd Mele Mural for UH Hilo located at Hale `Ikena
Unveiled July 15, 2015
First Mele Mural in the state to have 11 separate walls

New Student Orientation
August 19 - 23, 2015

Photos Courtesy of University of Hawai‘i at Hilo
Bicycling has become a common alternative to driving a vehicle to get around; however purchasing a bicycle can still be a costly decision for some. To combat this issue, the University Concierge by University of Hawai‘i at Hilo’s (UH Hilo) New Student Programs has developed a program that makes bicycling free and easy for all of UH Hilo’s current students, faculty, and staff. The program is called the Bike Share Program and it allows current UH Hilo students, faculty, and staff to borrow a bicycles for a business day for recreational use.

The UH Hilo Bike Share Program is a new service that will be available from the University Concierge. UH Hilo students, faculty, and staff with validated IDs can come to borrow a bike for a day to run errands or just bike around town. This service is free and will be available starting at the beginning of the Fall semester. University of Hawai‘i students, faculty, and staff with a validated ID need to first register online through our Bike Share page. Once that is complete, the ‘cyclist’ can come to the University Concierge and ask to borrow a bike on a first-come, first-served basis. Bikes are due back the following business day, and we highly encourage our cyclist to bring their own helmets,” said Jake Picus, Associate Director of New Student Programs. “We identified the need that not all students had reliable transportation to get from place to place. Auxiliary services mentioned that they had some bikes that were abandoned on campus, and we took this opportunity to recycle, and create something beautiful. Not to mention, promoting fitness, and energy efficiency! A lot of minds were involved in this program, from creating processes, getting approvals, brainstorming, and thinking of all possible resources that would be helpful for cyclists on the roads. Our New Student Program team also helped paint the bikes. It definitely took a team to make this program a reality,” said Krisha Zane, student Program Coordinator of New Student Programs and University Concierge, and a leader in the Bike Share Program initiative. Krisha, as well as the rest of the New Student Programs team, believe this program will continue to grow and last many years at UH Hilo. They believe it is a program that can be very beneficial to the UH Hilo community, as well as the environment. It is their wish to expand the program after its first semester of life.

The Bike Share Program becomes available to all current UH Hilo students, faculty and staff on August 24, 2015. Participants will have to register online at hilo.hawaii.edu/campusinfo/bikeshare. After the registration process is complete, participants can simply visit the University Concierge desk anytime Monday – Friday, 8:00am – 4:30pm, and present a valid UH Hilo student, faculty, or staff ID to the desk staff. Participants will then have the ability to borrow one of ten available bicycles and also receive the respective bike lock and key to that bicycle. Bicycle availability is on a first-come-first-serve basis. Participants will then be able to have the bicycle checked out for one full business day and must return it to the University Concierge the next business day.

Helmets are not provided through the Bike Share Program, however it is strongly recommended that one be worn while cycling. For more information, participants can visit hilo.hawaii.edu/campusinfo or be in contact with the University Concierge.

Pictured: NSF Staff Cypress Andaya, Krisha Zane, and Kapali Bilyeu taking the bikes out for a test drive.
Faces of UH Hilo

Photographer Matt Arellano
Faces of UH Hilo

Photographer Matt Arellano
The New University Concierge

Have you ever felt lost, confused, or uneducated about anything campus related? Have you ever had a question about University of Hawai‘i at Hilo (UH Hilo) but didn’t know where to turn or how to find the answer? Well, UH Hilo’s New Student Programs recognized that there was previously no central location for students, faculty, staff, or community members to turn to, and decided to create it. Student Program Coordinators Devin Smith and Krisha Zane, and New Student Programs Associate Director Jake Picus, led the initiative to create the University Concierge. “Although it is hard to measure how much work went into planning the University Concierge, there were countless hours of brainstorming, planning, re-planning, pitching ideas, meetings that went into this project. We’ve been working hard for the past 5 months to get the University Concierge open,” said Associate Director Jake Picus. So what is it? How does it work?

The University Concierge is the newest service offered by UH Hilo to support our current student, faculty, and staff as well as our campus visitors. The University Concierge will serve as a centralized location to provide campus information to help our campus community successfully navigate the University. We coordinate the Campus Tour program to show off our beautiful campus to prospective students and their families as well as act as a central information center for all of our current student, staff, and faculty,” said Krisha. “On the first floor of the Student Services Building at the main entrance, the University Concierge is staffed by students who are trained to answer any questions visitors may have, be able to direct them to where they can find their answers. Not only do we provide campus information, but we also offer services such as campus tours, coordinating our university personality, Big Eye Lance’s, appearances for campus events, as well as lending out bicycles with our Bike Share program,” she continued. “The University Concierge is extremely beneficial to our students, faculty, and staff. We serve as a single point of contact for any general questions about the University. If we don’t have the answer, we’ll refer our visitors to the correct office. Our hope is to lessen the “ping pong effect” of students getting referred to multiple different offices to find the answer to their questions. If someone doesn’t know where to go for certain services or resources on campus, they can come to us and we can put them to the correct path. We serve as the gateway for the University to efficiently connect and utilize all of our University resources,” said Devin.

Since its opening in the Summer of 2015, Krisha shared that the service has been successful and many faculty, students, and community members have utilized their services. Also, Jake shared that the University Concierge would like to expand its services in the future and would like students, faculty, and others to provide feedback. “We’re excited, and inspired by those who have started to utilize our services already. We’ve had wonderful positive feedback, and we’re really excited to offer what we feel is a needed service for our campus,” said Krisha.

The University Concierge is open from 8:00am – 4:30pm and can be contacted in person via its desk located on the first floor of the Student Services Center (SSC 101) or on the phone (808) 932-7799. They can also be contacted virtually via email or iMessage (uhhilo@hawaii.edu), via skype (uhhilo), or text (929) 900-4456. The website for the University Concierge is hilo.hawaii.edu/campusinfo and the website also includes a live chat feature for visitors to ask questions or receive help navigating the UH Hilo website.

Contributing Writer Alexandra Huizar
Photographer Alexandra Huizar
Graphic Designer Alexandra Huizar
Nah Brah

Written and Illustrated by Tiffany Erickson

So... as you know

there is sometimes... a gap
between expectation

... and reality

That's why...

Nah Brah-
Jus one of da
nu students

Hey Sista-
Touris' bus get
lost or somet'in?

we're here

Written and Illustrated by Tiffany Erickson

Ke Kalahea's first ever comic strip!
Carl McGown is now assistant coach for the Lady Vulcans volleyball team.

McGown began his coaching career at Brigham Young University-Hawaii in 1964 while simultaneously carrying his own teaching load. During this time, majority of people who coached did so by voluntary decision. "Part of my teaching load was to coach volleyball, and very few people in 1964 had a teaching load that required you to coach volleyball," McGown said. His coaching career at the Church College of Hawaii (BYU-Hawaii) lasted until 1968.

McGown then chose a different route along his volleyball pathway in life. "In 1970, I was an assistant coach for the U.S. men's team that played in the International Volleyball Federation World Championships in Bulgaria," McGown said. "In 1970 I was also in graduate school at the University of Oregon." Most of the international competition took place during the summer meaning McGown was able to participate in the competition while still being a student during the school year.

After graduation from U of O in 1971 with a Ph.D. in both Motor Skill Learning and Administration, McGown obtained a job at University of California at Berkeley. During this time, the San Francisco Olympic Club had a volleyball team, which he coached as the team played in United States Volleyball Association events.

Even upon switching schools and moving to Utah, McGown could not resist being involved in the sport. "In '72, I got a job at BYU (Utah) and BYU had a club team so I did that as kind of a hobby. I was still playing in those days but I was also coaching the club team as well," McGown said. At that time McGown played on a team that participated in the National Championships sponsored by the USVBA. At this event, his BYU club that he coached also participated. "Eventually I got to be a full professor at BYU, College of Health and Human Performance. I did that for 18 years. I began there in '72 and in 1990 BYU started a NCAA men's [volleyball] program."

However, the newly founded program needed a coach. BYU asked McGown to fill the spot and at first he refused. "They had this team and they asked me if I would like to coach it and I said, 'No, not really. I've got a job, I'm a professor and I like it.' The school filtered through several other applicants before asking McGown yet again to coach the first NCAA men's volleyball team in school history. McGown said, "They came back to me and said, 'Carl, we'll give you release time from your teaching if you will coach volleyball.' So I said, 'Ok.'"

From 1990 until 2002, McGown was the head coach of the BYU men's volleyball team. Although their record for the first two seasons combined averaged a mere .264, by the fifth season BYU was ranked second in the Mountain Pacific Sports Federation, arguably the strongest conference in the nation, according to McGown.

Again, McGown was concurrently able to balance school and sports, this time as a professor instead of student. "I was teaching school at BYU and I was also hanging out in the summers, primarily in the summers, with the U.S. Olympic teams," McGown said. 1984 began an onslaught of international volleyball experiences that McGown was a large part of, namely the Olympic Games. He was adjunct assistant coach of the U.S. men's team in the 1984 games in Los Angeles, the 1988 games in Seoul, the 1992 games in Barcelona, the 1996 games in Atlanta and the 2000 games in Sydney.

In 2002, McGown decided to retire from coaching at BYU. "I then became an assistant coach in 2004 in Athens," McGown said. In 2005, Mike Wilton, men's volleyball head coach at the University of Hawaii at Manoa, requested McGown be his assistant coach. McGown recounts that Wilton had been a student of his sometime during his years at BYU. McGown told Wilton he would be an assistant coach with the condition of only assisting for the fall this way he may be able to go home to Utah and ski during the winter. "At first, he told me, 'No. If you won't come full time then that's that,' but a couple days later he changed his mind," McGown said. "And the following season the same offer was there so I did it again."

From 2007 to 2008 McGown had the opportunity to coach in Switzerland. "They had a little professional league in Switzerland. There were eight teams; maybe ten... I was the coach of the Lausanne University Club. We won everything you could win," McGown said. "And in 2008 I was part of the coaching staff for the U.S. team in the 2008 games in Beijing." Unfortunately, during this time, McGown's elderly mother in her early 90's could no longer live in Corvallis, Ore. on her own. "I went with my sons and we picked up grandma and took her to an assisted living center in Provo, Utah," McGown said. "I was proud to report I went and visited her everyday. She got to be 97 and passed away, and so now [in 2010] I had a chance to go to Switzerland again as the head coach of our World University Games team."

In 2011, McGown and his Swiss team entered the Europe Federation Competition starting at the bottom. They worked their way through the bracket but eventually lost to Croatia. "2012 - they wanted me to coach the World University Games team again but I didn't want to. Right around this time, my son [Christopher McGown] became the head coach of the BYU men's team, and he said, 'Dad, would you like to be my volunteer assistant coach?' and so I was quite happy to get to be in the gym with my son everyday," McGown said. "He did that for four years and then resigned." Upon his son's resignation, McGown asked current UH Hilo women's volleyball head coach Tino Reyes if he could be a volunteer assistant coach at Hilo. The University agreed.

Though familiar with the sport, McGown has not had adequate time to see the unfolding of this year's volleyball team. "I'm not totally familiar with these girls, this is our third day of practice. What I can tell you is they have said to me, 'we are deeper and better in every position than we were last year,'" McGown said. "We are changing everything we do, virtually everything. But they are doing the best that they possibly can. They are working hard, they are trying and they are all over the floor. We are going to be, what I think is, quite a bit better this year than we were last year."

Since the conception of NCAA volleyball at BYU, the Cougars have held the highest win-loss percent average in their conference, over .700, for the last 20 years.

So although his overall record is not distinguished compared to other coaches, McGown can be credited for pioneering the start of the men's volleyball program at BYU and creating the foundation that has lead to their overall success today.
Faces of UH Hilo

Bianca Claudio

Brenden McQuillan

Kamaki Maluo-Huber

Nae Nae Bjelcic

Photographer Matt Arellano
Background Photo Courtesy of New Student Programs
The 2015 volleyball season quickly approaches as 26 women gather to form what is said to be “deeper and better” compared to last year’s team, according to UH Hilo volleyball coaching staff. Eleven freshmen, six transfers and nine returning players make up the Lady Vulcans volleyball team.

Lone senior Shelby Harguess of Willcox, Ariz. clearly stated the primary focus for this year’s team. “We want to get better every day. We want to build a firm foundation because we have a lot of new girls,” Harguess said. But the young team should be no cause for underestimation. “This is the best looking team we have had in a long time,” Harguess added.

During a sit down interview with head coach Tino Reyes, several players were highlighted as potential standouts this season. Marley Strand-Nicolaisen is a 6’0” returning junior who has much potential for greatness if she can stay healthy, Reyes accounts. “Two years ago Marley was Freshman Player of the Year and she had the chance to be All-League last year but was hindered because of stress fracture injury,” Reyes said. Strand-Nicolaisen hails from Nalalehu, Hawaii.

Sienna Davis, 5’9” junior from Waialua, Hawaii, also has a shot at making her name known this year. “Sienna has a chance to become All-League setter. It’s up to her what she is going to do with her ability but she has the potential,” Reyes said.

Kyndra Trevino-Scott, 5’11” junior from Sacramento, Calif. is another player to watch. “Kyndra is a nice little blocker who may really blossom this year. She is committed and ready for a breakout year.”

Katrina Johnson, incoming freshman from Bend, Ore., will add some vertical dimension to the team. “She’s a nice size at 6’2”. She is going to give us a huge upside,” Reyes said.

Reyes also explained the intriguing inter-related coaching ties, which may have been what brought transfer Siera Green to UH Hilo. “Siera played for a Craig Choate at Snow College in Utah. Carl [McGown] was Craig’s mentor. Mike Wilton who used to be my mentor [at UH Manoa] is Craig’s assistant coach,” Reyes said. He is interested to see what Green will add to the team.

The Lady Vulcans are excited to see what this season brings, especially when it comes to improvement. “I am looking forward to seeing from start to finish how well we do and see how much we progress throughout the year,” Mariya Heidenrich, a 5’10” sophomore from Covina, Calif., said.

The team is also quite fond of the new assistant coach, Carl McGown. Many show great reverence to him though several players did disclose that they appreciate how they can joke with him at times too. McGown possesses great wisdom within the sport and the women have taken a notice. “We have a new coach with a lot of knowledge so it is important that we take in as much knowledge as we can now while he is here,” Heidenrich said.

Yet what seems to be the most difficult task UH Hilo volleyball has encountered so far is the conceptual element of the game. “Learning to comprehend everything has been the biggest challenge,” Heidenrich said. “Its more mentally exhausting than it was physically,” Harguess added. “We really are enjoying Carl. He is a blessing, honestly. He is teaching us better communication,” Harguess said.

The team also expressed appreciation toward a number of coaches on staff and the time and effort each one puts into coaching. “I think we will have a nice team. It’s always a better environment to have people in the stands,” Harguess said. “They are going to see really technically sound volleyball.”
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