Well the first 3 weeks of the semester have come and gone but hopefully giving you all some memorable moments. We have been experiencing some intense weather here on the Big Island which has either had you hiding inside with the air conditioning or searching for an island oasis to keep you cool. With hurricane season being in full effect, we have been lucky to have multiple storms pass us by, however leaving behind their abundance of humidity and heat. Being aware and educated of your surroundings, especially while living on such a diverse island, is important so we can both enjoy and respect the `āina (land).

Getting to know your environment, whether it be on or off campus, is not only enlightening but can also be quite enjoyable. The University of Hawaii at Hilo (UH Hilo) campus has some amazing plant diversity and in this issue you can check out some of that natural beauty. Off campus there are various spots that are favorites for locals as well as visitors, and you can discover a few of those in this issue as well. While reading about all these local wonders is great, diving in and immersing yourself will allow you to create your own experience and perspective.

One thing that living in Hilo and going to UH Hilo has taught me is that, there is so much more to people and places than meets the eye. At first glance this may seem like a place that is not very eventful but when you let go of your past expectations you will find the endless adventures waiting for you. This place has a way of teaching us a simpler way of living and embracing all the gifts that are right in our back yard.

The beginning of the semester brings plenty of curiosity for students and if anything follow that feeling to explore all you can and never stop learning.

Britni Schock
Editor in Chief
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Photographer Alexandra Huizar
PRESS RELEASE

Veterans Treatment Court assists Hawaii Veterans in the judicial system build positive and constructive lives while holding them accountable for their conduct. Veterans Treatment Court was established through a partnership between Veterans Affairs and Hawaii State Judiciary. It is a specialty court that supports Veterans transitioning back into society. The backbone of the Veterans Treatment Court are the mentors!! We are looking for Veterans who would like to stand by the side of the Veterans Treatment Court Veterans and provide the support needed as they transition back into society. Veterans Treatment Courts have been implemented nationwide; however, we can only take as many Veterans as we have volunteer Veteran mentors. If you are interested in becoming a Veterans Treatment Court mentor, please call Serena Trehern, LCSW at 808-433-0328 or e-mail at serena.trehern@va.gov.

Mahalo,

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**Pūhala (Pandanus Tree)**

Puna paia ʻala i ka hala. Puna with the fragrant groves of hala. Found abundantly in the district of Puna. This tree has a sweet smelling fruit. Usually a yellow to orange hue; the rare red is a gem. Hala, to pass, to move on, can be interpreted in many ways. Hala lei are shared at funerals or at ceremonies that honor the completion of one step and into a new; graduation. The lauhala or leaves of the tree are dried and weaved into a variety of things.

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**ʻŌhiʻa Lehua**

The famous love moʻolelo (story) of two lovers can be seen in this tree. It tells of a female deity deeply in love with her male partner. He stands strong as the tree and she as the flower. Their love was so strong that it was said when ever they separated it would rain; Hilo I ka ua KaniLehua. Hilo of the Kanilehua rain.
Hāpuʻu (Fern)
There are varied types of Hāpuʻu. This native fern is part of Hawaiian rainforests. In its natural habitat it contributes to our water ecosystem. Puaʻulu and Pulu are a few types. The Pulu was often used to make pillows as it has a soft, silk-like feeling.

Kumu Niu (Coconut)
This common tree can be found throughout our island home. They are used in our Polynesian cultures and families. The lau (leaf) can be woven into a variety of fashions including baskets, hats and other handy items. Poʻe Hawaiʻi (Hawaiians) often separated the rib-bone from the leaf and bound hundreds of rib-bone to create a pulum niu (broom) for cleaning. The nut of the tree can be used for water, milk (husking of meat) and fiber. The trunk is usually carved into intricate pahu (drums) used for hula.

Lāʻi (Ti-Leaf)
The Ti plant is usually seen in green and red. However, even its yellow and brown leaves are very much valuable. This plant is used for a multitude of tasks. The naming of our town “Hilo” comes from two warriors who were clever enough to Hilo (twist) Ti-leaves together for rope, securing the waʻa (canoe) of the famous Aliʻi (chief) Kamehameha. Today we see this more commonly used as a form of lei shared from one person to another. Many do not know its medicinal value. Green, picked, cleaned and de-boned; Hawaiians used the Lāʻi to draw out fever. It was usually placed on the forehead or back and shared with a pule (Prayer). This practice continues today in many homes here in Hawaiʻi. You may also see the ti-leaf wrapped in one of Hawaiʻi’s favorite foods; the laulau or beautifully bound together into a pāʻū (skirt) for hula.

Hāpuʻu (Fern)
Kumu Niu (Coconut)
Lāʻi (Ti-Leaf)
Soccer: More Than Just Competition at UH Hilo, Creating Connections

Relationships Breed Competitive Spirits

Hannah Hawkins | Tiffany Erickson

Entering his third season at University of Hawaii at Hilo (UH Hilo), Director of Soccer (and head coach of both the men’s and women’s soccer teams) Lance Thompson brings several different philosophies to the program, the most uncommon and different of which is his focus on relationships. “We attempt to recruit a specific type of student athlete to fit here and that involves so much. Obviously we have to have their major, financially they have to be feasible and athletically the right level of play, but there is also a huge social aspect to it. This has to be the right environment that they see themselves in relationally,” Thompson said.

From a soccer standpoint, UH Hilo soccer athletes can play a maximum of 18 games, each 90 minutes in length that computes to 27 hours of soccer competition. “Hopefully soccer is just part of the reason why they came here and they focused on those other three areas [education, finances, and relationships], but a little more because there are about 8,760 hours in a year and only 27 of that is spent competing in a soccer match. So hopefully they are getting their degree, this is a place they can afford to attend and fits their budget and they are enjoying themselves outside of the classroom, outside of soccer, so it’s the right fit,” Thompson said.

“Winning is everything” mindset. Thompson, though very focused on building strong relationships in life also sees the realistic state of competition and results. “In our industry it’s more than just results, we are here to educate and shape and assist in forming the lives of these student athletes. One aspect, though difficult to get around, is the essence of keeping score.”

Results matter when it comes to school—doing homework, passing a quiz, and getting the grades to graduate. Similarly, results matter when it comes to relationships. Are you really going the extra mile? Are you making the other person feel significant and valued or are you not? People will know based on results. “That’s something I get from my mom that I pass on to my team and we can give examples in how that is present in every aspect of our lives,” Thompson said. “Yes, we would love to win every game but it doesn’t always work out that way. We don’t view it as we lost the game we view it as we probably learned something from that game as we continue to move forward.”

As much as Thompson desires to win, he ultimately puts the wellbeing of his student athletes above all. “My goal is to assist these student athletes any way I possibly can to achieve their goals, academically, athletically, socially and relationally,” Thompson said. There is more to life than just sports, although sometimes it is difficult for athletes to see this. Thompson does the best he can to help student athletes adapt to life after sports. “When I am recruiting, ideally I look for potential alumni,” Thompson said.

Thompson prides himself on composing the majority of his coaching staff with UH Hilo alumni. Assistant coach Gene Okamura and volunteer assistants Josh Woodward and Cameron Castillo all help Thompson with the logistics of athletics as well as aiding in transitions during practice. Thompson does this as a way of mentoring, involving more people and paying it forward.

He also hopes to impact each team with more than just the love of the game, but the importance of relationships as well. “I try to find something unique and different that I share with each one of the players so there is a connection there,” Thompson said. “I’ve learned over the years that one of the most important things… As human beings we all want to feel significant and valued. Me being relationship-driven will better assist them in helping define success for each player individually.”

Bystanders are able to see the fruit of Thompson’s labor of relationship with his team through various community service projects. Thompson has been able to glean knowledge from family and friends and give to his student athletes, male and female alike, the tools to go out and help others by passing it along and paying it forward.
L
ike fraternal twin children with surprising differences, University of Hawaii at Hilo (UH Hilo) 2015 soccer program will be composed of two completely contrasting teams.

The overwhelmingly veteran-dominated men’s soccer team is seasoned with 15 seniors and only three incoming freshmen. Reversely, the women’s team, bringing on board 13 freshmen and returning just four seniors, will be a young team having to learn the NCAA ropes.

However, UH Hilo Director of soccer (and also head coach of both teams), Lance Thompson is eager to cultivate the similarity both the men’s and the women’s teams share: excitement for the future. “It [Thompson’s coaching philosophy] definitely differs, not because they are men versus women, but because they are two totally different teams in two different places at this time,” Thompson said. The men being far more experienced in class standing have a better knowledge of the program and thus put them in a different place compared to the women. “We have a veteran group who already understand our system, our style, our tactics, our verbiage, our language and our philosophy,” Thompson said.

The women may not be able to attest for the same returning quantity of experience because only four of the 24 Lady Vulcans are returning seniors. Yet without regards to the newness, the incoming recruits are excited for the adventure they are about to embark on. The two teams are different because of experience, or lack there of, regardless of gender. “We [UH Hilo’s women’s soccer team] are just in a different place. They [freshmen and some transfers] have not played as much NCAA soccer, they don’t understand the travel requirements, some of them are going to college for the very first time, balancing studying and homework and exams on the road,” Thompson said.

Coach Thompson expresses his optimism for both teams as he looks to what the future holds. “I’m excited for them. I believe the men are very positive on the outlook for themselves this season,” Thompson said. Thompson notes that it has been a different challenge for the male freshmen. So far the freshmen have done well fitting in with a previously solidified team. The returners have done an equally great job of welcoming the incoming players and helping them adapt.

The women are excited for different reasons. They are excited for the new experiences coming their way, the new challenge of creating fresh relationships and the team dynamics that are involved. They are also excited about the unknown such as the level of competition and how the team travels.

Thompson also mentioned that as a team, they each talk about having consensus and being on the same page. Although it is still early to tell the depth of these teams, the coaching staff is happy with the attitudes they see. “Both teams are in a great place, both have healthy relationships with each other. As of right now we are right where we would like them to be,” Thompson said. “But it will be interesting to see how they respond to some controversy and when they hit some bumps in the road.” However, Thompson is behind his student athletes 100 percent in helping them as best as he can as each season progresses.

Each team’s practices are made up of four types of training sessions: a fitness training session, two different types of tactical sessions and a recovery training session. Depending upon the game schedule outlook, the coach will arrange certain training sessions on certain days in preparation for or recovery thereafter a game. “It is kind of done down to a science for ourselves. We [Thompson and each team] talk about them maximizing their effort at practice because they have total control over that,” Thompson said. Scheduling certain training sessions as a way of organizing daily practice increases chances of being fresh. This allows the players to play the game at 100 percent effort, faster pace and more aggressive because they feel healthy instead of fatigued. “I always tell my players, ‘the way you play the game between the lines is the way you live your life. So if you have a burning desire and the willingness to go the extra mile, to go get that ball, to stop that opposition, to support your teammate, you will play life the same way,’” Thompson said.

Thompson’s emphasis as a coach is more geared around the controllable factors. “I communicate a lot with them [student athletes] on the whole relationship aspect. These are concepts that will work for them outside of soccer, in life, in relationships, at work, with their family, on vacations, with other folks they meet. They will be able to carry them on for the rest of their lives,” Thompson said. “My personal hope is that’s what they come away with.”
Do you really know your cruise spots? Match a cruise spots description with

Photographer/Writer
Matt Arellano

Moku Ola
Moku Ola, to be saved. Coconut Island, or Moku Ola, is a very special place in Hilo, a sacred place in fact. i ka wa kahiko, back in ancient times, Moku Ola was home to a kahuna, or a priest, who’s role was to give people a second chance. Instead of being killed for a wrong doing, one could be given a second chance. In order to be given a second chance, one had to swim across to Moku Ola, to the sacred rock, and be blessed by the kahuna. In the small bay that has formed, right in front of the old military tower the is now a local jump spot, the small rock still lies, giving all who swim by it a second chance.

Pale kai
Pale kai, to protect the sea. The Hilo Bay break wall serves as a protector of beautiful downtown Hilo, and all the ships coming in and out of the bay. Before the break wall was built, Hilo Bay was well known for its surf. Powerful swells used to break right on our bay front at one time. But in order for the various ships to safely come in and out of Hilo Bay, Pale Kai was built. Hilo Bay is a much more calm place then it once was. Inside the break wall, a small bay has formed. At one time, this area was a small military barracks. Not a bad place to be housed. Now, this bay serves as a great place for paddling, kayaking, and fishing. This small bay was also the launching spot for the Hikianalia and Hokule’a’s worldwide voyage.

Wai’uli
Wa’uli, blue water, a perfect description, and a perfect name of the waters In and around Richardson’s Beach Park. One of the few black sand beaches on this side of the Big Island, Richardson’s is a popular spot for both locals and visitors alike. Its great surf, great snorkeling, and great views draw people in from all over. Wa’uli used to be known for much more than simply a nice beach. Wa’uli was once home to the Keli’ipio family, who lived in the house that is now a police station house next to the showers and bathroom. Their kuleana, or responsibility, was to take care of the house, and the fish ponds that were once full and thriving, and not simply swimming ponds. Richardson’s Island is still serving its community, just now in a different way.
the corresponding photos! Check your answers at the bottom of the page.