As we say goodbye to September we say hello to a month that may seem a little less overwhelming as you have hopefully settled into your school schedule and established a good work/life balance. Thus far in the semester we are getting close to midterms and hopefully getting started on those projects our teachers gave us at the beginning of the year, although it’s not due until the end of semester. Procrastination can start to get a hold of you at this point in the game but try not to let it get the better of you. I find that prioritizing where my attention needs to go is a huge help in getting through the semester.

At this point you may also be familiarizing yourself with the campus and surrounding area. It’s good to know your way around the campus and where the various available resources are located. Remember to utilize the new services on campus as well, such as the new food vendors which are featured in this issue and the bike share program from the university concierge. Ke Kalahea will now feature in each issue our on campus crime review. This will offer students a look into some of the reported crimes that go on around campus and hopefully encourage awareness and safety.

Traditionally Ke Kalahea was distributed mainly in print around the campus at various stands. Now you can check out posts and updates from Ke Kalahea on Facebook, Instagram, and Twitter, as well as our website kekalahea.com. These online outlets are good for students as many of us are on the go and have access to social media in the palm of our hands.

Britni Schock
Editor-in-Chief
FROM AUNTIES AND UNCLEs BRINGING THE MAC SALAD TO A NEPHEW'S FIRST BASEBALL GAME AND STUDENTS RALLYING BEHIND THEIR VOLLEYBALL TEAM, SPORTS OPERATE UNDER ONE CENTRAL THEME: TO BRING PEOPLE TOGETHER. THERE IS A CERTAIN SPIRIT THAT FLOWS WITHIN THE SPORTS COMMUNITY THAT WELCOMES EVERYONE. SPORTS GENERATE A SENSE OF SHARED ENTHUSIASM AND UNITY. NOT ONLY DO THEY BRING TOGETHER ATHLETES, BUT THE VERY UNION OF THESE COMPETITORS CREATES AN INVITATIONAL TO AN AUDIENCE OF BOTH FAMILY AND FRIENDS. THE MERE SUPPORT PRODUCED FROM THESE FANS ENCOURAGES THE SCHOOL AS A WHOLE TO RALLY TOGETHER IN PRIDE, WIN OR LOSE.

WITH EACH NEW SEASON, THE STUDENT BODY MARCHES TO THE STADIUM TO CHEER ON PLAYERS WITH UNMATCHED ENERGY. THIS BEING SAID, OUR ATHLETIC DEPARTMENT FACILITATES THE OPPORTUNITIES TO PARTICIPATE IN A WIDE VARIETY OF UPCOMING EVENTS. A NEW SEMESTER IS UPON US HERE AT UNIVERSITY OF HAWAII AT Hilo (UH Hilo) AND WITH IT COMES FALL SPORTS.

SOCCER, CROSS-COUNTRY, GOLF AND VOLLEYBALL KICKED OFF THE NEW SEASON WITH HOME OPENERS IN EARLY SEPTEMBER.

THE UH Hilo men's soccer team was able to hold their own in an encouraging performance against No. 18 ranked Northwest Nazarene University even though the game ended with a loss of 1-0. They host Fresno Pacific University Sept. 28 at 3 p.m. and Academy of Art University Oct. 3 at 3 p.m.

The UH Hilo women's soccer team hosted Simon Fraser in their season opener, and both teams were unable to connect with a shot, which resulted in the game ending in a tie. Their season continues at home versus Fresno Pacific University Sept. 28 at 12:30 p.m. and Academy of Art University Oct. 3 at 12:30 p.m.

Cross-country started on the right foot in the Manoa Big Wave Invitational on Oahu's North Shore by finishing seventh overall. Anna Mikkelsen set the pace for Vulcans coming in 27th in a field of 67. They returned to Oahu for the Hawaii Pacific University Invitational and this time, the team placed fourth overall with Anna Mikkelsen heading the charge to finish 22nd. Their final stop before Pac-West conference championship is Chaminade University Oct. 10.

The UH Hilo men's golf team started their season at St. Martin's University Invitational in Olympia, Washington Sept. 17. Their next tournament will be at Cal State University Monterey Bay Oct. 18 followed by a tournament at home, Waikoloa Kings’ Village Oct. 29.

Volleyball began their season with the Hilo Naniloa Hawaii Challenge and suffered a tough loss against Cal State University of Los Angeles. However, they rebounded quickly with two wins in the tournament over Felician College. Their next challenge will be played at home versus Hawaii Pacific University Oct. 1 at 7 p.m.

Just last week during the volleyball tournament, the students congregated around the library in a march to showcase support for their Lady Vulcans. One of the coolest things a UH Hilo student can see is their peers coming together to express their excitement for a fresh sports season. The student body assembles with the student athletes to create a vibrant atmosphere. The crowds are always amplified and with the promise of free food and some choice Vulcan gear, sports at UH Hilo are always electrifying. There is no end to the support the athletic community displays and with the impressive performances that the teams keep accomplishing, there can be no doubt that this season of sports will end up being one for the history books. Make sure to show your support for the UH Hilo Vulcan athletics by attending the next events and cheering on your favorite team.
WHERE INTELLIGENCE GOES TO WORK®

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GET PUBLISHED

Join or contribute to: KE KALAHEA

The University of Hawai‘i at Hilo’s very own student run news publication.

- Graphic Designers
- Layout Designers
- Photographers
- Writers
- Editors

Campus Crime Review

The crime log details crimes that have been committed on the University of Hawai‘i at Hilo campus that have been reported to campus security.

Tuesday, August 25th, 2015

Two Toyotas In One Day

In the Hale Kauanoe parking lot a 1989 Toyota 4-Runner was stolen.

At the Institute For Astronomy (IFA) a 1986 Toyota pick-up was stolen from the parking lot.

Saturday, August 22nd, 2015

Stolen Bike

A bicycle was stolen from the Hale Ikena office bike rack facing the business office.

Unauthorized Entry

An unknown persons entered a vehicle parked in the Kehau diner parking lot. damaged the steering column and removed items from the glove box.

Campus security can be contacted at: (808) 974-7911, and is located in Room 104 of the Auxiliary Services Building.

Graphic Designer Tiffany Erickson
You can still get your smoothie at the Student Life Center lounge but now you can get it with some traditional Vietnamese or Chinese grinds. Fresh salad rolls, Pho soup, steam table specials, kung pao chicken, Bahn Min (Vietnamese sandwich), bubble tea, coffee and plenty more options are available. Hilo Rice Noodle Soup is a local favorite and now you can find out why.
This new semester marks a big change for the University of Hawaii at Hilo (UH Hilo) campus in regards to food choices. Until now there was solely one food provider on the UH Hilo campus and that was Sodexo. Many people have been eagerly awaiting the day when we would have additional on-campus dining options. Check out the four new food vendors that are located around the campus to add a little diversity to your traditional school lunch.

**Island Naturals**

One of the island’s most well known healthy grocery stores has brought its popular grab and go deli foods and beverages to the UH Hilo campus. Island Naturals offers a variety of raw and vegan options, as well as uses local ingredients from seafood to produce. Sandwiches, salads, baked goods, sushi, and Kona coffee are some of what you will find at this vendor, which is located on the library lanai.

**Sky Garden Express**

From their restaurant at the Imiloa Astronomy Center, Sky Garden Restaurant has come even closer to campus with a smaller, more on the go menu. From manapua to dim sum and potstickers, poke bowls and a variety of bentos, Sky Garden incorporates local favorites with some traditional Asian cuisine. Located behind the Lava Lounge in campus center, Sky Garden has snacks and meals for any appetite.

**Wiki Fresh**

Fresh is in the name for a reason. Wiki Fresh makes ready to order, healthy wraps and bowls just the way you like it. Inspired by the islands with tropical flavors, quality ingredients, and a Mexican flare. Customize your meal by selecting your favorite protein, toppings, and sauces. Check them out under the covered plaza in campus center.
nnecessary is the voice of Lance Thompson, Director of Soccer and women’s soccer head coach, however that was not the voice that dominated the field on Sept. 10. Goalkeeper Jenna Hufford’s resounding voice intensely directed her team as the Lady Vulcans battled Simon Fraser University (SFU) Clan.

Shouts guiding certain teammates to locations to cover and players to mark could be heard more constantly during the first 15 minutes of the game as SFU dominated offensively. “It took us a while to get our momentum going, but finally we realized how bad we wanted it,” Hufford said.

Hufford, a junior from Shingle Springs, California, had an extraordinary performance in the opening game of the 2015 season. With SFU committing 18 shots on goal, Hufford was able to make six saves in each half with four saves in the first overtime period and an additional two saves in the second overtime. Simon Frasier did not score.

University of Hawai’i at Hilo (UH Hilo) had more than just one player perform well during the match. Danika Steele, a freshman from Vista, California, had two recorded shots during the game, one of which was awarded as a free kick in the 25th minute of the first half. Several yards beyond the penalty area, Steele sent the ball soaring beyond the three-defender-wide wall with impeccable accuracy. “I am a really competitive person so I always want to score when I’m on the field. After my free kick hit the post I was really frustrated because it was so close to it being a goal,” Steele said. “But I just told myself to keep my head up and that I’ll get the next one.”

In the 12th minute of a scoreless second half, forward/midfielder Jennifer Mendez had a chance to out the ball in the back of the net but was pushed to the ground with no call from the referee. Mendez, a junior, hails from Castaic, California.

Another junior, Natalia Vasco from La Habra, California, exhibited an impressive display of effort in the 28th minute of the second half. After much challenging off a short corner kick by the Clan, Vasco won the ball and proceeded to take it more than half the length of the entire field on her own, juking several SFU defenders as she charged past. It took three SFU defenders to finally trip her up in order to stop her.

Ending in a 0-0 tie after two overtime regulation periods totaling 110 minutes of play, UH Hilo walked away with their heads held high because of the constant effort they gave. “We had a really good talk at halftime. We got really pumped up and we were ready. We needed to come out strong and hold them off and that’s what we did,” Hufford said.

The Vulcans have talent across the entire field, but as Steele puts it, “We have a lot of really fast forwards that I believe we can use to our advantage throughout the season.” This young team definitely looks to progress from here. “Basically our whole starting line was new players and many of them had never played in college level game before. We lost ten seniors last year. We hadn’t played a game together until today,” Hufford said. “We are a completely new team and I think we are going to be good this year.”

The future holds much optimism in the eyes of Steele. “We have a lot to work on seeing as we are such a young team, but I am excited to see how we are once we can figure out how to play together,” Steele said. “Don’t leave the fight,” one Hilo player called out with encouragement during the game. As the words floated on the field, the same phrase may linger in the minds of the women’s team as they encounter the remainder of the season.
NANILOA TOURNAMENT
VULCAN VOLLEYBALL BOND GROWS STRONGER

SEPTEMBER 10TH
VS. CAL STATE LOS ANGELES GOLDEN EAGLES

The Lady Vulcans have showed great potential as they made some slight reconstruction to their program, fundamentally speaking. This was apparent during the three day Hilo Naniloa Hawai'i Challenge tournament.

University of Hawaii at Hilo(UH Hilo), who played Cal State Los Angeles the first night, started off strong in the opening set with a 4-0 run. “Coach Carl has been teaching us a lot of the things, like small statistical things that count. Our execution is getting better, you can see it working,” freshman Harley Woolsey said. Unfortunately the tempo quickly changed in favor of the Golden Eagles as Hilo’s weak blocking lead to several balls sliding over the net.

Outside hitters Morgan Lees and Marley Strand-Nicolaisen both unanimously agreed on the area in need of improvement. They replied in perfect unison—“blocking.” Lees had 12 kills and 12 digs while middle blocker Shelby Harguess had a .500 attack percentage. Sienna Davis also had 25 assists, five kills and four digs. “I focus on killing it. I just try to put the ball down every time. That is my mentality,” Lees said.

The sets seemed to be a battle between the two teams as if struggling to see who could climb to the top of the points ladder first. Cal State L.A. ended up winning the match in three sets.

SEPTEMBER 11TH
VS. FELICIAN GOLDEN FALCONS (ROUND 1)

The second night of the tournament proved to be a little more exciting as UH Hilo hammered Felician Golden Falcons. Each set progressed with Hilo running up the score. Coaches subbed out several main players giving the bench a chance to gain experience as well as try different player-combinations.

The atmosphere was very positive as simple words stated what was on Strand-Nicolaisen’s mind. “We have a good team, we have good chemistry: we are going to be good,” Strand-Nicolaisen said.

A Hilo local from Kamehameha Schools Hawaii, Harley Woolsey, had an extraordinary night though only playing in one of three sets. Woolsey had eight assists and two digs along with several serves admired by her team. Watching Woolsey set her hitters up with beautiful jump sets, it seemed impossible to guess she was actually out of her element. “My normal position is libero. Coming here [to UH Hilo] I am the secondary setter and it is totally different for me. I have only been at it for a week,” Woolsey said. Though the newness of this different position has taken her by surprise, she does not let the stress affect her performance with her team. “It’s really hard and I feel a lot of pressure because I am not used to it but I am communicating with my hitters and working on becoming better,” Woolsey said.

Junior outside hitter Kyndra Trevino-Scott, from Sacramento, Calif., also put on a good show, killing ten of 14 kill attempts with no errors. She had a .714 attack percentage for the night. UH had 42 kills on 89 attempts with just eight errors for a team attack average of .382, their highest average of the season thus far. The team also acquired ten service aces as they went on to beat Felician in three sets.

SEPTEMBER 12TH
VS. FELICIAN GOLDEN FALCONS (ROUND 2)

The final night of the tournament, UH Hilo squared up against Felician yet again. This time already knowing what was in store, this game focused much more on the second-string players.

Six-foot freshman Evelyn Solyomvari and 5’10” sophomore Mariya Heidenrich each had two kills and Heidenrich added one service ace, one assist and eight digs during the three sets she played in. Mina Grant from Culver City, Calif. lead the team in digs with 14 while Lauren Spreen, a sophomore from St. Louis, received nine in the same category. Trixie Croad from Auckland, New Zealand converted on five of 13 kills and had two digs.

Although this was the first time the 2015 team has played together, sophomore Emma Khachikian from Henderson, Nev. expressed her pride in her team. “I am really happy to see everyone coming together and our energy was really really positive,” Khachikian said. “We just try and get a little better everyday.”

Khachikian, who is not in the regular starting lineup, subbed in and tallied three services aces and three digs. “It’s just an adrenaline rush, there is no greater feeling than getting an ace or finishing a play. My goal is to try and get everyone pumped up after a play so it lingers even if I get subbed out,” Khachikian said.

The Vulcans took the Golden Falcons in three sets. They will play Hawaii Pacific University at home Sept. 1 at 7 p.m.

“IT’S JUST AN ADRENALINE RUSH, THERE IS NO GREATER FEELING THAN GETTING AN ACE OR FINISHING A PLAY.”

—EMMA KHACHIKIAN, DEFENSIVE SPECIALIST
## Volleyball

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## Women's Soccer

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So flip flops are mainly for the beach...right?

Nah brah-

You can wear slippers anytime!

Auwe-

What?

Slippers??

Auwe

We gotta lotsa work to do Sista...

Nah Brah by Tiffany Erickson

Slippers anytime!

You can wear them.

Nah brah -

Nah Brah...right?

So flip flops are mainly for the beach...right?