"I hope people realize how precious life is..."

-Hannah Hawkins, Ke Kalahea’s Sports Editor

THE HERALD
26 OCTOBER 2015
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We have passed the halfway mark for the semester and midterm stress is hopefully out of your system. While we can all relate to the pressures of school, each of our struggles outside of the classroom vary greatly.

How easily we can forget that people are dealing with much more than school and homework assignments. I was reminded of this many times over the last few weeks. Someone can pass you by with a huge smile on their face and inside they are fighting an emotional battle. Many of us are juggling five or more classes along with multiple jobs on and off campus and still trying to find time to relax and take care of ourselves. And of course we also have this beautiful island that is constantly calling us to explore and play.

Where do we find the time? From my experience you will never find it, you must make the time. If something is important to you then you create the time to do it. You go the extra mile to make it happen. Organizing and planning your time, especially when you have a lot going on, will potentially save you from a stress meltdown.

In this issue you get a glimpse into some situations that students are faced with and how they have worked through these obstacles. Student athletes face challenges with having to travel for games causing them to miss class and how that affects them. The heart wrenching story about the recent college shooting in Oregon and how this incident really hit home for Hannah Hawkins, Ke Kalahea’s Sports Editor. Hawkins describes the details of that day and brings awareness to this increasingly frightening reality.

On a lighter note the stories of Edventure programs offered through the Student Life Center can guide you on getting to explore the island for practically no cost. The weekly trips are a great option for students either without a vehicle or anyone looking for a semi guided getaway.

Britni Schock
Editor in Chief
For disability accommodation please contact the Ke Kalahea office at (808)932-7132, 932-7002 (TTY).
After finishing the latest exams, essays, and research papers, it's time to de-stress and get a breath of fresh air in the great outdoors.

Outdoor EdVentures is a fun, inexpensive program that provides a variety of outdoor activities for students at the University of Hawaii at Hilo (UH Hilo).

Some of these activities include hiking through Volcano National Park and Waipio Valley, visiting Green Sands Beach, snorkeling at Place of Refuge, sailing, kayaking, and much more.

Outdoor EdVentures offers many different opportunities to explore the Big Island while getting involved with the UH Hilo community for little to no cost.

Most all Outdoor EdVenture activities require a deposit of $5 in cash, but students are reimbursed when they show up on the day of the trip. Some activities, such as the submarine trip, may cost more to cover admissions fees, but many students agree that it is well worth the price.

"I think it's a great way for students to be able to go and see and experience new things without having to spend a ton of money or potentially hitchhike to their destination, so we can have them go see something in a safer fashion," Mackenzie Slayton, Assistant Director of Outdoor EdVentures and Aquatics, said. "My favorite part is when students get to go somewhere and experience something really, really cool that they never thought they could do before."

Besides being a source of fun and enjoyment, Outdoor EdVentures is also an educational opportunity.

According to Dr. Robert Hamilton, Associate Director of the Campus Recreation Department, "There's an educational base to everything we do here. Programs like this are designed to help people discover things they like."

Activities such as scuba diving and snorkeling may cater to students who are studying oceanography.

Outdoor EdVentures has also hosted extensive trips to Mauna Kea in the past, which is great for students who are interested in astronomy, physics, and geology.

The program is also a social opportunity since the activities give students the chance to meet and network with other students who express similar interests.

Outdoor EdVentures also provides work experience for students. Since Outdoor EdVentures is one of the few completely student-run programs at UH Hilo, students have the opportunity to practice leadership skills and become student educators.

"It's a great opportunity for students to get to lead and partake and do all sorts of cool things that they might not get the chance to do without Outdoor EdVentures," Slayton said. "And you don't need to have a particular skill set to go on the trips, so if you don't know how to paddleboard or kayak, it's just fine. We'll teach you."

UH Hilo students may sign up for these trips at the Outdoor EdVentures and Intramural Sports Office located in Student Life Center Room 122. The office is open Monday-Friday from 8:00am-4:00pm.

If interested in upcoming trips, the destinations for all Outdoor EdVenture activities scheduled to take place throughout the semester are posted right outside of the Student Life Center and Outdoor EdVentures Office.

Registration for these trips begins the Monday before the activity is scheduled to take place. A limited amount of students are taken on these trips, and positions fill up fast, so it is recommended to sign up for your preferred activity as soon as possible.

"I think Outdoor EdVentures is a great program," UH Hilo student Ryan Neal said. "It provides a lot of good memories that I spend with my friends, and we get to go places I've never gone before on the Big Island. I'd love to do more of it."

Students can view pictures of past excursions and find out more information about the program on UH Hilo's website at hilo.hawaii.edu/rec/ or through Outdoor EdVentures Facebook page at facebook.com/outdooredVenture.
Just a few months into fall semester and the stress of midterms is in the air. Late nights burying into textbooks, extra meeting times with instructors and test after test can make students feel like this semester may never end. They become so preoccupied with schooling that they sometimes forget to take a breather.

At times like this, it is important to remember that school does not have to take over your life. There are opportunities to have fun and learn about the uniqueness of fellow students.

UH Hilo has events on campus allowing students to forget about studying for a few hours and relax.

Organizations from intramural athletics to Board of Media Broadcasting (BOMB) who govern the student run University Radio Hilo (URH) and Vulcan Video Productions (VVP) all offer a chance for students to utilize these resources; an avenue to release stress and take a short break from school.

One of these campus organizations is the Student Activities Council (SAC). Run directly by students, SAC offers different ways of giving back to the community. From handing out free food to movie marathons that last through the night, SAC strives to understand what college students love.

“We try to reach students in a way that makes them feel like a part of the Vulcan family,” Brannon McQuillan, Vice Chair of SAC, said. “Our mission is to provide programs, activities, events and services to the student body. It’s a chance for the students to give their minds a rest and not have to worry about work or school,” McQuillan said.

“As a group we try to plan as many events as possible in order to reach the whole student body. Whether it’s a band performing, movie night, game night, celebrating holidays, free food and prizes, we just want the students to be involved and have a great time,” McQuillan said.

Oct. 12 marked the Student Activities Council’s Beat the Heat event. Thanks to Kristy Acia, students were able to take their choice of free Melona Bars in Campus Center to cool down on a hot fall day. It was a sweet way of taking away the stress of Monday and a good introduction to the rest of the week.

SAC attempts to make sure their events try to include everyone on campus. Since Oct. 11 was National Coming Out Day, the Student Activities Council, under the guidance of Destiny Rodriguez, decided to recognize this day and the importance of it for the LGBTQ community and allies.

Rodriguez is the Vice President of Pride Hilo, a Registered Independent Student Organization (RISO) as well as an event planner for SAC.

Although SAC was not able to plan an event on the actual day they celebrated on Oct. 15 with candy, stickers and food.

Sadie Dossett, the Vice Chair of the Board of Student Publications (BOSP), said, “I feel like it [National Coming Out Day] is really important because it works on a lot of levels. For people who are already out, it is an opportunity to clarify who they are and what they identify as. It puts the power in their hands…”

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On the flip side, for people who aren’t out yet, it is good for them to see queer people being out because it lets them know that they are not alone,” Dossett said.

National Coming Out Day is a huge deal for those who can finally accept themselves for who they are. Students throughout the school can see the UH Hilo campus is becoming more and more accepting and because of that are more willing to be themselves.

Other occasions around campus offer UH Hilo students relaxation. Starting Oct. 28 and continuing every other week from then on, the Relaxation station will be in full effect.

Sponsored by the UH Hilo Counseling Services and Student Health and Wellness Programs, the Relaxation station offers ways to de-stress and loosen up a bit by having Play-doh, sand play, stress balls and more at students’ disposal.

Stop by Campus Center room 301 and be welcomed with a positive, warm atmosphere.

Also, attending a sporting event can be a great stress-reliever and exhilarating experience. Check for upcoming games, meets and tournaments in the sports section of this issue to support Vulcans athletics.

There are many ways to deal with stress and this list is only a few examples. Staying connected with a community or organization can help divert troubles of stress and keep one’s sanity intact this semester.
Excitement could be seen in the University of Hawaii at Hilo’s (UH Hilo) women’s volleyball team as energy surged through the gym during the fourth conference game of the season versus Hawaii Pacific University. Falling to the Sharks in four games, UH Hilo came out swinging.

In game one, UH Hilo played a fundamentally sound game seen primarily through attack comparison. UH Hilo averaged a .259 attack percentage, scoring on nine kills with only two errors. HPU averaged a -.027 attack percentage, with nine kills also but a shocking 10 errors, an uncharacteristic statistic of the O'ahu team.

The lady Vuls blasted the Sharks winning the first game 15-25.

Game two was not as promising as the first. Hawaii Pacific put the first three points on the scoreboard before the Vulcans were able to answer. Shortly after, HPU went on a 6-0 run leaving UH Hilo struggling to hang in the game, 11-5.

The Sharks took the win 25-21 despite UH Hilo's strong rally late in the game.

As if the Sharks took a bite out of the Vulcans' heart, UH Hilo lost the third game 25-14.

The lady Vuls made a valiant effort to continue the battle in game four though they fell to HPU again bringing an end to the hard fought match.

UH Hilo began the final game strong, racking up seven points while Hawaii Pacific could only answer with two. But the Sharks slowly swam back into the game to tie the score at 10. From there the two teams would rally back and forth, however HPU would pull away point by point. The lady Vuls would go out swinging as they closed the gap to four before losing to Hawaii Pacific, 25-21.

Hannah Marang, junior from Gilbert, Ariz., had a solid performance playing in all four games. Marang held the team high attack percentage, .286, with six kills on fourteen attempts.

Morgan Lees lead the team with 14 kills and a career high five blocks. Shelby Harguess tallied five blocks as well.

Sienna Davis notes improvement in all areas from past performance. Last year she averaged .59 kills per set and 8.18 assists per set. Currently, this season Davis is averaging .79 kills per set and 8.58 assists per set.

Although UH Hilo has struggled to keep their athletic fire ablaze, they look to rekindle the flame in upcoming games.

The Vulcans will play Chaminade University at home Oct. 28 at 7 p.m. before heading to California on a four game road trip.

**Photo captions: Top Photo - Hannah Marang (6) had six kills.
Bottom Photo - Sienna Davis (7) focuses on her set in the game against HPU. Davis shows statistical improvement from last season.**

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**Campus Crime Review**

Compiled by Editor in Chief Britni Schock

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.

**Thursday, October 8, 2015**

At approximately 9:30pm in the Zone 2 parking lot of the University of Hawaii at Hilo, a complainant came upon a unknown male inside his vehicle. The unknown male was wearing a ski mask and when confronted by the owner struggled to flee the scene. There was a vehicle waiting for the masked male and he got in and drove off after the confrontation.

*More details on this incident coming soon.*

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

Marine Science Building

In 2001, UH Hilo opened the doors to its Marine Science building. When it first opened its door, the Marine Science building was the first new building on campus that has gone up in the 20 years prior costing the university $3 million. Now the Marine Science building provides classrooms, labs, and offices for Marine Science student and faculty use.

New Student Services Building

Back in 2013, UH Hilo opened the doors to its New Student Services Building. A new building was constructed in order to provide one place where all the necessary tasks and class registrations could take place in order to become a true UH Hilo student. Inside this 35,000 square-foot, three story building is home to the Admissions Office, Office of the Register, Financial Aid Services, the Cashiers Office, The Advising Center, Carrier Development Services, Disability Services, Counseling Services, The Woman’s Center, the Vice Chancellor for Student Affairs, and the Dean of Students all can be found inside this $15.9 million building.

Answers:
1. Marine Science Building
2. University Classroom Building
3. Science and Technology Building
4. New Student Services Building
5. Edith Kanaka’ole Hall

Test your knowledge about UH Hilo’s Campus! Match a buildings description and map icon with the corresponding photos! Check your answers at the bottom of the page.

Photo Story by Matt Arellano
In 2001, UH Hilo completed the construction of the Science and Technology Building. This $25 million building is over 42,000 square feet and is able to house multiple classrooms, office spaces, and science laboratories mainly used by the UH Hilo Physics and Chemistry programs.

Shortly after the Marine Science building was built in 2001, the University Technology Building opened its doors in 2003. Located at the main entrance of our current campus, this $19 million building is UH Hilo's signature building. Standing 3 stories high, this building is hard to miss on campus.

This building is home to classrooms on the first floor and faculty offices on the second floor. Edith Kanakaʻole Hall was named after a past UH instructor from the Hawaiian Language and Hawaiian Studies departments. This building is mainly home to classes of English, Spanish, Geography, and History.
College is often a time in a person’s life when they move away from home and on occasion have “the best time of their life.” During this monumental time, most remember college for the milestone of graduating, not the worst-case scenario: a shooting massacre on campus.

Hawaii is a special place being so geographically consolidated, many young adults remain in close proximity to friends and family even after “moving away” for college.

I, on the other hand am not local; I am from Oregon. More specifically, Roseburg, Oregon. Yes, the Oregon school shooting that made national news almost four weeks ago happened in my very own hometown. Umpqua Community College, at which the horrific event happened, is the junior college that I just transferred from.

This is the re-telling of the UCC tragedy from my family’s personal accounts. My intentions of writing this is to remind each of us to remember to live each day to its fullest for we do not know when it may be our last.

**“HE JUST SAID ‘MOM, WE ARE IN LOCKDOWN. THERE IS A SHOOTER ON CAMPUS.’ IT WAS AT THAT POINT I REALIZED THE SEVERITY,”**

-JILL HAWKINS-SCHROEDER

On Oct. 1, 2015 at 10:38 a.m. Pacific Standard Time (7:38 a.m. Hawaii Standard Time) Douglas County Emergency Communication received the first 911 call that an active shooter was at UCC. Moments later the gunman opened fire in a classroom in Snyder Hall on campus.

At 11:03 a.m. PST (8:03 a.m. HST) I received a call from my mom telling me she had just got off the phone with my brother Hank. He said there was a shooter on campus at UCC and that everyone was in lockdown. Hank told my mom that he was safe but that he had to go.

Upon hearing this account, I immediately went on Facebook to see if anything had been posted. Just then my cousin Dylan Remy personally messaged me. All he said was “Shooting at UCC. Several already dead. Pray for my mom. She is there.”

The words lingered on the screen as I sat in utter shock. ”Pray” really was the only thing I could do at that point.

I am a Christian. I am not here to argue about religion, I have no such desire. I am simply stating that my family and I believe in God, whom we so heavily rely upon in times like these.

I proceeded to pray for my family members who were on campus during the time the volley of bullets began.

My brother Hank Hawkins and his girlfriend Shahaylie Huntley, both sophomores at Umpqua, were regularly attending their science class the morning of the shooting.

The couple was finishing their science lab when the computer stopped working. If it had not have malfunctioned, the two could have been walking out of the classroom [within 30 feet of the shooter-occupied classroom] at the time the shooting was happening.

The two didn’t realize what was going on literally right around the corner from them until a classmate entered the room saying there was the possibility of a lethal gunman on campus.

“You never now if something like this is true or not but you have to treat it as if it is,” Shahaylie said.

After slight hesitation, the students and instructors moved into a storage room seeking extra protection in case the claims were true. Hank and Shahaylie prayed together and upon finishing, they both agreed, “if anything did happen, we knew where we were going.”

As they remained tucked away in the storage room, the two expressed concern but did their best to consul each other.

“I was trying to make sure that she was staying calm and focused. I told her ‘If it’s our time to go, we know God has us,’” Hank said.

Meanwhile, nearly 1,000 miles south of Roseburg on a trip to visit family in San Diego, something prompted Jill Hawkins-Schroeder to dial up her son.

“I believe it was just a mother’s intuition that kicked in. Something inside of me told me to give Hank a call since we were out of town. That was at 10:41 a.m. [PST].

“When he answered, he said he couldn’t talk because there was an emergency,” Jill said.

Several minutes passed before Hank was able to call back.

“He just said ‘Mom, we are in lockdown. There is a shooter on campus.’ It was at that point I realized the severity.

“As a mom, I wanted to stay on the phone with him but I knew Hank. I knew I needed to get off the phone with him so he could be quiet and alert and reacted how he needed,” Jill said.

Hank is a National Guard soldier in a military police unit and currently enrolled in the Police Reserves Academy at UCC. His career aspirations are to become a police officer and work in the K-9 unit.

“He did tell me before ending the call, ‘Mom, I want you to know I love you, just in case...’” Jill said.

Over the next estimated 8 minutes, the shooter proceeded to shoot and kill nine people in Snyder Hall.

Accounts from survivors and eyewitnesses said the shooter targeted students based on religion.

After shooting the instructor in the head, the gunman made everyone lay on the floor in the center of the room. The shooter would tell one student to stand up and ask what religion they believed in.

If they professed to be a Christian, they would be fatally shot; if they professed a different religion, they were still shot but merely wounded.

Nine people died while seven others were injured.
Many accounts can be read online from multiple news sources stating other events that were happening simultaneously in other classrooms and across campus during this time. If I were to include everything reported it would likely fill this entire news magazine.

Six minutes after the first 911 call was made, law enforcement arrived on scene. Two detectives from the Roseburg Police Department heard the dispatch call and responded immediately.

The two men were not wearing bulletproof vests yet still decided to engage the shooter, firing three rounds one of which wounded the shooter.

The shooter then retreated where he shot and killed himself.

After law enforcement was able to clear each room, the campus proceeded through a shakedown and loaded onto buses that escorted them to the local fairgrounds for safety.

Hank and Shahaylie recall walking past the classroom where the shower of gunfire took place, stripping 10 people of their lives.

“We still didn’t grasp severity of what just went on. Everything seemed to happen so quickly. As I walked past the room I saw shell casings on sidewalk but it was all so surreal,” my brother said.

As he turned around he saw our aunt standing with her back to him.

My aunt, Shelly (Hawkins) Prater, had been just tens of feet from the bullets that were flying.

“I was on my way to a meeting. As I was walking into the library building [where the meeting was to take place] I had this feeling that something was strange… something was weird.

“I literally sat down just three minutes before the first call to 911 was made,” Shelly said.

“We heard the yelling outside our window and then the first gunshot followed by this shrieking scream,” my aunt said.

The group scrambled and miraculously crammed an estimate of 20 people into a single occupancy bathroom. At this point my aunt was praying out loud while trying to stay calm.

“Eventually law enforcement found us. I saw that one of the officers had a really bloody handprint smeared on his arm. I was still in shock. I had not realized what had really just happened.”

Hank made contact with her while the two of them were safely away from the chaos. The aunt-nephew duo embraced and emotions rushed like Rainbow Falls after a heavy rain.

“When I turned around and saw Hank, I melted; I just collapsed in his arms. I was still in shock. I had not realized what had really just happened. “No one really realized the impact or seriousness that people had died. It was not until later when we arrived at the fairgrounds and reunited with our families that it hit us.

“I can’t imagine what the families of the nine people felt when the last bus [transporting everyone at UCC off scene for safety] arrived and their loved ones were not on it,” Hank said.

Roseburg is similar to Hawaii as it has a very cohesive culture and strong family orientation. Although my immediate family was safe during this horrific event, the community is so small that everyone is “family.”

The pain and heartache was felt, as I personally knew three of the students who died that day. Nothing can bring them back now that they are gone and the feeling eats away at the friends and families of the nine deceased.

However, the community has come together and is rebuilding, although it will be a long, slow and painful journey.

This is a journey that should remind everyone that the days we have on this earth are numbered. No one will live forever.

The point in telling this personal story is not to accrue pity or sympathy. Instead I hope people realize how precious life is, how important it is to cherish those around us and to embrace our loved ones a little longer because the future is unknown.

I firmly believe if the shooter would have walked into my brother’s classroom and asked the dreaded question “Are you a Christian?” both he and his girlfriend would have been shot and likely died. It could have happened to anyone.

I doubt anyone on UCC campus had foreseen that a gunman would shoot up a classroom and take the lives of nine innocent people on Oct. 1. It is hardly possible to prepare for a sickening event such as this.

“Nobody ever thinks this will happen in their town or school. They always dismiss it thinking, ‘oh that would never happen to me,’ …but what if it did?”

Hank said.

Being 2,500 miles from home when this happened was tough for me. I had trouble coping because I felt so distant and disconnected. However, this situation revealed to me the importance of having a stable support system no matter where you are.

Those who live in Hawaii are blessed with the Hawaiian ‘ohana that resounds here. It is a bond that draws many together for a multitude of reasons.

Roseburg will forever be known in history for this devastating event and the families will never forget the loved ones unfairly taken from them.

Things like this should prompt us to never take life for granted.

If nothing else during this lifetime, let one thing often be known—how much you truly care about the people around you, for you never know which day may be their last.

Hawaii Emergency Management Plan pertaining to potential hazards and emergency events at University of Hawaii at Hilo are available to all and can be found at http://www.hawaii.edu/policy/emergency/emergmgtplan.pdf. This security plan includes what to do in the case of an active shooter crisis.

According to the 2014 University of Hawaii Emergency Management Plan: Good practices for coping with an active shooter situation:

- Be aware of your environment and any possible dangers
- Take note of the two nearest exits in any facility you visit
- If you are in an office, stay there and secure the door
- If you are in a hallway, get into a room and secure the door
- As a last resort, attempt to take the active shooter down. When the shooter is at close range and you cannot flee, your chance of survival is much greater if you try to incapacitate him/her

Questions pertaining to campus safety and security should be directed to Darrell Mayfield, Campus Security Director at (808) 932-7644.

Counseling Services at University of Hawaii at Hilo are available to all and are non-discriminatory. Services include individual counseling, talk story, couples counseling, group and workshops and consultations.

People feeling suicidal, unstable, having difficulties in certain areas of life or just needing someone to listen should contact the UH Hilo Counseling Services by phone at (808) 932-7465, via email at uhhcouns@hawaii.edu or stopping by the Student Services Building room E-203.
Meghan Langbehn, UH Hilo freshman soccer player, recalls her road trip experience firsthand

“Jenna mentioned my name to the coach, he started recruiting me and the rest is history,” Langbehn said.

The UH Hilo women’s soccer team took a road trip to Southern California to play against Cal State Los Angeles and California Baptist University before making a long drive up to Utah where they played Dixie State University.

The trip provided some on-field excitement and new experiences for the athletes. When not playing in demanding soccer games, players spent their off time enjoying the trip to the Golden state.

“One of my favorite parts of the road trip was our Downtown Disney trip,” Langbehn said.

This was a team activity filled with team bonding and unstoppable laughter. They also enjoyed team dinners according to Langbehn.

Because 12 of the players on the women’s soccer team are from California, several were able to spend time with their families. This opportunity for family time was very important for the student-athletes living thousands of miles away from their loved ones. For many, it was the inspiration they needed for their upcoming game against Cal State Los Angeles.

After a tough battle with the Golden Eagles, the game ended in a 1-1 tie in double overtime.

“We fought extremely hard and I am proud of my girls. We had some unfortunate calls but we did not let that break us,” Langbehn said.

Part of being on the road is the wear and tear on the body. With back-to-back game days, the Lady Vulcans were tired and exhausted. The women lost to California Baptist but learned a valuable lesson about being on the road.

“We were very tired from the game before, both mentally and physically, but that’s no excuse. We should always be ready to play,” Langbehn said. "We had some positives come out of the loss. With injuries, we had girls step up and do their jobs and that is great for our team.”

One of the toughest parts of the road trips are the draining, long bus rides from city to city, and state to state. With the team playing their next game in Utah, they had to make a long journey from Southern California to St. George, Utah, more than five hours apart.

A road trip is not what many imagine when experiencing from an athlete’s perspective.

“We had practice as a recovery training on the days we had off from games,” Langbehn said.

The road trips were considered a day off from practice, although they are anything but relaxing.

Traveling from place to place becomes a part of the “job” an athlete holds. With the hours upon hours of straight driving, some may wish that they were back in Hawaii where school days are short and the drive to the beach is even shorter.

However, the experience is often worth the fatigue once the athletes arrive at the destination.

Dixie State University offered a wonderfully different venue that included all turf playing field. Langbehn notes that it was “a fun experience to go from playing on a muddy rained out baseball field to playing in a football stadium with an all turf playing surface.”

The road trip offered both mixed emotions. While Downtown Disneyland and time with family was great, missing classes, long travels, not getting enough sleep and sleeping on hotel beds and couches are not ideal. This can be frustrating to student-athletes trying to balance school and performing at the collegiate level.

Student-athletes do not have time to fall behind, especially during their respective sport’s season. While most students finish class and have free time for other activities, a student-athlete simply finishes class and gets ready for a long practice or game, followed by going home to eat, study, do homework and sleep.

The routine starts all over in the morning.

Bus rides can be extremely fun, for the first hour anyway, before you want to be alone in peace and quiet sleeping.

Then you finally get to your hotel with hopes of getting a great night's rest only to be greeted by a hard-as-concrete bed or a cardboard-like hotel couch. You lay in bed dreaming of the feeling and sleep you get from your bed at home.

Being away from school, some sports will actually hold study halls in the hotel to make sure you are not falling too behind in your school work. Cooped up in a room forced to study is last thing you want to be doing while being on the road especially when opportunities for Disneyland and sightseeing are just beyond the doors.

It is not all fun and games for student-athletes. These are just a few of the struggles student-athletes endure between one and three times per season. Although it may seem like “they have it easy,” it is much more strenuous than it is enjoyable for most.
Meghan Langbehn, UH Hilo freshman soccer player, recalls her road trip experience firsthand

Not All Glitz and Glamour

By Tiffany Erickson

Nah Brah

Faces of UH Hilo

Photo Courtesy Daniel Nathaniel III

UH Hilo Music Instructor Amy Horst stars as Mary Poppins, the "practically perfect" nanny in Palace Theater's Fall musical production with ended its three-week run on Oct. 25.
Sun on your face, salt on your lips, and the ocean breeze blowing through your hair. What better way to explore the island of Hawaii than with Seeking EdVentures? Seeking EdVentures is the University of Hawaii at Hilo’s (UH Hilo) very own vessel, brought to you by the Campus Recreation Department.

With Seeking EdVentures, students will gain an appreciation for the environment, make new friends, and discover interests they never thought they had.

Whale season is right around the corner, and with whale sightings already being reported, the Seeking EdVentures crew will soon be offering whale-watching trips to UH Hilo students.

In addition to whale watching, Seeking EdVentures will take students touring, snorkeling, skin diving, and scuba diving.

“We’ll start doing those trips for students, and they’re free,” Dr. Robert Hamilton, Associate Director of the Campus Recreation Department, said. “We don’t charge students anything and we could not afford to do that any other way if we did not have our own vessel. Companies charge a fee, $75 to $100 per person, and students can’t afford that.”

In order to make this program possible, the Seeking EdVentures crew has made partnerships with a variety of different divisions related to the university, including Outdoor EdVentures and AQUATICS. The vessel is available to all students, for both recreational and educational purposes.

The University of Hawaii at Manoa also has access to the vessel to conduct research on the Big Island.

Being apart of Seeking EdVentures is also a great opportunity for students to accumulate volunteer hours and work experience. With proper qualifications, students can be trained to be a part of the boat crew, where they learn how to safely operate the vessel, handle lines, anchor, perform emergency routines and other procedures that are essential towards meeting the United States Coast Guard requirements.

“It’s a part of their being associated with the Student Life Center and the university, and if you were to go out and get this training it would cost a lot of money, so to me, the best part is the education properties,” Hamilton said.

With enough time and experience spent onboard, students have the option of pursuing their own captain’s license.

“Our main captain, who does it more than anybody else, is a student,” Hamilton said. “He happens to have a lot of experience diving, he would dive boats in Kona all the time. So he had tremendous amounts of experience, and he has been extremely valuable in helping this to be a successful, safe program.”

Students can sign up for Seeking EdVentures activities at the Outdoor EdVentures and Intramural Sports Office in Student Life Center Room 122. The office is open Monday to Friday, 8 a.m. to 4 p.m. Most Seeking EdVenture excursions require a deposit of $5 in cash, which students are reimbursed on the day of the activity. Other trips may be priced a bit higher to cover fees and costs related to the activity.

Students who are interested in becoming apart of the Seeking EdVentures crew must be in good standing with the University of Hawaii at Hilo or Hawaii Community College, agree to mandatory drug testing and be CPR and First Aid certified.

Students who meet these requirements can find additional information about joining Seeking EdVentures from Hamilton in Student Life Center Room 122.
University of Hawaii at Hilo’s (UH Hilo) Men of Strength held its eighth annual “Walk a Mile in Her Shoes” event Oct. 7. This march is a one-mile journey through all of campus by a group of men wearing red high heel shoes.

“This event serves as a way for men to feel the pressures society has created for women, making them feel the need to present themselves in a certain way,” Andrew Polloi, a UH Hilo Men of Strength leader, said.

Walking one-mile in high heels is something that would hurt many people’s feet, especially someone who has never taken a step in high heels before. This is an act of empathy on the men’s part. So why has society created this pressures that make women feel the need to wear these high heels even when they are so uncomfortable?

This is an example of a question that this event hopes to shed light on.

The hopes of this event were to create a community that, after partaking in this walk, (or reading this article) will realize they may want to be an active agent of change.

This one-mile walk promotes the idea that today’s standards society has created for women needs to change.

The red high heels are just one example of the problematic standards present in the community.

These heels symbolize a forced feeling of appearance for women. However, this example is just a small sample of the bigger issue that also needs to be addressed in the community when talking about gender-based violence.

Some may ask, why are just men walking to promote change?

This is because, first off, it is put on by UH Hilo’s Men of Strength (a men’s group) and was also open to anyone who wanted to walk.

Secondly, men are the dominant group to the problem of gender-based violence and this event challenges the dominant group to think critically about the problems we have today with gender-based violence.

It is most effective for the dominant group to realize that they are the majority of the problem and that they can step up to make a change. If the dominant group goes Unchallenged they may never see the problem and therefore never make a change.

The UH Hilo Men of Strength are a local group that seeks to put the challenge on men to step up and stop gender-based violence.

“Gender-based violence is an umbrella term which houses sexual harassment, stalking, rape, dating violence, and domestic violence,” Polloi said.

Instead of just letting wrongful phrases you hear daily with your friends slip by, step in and say something as simple as ‘hey that has a deeper meaning and you used it improperly.’

It is not weird or hard to step in and do those little things in order to start to make a change. It will begin to stimulate people to critically think about the effects their words and actions have in the community as a whole and on individuals.

The history on prevention of gender-based violence has been seen as a women’s issue mostly. Men of Strength tries to shift that philosophy to the men instead of saying that women need to be more careful by taking self defense classes, be more aware of their surroundings, etc.

According to oneinfourusa.org, if 98 percent of reported perpetrators of gender-based violence are men, then the problem is in the men’s hands.

This is how Men of Strength views the problem of gender-based violence: instead of putting it on women and excusing themselves due to the statistics; they are stepping up and trying to find a solution to the problem.

For more info on Men of Strength you can contact Andrew Polloi (Student Services Center Room E226), Clinical Team Leader for Counseling Services. Also check out the calendar below for all of the upcoming Men of Strength events.
FREE COFFEE & BREAKFAST GOODIES AT THE KE KALAHEA OFFICE!

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