YOUR ADVENTURE GUIDE TO THE BIG ISLAND!
Mea Culpa is a Latin phrase literally meaning “through my fault,” and as the editor, sometimes I’ve got to take the heat for something …

In the Nov. 23 edition of Ke Kalahea, we published a story about an ousted UH Hilo Student Association (UHHSA) senator. There was a lot wrong with that story. I don’t know where to begin, other than to assure you that we will begin again.

The mea culpa part about this is to let you know that people were quoted in the story that were not even called or emailed. From what I can tell, the reporter took a bunch of information gleaned from forwarded emails and threw it together to meet a deadline. After speaking to the writer of the story she told me that is was information from these forwarded emails that was reworded and not stated as such, so the article gave the impression that she had spoken with the individuals but in fact she had not. She did not intend to upset anyone and regrets what was done. We are still sorting out detail on how this all went so terribly wrong.

This is how wrong it went. The story was meant to tell you about how UHHSA senator Amber Shouse was ousted in a majority vote in October. Rather than sharing details of how Shouse was unseated or why the UHHSA majority voted the way it did, the story immediately went down some kind of rabbit hole. We were told that Shouse believes she was ousted from UHHSA for, among other things, allegedly putting up fliers suggesting Campus Center Director Ellen Kusano is a “puppet master” for UHHSA. We were told that Kusano believes Shouse was behind the fliers. Unfortunately neither Shouse nor Kusano were contacted for the story!

Journalism is about seeking the truth and telling the truth, and unfortunately Ke Kalahea has tarnished its reputation by allowing this story to go to print. We are doing everything we can to rebuild our readers’ trust. We have learned more so than ever the power of the pen, and how easily it can turn into a sword and injure someone’s reputation. That truly is not our intention. We are learning how to report and the news, by actually reporting and writing the news. The thing about student journalism is that the newspaper is our learning laboratory, our opportunity to succeed and our moment to fail, and you as the reader get to see those opportunities and those humbling moments. As an editor, this is one of those moments for me, in which I look back and wish I would have gone over that story more closely and ensured that the reporter did in fact verify the information she was reporting as fact. I wish I would have urged her to go back and get the story I wanted from the start, which is ascertaining the truth of what happened to Amber Shouse and why the UHHSA majority saw fit to vote her off our student government.

The story has been assigned for a rewrite and we will do our best to tell that story in the first issue of the spring semester, and we will strive for accuracy, I assure you. Thank you so much for your readership and your indulgence as we — as I — live and learn, and eat our (my) words.

I would also like to take a moment, as we close out the Fall 2015 semester, to say a huge thanks to our advisor at Ke Kalahea, Tiffany Edwards Hunt, who has been with us through our ups and down yet continues to teach us more and more about the world of journalism. Tiffany you are truly an asset to this operation and we appreciate your hard work. To rest of the members here at Ke Kalahea: this newspaper would not be what it is without your hard work and so I want to give all of you a huge mahalo for that. I am so proud of you all for the great effort and improvement you have made over this semester, because for many of you this is your first step into the world of journalism. But of course we must thank the readers because this paper is all about you and we are here to inform you about UHH and community happenings. I hope everyone has a safe and joyful winter break and enjoys the Big Island adventure guide that Ke Kalahea has put together for you.

A Hui Hou!

Britni Schock
Editor in Chief
Following are corrections from the 11/23 edition of Ke Kalahea:

In an article about Sodexo’s Food Festival, Hilo attorney Peter Kubota was listed as a friend to the owners of Wiki Fresh when he is in fact one of the owners of that business.

In an article about an ousted UHH Student Association senator, Campus Center Director Ellen Kusano was quoted and accused of having something to do with the senator being unseated. Kusano was not contacted for the story and no quote should have been attributed to her. Ke Kalahea regrets the errors.
Planning to stay on the Big Island this winter break, but don’t know what to do? Well it is time to break out the sunscreen, bug spray and hiking boots because the Big Island has some great hiking spots for you to choose from.

Daniel Boggeln, a kinesiology graduate from the University of Hawaii at Hilo and an individual whom many students referred to, gave us the 411 on some great hiking spots and one of his favorite fishing spots around the island.

Our first stop is Punalu‘u Black Sand Beach Park, located south from Hilo in the district of Kau, which Daniel suggests as a great fishing spot. “On the far left side of the beach there is an area that has a small opening in the trees leading to the first portion which is over an old lava field after that takes you on the old kings path, once you hit the old roads…there are plenty of spots to fish at along the way,” Boggeln said.

But Punalu‘u is not only a great fishing spot, as informed on instanthawaii.com, it is also popular for the many turtles that are usually found on the beach and swimming but “you should not swim past the boat ram as constant riptides are in the bay and are very strong and dangerous” according to instanthawaii.com.

Now we go north to Waimea to White Road, where a very popular waterslide can be found.

“White road is literally on white road in Waimea, you need to pass a fence and continue on the trail but it has a water cave and slip and slide aspects in the flumes,” Boggeln said.

Oliver Mortenson, marine science senior at UH Hilo, said, “it’s a nice hike, but I would not advice going hiking when it rains.” Mortenson informs that it is a difficult hike and maybe going with someone who has gone before.

Volcano National Park holds not only lava tubes and large craters but also many opportunities for hiking and camping. The park consists of several day hikes such as Ha‘akulamanu (Sulphur Banks), Earthquake Trail and Waldon Ledge, backcountry hikes, Napau and Keahou, and bike lanes for those who prefer to bike around the park.

“Halape hike, it’s not bad but it’s an overnighter,” Boggeln, Halape is one of the backcountry hikes listed on the Volcano National Park Website. Namalanipaio and Kulanaokuaiki are the two campgrounds in the park, Kulanaokuaiki is the only free first-come basis camping area and Namalanipaio is currently closed for safety reasons.

“All overnight backcountry hiking and camping requires a permit,” as stated on the Volcano National Park website, “Permits are free and must be obtained in person from the Backcountry Office at the Visitor Emergency Operations Center (VEOC) from 8 a.m. to 4 p.m. daily.”

Students can find all of the needed information for hiking trails, safety procedures, camping and lodging information, and office operation hours on the Volcano National Park Website, http://www.nps.gov/havo/planyourvisit/index.htm.

For students who many not have a car, the Hele-On Bus stops in the park which the bus asks for a $5 fee to enter the park which lasts up to seven days. Students can find the bus schedule at www.heleonbus.org/schedules-and-maps/kau-volcano-hilo.
With the end of the semester right around the corner, many students are eager to explore the Big Island over winter break. Dengue fever has been a growing problem for the Big Island, and it’s in the best interest of UH Hilo to make sure that all students, as well as the community, are educated about the disease.

The outbreak first began Sept. 11, 2015. As of Nov. 24, 2015, 13 visitors and 80 Hawai‘i island residents have been confirmed with dengue fever, amounting to a total of 93 cases. According to the Hawai‘i State Department of Health (DOH), 70 cases have been adults, and 23 have been children.

Dengue fever, also known as breakbone fever, is a viral illness transmitted by mosquitoes. The virus cannot be spread from person to person. The DOH states that symptoms typically begin within a week, with many bitten by an infected mosquito, but the onset can range anywhere from two to 15 days.

Symptoms can include a high fever, severe headache, eye, joint, and muscle pain, skin rash, and minor bleeding problems. The rash usually appears two to five days after the start of fever.

Dengue hemorrhagic fever, also known as dengue shock syndrome, is a more severe version of the disease that involves abnormal bleeding and a significant drop in blood pressure, which can cause shock and death. It’s important to note that people can be asymptomatic, showing no symptoms at all, and still have the virus. Even if someone is asymptomatic, the virus can still be picked up and transmitted by a mosquito.

There is no specific treatment or vaccine for dengue fever. According to the DOH, bed rest and acetaminophen (Tylenol) are recommended to treat pain and high fever. Aspirin and NSAIDS (ibuprofen, naproxen) are to be avoided because they can make bleeding problems worse.

When a mosquito bites an infected person, the virus goes into the digestive tract of the mosquito, then in the gut cells of the mosquito,” Jesse Eiben, Assistant Professor of Entomology at UH Hilo, said. “The virus replicates and goes into the blood, the circulatory system, before eventually getting into the salivary glands of the mosquito. It takes about 8-10 days in order for the mosquito to get it in the salivary glands and put it back in you as a person.”

Aedes albopictus is the most common day-biting mosquito, while Aedes aegypti is only found on the Big Island and Molokai in Hawai‘i. Aedes albopictus will bite other mammals besides humans, including birds, because they have no preference for a host. However, Aedes aegypti is “picky” and will prefer to feed on humans, hitting them even in the presence of an alternative host.

“One mosquito acquires dengue, the mosquito becomes viruliferous and carries it for the rest of its life,” Michael Shintaku, Professor of Plant Pathology at UH Hilo, said. “Once a mosquito bites an infected person, the virus goes into the digestive tract of the mosquito, then in the gut cells of the mosquito,” Jesse Eiben, Assistant Professor of Entomology at UH Hilo, said. “The virus replicates and goes into the blood, the circulatory system, before eventually getting into the salivary glands of the mosquito. It takes about 8-10 days in order for the mosquito to get it in the salivary glands and put it back in you as a person.”

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“Aedes aegypti (Yellow Fever Mosquito) and Aedes albopictus (Asian Tiger Mosquito) are the two mosquitoes responsible for transmitting dengue fever.

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There has been some concern as to whether or not UH Hilo needs to be sprayed or treated for mosquitoes in light of the outbreak. According to Eiben, UH Hilo Auxiliary Services has been discussing how the University can go about spraying a product that would be effective for killing adult and larval mosquitoes. However, because there are no confirmed cases of dengue fever among students living in the residence halls, there are no current plans to spray UH Hilo.

“The DOH has targeted areas for spraying based on having actual cases either where that person lives or in the area where they live,” Ken Ikeda, an Environmental Health and Safety Specialist at UH Hilo, said. “To date, they still have not identified UH Hilo campus as some place that needs to have targeted spraying, so that’s a good thing.”

In the meantime, UH Hilo has begun to take the necessary precautions to prevent cases of dengue fever from arising on campus. “The grounds crew has been going around trying to turn over any standing water, and we purchased these commercially available Mosquito Dunks for the drywells around campus to help control the mosquito population,” Ikeda said. UH Hilo’s Office of the Chancellor also encourages students to wear insect repellent and to contact UH Hilo Auxiliary Services if they spot situations on campus with standing water.

Students can contact UH Hilo Auxiliary Services by calling 808-932-7009, or emailing uhhauxsvs@hawaii.edu. For updates about dengue fever in Hawai‘i, visit www.health.hawaii.gov. To report a suspected case of dengue fever, contact the DOH, Disease Outbreak Control Division at 808-586-4586. If you think that you might have dengue fever, contact your local healthcare provider as soon as possible.
The journey's worth enduring appear difficult but reveal a priceless destination and Waipi'o Valley is no exception. This sacred place is protected with cliffs that reach up to 2000 feet in height and is approximately one mile wide. Nestled on the Hamakua Coast on the east side of the Big Island, Waipi'o Valley overflows with Hawaiian history and culture. Taro patches, rivers, wild horses, and under 100 people reside in this tropical oasis. The valley is also home to the tallest waterfall on Big Island, Hi`ilawe Falls. The long and breathtaking black sand beach is unlike any other and is a truly unique experience. The road down into the valley is incredibly steep and if traveling on foot it requires some quad strength. Driving into Waipi'o requires a four wheel drive vehicle. Even if you do not get down into the valley, the lookout point at the top is a heart stopping view in itself.
Mai
Kahiki ka
wahine o Pele, mai
ka `āina I Polapola. Pele
came from Tahiti, from
the land of Borabora. Now,
she makes her home in the pit of
Halema`uma`u, Kīlauea, Volcano,
Hawai`i. Consistently active for over 30
years she continues to spew her fires making
new land to Hawai`i island.

Volcano is a chill town in the Ka`ū district of our
beautiful island. Its serene landscape showcases lush
`Ōhi`a Lehua forests, Hapu`u ferns, Koa trees, and many na-
tive Hawaiian birds. Numerous trails and hikes provide attractive
man and nature experiences.

Although small, and quiet, golf, a winery, bars, restaurants and East
Hawai`i’s only bowling alley make this 30 minute drive from Hilo worthwhile.
Whether it’s a stroll through Jaggar Museum witnessing on-going earthquakes or
observing the famous red glow in Halema`uma`u, Volcano is a must see destination.
Another reason why, Lucky we live Hawai`i!!
Many students at UH Hilo are not originally from Hawai‘i, yet at some point, friends and/or family may come out to visit. Umauma Falls and Zip Line Experience is a good route to take them on considering it has something for all ages to do.

“Umauma Falls is a sight and experience that one will never forget,” Chris Terry, a senior at UH Hilo, said.

Located in Hakalau roughly 30 minutes from Hilo down the Hamakua Coast highway, Umauma Falls and Zip Line Experience offers a chance to take in astonishing sites and make lasting memories for friends and family.

Umauma Falls offers 18 beautiful waterfalls, lush rainforests, and great views of the Pacific Ocean. It is open from 8 a.m. to 5 p.m. every day making it convenient access to anyone's busy schedule.

Umauma Falls offers a Tropical Garden and River Walk, which is self guided and ends at the visitor center and gift shop. If you are looking for a little more of a rush it offers a plethora of Zip Lines, a Giant Swing, River Swim and Kayak experience (perfect for a date), and a Zip N Dip Combo.

Umauma Zip Line Tour:
The Zip Line tour has nine spectacular lines covering around two miles. While zip lining, you will get to see around 14 waterfalls and amazing views of the Pacific Ocean not to mention get a rush of adrenaline. While zipping the nine lines, you will see Mauna Kea (on a clear day) as you cross over a water filled lava tube, and a Fern Grotto on a 200 ft. suspension bridge. Line number four takes you over 2000 feet across river water and waterfalls.

“Zip lining at Umauma Falls is definitely like no other zip lining experience,” Terry said. Ages four and up can zip line and there is a weight restriction of a minimum of 35 pounds and a maximum of 275 pounds. This zip line experience can take around one and a half to three hours.

Umauma Giant Swing:
The giant swing is a quick activity that can start your adrenaline for the zip lines or it can be a cool down lap after the lines. It is 50 feet high and can ride three people at a time. While riding the giant swing, you will fly 150 feet over the Umauma River. The giant swing may be a good activity for children or older adults that still love swings.

River Swim and Kayak Experience:
This is the relaxing experience at Umauma Falls and maybe the experience the UH Hilo Students would care most about. If you have a date, then this is definitely a must when visiting. This area is located down from the major falls and was used on the scene of “The Bachelorette.” You can enjoy swimming around, jumping off cliffs and kayaking around. A private lunch will be delivered to you on this tour also.

Zip N Dip Combo:
The Zip N Dip Combo is the full experience of the Umauma Falls experience. You will get to do the nine-line Zip tour followed by an afternoon spent swimming, jumping, kayaking, and eating. If you are looking to go all out, this is the tour for you to do.

The Umauma Falls Experience is an experience of a lifetime. Not everyone will get to stay on the Big Island forever so when you are here or friends and family are here visiting, take the opportunity to experience Umauma Falls. Anyone who wants to zip line in his or her lifetime should try Umauma Falls’ unique Zip Lining Experience.

For pricing and more information check out the website online at umaumaexperience.com. Also Umauma has a Kama‘aina rate and also is starting to do promotional deals at UH Hilo.
Hidden gems of food restaurants are hidden all around the island of Hawai‘i – here are just a few restaurants that student's chose as their favorites.

Jederic Ybanez, administrative justice senior at the University of Hawaii at Hilo (UH Hilo), tells about his two favorite places, Hayashi and Imiloa, to go to when he is feeling hungry.

"I didn't know about Hayashi's till a friend who I met while I was at Manoa showed me and Imiloa because they got a pretty bomb buffet and where you can actually dress up for a nice dinner every now and then," Ybanez said.

Imiloa Astronomy Center's, Sky Garden Restaurant, is located at the top of UH Hilo and is accessible by foot from the University Housing.

On the other side of the island, you will find Hayashi, You Make the Roll Restaurant, located in Kona on Ali'I Drive.

Ybanez's favorite dishes are the deep friend salt pepper shrimp from Sky Garden and the mele roll from Hayashi.

Umekes located close to Hayashi is another popular spot in Kona, Jordon Natividad a senior pre-nursing student at UH Hilo, chose this restaurant over Hayashi.

"Hayashi makes sushi pizza, but the estimated wait time is 30 to 40 minutes," Natividad said. "Umekes has the freshest poke and good selection of side dishes."

Natividad likes to order either "da avo" or "da sweetie" with a healthy option of quinoa, and Ho'io (a fern shoot salad with tomatoes, onion, green onion, dried shrimp and soy sauce).

Natividad came closer to Hilo with his second choice, Pho Viet, a Vietnamese restaurant located in Downtown Hilo right across from the Garden Exchange, Ltd.

"Pho Viet has the best pho (Vietnamese noodle soup that contains rice noodles, herbs, and primarily beef or chicken), no where else can compare to their flavorful broth," Natividad said.

Natividad is not the only student who enjoys Pho Viet's broth. DJ Ramones, senior political science and administrative justice major, enjoys his usual "Number 20" and finds the soup "authentic and very good."

Another Hilo bond restaurant is located at the Hilo Hawaiian hotel, located near Coconut Island, Ramones names the Queen's Court Restaurant one of his top favorites. "I found out about this place through my friends," Ramones said. "Their buffet is pretty good and I like their streak, crab legs and sushi."

Queen’s Court Restaurant is “first class dining” and serves breakfast, dinner and Sunday brunch, they ask to call to make a reservation.

Ramones final choice is Genki Sushi, a Japanese restaurant that serves their customers by conveyor belt. Each order is placed on a colored plate that designates a set price for the food item and the customer is charged by the plate.

"Long services, but worth the wait," Ramones said. "I love the tempura and it probably is the only all you can eat style restaurant on the island."

Any room for dessert? Jordon Ohashi, a graduate kinesiology major from UH Hilo, knows of a great shave ice place in Kona that he believes is the best on the island.

"This establishment is about 25 years old," Christopher Tomason, assistant manager at Scandinavian Shave Ice, said. "It was founded by a Danish Canadian who named the place after his heritage since ‘Hawaiian Shave Ice’ was taken. Tomason assures that it is similar to the regular shave ice, but they put their own modification. “Their shave ice is like eating snow," Ohashi said. “They start off with a huge pile of the ice, compact it down so tight, and just captures the flavors in the ice."

"I didn't know about Hayashi's till a friend who I met while I was at Manoa showed me and Imiloa because they got a pretty bomb buffet and where you can actually dress up for a nice dinner every now and then."

-Jederic Ybanez,
UH Hilo Administrative Justice Senior
DISCOVERING
KINGS LANDING

PHOTOGRAPHER & WRITER ZACH GORSKI

FROM OCEAN TO OCEAN
On an extremely high tide the waves move high volumes of seawater through the brackish ponds. This created a temporary river flow of water diffusing water from pond to pond and eventually cycling back to the ocean. This water circulation is very temporary but when it does happen all the water ways in the King’s Landing are connected.
The Big Island of Hawai‘i has some of the most spectacular adventures. This makes the University of Hawai‘i Hilo one of the most opportunistic places for the outdoor enthusiasts of the world. Kings Landing, a place that fuels that fire. Also known as Lahia Park, Kings Landing is located at the end Kalanianaole Ave. This area is also Keaukaha, which provides the majority of beach access for the greater portion of Hilo. King’s Landing is an open end at the end of a road and enables all visitors to explore. There is no distinguished path but loosely following the coastline provides a general directionality, which makes it hard to get lost. As a photographer I have been shooting in King’s Landing for a couple of years and no two experiences are the same. Because it is a changing coastline every return trip is unique which provides wonderful groundwork to adventure.

PERCHED LIZARD

While sitting on that exact log a lizard decided to wander make his presence known to me. After a couple of minutes of chasing the lizard down the fallen log I was able to take a number of photographs of the individual. Part the experience in King’s Landing is following your personal curiosity, which makes your curiosity your mechanism for adventure.

JAPANESE FISHING VESSEL

About half a mile down the coast there is a small Japanese fishing vessel that exemplifies the extreme conditions connected to the Kings Landing. Aside from the inner ponds I would not recommend swimming in the ocean based on the current state of this boat.

REFLECTION OF WAVE BREAKS

In the foreground is a brackish water pool and in behind the rocks and rubble is a torrential ocean. These two bodies of water contradict each other and are divided by a barrier of rock.

INVERTED TREES

In the mid to late afternoon the brackish water ponds were extremely still. This created a direct reflection from the trees on the water. Underneath the canopy the tree reflections disappear behind the foreground. This image truly shows the serenity of King’s Landing.
We are Mauna Kea.” This statement has been spoken, chanted and even become a hashtag. However, to the people of the Hawaiian Islands, this mantra is more than a quick search and look on Instagram; this is their way of life.

When Ancient Hawaiians first landed on the Big Island, they settled on areas of the mountain and it was used for hunting, spiritual rituals and astronomical and navigational observations. The summit of Mauna Kea, along with the summits of Mauna Loa, Hualalai, Kilauea and Kohala that make up the Hawaiian Islands. Mauna Kea is considered the pair’s first-born son. Polihalu, the goddess of snow, is said to reside on the summit of the mountain.

Mauna Kea plays a large role in Hawaiian mythology. The mountain came to existence when Wākea, the sky father, married Papa, the earth mother, and created the Hawaiian Islands. Mauna Kea is considered the pair’s first-born son. Polihalu, the goddess of snow, is said to reside on the summit of the mountain.

Mauna Kea offers more than just a place to be spiritually connected to the land, it gives life and sustenance to those that respect the ‘āina. According to Kamanuimiali‘ana Johnston, a freshman at UHH, “it is important to connect to Wākea because he is a father figure to the ōiwi (native people) of Hawai‘i.”

When one heads up to visit the most sacred summit of Hawai‘i, it is necessary to understand the deep connection between the people and the land. There was a time where access was completely restricted. To be able to travel to the mountain today should be held in high regard.

There are many things to view once you start making your way up the winding road that only cars with all wheel drive are able to access. From pueo to nēnē and silversword to ‘ōhi‘a lehua, simply feeling the energy of the mountain is special. Just make sure to bring a jacket and warm socks since temperatures can drop into the 20 degree Fahrenheit range without wind chill factored in.

A person can even take a hike to visit Lake Waiau, an incredibly sacred site where the land meets the sky. Recognize that this connection still exists when observing the beauty this lake has to offer as there are burial grounds around the area and recognize that this lake was used to dip umbilical cords in when observing the beauty this lake has to offer as there are burial grounds around the area and recognize that this lake was used to dip umbilical cords in. Take the utmost care around the area and recognize that this lake was used to dip umbilical cords in when observing the beauty this lake has to offer as there are burial grounds around the area and recognize that this lake was used to dip umbilical cords in.

When one makes their way to Lake Waiau, they can recognize the connection to the land and how the landscape was used by the ancient Hawaiians to connect to the land. When one looks across the landscape, they can see the connection to the land and how it was used for spiritual beliefs.

Mauna Kea is not simply a tourist destination or a hashtag, it is a way of life. We are Mauna Kea and it is more than mere observation.

Gerard Kuiper had plans to build a small telescope on the summit and when he asked NASA for funding, the organization made it open for competition. John Jeffries of the University of Hawai‘i decided to place a bid to NASA to build a telescope on behalf of the university. He won the bid and construction on a 2.24-meter telescope began soon after.

Over the years, 13 telescopes have been built on the summit and are owned by 11 different countries. However, one cannot visit the mountain without knowing why there are protectors of Mauna a Wākea as well as signs throughout campus that state ‘A‘ole TMT and the necessity to protect this sacred site.

In October of 2010, developers apply for a permit to build the biggest and most controversial telescope on the high summit. Since then, different groups like students and Mauna Kea Hui have protested and appealed the courts ruling on allowing the telescope construction.

October 7, 2014 marked the groundbreaking ceremony that was disrupted and stopped by the Mauna Kea protesters. Mauna Kea Hui and their supporters sent a letter to David Ige, the newly appointed governor to the state of Hawai‘i, to help protect Mauna Kea on January 21, 2015. As construction of the telescope continued, the protester’s numbers grew.

Protesters blocked the access road and more than 31 people were arrested April 2, 2015. Five days later, Governor Ige halted construction of the Thirty-Meter Telescope for one week. The construction was suspended until April 20. During that time the Mauna Kea petition surpassed 53,000 signatures and is delivered to the governor.

Plans to continue construction started again June 20, 2015 but four days after, protestors prevented the construction crews from reaching the summit. Twelve were arrested.

Fast forward to Nov. 18. The public learns that the Hawaiian Supreme Court has stopped TMT construction until December 2 or until a further court ruling.

“I am happy that TMT construction is stopping because it needs to be stopped,” Keiki Kepōkali‘ana of UHH said.

When asked why people feel so strongly about stopping TMT, Kamanuima‘iana Johnston says it is “because Maunakea is the closest we can get to Wākea who is the creator of the Hawaiian Islands and we need to get that connection back.”

So when making a trip to the mountain and up to the summit, please be weary. Remember the connection the ancient Hawaiians had with the mountain where the land meets the sky. Recognize that this connection still exists and is still vibrant today. Understand that Mauna Kea is not simply a tourist destination or a hashtag, it is a way of life.
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Nearly every student is anxiously anticipating Fall semester to finish and winter break to begin, but here is something fitness fanatics may want to think about for Spring semester. The Student Life Center (SLC) will be offering several new or modified fitness classes.

The classes have not been given an exact time and day sequence on the weekly IMUA class schedule; the finalization will be announced later. In the mean time, three vamped classes and one new class will be added to the mix of beloved returning classes next semester.

The current hip-hop class will return for Spring but with a different twist to it. The instructor will remain the same but has expressed interest of adding a more modern dance focus to the class.

Boot camp, which focuses on a variety of exercises in a series or circuit, will be given a second slot resulting in two different boot camp classes. Each will be taught by a different instructor, the classes being undeniably different because of instructor style.

In the past, IMUA fitness has had programs or classes similar to p90x and Insanity. A recently sparked interest in starting a crossfit-like class has been on Valerie Yamaki's agenda. Yamaki, UH Hilo Fitness Coordinator, has more than 15 years of experience in fitness and recreation, having taught, participated, and/or designed fitness classes of her own.

"I have an instructor who is interested in utilizing some of the equipment [previously used when SLC had a crossfit-like class in the past]. It would be an IMUAfit class but not a crossfit class because she is not technically crossfit certified," Yamaki said.

The class, if it does get added to the lineup for Spring semester, will be ran very similar to the crossfit workouts.

"Its possibly going to be offered next semester but not 100 percent sure yet. We still need to sit down and discuss what exactly will be executed within the class," Yamaki said. "Based on what the instructor told me, she would like the class to focus more on powerlifting."

If powerlifting and intense circuit workouts are of little interest, SLC will offer many returning classes next semester. Spin and Core, Sunrise Yoga, Butts and Guts, Yoga, Abs and Core, Fit as a Fighter, Zumba and possibly others will make the cut of classes students can participate in at no additional cost to them.

"I think a lot of people don't realize that the Student Life Center fee is included in your University fees that you pay so you might as well utilize it," Yamaki said. "The other thing is our fitness classes are free. There is no additional fees or buying punch cards or anything."

The Student Life Center will be open Dec. 19 through Jan. 10, during the break Monday through Saturday, 9 a.m. to 7 p.m. (with the pool closing at 6 p.m.), Sunday 12 p.m. to 7 p.m. It will be closed Dec. 24 and 25 as well as Dec. 31 and Jan. 1.

Fitness classes will not begin until the second week of Spring semester.

All students need to do is sign the risk and release form every semester and you're good to go," Yamaki said. "You can attend any of the classes, unlimited access."

Yamaki actively looks to improve the SLC fitness experience through classes, educational fair, and trainings. She is continually accepting applications of those interested in teaching a fitness class in the future. Students should have some level of experience and strong passion for fitness. Application prompts can be found online at hilo.hawaii.edu/student-employment.

Questions about fitness classes or for more information, students should contact Yamaki at vyamaki@hawaii.edu or 808-932-7748 after searching the Campus Recreation website at hilo.hawaii.edu/rec.
Hilo women's basketball took a blow as they opened the 2015-16 season, hosting two Alaskan teams over the three-day tournament.

A relatively new crowd, Hilo rostered three freshmen, one sophomore, six juniors and three seniors. Of the 13 players, four are returners from last year.

“We have a whole new group, a lot of new players and even the returners didn't get a lot of game experience last year so everyone is kind of learning new roles,” Head Coach Dave Kaneshiro said.

THURS. NIGHT, NOV. 19

The newness of the Lady Vulcans was evident as they battled the no. 7 ranked University of Alaska Anchorage Seawolves. Hilo was able to hang with UAA for over half of the first quarter, however Anchorage held the advantage 20-14 at the end of the first 10 minutes. By half, time UAA created a marginal separation in score, 47-25.

The second half was not much better as the Seawolves cracked down on defense, setting up a full court press against UH Hilo. Anchorage converted 29 points off Hilo turnovers, resulting in a 92-39 final score.

“The discrepancy in the score might not have shown it but I thought we played pretty hard and did some good things individually,” Head Coach Dave Kaneshiro said.

Junior Lauren Hong, hailing from Cerritos, Calif., lead the Vulcans with a team high 10 points. Kim Schmelz, 5-9 freshman from Rancho Murrieta, Calif., was second in scoring with nine points.

UH Hilo's Felicia Kolb, Patience Taylor and Pilialoha Ka’ilawa attributed one block each during the game.

FRI. NIGHT, NOV. 20

Hilo played University of Alaska Anchorage back-to-back, this time losing by 47 instead of the previous 53 points.

Although the Lady Vulcans were not able to score as many points as the night before, they held their opponent to 80 points instead of allowing them to break the 90s the night before.

“It was really tough to box them out. They had a lot of height compared to us,” Kim Schmelz said.

The Seawolves were an impressively well-rounded team with 50 percent of total points coming off the bench. UH Hilo seemed to struggle when it came to crashing the boards. UAA recorded 40 total rebounds where as Hilo grabbed just 24 total rebounds.

“The tough part for us is that we were in foul trouble. We couldn’t get any offensive rebounds,” Asia Smith said. Although Smith is not able to play due to NCAA complications, she is still very much a part of the team.

Patience Taylor, a 6-0 freshman from Los Angeles, Calif., shot 3-4 from the floor, added four boards, one block and one steal during the second game of the tournament.

Schmelz had another solid night, leading the Vulcans with 14 points and four rebounds.

The final score was 80-33, University of Alaska Anchorage.

SAT. NOV. 21

Hilo found a new flame as they fought hard against a different team the final day at the Afook-Chinen Civic Auditorium.

Kim Schmelz impressed everyone as the freshman recorded a team high 16-point performance, a solid show for the third day in a row. On the roster as a guard, Schmelz actually played in the paint more often than a typical guard does.

The Lady Vulcans did their best to stay with University of Alaska Fairbanks but perhaps there is something in the Alaska water. The Nanooks seemed to shut down Hilo early on as the first half score showed 50-23, in favor of Fairbanks.

“We really need to work on keeping ourselves together as a team,” Asia Smith said. “Keeping our heads up even after a tough loss.”

“We need to come together and continue to encourage one another,” Schmelz added.

The Lady Vulcans did their best to stay with University of Alaska Fairbanks but perhaps there is something in the Alaska water. The Nanooks seemed to shut down Hilo early on as the first half score showed 50-23, in favor of Fairbanks.

Rebounds seemed to kill the Vulcans as the Nanooks grabbed 18 defensive boards resulting in the loss of numerous second chance points for Hilo.

Shooting just 31 percent from the field and 55.6 percent from the line made it tough for the Lady Vulcans to win the fight.

“Honestly, on offense I think just need more movement, making more cuts and flashing to the ball,” Schmelz said.

But they gave Alaska Fairbanks a run for their money. In the second half, UH Hilo scored 32 points making the final score 87-55, Fairbanks.

Senior Alia Alvarez, 5-3 guard from Porterville, Calif., aided her team with the addition of nine points.

Keani Shirai, the lone Sophomore from Hilo, Hawaii, converted 2-4 field goals, added one from behind the arc and threw three assists during the final game.

“We need to stick together and we need to keep our heads up. We have to stay positive—its going to take some toughness mentally. We just have to build on the good things and cut down on the bad,” Kaneshiro said.

“We have a whole new group, a lot of new players and even the returners didn’t get a lot of game experience last year so everyone is kind of learning new roles.’

-Head Coach Dave Kaneshiro
Away from the Game
an opportunity of a lifetime

Sports Writer Eric Vega

Alexa Jacobs, UH Hilo Women's Basketball

Junior Alexa Jacobs UH Hilo women's basketball player loves nothing more than playing basketball. But there is one thing that gives basketball a run for its money—the ocean.

Student-athletes rarely have time to sit back and relax on the beach, but when given the opportunity to lounge around and take in the beautiful views Hawai'i provides, Jacobs takes full advantage of it.

Growing up in Glendale, Ariz., she didn't get many beach days. Jacobs often took short trips to the lakes in the nearby areas with her family, friends and two dogs, Sam and Kai.

Adventuring is a daily activity in Jacobs' life when not playing basketball. Jacobs jumped on an adventure via an opportunity to take her basketball career to the collegiate level.

"My favorite place to go when not playing basketball would definitely be Narnia or Secret Spot, " Jacobs said.

"This place provides waterfalls and cliffs to jump from. The first time going, my breath was taken away by the beauty of its scenery. I absolutely love jumping off the waterfall and enjoy hiking further and further back. It is hands down my favorite place on the island," Jacobs said.

Kahri Golden, UH Hilo Women's Soccer

Hawaii was the ultimate destination for the outdoorsy UH Hilo women's soccer player Kahri Golden. The senior from Standbury, Utah transferred from Golden West College in Huntington Beach, Calif. to a different beach scene in Hawai'i.

"I chose Hawai'i because I wanted an experience I would never forget. I love the ocean, beach and sunshine and that is exactly what Hawai'i provided for me. I couldn't turn down the opportunity of a lifetime," Golden said.

Her favorite place to go when not playing soccer is Makalawena Beach on the Big Island.

"Even though it's a journey to get there, it is one of the most amazing beaches and it is totally worth the trek," Golden said.

"The beach is secluded and in my opinion one of the prettiest beaches in Hawaii. Also it is the best places to watch the sunset!"

Golden also enjoys fishing and adventures with friends and family. Hawai'i has been her home for the last two years and she has taken full advantage of the beautiful scenes and adventures she hoped for.

"After school I am planning on traveling the world. I want to adventure and see more before I settle down," Golden said.

Nate Green, UH Hilo Baseball

Growing up in Missouri his whole life, junior UH Hilo baseball player Nate Green has never seen the ocean before. The only water he has touched was in the community pool while life guarding for the last eight years.

He received an opportunity to come to Hawaii and play baseball that was a one-in-a-lifetime chance. He could not turn it down.

He refers to his time in Hawaii as his "two year vacation" and in his short time here he has lived it up.

Green is not an average college student.

His daily routine goes a little like this. Wake up early and head to the beach to get a morning swim and a short nap in before heading to his classes. Green mixes in a gym session to keep his muscle growing before he plays his favorite sport.

The baseball field is the next destination that includes batting practice and fielding practice before heading back down to the weight room.

He likes to relax after practice and cooks a casual rib dinner along with a T-bone steak. He tries to knock out his homework and studying quickly so he can watch Netflix.

His unique style continues with the décor of his bedroom. Green opted out of the usual spring bed and replaced it with a hammock.

Green is very adventurous human being and you will rarely see him not having fun. When not busy with his student-athlete lifestyle, Green loves to go to Waipio Valley.

"I like it because the huge valley walls are beautiful and the whole shore is black sand beach," Green said.

Living just outside of crowded St. Louis, Missouri, this valley in Hawai'i gives Green a different experience.

"I also love that the area is nearly untouched by modern society. This gives it a very mysterious feeling to me," Green said.

It is safe to say the baseball player will try to be there every chance he has during the off-season.
It has been almost two years since the UH Hilo community lost one of its own. Keylan was a member of Ke Kalahea along with many other organizations at UH Hilo. He was truly vested in his campus and greater community. Keylan’s pieces of work were aimed to unify the UH Hilo community and, filled with inspiring composition, they did just that.

I personally did not have the opportunity to meet Keylan as I wish I would have, but he seemed to have a positive lasting impact on many lives.

“We are one college, one student body and one true family. We must support the people and the school we love with the passion it deserves.” This is a quote from Keylan; it really shows the passion he felt for the UH Hilo community.

Unfortunately, Keylan fell 80 feet to his death while out adventuring with friends in North Hilo last year. While the community lost an inspiring individual, the impact Keylan had on the community will not be forgotten.

In Keylan’s remembrance, I would like to offer a few safety precautions for the upcoming winter break. Wherever your adventures may take you this break, whether they may be on the Big Island or not, please put your safety and the safety of others first.

Everyone wants to go out and explore new areas and witness breathtaking, even astonishing sights, but do a little research before you go. Familiarize yourself with your surroundings. Don’t go to places that seem to be a reoccurring place of disaster.

An example of such a place in Hilo would be Boiling Pots. Sure, the scenery is great and everyone should take it in. However, the swimming is not such a great idea. Too many people have lost their lives here. Boiling Pots is on the Wailuku River and, just so you know, wai means river and luku means destruction. The river’s name alone should raise some red flags.

There are many other, much safer, places to get wet in and around Hilo. Try to find Chalks beach in Keaukaha, or head over to Honoli’i with a surfboard. If you don’t feel confident catching waves, paddle against the current up the Honolii River. That’s plenty adventurous.

The holidays are a fun time spent with friends and family. Having some drinks and “talking story,” or catching up, is expected. Sometimes having too many drinks with friends as a college student is going to happen. But getting behind a wheel and driving while intoxicated should never happen.

In May 2012, Ke Kalahea lost another one of its own. Ke Kalahea writer and performing arts major Ted Braxton was on his moped when Keolokalani Kailianu, who reportedly had over 30 drinks at a local bar, crashed into Ted’s moped in an armored van at the intersection of Kinoole and Hualalai Streets. Ted died after he and his moped were drug down the road. Ted’s killer is currently serving a 10 year prison sentence for negligent homicide.

This holiday season have a plan in place to assure a safe ride if needed. Don’t get behind the wheel if there is any possibility of impairment; you don’t want to hurt yourself or others.

Remember, during this upcoming holiday break, and all the time quite honestly, you want to be smart and think safety first. If you take a few precautions and look into everything instead of going in blind, you are much better off.

On behalf of Ke Kalahea I would like to wish everyone happy holidays and safe travels this winter break. To the seniors graduating, congratulations and good luck in your future endeavors.