FEATURE ARTICLE: REWRITE
UHHSA v. Shouse (Pg. 4)
A new year is supposed to bring us the motivation and drive to conquer a fear, chase a dream, or just cross something off our bucket list. Why is it though at this specific time of year we suddenly get the urge to pursue our goals and reach for the stars?

A new year can feel like the beginning of a blank page, where anything is possible and we can write down our souls desire. Isn’t every rising sun this very same opportunity for us to write on this page of endless wonder?

Each day we wake up, open our eyes, drink our coffee and each day we have the power to make it a fresh start. Each morning is a chance to begin again and leave any past mistakes or failures right there in the past. We forget though. We dwell on what has been or what may come, instead of living right here, right now.

In This Issue

REWRITE: The UHHSA musical chairs and forwarded emails fiasco | 4
Smoothies in Hilo | 6
A New Year’s resolution to be healthy | 7
What are your student fees doing for you? | 8
UH Hilo women’s basketball: recap, highlights, and player profiles | 10
January: the month of Pele | 12
Mauna Kea Observatories: 2015 recap of discoveries | 13
Student athlete: Crispin Nakoa | 14
A
mber Shouse is a University of Hawaii at Hilo Student Association (UH HSA) senator, and also the subject of an apparent musical chairsiasco on the student government board in the last few months.

In October, Shouse was removed from her UH HSA Senate seat by a majority vote for allegedly violating Section C of the UH HSA Constitution. Those voting to oust Shouse maintained she improperly contacted administrators without the approval of UH HSA President Lazareth Sye.

After reviewing UH HSA’s Constitution, however, Sye discovered that the Senate improperly removed Shouse by lacking the required number of votes necessary for her removal.

Sye immediately overturned the removal of Shouse and scheduled an Oct. 5 meeting to discuss Shouse’s removal a few days prior.

Shouse, meanwhile, feeling harassed, thought UH HSA was going to again attempt to remove her from Senate. She contacted several administrators, informing them that she felt harassed by her colleagues on the Senate. At that Oct. 5 meeting, the student senate majority found Shouse guilty for again violating Section C of UH HSA’s Constitution, this time for improperly contacting administrators about her harassment without the president’s approval. She was officially removed in a super majority vote by the senate.

Sye appealed her removal, and was reinstated as a UH HSA Senator-At-Large on Dec. 8. She shared her story with Ke Kalakea, careful not to stir up the hornet’s nest yet again by stressing that she was speaking on her own and not representing UH HSA when speaking with the student newspaper.

“When I was in UH HSA a few months ago, I was the appointed chair of the UH HSA advisor search committee,” Shouse recalled. “UH HSA has been trying to hire an advisor for the last year, and there have been issues that have prevented us from doing that before. As the appointed chair of the UH HSA advisor search committee, I had to wade through all of these kind of issues that had been coming up over the last year as far as hiring an advisor was concerned, and there were several issues that were very unclear.”

In September, Shouse sent an email to UH HSA Dean of Students Kelly Oaks and Gail Makaukan-Lundin, then interim vice chancellor of Student Affairs, asking questions and expressing concerns regarding the UH HSA advisor search process. As a result, Makaukan-Lundin scheduled a meeting with Shouse, Oaks, Sye, and UH HSA’s former advisor, Shara Mahoe, to address these questions.

“At that point I didn’t think anything of it, you know, I had a list of questions, I thought we were going to go in there, talk about all the questions we had, work out what the next steps were in the advisor search process, and that’s basically what happened,” Shouse said. “When we went to the meeting everything went really well, and at that point I didn’t have any idea that there might have been any concern over my contacting them.”

But certain UH HSA board members thought Shouse was acting outside her realm of duties by directly contacting Oaks and Makaukan-Lundin about the advisor search process.

“There’s a process, you climb up the ladder,” Sye said. “You deal with everything internally within UH HSA, then if that doesn’t work, we meet with the advisor, but we don’t have one. So the next person would be the Campus Center Director (Ellen) Kusano. If that didn’t work, we go to Kelly Oaks, dean of students, and then from there, the vice chancellor of student affairs, and then the chancellor. It was unnecessary for this senator to go as far as the vice chancellor’s level to ask these questions.”

Shouse didn’t follow the chain of command, and that got sticky when the dean of students thought the UH HSA president should have been carbon copied on Shouse’s original email to her and the interim vice chancellor of student affairs.

“She thought it was a mistake that he wasn’t CC’d on my email originally,” Shouse said.

“She sent him an email asking if he was on that committee, he said yes, and she forwarded him a copy of my email and invited him to the meeting. He read my email wherein I expressed . . . having heard concerns from former senators and former UH HSA advisor candidates that Campus Center Director Ellen Kusano... may have disturbed the process before,” Shouse recalled. “I was feeling a little bit like, I need some clear information about what’s going on and what our next steps were going to be was the reason I wrote this email to the dean of students and vice chancellor. In the email I didn’t say anything negative about Ellen Kusano, I just described that former senators said that the process was disturbed by her.”

Sye maintains that, had Shouse not included her concerns about Kusano in her email, administration most likely would have referred Shouse to the Campus Center director.

“If she had feelings about possible hindrance, that should have been discussed within UH HSA, not taken to the highest point,” Sye said. “The fact that she took an opinion and an accusation and gave it to administration was why administration took up those questions to answer, because they now feel, ‘oh UH HSA doesn’t trust Campus Center so we need to answer these questions.’”

Sye, after receiving Shouse’s forwarded email from Oaks, then forwarded the forwarded email to Kusano. “In the email that (Kusano) wrote back to him, one of the first things she said in the email was, ‘Amber believes I am the puppet master,'” Shouse said.

The Nov. 23 issue of Ke Kalakea reported that flyers shaming Kusano were posted around the UH Hilo campus. These flyers were posted anonymously, asking for the resignation of Kusano and alleging that she is a “puppet master” controlling UH HSA.

“Ellen Kusano had sent the UH HSA senate an email saying how these flyers were mean spirited, libelous, and damaging to UH HSA because it made it look like we could be controlled,” Shouse said. “When I saw the email where she used the word ‘puppet master,’ I knew right away what she was referring to and it was just totally shocking. I felt like she was insinuating that I had something to do with these flyers when I didn’t, at all, and she would have no reason to think that. There was definitely no conversation about that; no one approached me about that possibility or if I related to them, agreed with them, or anything like that. . . Essentially in three different instances in the one email I felt like she was attacking my character and questioning my ability to perform my job well and insinuating that I was involved in something that I was not involved in. I felt like the email was pretty derogatory and some of the statements were defamatory.”

Kusano, asked if she believes Shouse is the one responsible for the flyers, said, “I was not saying that she did the flyers, I’m saying that she believes what the flyer is saying.”

Kusano believes that Shouse is associated with a group calling themselves the United Hawaii Student Union (UHSU), and that group has been on what can best be described as a crusade to defund and demoralize the UH HSA Board. The group regularly issues mass press releases and posts material online.

“I don’t know if she is a formal member of that group, or is just friends with the people involved in that group, but that’s where my assumption came from,” Kusano said. “There’s never been any conflict that I’m aware of between Amber and myself, it’s just that she’s involved with this group. Whether or not she believes what they’re putting out there, I have no idea.”

Shouse feels that Kusano’s email response to Sye may have contributed to her removal.

“When I first read the email from Ellen I was shocked and totally hurt, but at that point it kind of clicked,” Shouse said. “A lot of the people in UH HSA were at the time close to Ellen Kusano, would call her ‘grandma,’ have a very familial relationship with her, and, you know, when I saw that email I was like, ‘I really wonder if they were influenced by this, by her saying these negative things about me.’ Even if this wasn’t the direct reason, I don’t see how a defamatory email from a University official to the student body president couldn’t have hurt his opinion of me.”
According to Shouse, on Sept. 29, 2015, the senate received an email from President Sye stating that he was freezing communications between senators and administrators. “President Sye, with the support of the Executive Board, proposed an Executive Policy that temporarily required all communication with UH Administration about UHHSAs related business be first authorized by someone on the Executive Board,” UHHSAs stated. “On October 2, 2015, the UHHSAs Senate voted to uphold the Executive Policy: The Executive Policy passed with a majority vote of the Senate and became effective immediately.”

Despite choosing to uphold the Executive Policy, the senate wanted a detailed explanation for why President Sye chose to freeze communications between senators and administrators. “Ultimately it came out that he was upset about the email that I sent, saying that it was inappropriate and I should have gotten permission from him in order to do that before I contacted them,” Shouse said.

After reviewing the Constitution, College of Business and Education (CoBE) Senator Alison Pham made a motion to call for the removal of Senator Shouse from office. The senate was accused of violating Section C. Duties of Executive Officers 1. of the UHHSAs Constitution, “The President Shall represent, or appoint a designee who shall represent UHHSAs, in all official dealings with the University Administration and other necessary persons.” On Oct. 2, 2015, Shouse was removed in a majority vote on the basis that she improperly contacted administration regarding UHHSAs advisor search process.

“I was recording at the time and I think it was eight minutes from the time that she called for my removal to the time that I was actually voted off the Senate,” Shouse said. “It happened very quickly, and I felt that I didn’t have time to defend myself, that there wasn’t an adequate conversation about the issue and that we weren’t clear if there was a violation that really happened.”

“According to Article 4, Section D. Removal 2. of the UHHSAs Constitution, “A Senator or Executive Officer shall be removed if he/she knowingly violates the provisions of the UHHSAs Constitution & By-Laws or the Student Conduct Code, as determined by a two-thirds (2/3) vote of the Senate.” However, the Senate did not have the required two-thirds majority vote for Shouse’s removal.

“I found out the next day via email that the mistake that was made was that there was a majority vote, not a two-thirds majority, and at the time of my removal I was just so surprised that I didn’t even look in the Constitution to see if they were doing it correctly,” Shouse said.

But after reviewing the Senate’s decision and UHHSAs Constitution, Sye overturned Shouse’s removal on the basis that the Senate improperly removed Shouse by lacking the required two-thirds majority vote. With Shouse’s reinstatement as Senator-At-Large, UHHSAs scheduled a special meeting for Oct. 5, 2015, to discuss the Oct. 2, 2015, removal of Senator Shouse.

“I guess that was unclear to me that there was just going to be a discussion and they didn’t intend to attempt my removal again,” Shouse said. “At the first meeting on October 2, not all of the Senators were present. A part of calling another meeting was so that the rest of the senators could be present, and I was under the impression that they would attempt to remove me again, nobody told me that wasn’t the case.”

In response, Shouse sent numerous emails defending herself, stating that she felt harassed by UHHSAs Senators and Kusano. Administrators were CC’d in these emails.

“I don’t know how Ms. Shouse took it, maybe she was confused, but she responded in a way where she just immediately emailed everyone saying ‘I feel like I’m being falsely removed again, and I feel this is an attack on my character,’” Sye said. “Ms. Shouse chose to fire off to administration, to even our Chancellor, all these things about her removal, and she was never removed…This meeting was just to clarify things because people were getting confused.”

“President Sye, with the support of the Executive Board, proposed an Executive Policy that temporarily required all communication with UH Administration about UHHSAs related business be first authorized by someone on the Executive Board,” UHHSAs stated. “On October 2, 2015, the UHHSAs Senate voted to uphold the Executive Policy: The Executive Policy passed with a majority vote of the Senate and became effective immediately.”

“Moving to this semester, it was viewed by the senate that what she did was a violation, but other parts of the senate were like, ‘you know, she was acting as her ability as chair,’ so it was kind of a teeter-totter. Then the senate brought into light the new emails. It was clear by the senate no one is to communicate to administration without prior permission from the president through the executive board, that was clear as day,” Sye said.

“But there was unnecessary communications that were being sent after the policy was upheld. The senate was like, ‘Okay, you were doing it in the past, you didn’t get in trouble. We believe you did it now, but we’re taking back the vote because we did it improperly. Are you going to continue to do this?’ Ms. Shouse’s stance was she didn’t believe that the president had that ability to take back the power of speaking to people, even though the senate upheld it. If the senate chooses to uphold something, the senate has to abide by it. When it was stressed would she continue to do this, she stressed that she didn’t feel that she was doing anything wrong, and she would continue to reach out to people to get information. Again the senate stressed, ‘you understand that the way you’re carrying this out seems like you did it in the past, you didn’t get in trouble, you did it now, you didn’t get in trouble, you are going to continually do this just because you didn’t get in trouble.’ With that, the senate voted to remove her, because she’s knowingly continuing to violate the constitution,” Sye said.

“When UHHSAs voted to remove Shouse for violating the same Section C of the UHHSAs Constitution on Oct. 5, this time she was removed for the emails she sent to administrators defending herself from prior allegations. “One of the senators brought up that in between the time where they originally attempted my removal and this meeting, I had sent emails where administrators were CC’d and had not asked for the president’s approval for sending those emails, and because I was technically reinstated they felt that it was itself was a violation,” Shouse said, adding, “Essentially saying I was again representing UHHSAs in an official capacity with the university by expressing that I felt I was being harassed by UHHSAs.”

“According to an UHHSAs formal press statement, President Sye was directed by Student Affairs Administration to reinstate Shouse. According to an UHHSAs formal press statement, President Sye was directed by Student Affairs Administration to reinstate Shouse.

“President Sye, with the support of the Executive Board, proposed an Executive Policy that temporarily required all communication with UH Administration about UHHSAs related business be first authorized by someone on the Executive Board,” UHHSAs stated. “On October 2, 2015, the UHHSAs Senate voted to uphold the Executive Policy: The Executive Policy passed with a majority vote of the Senate and became effective immediately.”

“Moving to this semester, it was viewed by the senate that what she did was a violation, but other parts of the senate were like, ‘you know, she was acting as her ability as chair,’ so it was kind of a teeter-totter. Then the senate brought into light the new emails. It was clear by the senate no one is to communicate to administration without prior permission from the president through the executive board, that was clear as day,” Sye said.

“But there was unnecessary communications that were being sent after the policy was upheld. The senate was like, ‘Okay, you were doing it in the past, you didn’t get in trouble. We believe you did it now, but we’re taking back the vote because we did it improperly. Are you going to continue to do this?’ Ms. Shouse’s stance was she didn’t believe that the president had that ability to take
**Smoothies in Hilo**

**Arts & Community Writer Kristin Dugquenn | Logos retrieved from Island Naturals & Abundant Life**

The abundance of fruits in Hawaii is lush and exotic, but to find a proper smoothie filled with these wonderful fruits can be a bit difficult. The University of Hawaii at Hilo (UH Hilo) may not have the healthiest smoothies, but the city of Hilo holds establishments who serve some of the freshest smoothies.

One of the popular establishments is a food vendor at UH Hilo, Island Naturals, founded by Russell Ruderman over a decade ago and is well-known for their fresh and organic selections. “Their most popular drink at Island naturals is “Green Goo” which contains ingredients such as, mangos, bananas, bee pollen, apples and Spirulina (a microalgae superfood with high nutritional value)” Willow Hubbard, deli manager at Island Naturals, said.

Hubbard informs their vegetables and fruits are all non-GMO and organic and they try to keep everything local. There is a wide selection of smoothies and customers can make their own smoothies from the variety of fruits and vegetables.

Hubbard’s personal favorite is the “Hot Cold”, which is a cold fighting beverage contains, cayenne, lemon ginger, and other healthy ingredients. Unfortunately, Island Naturals is unable to serve smoothies at UH Hilo due to permit reasons, but students can purchase their drinks at their store located at 1221 Kilauea Avenue in the Hilo Shopping Center. Drinks come in two sizes: 16 oz for $6.50, 20 oz for $7.50, custom drinks are the same and boosts are 50 cents each.

Another popular establishment is located on the bayfront in Downtown Hilo, Abundant Life Natural Foods. When asked about the freshness of their fruit, Angela Cruz of Abundant Life replied, “fresh is a (funny) term because smoothies are usually made with frozen fruit.” Cruz does assure their fruits are organic, non-GMO and locally grown, except the pears, and are processed, frozen and prepared for their smoothies.

She mentions that customers can also add supplements to their smoothies, such as, protein and green vibrance. Green vibrance has many plant based ingredients for those who feel they need more greens in their diet, which includes: parsley, alfalfa and many other antioxidants.

One of their popular smoothies is the Green Drink, which has kale, cucumbers, bananas, apple juice, spirulina (grown locally in Kona), and green vibrance. For those students looking for a healthy alternative from the UH Hilo smoothies and Jamba Juice, these alternate options are only a short bus ride away.
It is a new year, which means the start of New Year’s resolutions. It can be tricky for any person but especially for students as they try to balance a healthy diet, exercising, classes and work. Dennis Ayap, UH Hilo kinesiology graduate and certified personal trainer, and Alayna Machacek, UH Hilo kinesiology major, certified personal trainer and nutritionist, have some tips and pointers for students looking to get motivated and started towards their healthy goals.

For students who have trouble getting to the gym, Ayap suggests sprucing up your playlists and finding your “swolemate.”

“Find one friend—not a group because you are not going to get anything done in the gym with the long rest between sets—someone who will be just as serious as you are in reaching goals,” Ayap said.

Ayap also advises to take note of the busiest hours in the gym since waiting forever for a machine or free weight can reduce the desire to workout.

Machacek says to think about where you want to be and know that it will not come instantly. “I don’t know how many gym sessions it’s going to take to get there, but I do know that if I miss one, I’ll then be one gym session farther away from my goal,” Machacek said. “Consistency is the absolute key and people who get results are the ones that keep going even when they don’t see them. Once this idea is accepted, it’s a lot easier to make that decision to get into the gym.”

Machacek adds getting it done as soon as possible is a must to increasing the chances of getting to the gym, but do not make it a huge deal if you can’t make it every day. For those who have a packed schedule, Ayap and Machacek both understand the importance of school and work, but also understand that if it is truly important then you will make time for it.

According to Ayap and Machacek, eating healthy and weight loss go hand in hand. “A proper and healthy diet is important for so many reason,” Machacek said. “We essentially become the food that we consume because our entire bodies are built from the nutrients we take in.”

Both instruct to stay away from sugary beverages and foods, high salt and fried food, large portion sizes and alcohol. They add that fad diets (tea detox, miracle juices/smoothies/shakes) and supplements are not something to rely on. Meal prepping and macro dieting is currently a popular topic in the nutrition world especially for getting into a healthier lifestyle.

“Meal prepping is when a person prepares their meals ahead of time,” Machacek said. “The most popular type, which we see all over Instagram fitness feeds, is prepping your food for the entire week.” Macro dieting is when a person works their diet around a certain amount of macronutrients (carbohydrates, proteins, and fats).

Meal prepping is idea since it schedules cooking once a week and allows an individual a balanced diet and schedule. “Macro dieting will differ depending on the specific goal. A general rule of thumb, if you want to lose weight, is to decrease your carbs. For performance goals, up the carbs because you’ll need it to fuel for your workouts and recovery,” Ayap said.

Machacek suggest using the MyFitnessPal app for looking up nutritional values of foods and check out bodybuilding.com for meal planning ideas.

Lastly, make sure to stay hydrated, “about 80 to 120 ounces” says Ayap. “Your body is able to function much more efficiently when it is hydrated and your body is unlikely to achieve healthy weight loss if it isn’t able to function efficiently to begin with,” Machacek said.

Exercising for weight loss can always be tricky with the many types of exercises in the gym. For new gym-goers, finding a place to start can be tricky. Ayap suggests to have fun with your workouts. “if you like cardio just run, bike, or swim. If you like to weight train do compound lifts.”

Weight loss is about balancing: cardio is great but can only reach so far in weight goals and weight training (resistance/strength training) alone does not allow weight loss but increases lean mass. “I am a strong believer in strength training as a primary means for weight loss,” Machacek said. “Strength training combined with cardio and a balanced diet can get a person any type of results they want.”

Both say to try to work out at least three times a week with a minimum of an hour to two hours and always challenge yourself. Ayap and Machacek encourage students to hit the gym and do not be embarrassed or afraid of doing new things.
S tudent Fees… If you’re a full time student, you’re paying a little over two hundred dollars. Many people are curious what exactly this money is going towards. I’ll be the first to admit that I don’t know everything that it does. For example, about thirty seven percent of it goes towards the Student Life Center. I’m too lazy to work out, so the only time I’ve gone up there was to get Boba Tea from the food place that is in there. However, I do know a lot of people who really like that place. It has a lot of things that people who exercise enjoy. Like I previously said, I’m way too lazy to go check out what the Student Life Center is offering, but I bet it’s awesome if you enjoy working out.

So what’s happening with the other sixty three percent? Well, it’s distributed between a lot of different pretty amazing student organizations. A lot of what the organization do is give back to the students. Student Activities Council (SAC) and University of Hawaii at Hilo Student Association (UHHSA) both get the same amount of funding: twenty four dollars each. If you aren’t utilizing the events that they put on for the student body, you are missing out. During Hell Week, UHHSA had food available at night for the student body. SAC puts on multiple events throughout the year. Some of the wonderful ones they did during the holiday season included decorating Christmas trees, holiday cookies, and quite a few events where free pumpkin pie was involved. If you haven’t figured it out yet, I’m a really big fan of free food.

While I am a fan of free things to eat, there are also other organizations that get funding from student fees that offer many opportunities that are more than just free food. For examples, about three percent of your student fees go to Student Health. They offer many services, one of the most convenient one being free condoms. Another awesome free service that your student fees help pay for is the University Radio. The Board of Media Broadcasting (BOMB) manages the school radio. Not only can you hear it while you’re on campus, you can also tune into it on 101.1 FM. The Campus Center is another area that gets about thirteen percent of the student fees. CC has a lot of different resources for the student body to use, including, chargers, computers, and a nice comfortable place to do your homework or hang out with friends.

The last organization, Board of Student Publication (BOSP), is definitely the one I know the most about. The BOSP manages three publications: Hohonu, Kanilehua, and Ke Kalaeua. Student fees help fund many of the things that each section of the BOSP and their publications do. Hohonu is journal of academic writing published for and by the students of the University of Hawai‘i at Hilo. They are accepting submissions until February 18, 2016. Submissions can be from students of any year and from any course. To submit a paper, google “UH Hilo Hohonu”, locate their website, then click on the “Submit Work” tab, and follow the instructions. Kanilehua is the student run Art and Literary Magazine. Their submission deadline is February 12, 2016. The mediums that they accept are creative writing, poetry, photography, and art. To submit your work to them, email them at uhkani@hawaii.edu.

If you’re reading this, you’re also enjoying something that Student Fees help produce. Ke Kalaeua is the student newspaper. They come out about twice a month, and are filled with many fascinating stories and breathtaking photos. This semester, Ke Kalaeua will be doing News and Brews for all of their issues. If you haven’t experiences News and Brews yet, I’m a really big fan of free food. For examples, about three percent of your student fees go to Student Health. They offer many services, one of the most convenient one being free condoms. Another awesome free service that your student fees help pay for is the University Radio. The Board of Media Broadcasting (BOMB) manages the school radio. Not only can you hear it while you’re on campus, you can also tune into it on 101.1 FM. The Campus Center is another area that gets about thirteen percent of the student fees. CC has a lot of different resources for the student body to use, including, chargers, computers, and a nice comfortable place to do your homework or hang out with friends.

The organizations also work together on a lot of projects. One of the biggest events happening soon is the Hōołaule‘a. On January 23rd, there will be a free event for the student body and the community surrounding us. There will be free music to listen to, and lots of delicious food to eat. There’s also an area just for the children called Keikiland, which will have a lot of things for the kids to play with and a lot of prizes to win. Of course, there are many other events that will be happening at UH Hilo this semester, and I’m hoping to let the student body know about them so that they can enjoy all of the things that their student fees help make happen. Hope you all have a lot of fun doing all the things!
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

Come talk to us!
Campus Center Room 202-A
kalahea@hawaii.edu
1.808.932.7372

Photograph and design by Jaysen Niedermeyer
University of Hawai‘i at Hilo (UH Hilo) Women’s basketball team has been working to snap the six game losing streak they were riding and find their own groove as they entered PacWest conference play.

The Vulcans (0-1 PacWest, 0-6 overall) closed 2015 with their first win of the season, defeating Brigham Young University-Hawaii 72-61.

Jan. 5 @ California Baptist University

To kick off the New Year, UH Hilo (1-1 PacWest, 1-6 overall) hit the road to face fourth-ranked conference opponent California Baptist University with hopes of continuing the success. That hope was smothered when the Lancers showed dominance on the court beating the Vulcans by 43 points, 96-53 the final.

Although UHH suffered a harsh loss, several players managed to have a solid performance.

Freshman guard Kim Schmelz had 19 points while junior transfer Sydney Mercer added 16 points, 12 of which came from the three point line. Lauren Hong, another transfer, aided the Vulcans with three assists and two steals.

Hilo shot just 32.8 percent from the field, paling in comparison to Cal Baptist's 54 percent field goal average. To plunge the dagger even deeper, the Lancers were 15-27 (55.6 percent) from behind the arc and scored on 13 of 22 free throws. UHH was 2-2 for foul shot conversions.

Jan. 7 @ Concordia University

The Vulcans (1-2 PacWest, 1-7 overall) seemed to find their second wind late in the fourth quarter against Concordia University (0-5 PacWest, 1-9 overall), battling back after being down by 10. This second game in the three game series on the road brought a much needed victory, but not without effort.

With under four minutes remaining in regulation, UHH scored six points thanks to starting guards Kim Schmelz and Felicia Kolb. The duo cut the Eagles' lead to six then two before teammate Lauren Hong went on a 7-0 run sealing the win for the Vulcans, 68-63.

Hong had an impressive night scoring a career-high 24 points. She was 6-11 from the field, 4-5 from the arc and 8-10 from the line.

Junior transfer Vanessa Mancera also chipped in three steals and 12 points of her own while Sydney Mercer added 10.

As of Jan. 8, UH Hilo women's basketball record was 2-2 PacWest, 2-7 overall. They travel to play Point Loma University Saturday, Jan. 9, and will return to play a myriad of home games, beginning Thursday, Jan. 14 with Academy of Art University, Monday, Jan. 18 versus Fresno Pacific University and Thursday, Jan. 21 hosting Dixie State University. All three home games will be held at the Afook-Chinen Civic Auditorium at 5 p.m.

UH Hilo women will play Saturday Jan. 23 versus Hawaii Pacific University at the Civic at 1 p.m. and Monday, Jan. 25 California Baptist University at the Civic at 5 p.m. before hitting the road again Saturday, Jan. 30.
**SEASON HIGHLIGHTS, NOV. 19 TO JAN. 7**

**ALASKA ANKORAGE – NOV. 19**
Most points: Lauren Hong (10), most rebounds: Sydney Mercer (6), most assists: Lauren Hong (3), most steals: Felicia Kolb (2), most blocks: Patience Taylor (1).

**ALASKA ANKORAGE – NOV. 20**
Most points: Kim Schmelz (14), most rebounds: Kim Schmelz (4), most assists: Vanessa Mancera (4), most steals: Felicia Kolb (1), most blocks: Patience Taylor (1).

**ALASKA FAIRBANKS – NOV. 21**
Most points: Kim Schmelz (16), most rebounds: Sydney Mercer (6), most assists: Keani Shirai (3), most steals: Felicia Kolb (2).

**ARMSTRONG STATE – NOV. 26**
Most points: Kim Schmelz (25), most rebounds: Alia Alvarez (6), most assists: Keani Shirai (7), most steals: Felicia Kolb (4), most blocks: Pilialoha Kailiawa (2).

**EMPIRIA STATE – NOV. 27**
Most points: Lauren Hong (13), most rebounds: Pilialoha Kailiawa (4), most assists: Keani Shirai (5), most steals: Kim Schmelz (2), most blocks: Patience Taylor (1).

**CHAMINADE – DEC. 10**
Most points: Lauren Hong (13), most rebounds: Lauren Hong (6), most assists: Alexa Jacobs (2), most steals: Felicia Kolb (3).

**BYU-HAWAI – DEC. 12**
Most points: Kim Schmelz (19), most rebounds: Kim Schmelz (6), most assists: Lauren Hong (4), most steals: Lauren Hong (3), most blocks: Sydney Mercer (1).

**CALIFORNIA BAPTIST – JAN. 5**
Most points: Kim Schmelz (19), most rebounds: Patience Taylor (9), most assists: Alexa Jacobs (4), most steals: Lauren Hong (2).

**CONCORDIA (CA) – JAN. 7**
Most points: Lauren Hong (24), most rebounds: Felicia Kolb (9), most assists: Alexa Jacobs (5), most steals: Vanessa Mancera (3).

---

**UP AND COMING PLAYERS TO WATCH**

**KIM SCHMELZ**
Height: 5’9”
Year: Freshman
Hometown/High School: Rancho Murieta, CA / Pleasant Grove
Major: Kinesiology and Exercise Science
At a glance: As of Jan. 8, Schmelz was the number one scorer of points on the 2015-16 team, bringing in 127 points in nine games- an average of 14.1 points per game. As a freshman, she has started every game and plays approximately 25 minutes each game. Schmelz has hit double digits for scoring five times this season so far.

**LAUREN HONG**
Height: 5’4”
Year: Junior
Hometown/High School: Cerritos, CA / St. Joseph
Major: Psychology
At a glance: As of Jan. 8, Hong holds the second place for total points scored this season at 91. In her nine games of competition this year, she averages 10.1 points per game. She has also made a starting appearance in all nine games and plays approximately 29 minutes per game. Hong, at only _____, impressively holds the number two spot for highest rebounder- 31, nine offensive and 22 defensive. She averages 3.4 boards per game.

**SYDNEY MERCER**
Height: 5’10”
Year: Junior
Hometown/High School: Prosser, WA / Prosser
Major: Communication
At a glance: As of Jan. 8, Mercer has only appeared in seven of nine games. Of those seven games, she lead the team in three pointers scored on the season. She clutched a .400 percent shooting average from beyond the arc, going 10-25 to date. She typically scores between one and two trey per game though it is not unheard of her scoring more. She is also third in points scored at 60 in seven games, an 8.6 points per game average.

**FELICIA KOLB**
Height: 5’8”
Year: Senior
Hometown/High School: Kookia, ID / Clearwater Valley
Major: Kinesiology and Exercise Science, and Psychology
At a glance: As of Jan. 8, Kolb lead the team in rebounds, pulling down 32 boards (six offensive and 26 defensive) so far this season. On average she is able to grab 3.6 rebs per game in the nine games she has played. Kolb has started all but one game and is a solid offensive player, consistently contributing on average 6.2 points per game.
JANUARY: THE MONTH OF PELE

News Writer Shelbi Shimazu
Photographer Zach Gorski

January 2016 is Hawai‘i’s 7th annual volcano awareness month. With two ongoing eruptions on Kilauea and Mauna Loa, the USGS Hawaiian Volcano Observatory is in cooperation with Hawai‘i. Pele is one of four main Goddess in Hawai‘i. She is a God of Fire, to which she is known as always angry.

She puts her first anger at her baby sister Hi‘iaka for taking away her love handsome Lohi‘au.

Pele was a beautiful goddess that loved adventure and was always looking for fire. When she became a young woman, Pele asked if she could travel. Her wish was granted and she parted with her young sister, Hiiaka. Since Hiiaka was born in an egg, Pele decided to carry her under her arm until the egg was ready to be hatched.

Their adventure started on Niihau where Pele befriended the Queen but after much digging, there was no fire to be found. She decided to move on and crossed to Kauai. Pele arrived at Haena and heard some hula drums close by. As soon as she saw Lohi‘au, the King of Kauai, she asked him to marry her. Lohi‘au agreed to become her husband after he made sure the beautiful Pele was not a spirit.

Pele decided she could not settle until she found fire nearby. After searching from Haena all the way to Koloa she decided to keep looking in a different island. She searched in Oahu, Molokai, and Maui without any luck. She arrived at Kilauea on the Island of Hawai‘i where she finally found fire. It was the perfect place for her home with her future husband, Lohi‘au.

Pele hatched the egg and had Hiiaka, her younger sister, included on her already big family of brothers and sisters. After some time Pele could not forget her love for Lohi‘au and decided to send Hiiaka to Kauai.

Hiiaka was very nervous about this trip but Pele calmed her and promised her she would have a companion to go with her. However, Pele warned her not to kiss Lohi‘au. As soon as Hiiaka reached the forest near Hilo, she met a woman who made beautiful leis with the lehua blossoms. She asked her to go with her to Kauai and told her the trip would last 40 days.

As soon as they arrived at Haena, they were received by Kilioe, mistress hula dancer of Kauai and Lohi‘au’s sister. Kilioe told them in a mele (Chant) of Lohi‘au’s death.

Hiiaka then saw the spirit of Lohi‘au above the mountains and decided to capture it so she could bring him back to Pele. Hiiaka was able to capture the spirit of the King of Kauai in a flower. Slowly she got it back into his body that was buried above the wet cave. Kilioe then sounded the drums so everyone could celebrate the good news.

All of this had taken much more than the 40 days they expected. But Hiiaka was a very determined young woman and had promised her sister Pele to bring her loved one to Hawai‘i.

They arrived at the rim of Kilauea and sent her companion to get Pele. When Kilioe saw Pele her excitement was overwhelming and without thinking, she hugged and kissed Lohi‘au. Pele thought her sister was mocking her and ordered the destruction of Lohi‘au, covering him with lava.

Pele’s brothers were coming back from a long trip and saw the body of Lohi‘au bulging through the lava, so they brought him back to life. They carried him back to the town of Kapaa in Kauai. Lohi‘au was always in hiding, singing the songs he had composed with Hiiaka during their travels. Hiiaka was able to hear him and came to find him.

They lived together at Haena for many years. Even today, there are the remains of a stone wall where their house used to be. It’s still known as “The House of Lohi‘au”. It’s an overgrown area that sits near Ke‘e Beach.

A person may not touch or take her beautiful stones, because once someone touches it, they may have bad luck, and might get hurt or end up in the hospital. Pele and Hi‘iaka love Hulahula. There are many kahiko (traditional) chants and dances that tells the stories of Pele and Hi‘iaka.

Be careful of what you say about Big Island. Pele is watching us, and she may form into a white dog with red eyes or a young lady with white dress, a old lady on the side of the road with white dress, and rocks that wind blows to certain places.

We need to take care of the land. Throw away your opala (trash). We need to love each other, treat all your friends at college like it’s your ohana (family) and Live Aloha.
Mauna Kea's summit is the best place on earth for Astronomical research because of its high elevation and low atmospheric disturbance, due to being on an isolated island. So in honor of this amazing place we live next to and the new year, here's a recap of the greatest/ coolest discoveries made on Mauna Kea in 2015. As most know, the University of Hawai‘i owns the lease for Mauna Kea, allowing the observatories to exist. Not only are these telescopes relevant to our community in the way of economical impact, cultural significance and international involvement, they are also important to our University.

The Keck Observatories are another pair of twin telescopes, each being 10 meters in diameter. But unlike Gemini, both are on Maunakea and right next to each other. They share resources and look at twice as many astronomical objects. One amazing accomplishment aided along also by NASA's Infrared Telescope Facility (IRTF, also located at the summit of Mauna'kea) was the confirmation of “Mars’ Lost Ocean.” The idea of “lost” means the ocean has evaporated long before we had any chance of seeing it.

2015 was the year that six years of research regarding Mars’ past was culminated and published by NASA. Keck’s instrument, the Near Infrared Spectrometer (NIRSPEC) played a crucial role in this study described in Keck’s press release of its involvement. NIRSPEC was able to collect high-resolution data regarding the amount of regular water molecules, H2O, in comparison to HDO, a naturally occurring heavier form of H2O that has deuterium in it instead of one hydrogen. HDO takes longer to leave the atmosphere of a planet than H2O. By comparing how much HDO we have on Earth to our amount of H2O we can estimate how much H2O has evaporated from Mars’ surface. Also, the amount of HDO present within the atmosphere is an indicator to how long ago it formed. The density of HDO to H2O in particular areas on the surface of Mars indicates different microclimates. Because of this research we now know that Mars very likely hosted a body of water in its Northern plains covering 19 percent of its surface. Keck also celebrated its 25th anniversary of observations in 2015.

Subaru Telescope is an 8.2 meter telescope operated by the National Astronomical Observatory of Japan (NAO). One of its accomplishments of 2015 involved the mapping of dark matter in our universe. According to their press release, Subaru located “nine large concentrations of dark matter” each being the mass of a cluster (a gravitationally held together group) of galaxies. The mapping of dark matter and its changes in density is essential to understanding dark energy, the force that causes the expansion of our universe, which at the moment is very mysterious.

Subaru’s instrument, the Hyper Suprime-Cam and its predecessor the Suprime-Cam allowed a technique called weak gravitational lensing to be used to determine the location of the dark matter. To use Subaru’s own explanation of gravitational lensing, “A concentration of dark matter acts as a lens that bends light coming from even more distant objects.” In other words, the clump of dark matter is so massive that it affects the light particles, photons passing by it on its way to us so as to change the way it appears. To help you get a better picture, imagine light slaming through a body of water and how its path is observationally disturbed by the properties of the water molecules. This is, on a small scale, evidence of how light is affected by other materials. Weak-gravitational lensing is different from regular gravitational-lensing in the way that instead of looking for one big effect or disturbance caused by the dark matter, weak lensing involves looking for lots of small effects on galaxies and their shapes.

Keeping all the amazing scientific publications of 2015 in mind, here’s something to look forward to in 2016: The Kama‘aina Experience. In October the Maunakea Observatories and Imiloa Astronomy Center announced a new community-wide free event to Hawai‘i residents. Once a month, Maunakea Support Services will provide transportation from their Visitor Information Station in Hilo to Hale Pohaku where visitors will receive cultural and safety information before heading to the summit to tour two of the observatories located there. This will be an amazing learning experience for everyone who participates and is the first program of its kind to exist.
I’ve been in and around the water since I was born and started bodyboarding at Hapuna Beach when I lived in Waimea. After a while I started to stand up on my body board and tried to ride it like a surfboard. I wasn’t serious about bodyboarding and pretty much just went straight, but I knew surfing was something I would come to love. The feeling of riding a wave is amazing because of the power that it has. When I moved to Hilo after getting in to Kamehameha Schools Hawai‘i, I started surfing at Honoli‘i at the age of 7. My dad would swim out with me and push me into waves that I thought were too big, but I would make the drop and have the best time of my life. After I began to get better I started going out by myself and spending the whole day at the beach on the weekends. My dad ended up getting his own board again and surfed with me when he could or just watched from the top of Honoli‘i and gave me tips on what I could do to get better. He also pointed out the guys that were good and told me to watch what they do and do the same thing. These things and countless hours in the water are what make me the surfer I am today.

My first memory of surfing was at Honoli‘i when I was probably about 7. The waves were somewhat big for a little kid like me, but my dad was pushing me to go out because he wanted me to get better. I had only been surfing a few times and was kind of scared, but I knew my dad wouldn’t let me just watch so I had to go out. We got out to the lineup and waited for a wave to come in that one of the uncles wasn’t already on. There was a pretty big wave coming and my dad said that I was going on this one. I paddled as hard as I could and waited for him to give me the final push into the wave. As the wave started to pick me up and get steeper and steeper, I got scared and tried to pull back at the same time that my dad pushed my board. I ended up doing a front flip down the face and getting dragged underwater for what seemed like forever. When I finally got back to the surface and started paddling back out I saw my dad swimming toward me and laughing. He said, "What? Too big? How come you pulled back?" He then told me that I could have made that wave if I just tried to stand up and we tried again on the next wave that was around the same size. I ended up standing up and making the drop. I had never gone that fast before and couldn’t believe the feeling of my stomach fluttering in my chest and the wind blowing past my face. I felt like I was flying! When I got back to my dad after that wave I had the biggest smile on my face and he told me, "Good fun when you no chicken out ah?"

The ocean always brings me happiness and calms me down. It is a place where I can just be me and think about things that sometimes can seem overwhelming. When I am having a good day, surfing makes it better and if I am having a rough day I will go surfing and put my problems on the side for a while. Both surfing and the ocean are great stress relievers for me.
My greatest memory of surfing was at Ala Moana Bowls in Oahu when I was competing in the Hawai’i Surfing Association State Championships in the 14-17 Longboard final. The waves were the biggest that I had surfed at the time and I was pretty scared because I had only surfed this spot once before. I caught a wave from the deeper peak, rode it all the way into the channel and started paddling back out to the lineup as fast as I could because I only had 15 more minutes to get the best two waves possible. Getting that first wave was a little confidence booster for me because it was probably the best wave I had ridden at the spot so far. On my way back out I saw sets rolling in on the horizon and kept scratching as hard as I could to not get caught by them. By the time I reached the first wave I was sitting right on the West bowl and was the perfect spot to catch it. I turned around to paddled for it and stood up against the strong offshore winds that were blowing that day. After being held up at the top by the wind for a little bit I made the drop, bottom turned and pulled in to the biggest barrel I had ever been in. I couldn’t believe the feeling and put my hands up as high as I could reach while coming out of the barrel. I ended up winning my first state championship in this final, but the best part of it was getting my first stand up barrel. Honolū’i isn’t really the easiest spot to get barreled at so I had only made it out of the occasional barrel that wasn’t that great at the time. Getting barreled at Bowls was a whole new experience for me and I couldn’t believe how perfect that wave was. I can still see the image in my head to this day.

I had qualified for the Surfing America USA Championships each year competing, but couldn’t get enough money together to actually make the trip to California until my second year competing. I went for the first time in 2010 and lost in my first heat due to an interference. The next year I made sure that I was saving up and fundraising because I knew I could have done better than I did in 2010 if I was able to make it to nationals again. I ended up getting second in my division at states that year, but was still able to qualify for nationals. My dad and I made the trip to Huntington Beach and I ended up reaching the finals that were going to be held at Lower Trestles a day later. I got food poisoning the night that I found out I made the finals and spent the entire lay day in bed resting and hoping I would be better the next day. I still wasn’t feeling my best going into my final, but I had to try. I didn’t win, but I earned the fourth place spot in the under 18 longboard division while surfing against people from all over the nation. On top of this I got to surf Lower Trestles, one of the most crowded breaks in Southern California, with only a few other guys out.

Surfing has taught me so many things that I am truly thankful for. It has given me a reason and the opportunity to travel and experience different ways of life. It has also allowed me to make friends with people from all over the world. When I am feeling overwhelmed with life’s responsibilities I can go surfing to unwind and come up with better ways to take care of what needs to be done. Most of all, surfing has taught me that it is something that I will be able to do for a very long time. I haven’t been as into surfing and competing as I once was because I know that there are more important things that I need to do and that I will still be able to go back to surfing when I get these things done. As of right now my main priorities are to graduate college this semester and work to support myself as much as possible. Surfing on my free time is what makes me able to get these things done and after I am done with school I plan on getting more serious about surfing again.
Socialize with us

Like Ke Kalahea!
@KeKalahea
@KeKalaheaNews