First off I want to apologize for any confusion with my editors letter from the first issue. The document was cut short and not caught before heading to print. I wanted to welcome you all back and encourage you to make the most of this new year. The spring semester can fly by quickly and many of you are graduating in May, so make these next few months memorable both on and off campus. Here we are on the first day of February and 2016 is off to a hectic but fantastic start. Many of us are still getting back into school and work mode after the winter break and our to-do lists seem to be endless. Don't forget to take a break and reward yourself for all your hard work. The school has a lot of fun free events and resources that you can utilize over the semester. Many of which are paid for by your student fees so participating allows you to make the most of your dollars. At Ke Kalahea we try to inform you of what is happening in the campus and community but please also let us know if you are aware of an event or something that students should know about.

I hope you got to take part in the 21st Annual Hoʻolauleʻa that the University hosts each year but in case you missed it, you can get a recap of the event here in the issue. Ke Kalahea had a photo booth in Keiki Land, alongside different games and activities for the kids. We had a great time capturing the goofy moments both kids and adults had using the fun props at our photo booth.

There will also be a lot of discussion about elections because today, Feb. 1, is where the voting begins for the next presidential election. There is much to know about how politics work and our news writer Brian Wild does an excellent job in breaking down and presenting the information to us in a way that we can digest.

I encourage you all to continue or start using the resources available to you here at the university. You may be surprised at the opportunities waiting for you to knock at their door. And keep knocking until that door swings open.

Britni Schock
Editor in Chief
Welcome students to Spring 2016! The semester may have just begun but here are some tips to keep your academic fire going!

“Improving Students’ Learning” compiles and compares information from previous studies in a thorough analysis of 10 different studying techniques. Factors for analysis include things like what context these study habits are employed in and how effective they are in completing certain tasks.

First off, here are the bottom five study habits / the ones that didn’t score so well in analysis despite their popularity: 1. Summarization 2. Highlighting 3. The keyword mnemonic 4. Imagery use for text learning and 5. Rereading.

Here are the top five study habits you should employ with the most effective being first:

1. Practice Testing - Testing your memory is better than just reviewing materials passively because you can exercise your memory retrieval skills. Some suggestions to accomplish this are: answer practice questions in your textbooks (questions with answers you can check afterward are the best) or make flashcards of concepts and key terms on Quizlet.com and use its “Test” feature. The “Test” feature creates any sort of test you want from your flashcards in-and-key terms on Quizlet.com and use its “Test” feature. The “Test” feature can check afterward are the best) or make flashcards of concepts practice questions in your textbooks (questions with answers you need when you need it, practicing out of context can help. So put all your physics practice questions together and your brain will recognize which equations you need and when you need them with practice.

2. Distributed Practice - Space your studying out! Study little bits of material at a time over a period of days or weeks instead of cramming a lot of material in one night. Memory works through Long Term Potentiation (LTP), a chemical process your neurons undergo in order to learn. LTP is strengthened best through repeated exposure and time!

3. Interleaved practice - Practice different materials with each other. Instead of focusing on one subject or concept per study session, practice many. Your head is filled with knowledge of lots of different subjects and to strengthen your retrieval of what you need when you need it, practicing out of context can help. So put all your physics practice questions together and your brain will recognize which equations you need and when you need them with practice.

4. Self-Explanation - When studying materials, reading powerpoints or your textbook, pause periodically and explain the material to yourself. This isn’t summarizing. This is making connections within your own knowledge and understanding. Realize what you understand best and what gaps you need to fill in.

5. Elaborative Interrogation - Ask yourself why the material is true. This will force you to integrate what you have previously learned with what you are trying to learn now and ultimately improve memory retrieval for both older and new information.

The original 55-page long publication (12 of those pages being references) is a monograph (detailed written study of its subject) created by John Dunlosky, a professor in the department of psychological sciences at Kent State University and director of the SOLE center (Science of Learning and Education) with collaborators (including Duke University, University of Wisconsin-Madison, and University of Virginia) published a paper called “Improving Students’ Learning With Effective Learning Techniques: Promising Directions From Cognitive and Educational Psychology” in the APS journal (Association for Psychological Science).

Even with all this information in mind, do what works best for you! Lots of people learn differently from each other and “Improving Students’ Learning” is based on what information could be found.

There is still more to learn about learning in the psychological sciences! Remember, these are not necessarily the best study habits for you but they are the most effective based on the criteria of the authors. So try one (or even two if you are adventurous) for yourself. Good luck and have productive semester.

To read the full study about this article, “Improving Students’ Learning” go here: https://www.wku.edu/senate/documents/improving_student_learning_dunlosky_2013.pdf
Oh, it's nothing, just forgot to wash my laundry before I left.

What's up, Tha?

Back for a new semester and...

Oh!

Alright!

WHAT HAPPENED?!!!

Huh?

Where'd she go?

Back for a new semester and...

Oh!

AHHHHH!!!

AHHHH!!!

How long's it been?!!!

AHHHHH!!!

Ah, my gosh, I'm hungry!

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Photograph and design by Jaysen Niedermeyer.
Jan. 12, 2016 marked the second session of Subaru Telescope’s Makali’i seminar. The Makali’i seminar, hosted by Subaru Telescope for its employees, addresses different aspects of Hawaiian culture with talks from experts within the field.

Just in case you were wondering, Subaru is Japanese for the cluster of stars Western Astronomy calls the Pleiades. Makali’i is the Hawaiian name for that same cluster.

January’s seminar had professor of Hawaiian language and Hawaiian studies at Ka Haka ‘Ula O Ke’elikōlani College of Hawaiian Language, University of Hawai‘i at Hilo, Larry Kimura presenting on the Kumulipo, the Hawaiian origin story. Dr. Kimura is known as the “Grandfather of the Hawaiian language” because he has played an important role in the revitalization of the Hawaiian language.

Dr. Kimura opened his talk with an observation: both Astronomy and Hawaiian culture seeks answers to the question of where we all come from, and both theorize that we started in darkness. This is the first part of 2,000 line-long Kumulipo. In this context, kumu means source and po means “profound and powerful darkness.”

Dr. Kimura presented three different publications of different “meles” or oral chants regarding the Hawaiian origin story. Meles were very important to Hawaiian royalty and passed down through royal lineages like heirlooms.

He also talked about his own family in Waimea, including their expedition with Queen Emma who was quite fond of climbing mountains, and their tradition involving Lake Waiau.

Lake Waiau is one of the highest lakes in the U.S., at a 13,020 ft elevation. It is less than a mile from its trailhead near the summit of Maunakea.

In Hawaiian culture, Lake Waiau is the “piko,” or bellybutton of the Hawaiian islands. The piko is where an umbilical cord is attached to a baby, it is the connection between mother and child. In the past, families would take the umbilical cords of their children to Lake Waiau to give honor to where they truly come from.

The “Grandfather of the Hawaiian language” said that as far as he knows, not all families in Waimea have continued this tradition, his grandfather had not, but his grandmother, upon finding out that he would work with Imiloa, gave him a jar full of pikos to take to the lake.

Dr. Kimura wants any interested students to know that there are resources available for finding old Hawaiian documents. For example, Ulukau.org has over 700 news entries in Hawaiian. Oiwi.tv is also a good resource. Translation takes a lot of work and understanding because information and meaning can be lost through documentation and time.

Dr. Kimura is grateful to all his predecessors for making his own work possible by documenting their meles and he is glad that Subaru is taking the time to learn more about Hawaiian culture.

Subaru has four more sessions planned and hopes to continue for many more years. There is always more to learn! For public events, Subaru has these planned for the very near future: in conjunction with MKAOC (Mauna Kea Astronomy Outreach Committee) Onizuka Science Day was Jan 30 at UHH, and AstroDay will take place April 30 at the Prince Kuhio mall. Feb. 20 is Imiloa’s birthday! So Imiloa will be hosting an event with exhibitions and (hopefully) free cake. Don’t miss out on these fun and free events!

If you want to learn more about Dr. Larry Kimura’s work, visit this site: http://hilo.hawaii.edu/keao-hou/2014/10/09/kimura-hawaiian-language/
I t's 2016 and election season is underway. For those of who don't know much about politics and are eager to learn more, congrats! This is the perfect time to get a crash course in how America's government works. For those who can't stand politics, well, tough luck. If you haven't already been inundated with political news stories on your Facebook or Twitter feeds yet, trust me – you will soon.

Why now, you ask? Because today, Feb. 1, the first votes will be cast to determine who will be the next President of the United States.

"Wait, isn't the election in November?" some may wonder. The answer is yes. And no. The main event is indeed in November – but unless you've been living under a rock and haven't seen all the Donald Trump memes and Vines, you'll realize there's a LOT that happens in politics before the actual Election Day.

In the old days, almost no one (including politicians) paid close attention to elections until they were only a few months away. Those days have been long gone; for many people in America, politics is treated like sports, in that it's now become a 24/7 obsession.

Since the Super Bowl is just around the corner, here's a better way of explaining what's going on: Today is the beginning of the semifinals in American politics. The AFC and NFC champions battle each other at the Super Bowl, and the winner will be this season's overall NFL champion. Just like football, in politics there are two groups – the Democrats and the Republicans – who will duke it out on Election Day in November, and whichever team wins gets the keys to the White House (only instead of one season, it's for the next four years).

The main difference, however, is that football season is almost over. Election season is, for all intents and purposes, just beginning. We already know who the AFC and NFC champions are. The same can't be said for political parties.

Feb. 1 marks the first event where individual candidates within each party fight each other over who gets to be the party's "nominees", who will represent each side in November's election. Therefore, it's 99.99% likely that our next president will be either the Democratic nominee or the Republican nominee. (More on the 0.01% later.)

In politics, semifinals are more commonly referred to as the "primaries". Iowa is the first state to vote in the primaries. What makes Iowa so special is that unlike most other states, you don't simply fill out a ballot to vote for president. Iowa has a system called a "caucus". Caucuses are much more intense than a typical primary election.

In many ways, it's like a tailgate party on steroids. You have to show up at a specific place and come prepared – instead of joining a barbecue, you'll be listening to others speak about why they're supporting a particular candidate. Most of all, you have to be committed. Just like not every football fan will attend a game in person, not every voter will want to caucus. Therefore, the Iowa caucus serves as a test to candidates: if your supporters really care about you, they'll show up. If the weather is bad (it is Iowa, after all) or they have other things to do and can't commit, their absence could be the end of your campaign.

It's important to remember that, unlike the general election, there is no nationwide election for the primaries: each state conducts their own election, though later on in the process there will be multiple states that vote on the same day.

A key element that is shared in both the primary and the general elections, however, is the fact that people do not directly elect the candidates.

At the primary level, candidates need to win a majority of their party's delegates. Delegates are party leaders and activists chosen by voters to represent a particular candidate at each party's conventions, which are held in the summer of an election year. Conventions, in effect, serve as the official end of the primaries, though in recent years it's fairly obvious which candidates will be chosen at the conventions, as whoever wins more state primary contests is almost always assured to be the nominee.

But who are exactly the candidates running for president? This graph below shows the three Democrats running, versus the 12 Republicans still in the race. (There's no limit to how many candidates can run, but 12 is definitely a higher than average number.)

Let's start with the Democrats: as of now, the frontrunner for the Democratic presidential nomination is Hillary Clinton. Her name and face have continuously been in the spotlight for over 20 years. This is partially due to her eight years as a U.S. Senator from New York, and also her service as President Obama's first Secretary of State (a.k.a. America's top diplomat). Then, of course, there's the legacy of her husband Bill Clinton. As any 90s kid can proudly declare, the era in which they grew up is seen today as one of America's best decades. Since Bill was president during this time, then all nostalgia surrounding the 90s should help Hillary, right?

Maybe not. Bernie Sanders is now Hillary Clinton's main rival in the Democratic Party. A self-described "democratic socialist," U.S. Senator from Vermont, the 74-year-old Sanders is viewed by his supporters as everything Hillary is not: she is measured and calculating, he is passionate and principled. The big question among Democrats appears to be what comparisons, if any, can be made about Bernie Sanders and our current president – a man who also faced Hillary Clinton in 2008, and won. If Bernie is the next Barack, perhaps he has what it takes to stop the Clinton machine. However, Hillary's already been beaten before. It won't be easy to take her down twice.

As for the Republicans? Well, let's just say that things are a bit more complicated. There's an old parable that "Democrats fall in love, Republicans fall in line." In other words, Republicans were expected to get behind a candidate quicker than Democrats, long perceived as the more passionate and idealistic of the two parties. But whoever still believes that now has clearly underestimated the power of The Donald.

Indeed, if this week's polls are accurate, Donald Trump – part New York City real estate mogul, part reality TV star – is on track to take the Republican Party by storm. With his larger-than-life persona and hatred of all things "politically correct", Trump's tough-talking bravado has electrified some, and frightened others. It's fair to say the Republican Party is at a crossroads. Will it nominate Trump, whose bombastic and offensive comments have hurt his standing with non-Republican voters? If Trump is too extreme, would a more moderate Republican be able to win?

That used to be the case, but 2016 is a year like no other. The current runner-up is U.S. Senator Ted Cruz of Texas, seen by many as more rigidly conservative than even Trump. Perhaps most glaring of all is former Florida governor Jeb Bush, whose father and brother were both presidents, is barely still in the game. For a guy who has almost as much money and name recognition as Trump, you'd think he'd be doing a lot better in the polls. Then again, things have changed since the last time a Bush was in the White House.

One thing is for certain – the voters in Iowa, and across the country, will soon have their voices heard. And the candidates will have to live with the results, whether they like it or not: that's a little thing called democracy.
If you’re reading this, you are reaping one of the many benefits from student fees. But what else is there? If you read my previous article, you know that there’s free food and free condoms and lots of stuff that your student fees help make happen. One of those things is events. So here’s a quick recap/preview of some of the events:

January 23rd: Ho‘o‘ula‘eu – You can read Aspen Mauch’s article about that in this issue.

February 1st: News and Brews – Hopefully that’s where you picked up this issue.

February 12th: SAC Valentine’s Event – A fun opportunity to be crafty and spread some aloha.

February 17th: BOSP/CC Fee/SAC FLOW – A fun night to relive your childhood from 6:30-9pm.

There are more events than just what’s mentioned, so keep your eyes and ears open to hear about what fun things you can do on campus in the next few weeks. Also remember if you’re interested in getting published, the school’s literary magazine Kanilehua and the academic journal Hohonu are accepting submission until mid-February.

So in the last article I wrote, I admitted to not being sure about what each organization did exactly. In an effort to find out, I talked to the Chairs of two of the CSOs that reside in Campus Center. The two CSOs this piece will be focusing on in this issue are Campus Center Fee Board (CC Fee), and the Board of Media Broadcasting (BOMB). CC Fee mostly resides on the second floor of Campus Center, and BOMB takes up residence in many of the rooms on the third floor.

Campus Center Fee Board is currently looking for more people to be on their board. I talked to Sky Flores, their Executive Chair, about what exactly it is that the Board does. Sky said that there are many different things that CC Fee does. One of the big areas they do a lot in is Campus Center Programs. Some of the ones many might be familiar with are Relay for Life, Ka Maka Ku, and Campus and Community Services. If you are interested in participating in Relay for Life this year, you should contact them soon, since the event is going to be during the second weekend of March. Another part of what they do is maintain the campus center building. That includes the Lava Landing, the Plaza, and all of the rooms in the building.

That includes the rooms in the third floor of Campus Center, many of which are occupied by BOMB and their sub-groups. BOMB stands for the Board of Media Broadcasting. Matt Groulx, the BOMB Chair, says their job is to “govern and guide the two other groups especially in long term goals and with financial assistance”. BOMB is currently looking for a Vice Chair, if you’re interested in getting involved.

The two subgroups BOMB supports are the University Radio Hilo (URH) and Vulcan Video Production (VVP). VVP works more with video instead of audio. They produce the artistic and creative videos that are distributed online. The group has a facebook and a youtube channel, which you can find by searching Vulcan Video Production, or by checking out their page on the UH Hilo website.

University Radio Hilo deals more with creating content that will go on the radio. URH’s focus at the moment is on music and information that could be helpful for students. They are currently broadcasting on 101.1 FM. URH is always looking for more DJs. At the moment, I’m trying to get them to let me have a show where I get to compliment people in between playing some of my favorite songs.

There are a lot of things happening on campus, from event to organizations, and I think the more people know about what is going on with them, the more of a chance there might be for them to get involved. I think that CC Fee and BOMB are two organizations that do a lot of amazing things for the campus. They are one of the many CSOs that works to make the campus a wonderful place to exist on. In the next issue, I plan to look at another CSO and try to let the student body know about more events that are coming up.

I hope everyone is having a wonderful semester so far. Have a fabulous everything!
The University of Hawai‘i at Hilo (UH Hilo) hosted its 21st annual Ho‘olaule‘a on Jan. 23, 2016 from 12:00-8:00pm. Located in UH Hilo’s Performing Arts Center parking lot at the lower end of campus, the drug and alcohol free event was of no charge and open to the community. A variety of food, prizes, live performances, vendors, and entertainment were presented at this year’s Ho‘olaule‘a. One of UH Hilo’s Ho‘olaule‘a main attractions was the stage entertainment hosted by the Board of Media Broadcasting (BOMB) that included performances by Lower Aina, Applesauce Boys, Boomdraw, Lion Isle, and much more. Morning Radio Show Host at Power 104.3 and UH Hilo Alumni Tantra Grillo kept the crowd energized as emcee for the evening.

UH Hilo hosted its first Ho‘olaule‘a in 1995. “Ho‘olaule‘a was started because the University of Hawai‘i at Hilo’s Student Organization (UHHSA) wanted to do something for the community,” Campus Center Director Ellen Kusano said. “This community is such a big supporter of UH Hilo, so this was an opportunity to say thank you. People look forward to this event.”

With the amount of activities available to the community and the quality of the performances, it’s no surprise that people were eager for Ho‘olaule‘a to begin. For those who wanted to kick back and relax, GameStop sponsored an area for people to play video games with their friends and family, featuring popular titles such as Just Dance, Super Smash Bros., Need For Speed, and Injustice.

Ho‘olaule‘a’s Keiki Land was a huge hit for the kids, and featured inflatable bounce houses, water slides, carnival games, and a trackless Thomas the Engine train that took kids for a ride around the family-fun event.

Attendees were able to take a piece of Ho‘olaule‘a home with them when Ke Kalahea hosted a booth where people could dress up with a variety of props and accessories, and have their picture taken and printed out on the spot using an instant camera.

According to Kusano, this year produced the largest turnout for UH Hilo’s Ho‘olaule‘a to date, with thousands coming and going throughout the day. “We also have over 40 vendors this year; this is the most vendors we’ve ever had,” Kusano said. “That’s pretty amazing.”

Ho‘olaule‘a was a great chance for local vendors to gain support from the community. Some of these vendors include Megan Aina Boutique, LuLaRoe, Charmies of Kona, and the Blue Zones Project. The Blue Zones Project is a well-being improvement initiative by Healthways and is sponsored by HMSA to help the residents of Hawai‘i make better and healthier choices in their lives. For Ho‘olaule‘a, the Blue Zones Project promoted health and wellness by featuring a bicycle-powered blender for people to actively make their own smoothies. This was the first time the Blue Zones Project has appeared at Ho‘olaule‘a, and to them, it was a huge success. “Ho‘olaule‘a is awesome, it brings the community together, it provides an opportunity for local vendors to get their name out, and the community can participate in all these different activities,” Lisa Cabalis, Engagement Lead for the Blue Zones Project said.

Some of UH Hilo’s student organizations and clubs also attended Ho‘olaule‘a to engage in the festivities. UH Hilo’s Danzan Ryu Jujitsu club sold items handmade by their members as a fundraiser to attend the upcoming National American Judo and Jujitsu Foundation’s Annual Convention. The Asian Culture Association (ACA) Club, Circle K International, and UH Hilo’s Accounting Club were also apart of Ho‘olaule‘a to gain recognition and fundraise for upcoming club events.

UH Hilo’s 21st Ho‘olaule‘a came to a close with an amazing performance by Through the Roots. Following the event, a UH Hilo student said, “It was really, really fun. The music was great, the food was delicious, and everyone was all smiles.” Although Ho‘olaule‘a has come and gone, there are many more upcoming events to look forward to this semester.

Follow Ke Kalahea on Instagram and visit hilo.hawaii.edu/news/ to find out more about upcoming events around UH Hilo.
Did you know that Captain James Cook was killed by the Hawaiians on Valentine’s day in 1779? Feb. 14 marks the memory of Cook, the great British explorer and navigator, who was murdered with the hurling of rocks by the natives of Hawaii. This occurred during his third visit to the Pacific island group.

It was the wrong time to visit back to Hawaii, as Cook was unaware of the Makahiki Season.

The legendary Captain Cook took over next generation of sailing as his father did before him. Cook traveled to Kauai and the Big Island.

The Hawaiians thought that Cook was the god Lono. Cook named the island chain “The Sandwich Islands” because the Hawaiians offered him food, and hard beverages, treating him with lots of respect.

He came back during the season of men and boys who were learning how to fight in wars. It was then that Cook was killed on this day of love.

Captain Cook also traveled to Antarctica, New England, Europe, Australia, Africa, South America and North America, Polynesian Islands, Tahiti, New Zealand, Easter Island, Papua New Guinea, Brazil and lastly our main Hawai‘i nei; at Kaua‘i and Kona.

Captain Cook’s Monument resides in Kealakekua Bay in Kona. “I like seeing that place; it is beautiful” Marleah Renti-Cruz, a student at University of Hawai‘i at Hilo, said.

Cook traveled to many places, learning about other cultures. If you ever get the chance to travel to Kona, visit the monument and gain more knowledge of this global navigator.

According to Sharnelle Renti-Cruz, also a student at University of Hawaii at Hilo, “The statues are there to tell the people that Captain James Cook made many trips to this world and he was honored to be the greatest captain. We should all be thankful that Captain James Cook did at his risk.”

Captain James Cook discovered many places by exploring. It is good to remain confident in what we already know but it is also good to get out there and expand our comfort zone. Be an educator, have fun and above all, be safe.

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**Was it not for the PLEASURE which naturally results to a MAN from being the first DISCOVERER, even was it nothing more than sands and shoals, This SERVICE would be INSUPPORTABLE.**

-Captain James Cook

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University of Hawai‘i at Hilo (UH Hilo) women’s basketball team has travelled a rugged road, winning just four games all season, but their diligence and attitude remains relentless regardless of record. Academy of Art University (8-0 conference, 13-5 overall) continued their undefeated reign at the Afook-Chinen Civic Auditorium Thursday night, Jan. 14.

The Vulcans (3-4 conference, 3-9 overall) added another strike to the loss column. The difficulty on the court in turn showed some form of stress in their heads, according to head coach Dave Kaneshiro.

“I thought we were able to handle the pressure in the back court but we just didn’t take very good shots or make very good decisions once we broke the press,” Kaneshiro said.

The shaky first ten minutes seemed to dictate the rest of the game. The Vulcans fought to stay with Academy of Art but trailed by eight, 15, 27 and 33 respectively at the end of each quarter. The overall final at the end of regulation posted 86-53.

UH Hilo was as prepared as they could be when facing an 8-0 team who averages 80 points per game, 40 rebounds per game and has four players scoring in the double digits.

“It wasn’t any different than any other game. We talked about their players, their strengths and weaknesses, how we were going to guard them, and what we needed to do offensively,” Kaneshiro said.

“We knew it would be a challenge but I don’t think our preparation was any different from any other game.”

The preparation may not have been any different but the execution seemed to be flat. UH Hilo struggled to score as freshman standout Kim Schmelz missed several of her normal jumpers. Schmelz, shooting a mere 23 percent from the field overall, still managed to hit her typical game average of 13 points.

“We got behind and didn’t have the fight or the energy that we played with in the last two games and it’s hard but that’s what you have to do—weather you’re up or you’re down—you have to keep playing,” Kaneshiro said.

“Sometimes when you are down by that much at the end, you just have to play for pride,” Lauren Hong, transfer from Cerritos, Calif., said. “Don’t let the blowout be any worse than it has to. In our case, I think the score looked a lot worse than the game actually was.”

Despite suffering a loss to Academy of the Arts, the Vulcans took down Fresno Pacific University Mon. Jan. 18. The home victory was a much need breath of fresh air after the grim loss just four days prior.

“We put in a lot of work during practice. We just try to stay focused for what’s ahead of us,” freshman Patience Taylor said.

UH Hilo beat the Sunbirds 61-53 with 47 of their points coming from the bench.

Although the Vulcans have not won every competition, their attitude is still geared toward an end goal of victory.

“We practice pretty intensely. The effort is definitely there,” Kaneshiro said. “We go at it. It’s not easy and nothing is ever given to us but that’s the only way to improve. And although we aren’t winning every game, we are getting better each day.”

Hong scored 13 points against Fresno, all of which came from free throws. She had five points, five boards and two assists in the game against Academy of Art. The junior transfer averages just less than 10 points a game at 9.8.

Hilo continues to fight for a chance to play in the Pacific West Conference Championships in March. Until then, Hong reminds everyone to press on and find the passion in which keeps you going.

“My thought is to always play as hard as I can. I play for the love of the game,” Hong said.

“My thought is to always play as hard as I can. I play for the love of the game.”

—Lauren Hong, UH Hilo women’s basketball guard
Playing in your senior season at UH Hilo, what do you expect from to come the 2016 season?

This is my fifth year at the University of Hawaii at Hilo. This season I’m mainly focused on enjoying my last year of college ball. I want to set a great example for my teammates that will be following in my footsteps. Also for the young kids that come out to our games. This year is going to cap off my long journey here at UH Hilo and I have extremely high expectations for myself. I have put in countless hours to get to this point. I expect great things as a collective group. We have more experience and we are playing as a complete team now. Veteran players need to carry this team and we are expecting the young guys to step up no matter what situation they are put in.

UH Hilo Baseball’s season opener is against UH Manoa at Francis Wong Stadium on Feb 13th. How do you feel about this opportunity to play against that kind of competition?

I’m beyond excited to be hosting UH Manoa at our home field, Francis Wong Stadium. Growing up, I have always been a fan of UH Manoa. As a young baseball player I would dream about playing for the Bows and in Les Murakami Stadium. Unfortunately, I did not get the opportunity but I am grateful for where I am at UH Hilo and it’s just as satisfying to be able to play against them to kick off my senior year. I am ready to show not only my abilities but also my team’s ability to compete with better competition. I am expecting Wong Stadium to be packed with students and fans. It should be a great experience. I am ready for the challenge.

Baseball has been such a larger part of your life for many years. Where do you see your future in baseball taking you?

The game of baseball is very unique. It had me traveling all over, meeting new people, and learned lessons from numerous sources. It has always been a dream to play Major League Baseball. I have worked extremely hard and I have given it my all, day in and day out. Baseball is something that I hope to continue playing. If that day comes and my name is called, then I will be extremely grateful. For now, I play for UH Hilo and I play one game at a time. I still have a long journey with my brothers and I am going to soak it in because unfortunately it shall come to an end. I’ll enjoy playing no matter where I am, whether that be professionally or at a local park with a bunch of my friends. Wherever baseball takes me, I always have the utmost respect for the game.
What life lessons has baseball taught you throughout your life?

I strongly believe that baseball has taught me countless lessons that will carry with me through all aspects of life. Baseball is a game of failure. If you fail 7 out of 10 times, you are a Hall of Famer. Dealing with adversity is a key component in baseball. You are guaranteed to fail, but it is about how you come back from failure. Are you going to give up or get back up and do whatever it takes to succeed? I have learned that hard work and dedication has to be an everyday of the week thing. I was blessed with height and athleticism but you cannot get anywhere with just that. You must put in the blood, sweat, and tears. One of the most important lessons is to live in the moment. Baseball can often be a cruel game. When it shows you that ugly side, you have to be able to bounce back and give it your all the next chance you get. Also that you can’t get ahead of yourself. Taking life one day at a time will ensure that you are focused in the moment. Do not focus merely on the outcome, but trust the process. If you are putting in the work and going through the process with maximum effort, the success will come.

‘WHEREVER BASEBALL TAKES ME, I ALWAYS HAVE THE UTMOST RESPECT FOR THE GAME.’

- JORDAN KUROKAWA -
FREE COFFEE AT THE KE KALAHEA OFFICE!
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