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Cover Photo by Shelley Pha
Pitaya bowl from Hana Mae’s
Letter from the Editor

We all love to eat, and for many different reasons. We enjoy the different flavors that explode on our taste buds, the texture of something crunchy or creamy, even the burn of something spicy. Food can bring back memories of past experiences and this can draw us in or repel us. No matter the reason why we love to eat, it is something that connects us and often brings us together.

Food is a social experience. Maybe you go for breakfast with your grandparents every Sunday at their favorite local spot or you and your friends go out once a month to the local sushi bar. Food is part of many traditions and can be a huge part of our social interactions. It is also very common to see people taking a photo of the meal they are about to enjoy. We are visual beings and just the act of looking at food seems to give us some excitement.

In this food issue we have some delicious photos for you to drool over, but don’t forget to read the juicy articles that go along with them. We highlight many local spots you can grind on some very unique and mouthwatering dishes.

Food also goes well with learning something new, that’s why at the upcoming media symposium you can get some free food and drink while hearing from some of Hawaii’s media experts. This event will be free to UHH students and only $5 for the public. It’s a full day of workshops and information panels that anyone interested in journalism or working within a publication could benefit from. Check it out on April 9 and see our flyer for more details.

We also want to encourage anyone who may be interested in joining Ke Kalahea or other on campus publications to get their applications in ASAP because we are looking for members for the upcoming school year.

I hope everyone had a relaxing or adventurous Spring Break and you’re ready to take on this last month of the semester.

Britni Schock
Editor In Chief

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Big Island Juice Company is a brand new juice bar and restaurant located in Hilo that officially opened its doors Jan. 1, 2016. Cűmũ Wentzel, Owner of Big Island Juice Co., and Lokeñani (Loke) Wentzel, Executive Chef & Co-owner, have created a menu of gourmet island style cuisine, smoothies, a variety of desserts, and not to mention, their famous cold-pressed juice.

"Loke is a self proclaimed ‘foodie’ and into all kinds of food, but mainly healthy & utterly delicious foods and we are both into living healthy lifestyles," Cűmũ said. "We got into juicing together and have even done the whole raw vegan diet for quite some time, but eventually needed some balance and leeway in our lives, so we just eat healthy whole foods with a lot of local, organic fruits and veggies, drink raw organic juice everyday and indulge in desserts etc.. on the weekends or special occasions... Which is basically the concept of the restaurant!"

Big Island Juice Co. tries to use local and organic ingredients as much as possible, even taking road trips across the island in order to find fresh, local produce.

"Big Island Juice Co. source through local farms and farmers, and some items like bread we get from amazing local bakeries such as Papa’a Palaoa Bakery in Hilo, we even get some things at the health food stores & other big food/product dealers if we need to," Cűmũ said. "Mostly everything we do is 100% from scratch, but occasionally we run out so someone will have to go on what Big Island Juice Co. staff refer to as a ‘911 run’ to anywhere that carries anything remotely what we need."

One of the most popular features of Big Island Juice Co. is their "juice cleanse." The juice cleanses contain “100 percent raw, cold-pressed juice," serving as an easy—and refreshing—way to get a daily dose nutrients and minerals.

"They are literal vitamin, enzyme, nutrient bombs," Cűmũ said. "During our juice cleanse, you drink only these juices, so you literally flood your body with the best stuff, while allowing your digestive system a much needed break. In doing so you not only flush out toxins from your entire body and replace it with cell rebuilding fuel, you gain astounding amounts of energy and mental clarity."

Big Island Juice Co. also prepares custom juice cleanses for people with special needs/requests or allergies.

Big Island Juice Co. is also a popular spot for smoothie lovers, offering a wide variety of unique flavors and blends. Some popular choices and favorites are the Monkey Fuel and Peanut Braddah and Jelly smoothies, along with the beautifully crafted "Smoothie Bowls."

"The most popular is by far our Aloha Acai bowl," Cűmũ said. "It comes in a pineapple if you’re having it at the restaurant. Acai, bananas, strawberries and blueberries are blended up thick and decorated with granola, more blueberries, more bananas, mango, goji berries, hulled hemp seeds, coconut flakes and honey drizzle... Loke is a true artist when it comes to creating food or juice recipes. She likes tricking people into eating healthy things that are disguised as more unhealthy indulgence or comfort foods... The both of us have traveled a lot and we both take inspiration from our life experiences, and through that, amazing dishes have been created. Food is art."

In light of their growing popularity, Big Island Juice Co. hopes to expand their current selection across Hilo and gradually work up towards opening a new location in Kona.

When asked what their favorite part of Big Island Juice Co. is, Cűmũ stated, "Seeing people’s personal health transformations is truly a gift for us and we are so grateful for the opportunity to see people through them & help to guide their journey. On a daily occurrence, it never gets old seeing the faces of people, families with children on dates etc.. when we bring out any of our dishes and no one can believe it and they take out their phones to start taking pictures. Who knew a turkey sandwich could bring someone that much joy?! Then when we have people say we’re their favorite new place and even have people on a weekly basis fly from Oahu and drive from Kona just to try us out, it’s really a spectacular feeling. Our customers really do give us warm fuzzies and that is our favorite part."

For more information, follow Big Island Juice Co. on Facebook at https://www.facebook.com/bigislandjuiceco and on Instagram at https://www.instagram.com/bigislandjuiceco/. Contact Big Island Juice Co. at info@bigislandjuicecompany.com or (808) 935-8454.

Big Island Juice Co. is located at 54 Waianuenue Avenue in Hilo. Hours are 9 a.m. to 6 p.m. Tuesday through Friday, 10 a.m. to 5 p.m. on Saturday, and Sundays from 10 a.m. to 2 p.m.
News Writer Aspen Mauch

Photo courtesy of Big Island Juice Co.
The sweet tooth. It sends you to the fridge late in the night, it convinces you to compromise your health kick for just one little cookie, or there’s the weakness of so many—soda.

Almost nothing beats the refreshing, bubbly taste of an ice cold pepsi on a hot day. But is it a coincidence that around the same time we figured out how to mass produce sugar and make sugar substitutes was the same time that we saw a spike in obesity, type 2 diabetes, and other health problems in our population?

Believe it or not, sugar was once a rare commodity. Today however, one would be hard pressed to find a food item that sugar has not been added to. If it comes in a package, you can bet it has sugar somewhere in the ingredients list.

One of the biggest issues our society faces when it comes to diet is awareness. Most people have no idea what they are eating.

There are three main types of sugar, Glucose and Fructose, and Sucrose. Glucose is a carbohydrate and is the body’s preferred energy source. Fructose has the same chemical formula as glucose but a different molecular structure. It is found in fruit, some vegetables, honey, and other plants.

So why not just abandon the sugar ship and stick with artificial sweeteners? But what is an artificial sweetener?

Artificial sweeteners, products such as Splenda, Aspartame, and Equal, are no calorie sweeteners. Sounds great, right? Wrong.

Because they don't contain any calories; they are not a carbohydrate, they don’t trigger the metabolism, which means they don’t provide any source of fuel for the body to use. Essentially, they just sweeten. Because of all of this, your body is left feeling unsatisfied, and hungrily than before you consumed it, and if you react to that hunger and eat again, you open the door for additional weight gain to occur.

Stefanie Basso, a Professor of Kinesiology and Exercise Science with UH Hilo, and also a Professional Trainer offers this simplified explanation of the different sugars:

“To understand sugar and carbs, visualize a long pearl necklace. That single pearl is a Glucose & Fructose, or single sugar molecules. Fructose is commonly known as sugar from fruits.

“Sucrose is a Glucose & Fructose sugar molecule bind together and is commonly known as the table sugar we all consume in our diets. Our more simple the sugars we consume, the faster it goes straight into our bloodstream, causing an instant rise then crash. The more complex starches we consume (remember that long pearl necklace), the more sustained our energy will be and we can rely on it being more nutrient-dense,” Basso said.

Jodie Leslie, also a Kinesiology Professor here at UH Hilo shares her thoughts:

“Over-consumption of sugar is definitely a problem. Sugar is attributed to increased risk of cancer, obesity, heart disease, dementia, type 2 diabetes, and more. It is highly addictive, stimulating the same pleasure centers in one’s brain as cocaine, thereby causing people to crave it. Artificial sweeteners are not better, as they create additional problems, include the decreased ability of your body to regulate its appetite and hunger signals properly and promoting fat storage.”

Perdue University ran a study on rats where half of them were given a diet that consisted of artificial sweeteners and the other half were given a diet that consisted of regular sugar. The rats that were given artificial sweeteners gained significantly more weight than their counterparts. The same results can be found in those who opt for diet soda over regular soda. The sweeteners seem to alter the metabolism. The taste buds taste the sweetness but because there are no calories that come with it there is nothing to burn. (abcnews.go.com)

One thing under hot debate in the last few years has been High Fructose Corn Syrup and whether or not it’s a better alternative to regular sugars. The Journal of Clinical Investigation did a study where volunteers were asked to drink a glass of kool-aid with their dinner every night for ten weeks. Half of the group had kool-aid sweetened with high fructose corn syrup, and the other half with table sugar. At the end of the ten weeks both groups had put on weight. However, the group who had taken their kool-aid with the HFCS had gained more visceral fat, which is the type of fat that attaches to the organs and is associated with ailments such as type 2 diabetes and higher cholesterol.

Clearly the research shows that sugar (really in any form) can be harmless if too much is consumed. So how much are Americans actually consuming on a regular basis? Over 150 pounds per year according to WebMD. The average American woman should have no more than 25 grams of sugar per day. Less than a hundred years ago the average intake was roughly four pounds a year. Quite a spike!

Basso commented that most people just don’t realize how much sugar they are consuming. One example she gives is to help her students understand is the amount of sugar in a 16oz bottle of Sprite. There are 44 grams of sugar in a bottle. 4 grams of sugar equals 1 tsp. That equals 11 tsp of sugar in one bottle!

The American Heart Association says that the average male should have no more than 37.5 grams (or 9 teaspoons) per day, and that the average woman should have no more than 25 grams (or 6 teaspoons) per day of added sugars (sugars not naturally occurring).

Obviously one of the main concerns here is the health of American people. Many other countries have placed bans on artificial sweeteners and other food additives based on the research that showed it wasn’t good for their people.

So where is the FDA in all of this, and why aren’t bans being placed here in the US? The issue is highly political. But the bottom line is that the sicker people are, the more medical care they need. It is after all called the Food AND Drug Administration. One could infer that there is money to be made from a country that is overweight and unable to maintain their health on their own. Healthy food is expensive, leaving the less fortunate to have no choice but to serve up heaping amounts of salt and sugar that are found in cheaper foods just to feed their families.

So what should we do about it? Sugar can act very addictively and it can be difficult to wean oneself from it once the body is used the having so much of it. Basso suggests the following steps for those that are looking to cut down on their sugar intake in a way that won’t send them rushing for the candy aisle.

1. Keep a food journal for a few days in order to identify where the lows are in your day that have you reaching for a sugary snack or drink. When your energy is low, you are likely to seek out those types of snacks.

2. Begin swapping out sugary items for healthier options like bananas.

3. Don’t go extreme, be good to yourself.

This last one is probably the most important to remember. Basso emphasizes moderation, and states that all things, even things that include HFCS are not terrible if consumed in moderation, and states that all things, even things that include HFCS are not terrible if consumed in moderation. Attempting to cut yourself off completely from all sugar is unrealistic and will leave you craving the things you’re denying yourself. Have some, but have a little.

If you are looking for alternatives to table sugars, Leslie offered up some great ideas:

“One of the best alternatives to sweeteners is stevia. It is derived from a plant and hasn’t been shown to cause the same harmful side effects. Monk fruit is another one that has been emerging as a natural sugar alternative as well.”

Without a doubt America is rather dire when it comes to this sweet problem. The issue is definitely one we are fighting here on campus. At every turn there are stands of King Size candy bars, doughnuts and cakes, and vending machines filled with sodas and sweets. No doubt more attention should be paid to what is being offered in an effort to help students make better choices when it comes to their health.

So the next time you reach for that soda or that candy bar, check the label and think about if that’s really what you need. Do it for yourself because you deserve it! And remember, everything in moderation!
“My favorite place to eat on this island would have to be Sweet Cane Cafe. I like Sweet Cane because it offers numerous healthy choices. A lot of their food is organic, gluten free, or vegan. Also, their produce is always fresh. The main reason why I go to Sweet Cane is for their acai bowl. It is absolutely delicious! And for the portion size and price nothing else on the island beats it. You must treat your body right by feeding it the right foods. Treat your body right and it will return the favor.”
- Alia Alvarez, Senior, Women’s Basketball

“Sweet Cane is my favorite place to eat in Hilo. I love that their food is healthy. It is great for a snack before or after practices and games. It is delicious and also healthy for you. I really enjoy their acai bowls and wraps. All their product is locally grown. As a student-athlete, I have to eat healthy to compete at peak performance. Sweet Cane is inexpensive so I can get great food for cheap and college student are always looking to save a few bucks.”
- Nicole Statham, Junior, Women’s Soccer

“The first place I went to when I first came to UH Hilo was Oceans. I’ve made a ton of memories with my friends there. I am always craving sushi and Ocean is where I always want to go. It is a great place to celebrate after a big win. My friends and I will go there because it’s not too expensive. There are also a wide variety of foods and alternatives to sushi for people who don’t like sushi. For those who love sushi, it is always extremely fresh.”
- Danielle Wilson, Junior, Softball

“Would have to say Lucy’s is my favorite place to eat in Hilo hands down. I’m a huge fan of Mexican food and I love the atmosphere at Lucy’s. I always get a Burrito Grande because I eat half and save the other half for later. It’s a great place to hang out with your friends and have great food and have a drink. You can come with a few friends or your whole team. I have a new memory every time I go.”
- Will Cleary, Senior, Baseball
When you have a passion for what you do and mix it with a love for your community, great things can happen. A juice bar in Downtown Hilo, Loved by the Sun, has combined these and created something we can all enjoy.

Owner and creator of Loved by the Sun is University of Hawaii at Hilo (UHH) graduate, Sarah Chard. With a major in Tropical Plant Science and Agroecology, Chard found her love for plants and farming while studying at UHH. “My dream is to own a tropical fruit orchard one day and use all my produce at the shop,” said Chard. A few years prior Chard bought her first Champion juicer and she began creating different juice blends. “This led me to research different combinations and the many nutritional qualities that each fruit and vegetable had to offer. I started sharing my juice with friends and family and eventually started making deliveries to the Pahoa and Hilo communities,” said Chard. With very positive responses from those who tried the juices, Chard had a business that was growing faster than she ever imagined. After only a few months, Loved by the Sun juice bar had its very own location in Downtown Hilo.

“Many customers come in with various problems like hypertension, diabetes and many that are just finishing chemotherapy. They all believe in these juices and have had amazing results with just simply adding raw fruit and vegetable juices into their diet. To see that food really can be medicine and watch lives transform is completely humbling,” said Chard, when asked what was her favorite part about owning the juice bar. They offer a variety of juices, nut milks, and even cold brew coffee made from local coffee. Chard offers guidance to people searching for their perfect juice, depending on flavor preferences or specific health goals.

I was able to try all of the juices offered at Loved by the Sun and the flavor combinations were a trip for the taste buds. One of my favorite morning juices is called Energizer, it is a blend of orange and beet juice. This is the perfect pick me up because of its refreshing and sweet taste. Another one of my favorites was Green Goddess juice. This combines kale, celery, cucumber, pineapple, and lemon for a sweet and healthy green juice. If you are looking for something lighter than a fruit and vegetable juice, I recommend the Chia Colada. This is an out of this world blend of coconut water, pineapple, and chia seeds, that truly resembles a pina colada.

With creativity and determination, Chard has built a business that she can be proud of. “If there is one thing I learned through my experience was that farming in Hawaii can be tough. I wanted to create a business that fully supported them and all their efforts, not just the large farmers but the backyard guerilla type farmers also. Juicing is a great way to encourage farmers to produce more and have a market to sell not only their nicest produce, but the off grade as well,” said Chard. And as advice to student entrepreneurs Chard says, “graduating from UHH really helped realize that I can achieve anything I set that no dream is too big to accomplish.”
Loved by the Sun

Big Island Juice Bar

Organic • Raw • Local
Juice • Elixir • Coffee • Smoothie • Nut Mylk

LOVED BY THE SUN gets you back to the way nature intended you to feel through organic fruits and vegetables. We support local organic farmers by sourcing local produce whenever it’s available. No added water, no pasteurization, no heat, no preservatives, no GMOs, and no artificial ingredients or sweeteners: JUST REAL FOOD. Juices are made into unbelievable blends that will flood your mind, body and spirit with liquid love, filled with vitamins, minerals, antioxidants and living enzymes.

WHOLE FRUIT OR JUICE?
Did you know that 95% of the vitamins and enzymes our bodies need are found in the juice of raw fruits and vegetables? We would need to eat 2 lbs of carrots, 10-12 apples, or 8 lbs of spinach to receive the same amount of nutrients contained in one 16 oz juice! By drinking juice, highly concentrated vitamins, minerals, and enzymes rapidly enter the bloodstream, absorbing all of the nutritional benefits of the fruits and vegetables, while giving your digestive organs a much-needed rest.

JUICING AND ILLNESS
Not only can juicing promote weight loss, vitality, increased energy levels, strengthened immunity, strong bones and a glowing complexion, but it may also reduce chances of heart disease, cancer and strokes.

MAHALO For all your support! With every juice you are investing in your health and wellbeing while supporting local farmers.

475 Kinoole ST Hilo HI 96720
808-895-1203
Tuesday-Friday
9AM-4PM
Saturday 9AM-1PM

lovedbythesunhawaii

www.facebook.com/big.island.juice.bar.lovedbythesun
K’s Drive Inn
194 Hualalai St, Hilo, HI 96720
Monday - Saturday 6AM - 10PM

K’s Drive Inn, “Home of the Twist Cone,” is a local family-owned establishment. Most famous for their “twist” soft-serve ice cream cones, K’s Drive Inn also serves local cuisine and American food choices. With a price range of under $10 and an average rating of four stars on Yelp, it is definitely a place to stop by!

For more information, visit http://www.ksdrivein.com/

Hilo Bake Co.
399 E Kawili St, Hilo, HI 96720
Monday - Saturday 6AM - 2PM

“Made from scratch” and “baked fresh daily,” Hilo Bake Company offers customers an array of different donut and pastry flavors daily. But don’t skip out on the fan favorite Maple Bacon Donut! Hilo Bake Co. averages four star ratings, great reviews, and an “Inexpensive” price rating on Yelp. Hilo Bake Co. specializes in baked goods but they also serve breakfast and lunch options! What more is there to love? All their donuts are baked and never fried - so go give it a try!

For more information, visit http://hilobakecompany.com/
Featured in Bride’s Magazine and winner of “America’s Most Beautiful Cakes” in 2010, Short N’ Sweet Bakery & Cafe is truly one of Hilo’s hidden gems.

Maria Short, Chef and Owner of Short N’ Sweet, found her passion for baking when she was a child, spending her free time replicating recipes from her very first cookbook, the “Joy of Cooking.” Since then, Short has refined and perfected her craft over the years. In 2004, Short and her husband officially opened Short N’ Sweet Bakery & Cafe in Hawi, but soon transferred to their current—and much larger—facility in Hilo in February 2009.

“We decided to open the shop after deciding we wanted more control and flexibility in our lives,” Short said.

For those looking to satisfy their sweet tooth, Short N’ Sweet will not disappoint. Some popular selections include Lilikoi Bars, Lilikoi Cheesecake, Baklava and a special variety of flavored marshmallows.

“The recipes are a blend of high quality local ingredients, with a nod to French pastry techniques and local tastes,” Short said. Short N’ Sweet’s freshly baked bagels, croissants, and sweetbread create a sweet and savory aroma that will leave you begging for more.

For more information, visit http://www.shortnsweet.biz/ and follow Short N’ Sweet on facebook at https://www.facebook.com/shortnsweethilo. Contact Short N’ Sweet at (808) 935-4446 or mail@shortnsweet.biz.
Cafe Pesto is one of Hilo's few Italian restaurants and also specializes in Italian-Local Hawaiian fusion cuisine. Located at 308 Kamehameha Ave Ste 101 Hilo, HI 96720 in downtown Hilo, you will want to mark your calendars for their grand re-opening on April 28, 2016 after their establishment is remodeled. Cafe Pesto averages a rating of four stars on Yelp and has a price range on the expensive-side but that is because this establishment is one of Hilo's finer restaurants. If you plan to visit you should call ahead and make a reservation, the great food is something you don't want to miss!

Paul's Place is a popular hole-in-the-wall restaurant in downtown Hilo. Their location at 132 Punahoa St Hilo, HI 96720 is small and only has a few tables, so making reservations is recommended. If you plan to walk-in, the possible long wait is still definitely worth it for this gourmet American food. At Paul's Place you can enjoy great tasting, nicely presented, food in a nice atmosphere with friendly service. Paul's Place specializes in brunch with its operating hours of 7AM to 2PM. The prices for their food ranges from $10 - $20 and it is worth every penny!

Liko Lehua Cafe is a small establishment with a few locations in Hilo including the location pictured above: 80 Pauahi St, Hilo, HI 96720 with operating hours of Monday - Friday 10AM to 9PM. Liko Lehua Cafe was founded as a place to buy gourmet butters and jams, and has now evolved into a cafe serving local cuisine, burgers, pastas, and more. Liko Lehua Cafe averages a rating of 4.5 stars on Yelp and has a price range of under $10. It's a great place to get gourmet-style food at a great price!

Poke to Your Taste is easy to miss while you're exploring around Hilo town, but as soon as you try it you won't want to drive past it again. Their building is a small shack located just before the Hilo airport at 790 Leilani St. Hilo, HI 96720 with operating hours of 6AM to 5PM Sunday - Saturday. Poke to Your Taste averages a rating of 4.5 stars on Yelp and is rated to have an "Inexpensive" price range. Why is it called Poke to Your Taste? You get to choose exactly what goes on your poke and you get served a generous amount! If you like poke, you will want to try this place!
Lam’s Garden is a restaurant specializing in Vietnamese and Cantonese food with popular items being their Vietnamese pho and soups. Lam’s Garden is located at 172 Kilauea Ave Hilo, HI 96720 with operating hours of Sunday - Saturday 10AM to 8PM (closed Tuesdays). Lam’s Garden averages a rating of four stars on Yelp and has a price range of $11 - $30. If you have a craving for pho and exceptional service, head over to Lam’s!

Sushi Ebisuya is a fan favorite sushi establishment in Hilo because of its great tastes and great prices with sushi rolls starting at just $3.99! Located at 179 Kilauea Ave Hilo, HI 96720 with operating hours of Sunday - Saturday 11:30AM to 2PM and 5PM to 8:30PM, Sushi Ebisuya averages a rating of four stars on Yelp. After enjoying your sushi you can indulge in great Japanese desserts like their Green Tea Cheesecake. If you love sushi and saving money, Sushi Ebisuya is the place to go!
Music is everywhere in this world. The wind and water are both natural music, because we can sense them. You can find music in churches, school bands, in restaurants, and even grocery stores. Music is important in every culture, Hawaiian included. Hula halau (Hawaiian dance schools) have music to accompany dances.

According to the late uncle Robbie Kaholokula of Waipouli, Kauai, "music is an expression of sound and rhythm that is primarily made with instruments or voices. The style of music may vary due to culture, religion, location and other influences."

Music supports people in different ways. When listening to music, it could help students to succeed in school. Music helps motivate the mind to strive and finish the homework assignments, and teaches us to communicate better.

"Hula is a wonderful example for music that support the dances," Uncle Robbie told Ke Kalahea before his passing in February.

Modern hula is accompanied by musical instruments such as ukulele, guitar and bass. Music has been important aspect in uncle Robbie's life.

"Music is a stress reliever. A favorite song or music can easily turn a bad day around," Uncle Robbie said. Do you think music could be medicine? Think about it: if you are angry, you might jam out to some loud music to work through your problems. Music also takes away the stress; there are some people who listen to classical music to meditate.

Music is also historic. We see this example with traditional Hawaiian music, which, dates back to the early 20th century, but continues to be appreciated worldwide and throughout the islands. The Merrie Monarch Festival in April, the Queen Liliuokalani Keiki Hula Contest on Oahu, and the Kauai Mokihana Festival are all examples of festivals that help to perpetuate Hawaiian music.

Beautiful music is composed all around the world, and has influenced the lives of others. Uncle Robbie has been one of Hawaii's musicians who helps to perpetuate the unique tradition of Hawaiian music, utilizing guitar, ukulele and drums. He Kanaka Kanikapila Kaulana 'Oia! — he was a famous musician. He also recorded five albums and won numerous awards including Na Hoku Hanohano Award in the 50 years of his musical career. He plays music from the heart, since the music he composes is his connection to his Hawaiian lineage.

Uncle Robbie believed that the cultural base of Hawaiian music will remain intact for the majority of Kumu hula (Hawaiian dance teachers) and Hawaiian music practitioners around the globe.

"Music in general will continue to evolve with the influence of the world’s many cultural and music styles," Uncle Robbie said.

Uncle Robbie was born on Kauai. His father is from Puwela, Maui, and his mother is from Hilo. Uncle Robbie’s parents both came from a musical family. Uncle Robbie’s mother sang with her father's band and also sang with visiting orchestras to Hawaii.

When she was a young woman. His Father was a band leader, arranger and haku mele (head of music and band).

"Although my parents were business people, Music was always in our home," Uncle Robbie said.

During Uncle Robbie's childhood, his brother took piano lessons and Uncle Robbie took drum lessons, playing music at hotels from the age of 10.

"Music is part of life," Uncle Robbie said. It's obviously an important part of his life due to his family generations of music. Uncle Robbie confessed that the years of his youth, with lessons and practicing, were not enjoyable. But after investing all that time and effort, the benefits did pay off in the long run.

"It becomes more enjoyable and you will end up loving what you do," Uncle Robbie assured.

Uncle Robbie’s father was his first teacher; he later took formal training in college. Through his college work, he became a recording engineer.

Uncle Robbie has a family band called "Na Kaholokula," started by his father in 1972, now comprised of Uncle Robbie, his brother, Kim, and his uncle from Hilo.

He intends to pass his music on to his wife, Auntie Puamohala Kaholokula, and their children, Baron Kaholokula and Lei ‘u‘i Choy, and Auntie Puamohala’s hula halau, Halau Mohala O Ka Pua Hele and Ka ‘imi Na ‘auao Hawai’i Nei.

Uncle Robbie held a reunion concert to a full house at Kauai Community College, his last event before his death on Feb. 18.
EVER WISH YOU COULD GET FIRSTHAND ADVICE FROM AN AWARD-WINNING WRITER? OR SEE POLITICIANS UP CLOSE AND PERSONAL, ANSWERING THE IMPORTANT QUESTIONS YOU NEED TO KNOW BEFORE YOU CAST YOUR VOTE? YOU CAN DO ALL THAT AND MORE SATURDAY, APR. 9, WHEN UH Hilo WILL BE HOSTING ITS LATEST MEDIA SYMPOSIUM.

Spearheaded by Ke Kalahea Adviser, Tiffany Edwards Hunt, this event will feature several prominent figures in the world of local media and politics. Among these individuals include Mindy Pennybacker of the Honolulu Star-Advertiser and Katie Young Yamanaka of the Hawai‘i Tribune-Herald. Others, like renowned webmaster and design guru Brent Norris, are also in attendance, as is Jeffrey Portnoy, a litigation attorney whose expertise on First Amendment issues has won him numerous accolades from fellow lawyers and journalists alike.

In addition to presentations from these luminaries, there is also another exciting event: candidates running for state Senate on the Big Island – Districts 1 and 2 are being contested this year – will participate in a forum to be co-moderated by Dr. Todd Belt of the Political Science Department, Hawai‘i Public Radio news reporter Sherry Bracken, and yours truly.

The event is free to UH Hilo students and $5 for the general public; non-students can pay at the door, though are encouraged to pre-register. For more information, contact Tiffany Edwards Hunt at (808) 938-8592.
How would tourists feel when seeing a hula dance performance for the first time? They might feel interested, excited and eager to observe something new.

After eating at a local luau, tourists are quiet, waiting to hear the chants by Kumu hula (instructor of Hawaiian dance) and hula dancers indicating the beginning of the performances. Traditionally, Kahiko (traditional dance) is always first, with chants and the beats of ipu heke (Kumu hula guarded drum). ‘Auana (modern dance) is the second section, accompanied by strums of ukulele, guitar and song by Kumu hula and sometimes other musicians. Watching the movie Lilo & Stitch, also introduced many people to hula dance room, the hula dancers must show their good manners and show their respect for chant. Hula dancers performed for tourists, the dancers did not dance traditional dances. The hula dances was basic. It was basic for missionaries to try the Hawaiian dance. The hula dances was basic. It was basic for missionaries to try the Hawaiian dance. During World War II, Hula and the Hawaiian entertainment were staples of military shows all over the world. Hula was kept in Hawaii cultural activities, and everyone else dances.

There are many routes one could take to become a Kumu hula. Some people might go directly to college to enroll in Hawaiian studies. “There are many colleges in Hawaii; a program for Hawaiian language, Plants and Animals, and it takes years and childhood learning’s to finish, in becoming Kumu hula” (Kana-hele). There is one program on Big Island that grants a degree for hula and Hawaiian studies. Taupouri Tangaro is director of Hawaii Community College, hula degree program that teaches native roots at College in Hawaii. Earning this degree, moves one into an alaka’i position (teacher assistant) in a halau. Hula is not only taught in Hawaii, and there are many ways to learn the Hawaiian culture activities. There are many programs for Kumu hula, either learn from relatives naturally, become an alaka’i from halau, then next generation for Kumu, Hula can be taught anywhere, and the Kumu hula student needs to be serious, must know the language, history, and how to become an alaka’i first. No one cannot simply decide to be Kumu hula, the title must be earned. In order to become a Kumu hula, the students who want to become teachers have to through rigorous training.

During childhood to high school times, some hula students begin to learn the basic Hawaiian language, and few hula dances. That is the first step in becoming a Kumu hula. Some schools may offer a Hawaiian club or a hula dance class. Students also learn from being a member of a halau. As a member of a halau, one would begin to earn more responsibilities. Olapa (becoming a senior dancer responsible for chant) and Hōʻō pa’a (gives teacher a break during practices and does chant) are major steps in becoming a Kumu hula. In this year, students learn the major steps and know the Hawaiian language in their journey to become a Kumu hula. Hawaiian language was written down, texts were learned through hours of memorization and oral recitation. Hula students learn the language orally when they are young in halau, or in high school clubs if available, just as hula students before them did.

A Kumu hula already knew the history of stories, and the dances logo with the Kumu hula. Some schools may offer a Hawaiian club or a hula dance class. Students also learn from being a member of a halau. As a member of a halau, one would begin to earn more responsibilities. Olapa (becoming a senior dancer responsible for chant) and Hōʻō pa’a (gives teacher a break during practices and does chant) are major steps in becoming a Kumu hula. In this year, students learn the major steps and know the Hawaiian language in their journey to become a Kumu hula. Hawaiian language was written down, texts were learned through hours of memorization and oral recitation. Hula students learn the language orally when they are young in halau, or in high school clubs if available, just as hula students before them did.

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Protocols are the most important practices, especially in the Hawaiian traditional culture of hula.

The protocol sequences are important for a Kumu hula to teach students. All dancers and chanters belonging to the halau were required to prepare offerings and pray at the altar. According to the Hawaiian traditions, praying is essential before people do anything. Pule (pray) before chant and dance. Mumbling, slurring or half-hearted chanting is considered an insult to all, chanting should be loud to honor the story of chant. The chant or oli is important to do especially with something, it welcomes dancers into a place, as well as dancing the hula. The chant or mele (songs) of Hawaii is the single most important culture expression belonging to the Hawaiians. The protocols are critical to follow as part of the traditions. Hula dancers must chant in order to be welcomed, also must do an exit oli, and also must end up saying mahalo (thank you).

Students will learn simple hula steps from a Kumu hula first. The hula teacher needs to teach a group of students simple hula steps first. To do that a Kumu hula must have the body movements, and language skills to teach the students. These are the basic steps of hula to teach a halau: A'ii (circular hip motion), Kaholo (two steps to each right and left with taps), Uwehe (right foot steps, then both heels lift), and Oniu (hips move to form a figure eight). A Kumu hula teaches these basic steps in Hawaiian dance. The positions involve much more than just dancing. In teaching hula a Kumu needs to be patient. Some Kumu are strict, and will discipline the students until they learn it and not fool around. Once a Kumu hula teaches step-by-step chants and the beginning steps in the hula class, students are ready to learn a hula in its entirety.

There are many positions in a halau to follow in order to become a hula instructor. Hula students learn the first step is to be haumana (the committed student) the next step is to be an alakai (teaching assistant). A hula student has to proceed to different levels in a halau, through dedication to hula. The third step is olapa (senior dancer or soloist), the fourth step is ho'opapa (senior chanter). The halau who can support students to be the next generation of Kumu hula. The last step is becoming a Kahuna Kumu hula (masters of masters). The serious hula student who loves dancing, will be the next generation of Kumu hula for the halau. A Kumu hula has the responsibility to make costumes. Cooking, sewing/mending, transporting, lomi lomi (massage), and lāau lapaʻau (medical healing). These are the all traditional forms of problem-solving in a hula ohana.

Hawaiian costumes, implements and other practices, hula instructors must know. Costumes, implements, and adornments as well as being able to make these things are a responsibility of the Kumu to oversee. The Kumu sometimes has the responsibility to make costumes. Cooking, sewing/mending, transporting, and decorating are the ability to provide lomi lomi and laʻu lapaʻau. The hula group practices cooking food for hula, sewing clothing for hula, and decorating for festivals as part of their Hawaiian culture studies. The hula practices are sometimes used to make costumes and implements for hula, but the times have to be flexible. A Kumu hula needs time to do all their kuleana (responsibilities) for the halau.

During practice at a halau, the advanced dancers and Kumu explain what students will be wearing and what implements will be used for each dance. The Kumu traditional kiheki (rectangular tapa garment worn over one shoulder and tied in a knot; bed covering; to wear) doesn't show the hip movements as much, the dancer's costumes are also designed to relate to the songs that are danced,
Nah Brah!

We Interrupt Regularly. Comics to bring.

What!? What don’t I know?!

Disney Princess huh? I know a Disney Princess when I see one! Let’s get the real story.

I’m here with Jack of Portland, Oregon.

Jack… Tell us your story.

The humans had this huge gathering. And we’re these humans?

But this one guy was all…

This bird doesn’t know it yet but…

What gives?!

Guess I caught him by surprise?

Yeaaahhh??

The crowd went nuts!

*Sigh* Humans?

Yeah… now they’re calling him “Birdie Smokey” like!” I was trying to make him President or something…

Then he calls me a dove.

This is Pip Foch and Jack Sparrow signing off.
Uncle Richard "Piggy" Kaleohano

Uncle Richard "Piggy" Kaleohano, of Keaukaha, was a humble man who loved music. "Piggy was about 17 years old when I first met him and he was already playing music," said his widow, Auntie Patricia "Missy" Kaleohano. Uncle Piggy died in June of 2014.

He grew up listening to his aunts and uncles play in the garage and at backyard parties. Back when Uncle Piggy was a teenager, the old gym in Keaukaha had a place called Rap Center, Auntie Missy said. "He and a bunch of Keaukaha boys hung out and played music there." Auntie Missy isn't sure, but she thinks Uncle Piggy was the first generation from his family to play and record music professionally.

Auntie Missy and Uncle Piggy met back when he was performing as part of The Blahlas of Keaukaha at the old E Kipa Mai Lounge. "He was kolohe and fearless and had a killer surfer body, but I fell in love with his graceful voice," Auntie Missy said. She and uncle Piggy were married 35 years, after she met him at the age of 23. Auntie Missy noted "Kaleohano," which was written by Moon Kauakahi and performed by Makaha Sons of Ni`iahu that included Braddah Israel Kamakawiwoole (Braddah "Iz"), was actually a tribute of Uncle Piggy. Asked if "Kaleohano" was her favorite song, she thought for a moment and said, "Actually, I think my favorite song from Piggy is his rendition of 'Twinkle, Twinkle Little Star.'"

"As for Piggy, I don't think he had a favorite song, he loved all kinds of music," Auntie Missy added.

Uncle Piggy didn't use a music stand and song sheets, she said. "Many musicians nowadays use iPads or iPhones, but your uncle's music was in his head and heart. He and the guys once did a five-hour gig without repeating any songs (except for one by request) and only took two short breaks," Auntie Missy said. "He recorded three albums with The Blahlas and over the years was asked to record again, but he didn't want to."

"When you record, you need to go on the road to promote your album, and he didn't want to do that anymore," she said.

When Piggy was a teenager, his grandfather Kaholo lived with them. Uncle Piggy noted his grandpa talked to him about kūleana. For Piggy, this wasn't just about being responsible, it was about your actions, the way you lived and treated people.

"He felt his kūleana was right here in Hilo, in Keaukaha," Auntie Missy said.

Uncle Piggy was a man of many talents and, over the years, worked as a warehouseman, carpenter, and other side jobs, all while playing his music and running his sounds. Auntie Missy added she personally has no musical talent.

"I grew up in Pi`ihonua and was a real tomboy, but I've always loved music. My mom, Patty Detor, could sing and play guitar, but not me... When someone asks me what instrument I play, I laugh and tell them, 'adding machine,'" referring to the fact that she works in an office. Still, she appreciates music.

She spoke of her own mother, Auntie Patty, and her mother-in-law, Auntie Sally Kaleohano, who were musically talented, and how "blessed" she was to have had these women and her late husband in her life.

"Music is medicine. Music can help people remember and forget, and being a musician connects you to other people," Auntie Missy said.
As Ke Kalahea reported in the last issue, the future composition of the Supreme Court of has been in turmoil ever since the death of Justice Antonin Scalia nearly three months ago. That’s because Republicans are loath to permit President Obama, a Democrat, name a replacement for Scalia, a Reagan appointee and avowed conservative.

Since the Constitution requires the Senate to confirm or reject judicial appointments made by the president, Senate Republicans have decided to essentially block Obama from getting a new justice on the Supreme Court; Republicans argue that the seat should instead go unfilled until the next president takes office in January 2017, so he/she can name a justice of their own.

Unheeded by their pronouncements, President Obama announced Wednesday, Mar. 16, he was nominating Merrick Garland to fill Scalia’s seat. Garland, the chief judge of the D.C. Circuit Court of Appeals, has been on the federal bench for nearly two decades.

Indeed, Obama lauded Garland’s experience and tailor-made résumé, saying of Garland that “No one is more qualified to serve our country right now in this critical role.” This plea to fill a vacant seat on the nation’s highest court, however, has so far been ignored by Senate Republican leadership.

Senator Charles Grassley of Iowa, the chairman of the Senate Judiciary Committee – the panel that oversees judicial nominations – has reiterated an earlier stance refusing to even hold a hearing on Garland’s confirmation.

Nonetheless, Democrats are pressuring Republicans to change course and let Obama’s nominee be given full consideration by the Senate.

As for Merrick Garland, only time will tell if he’s on his way to getting a promotion, or, in the words of one Republican senator, becoming “a piñata,” clobbered and defeated.

UPDATE: MERRICK GARLAND, NEW SUPREME COURT JUSTICE?

Obama nominates long-serving judge to fill Scalia seat

News Writer Brian Wild | Photo Courtesy of the White House
Hey friends,

This is my last article. The first thing to do is to correct all of the mistakes I had in my last article. First of all, I said CSOs were Chartered School Organizations, but what I meant to say was Chartered Student Organizations. Also, I mixed up the months of March and June, which seems like it'd be hard to do since both are in completely different seasons, but if you know me, you'd understand that these kind of mix ups are something I do far too often. Honestly, I'm sure there are more mistakes, both in what I wrote in the last article and in what I've written in previous articles, so my bad. I'm human, I make mistakes, thanks for being so cool and not constantly shaming me over them Ke Kalahea readers.

Unlike all my previous articles, this is not going to be about upcoming events. If you're interested in what's coming up next, keep you eyes out for posters, talk to the student leaders who are planning them, or just ask around. There's so many things you can do on campus, you just have to open your eyes and look around for new opportunities.

The main point of this last entry is to encourage readers to consider joining a CSO. If you don't want to read my oversharing, you can stop here and just know that joining a CSO and becoming a student leader can be life changing and can help improve your life more than you could ever imagine. If you do want to read basically a glorified journal entry, please enjoy the rest of this.

So, I have really bad social anxiety. I tend to over stress and assume that no one likes me, and I get very easily overwhelmed in situations where I feel as if my presence is bothering someone. I've been accused of being annoying, clingy, and high maintenance, and I always fear that eventually the people in my life will realize that I'm terrible and decide that they want nothing to do with me. It'd be awesome if I could say the being in a CSO made all of these horrible feelings go away, but that's not exactly the case. However, being in a CSO has helped me deal with some of these issues.

Yes, I still get irrationally nervous that everyone hates me, but I really feel like I have grown as a person since becoming part of the Board of Student Publications. At the beginning of Fall 2015, I was really surprised when Destiny Rodriguez, BOSP's Business Manager, encouraged me to apply to be a part of the BOSP. I was even more surprised when the interview went well, and I was invited to become a member. The group grew rapidly after that, and by the end of Fall 2015, we nearly had a full board. Being given the chance to work with so many wonderful and kind people was really such a dream come true for me.

The EICs of the publications are such wonderful people and I felt so lucky that they were willing to work with me to help create more open lines of communication between all of the publications. Ariel Moniz, Asia Howe, and Britni Schock have always been very kind to me. Ari, the Kanilehua editor, has always been there to listen to me vent and to help me move past different issues I have. Asia, the Hohonu editor, sends me cute pictures and videos of her guinea pigs, and they always seem to come at the perfect time to give me a reason to smile. Britni, the Ke Kalahea editor, always helped me feel better; sometimes it was something as simple as going to a movie to remember that just because I may have been feeling sad, there was always a reason to laugh.

The Board is also made up of people who make working in the office one of my favorite things to do. Harley Broyles is our Secretary. She is one of the most outspoken and hilarious young women I know; her bravery inspires me. Ciarra Lynn-Parinas is our Treasurer. Despite being a freshman, she is beyond wise for her years; I go to her for advice on everything. Eddie Buhl is our Webmaster. He is so smart and knows how to fix everything, and even with all of his responsibilities, he still comes to the office to spend time with the Board. Destiny is our Business Manager. If it weren't for her, I wouldn't be in the place I am today, and I think the same could be said for the Board of Student Publications as a whole. Gabriela Iniguez-Isaacs, the latest addition to BOSP, is our Publicist. Despite having started at the beginning of March, she's already going above and beyond her duties.

At the end of January, after a particularly hard weekend, I attended my first CSO Forum. The experience proved to be very overwhelming. Upset and tired, I went to a friend about the experience. I was worried that everyone in the CSOs thought I was incompetent. I thought that I had disappointed everyone and that they wouldn't want me to work in the BOSP anymore. My friend said that I should quit. I knew I had responsibilities and obligations that I was still supposed to do, so I decided that I would just wait until the group decided to let me go, since my anxiety assured me that it was bound to happen eventually. My friend thought this was a stupid decision and basically just made me feel like an idiot for not agreeing with him that I should quit.

Exactly a week later, that friend decided they didn't want to be my friend anymore. And now, two months later, that person isn't even a part of my life, but I am still in the BOSP. I am being given the opportunity for more leadership opportunities and I really feel like I am becoming someone that I want to be. Everything isn't perfect, and as you're well aware, I still make many mistakes, but I believe that things are probably just going to continue to get better and better.

Sorry for an excessively long read basically saying that I'm a giant anxious baby. I am not sorry for letting everyone know how wonderful the people I work with are. I think it's super important that students check out the different leadership opportunities that there are on campus. I hope that all of you consider joining the Chartered Student Organizations, or in the very least go enjoy some of the things the CSOs do for the community.

- Sadie Dossett
Q&A WITH UH HILO'S

Questions:

1) Where are you originally from?

1) I’m originally from San Diego.

2) Who is your favorite athlete and why?

2) My favorite athlete is the tennis player Rafael Nadal. When he plays, he is so entertaining to watch and he hits amazing shots that you would think are not possible. When I play, I try to play as much like him as possible.

3) What has been your greatest memory or moment playing tennis at UH?

3) I would have to say my second match against Sonoma State University. Everyone else had finished their matches and I was up 4-1 in the second set, when my opponent started to come back. The crowd started getting bigger and the score became 4-4. I was feeling the pressure because we haven’t beaten Sonoma State in years and this was our team’s chance. So I tried to stay focused and eventually finished the match off with a big passing shot to win the match. I let out a big roar saying “Vamos” (‘Let’s go’ in Spanish) and the whole team came on court to congratulate me.

4) Who would win -- Roger Federer or Rafael Nadal, Serena Williams or Maria Sharapova?

4) Roger Federer because he’s better. Serena Williams, because she has an aggressive game.

5) What is your favorite food?

5) I love to eat ramen.

6) What is your immediate plans upon graduating?

6) After graduating from UH, I am going to work for a year to gain work experience and to save up money to attend graduate school.

7) What will you miss the most?

7) I will miss traveling with the tennis team as well as my teammates. I will miss being a student and not having many responsibilities.

Bianca Novotna, Women’s Tennis

1) I am originally from the Czech Republic. I moved to Germany when I was 10 and came to the United States when I was 17.

2) My favorite athlete is Roger Federer because of his humble personality and his positive attitude on the court.

3) I was fortunate enough to be able to share all of my experiences and accomplishments with my best friend Kainoa Rosa. We have made so many wonderful memories not only on the tennis court but also throughout the whole two years that I have been attending UHH.

4) Roger Federer.

5) My favorite food is Italian.

6) After graduating from UHH, I am going to work for a year to gain work experience and to save up money to attend graduate school.

7) I will miss traveling with the tennis team as well as my teammates. I will miss being a student and not having many responsibilities.

Ryan Torio, Men’s Tennis

1) I am originally from the Czech Republic. I moved to Germany when I was 10 and came to the United States when I was 17.

2) My favorite athlete is Roger Federer because of his humble personality and his positive attitude on the court.

3) I was fortunate enough to be able to share all of my experiences and accomplishments with my best friend Kainoa Rosa. We have made so many wonderful memories not only on the tennis court but also throughout the whole two years that I have been attending UHH.

4) Roger Federer.

5) My favorite food is Italian.

6) After graduating from UHH, I am going to work for a year to gain work experience and to save up money to attend graduate school.

7) I will miss traveling with the tennis team as well as my teammates. I will miss being a student and not having many responsibilities.
Q&A with UH Hilo’s 2016 Tennis seniors

Copy Chief, Sports Editor, & Photographer Hannah Hawkins

Kainoa Rosa, Men’s Tennis

1) I was originally born on Oahu but moved to Washington State when I was about 4 years old. I grew up in Federal Way, a city on the outskirts of Seattle.

2) My favorite current athlete is a professional tennis player by the name of Michael Davis. What truly inspires me about this athlete is his tremendous confidence on court and his unreal focus.

3) My greatest moment playing tennis here at the University of Hawaii Hilo came to be as I upset a nationally ranked long time rival from BYU Hawaii.

4) In my opinion, Roger Federer would win against Nadal on all surfaces except clay. As far as Maria Sharapova v. Serena Williams, unfortunately, I would have to give Serena a large preference.

5) My favorite food would have to be any type of shell fish lathered in Worcestershire sauce.

6) My immediate plan upon graduating is to head back home, coach tennis for a few months and save some money before making a judgment call with my girlfriend onto where life takes us next.

7) I will miss most the freedom of being 5,000 miles away from any connections or responsibilities on the mainland.

Megan Fujitake, Women’s Tennis

Chelsea Sato, Women’s Tennis

1) Big Island, HI.

2) Neymar Jr

3) Traveling with teammates

4) Federer and Williams

5) French fries

6) Attend a college of veterinary medicine

7) The people

1) Hilo.

2) Novak Djokovic, we have the same racket.

3) Qualifying and competing at the Pacwest Championships during my freshman year.

4) Novak Djokovic, Serena Williams.

5) Korean food.

6) Prepare for graduate school.

7) Eating on trips.
**IRISH CAR BOMB CUPCAKES**

*News Writer Brian Wild | Recipe and photo retrieved from browneyedbaker.com*

**Spring Break has come and passed, and students already eagerly await the end of this semester so they can go on an even longer break. (For those stuck in summer school, our hearts go out to you.) In any case, every hard worker deserves to indulge in a guilty pleasure from time to time.**

As for myself, I was lucky enough to have my friend Dr. Rachel Klein, a UH Hilo alumna, give me a taste of her Irish Car Bomb Cupcakes – an homage to the eponymous drink, whose provocative name entices as much as it offends.

These delectable treats are made in a three-tiered process: the actual cupcakes, the filling in the middle, and the frosting. Taking a cue from food blog "Brown Eyed Baker," Rachel was kind enough to send me the recipe. Additional modifications may be made, as Rachel admitted she "roughly" follows these instructions…

### Ingredients for the Cupcakes:
- 1 cup Guinness stout
- 1 cup unsalted butter, at room temperature
- 3/4 cup Dutch-process cocoa powder
- 2 cups all-purpose flour
- 2 cups granulated sugar
- 1 1/2 teaspoons baking soda
- 3/4 teaspoons salt
- 2 eggs
- 2/3 cup sour cream

### Ingredients for the Whiskey Ganache Filling:
- 8 ounces bittersweet chocolate
- 2/3 cup heavy cream
- 2 tablespoons butter, at room temperature
- 2 teaspoons Irish whiskey

### Ingredients for the Baileys Frosting:
- 2 cups unsalted butter, at room temperature
- 5 cups powdered sugar
- 6 tablespoons Baileys Irish Cream

### Directions:
1. **To Make the Cupcakes:** Preheat oven to 350 degrees F. Line 24 cupcake cups with liners. Bring the Guinness and butter to a simmer in a heavy, medium saucepan over medium heat. Add the cocoa powder and whisk until the mixture is smooth. Cool slightly.
2. **Whisk the flour, sugar, baking soda and salt in a large bowl to combine. Using an electric mixer, beat the eggs and sour cream on medium speed until combined. Add the Guinness-chocolate mixture to the egg mixture and beat just to combine. Reduce the speed to low, add the flour mixture and beat briefly. Using a rubber spatula, fold the batter until completely combined. Divide the batter among the cupcake liners. Bake until a thin knife inserted into the center comes out clean, about 17 minutes. Cool the cupcakes on a rack.**
3. **To Make the Whiskey Ganache Filling:** Finely chop the chocolate and transfer it to a heatproof bowl. Heat the cream until simmering and pour it over the chocolate. Let it sit for one minute and then, using a rubber spatula, stir it from the center outward until smooth. Add the butter and whiskey and stir until combined. Let the ganache cool until thick but still soft enough to be piped.
4. **To Fill the Cupcakes:** Using a 1-inch round cookie cutter (or the bottom of a large decorating tip), cut the centers out of the cooled cupcakes, going about two-thirds of the way down. Transfer the ganache to a piping back with a wide tip and fill the holes in each cupcake to the top.
5. **To Make the Baileys Frosting:** Using the whisk attachment of a stand mixer, whip the butter on medium-high speed for 5 minutes, scraping the sides of the bowl occasionally. Reduce the speed to medium-low and gradually add the powdered sugar until all of it is incorporated. Add the Baileys, increase the speed to medium-high and whip for another 2 to 3 minutes, until it is light and fluffy.
6. **Using your favorite decorating tip, or an offset spatula, frost the cupcakes and decorate with sprinkles, if desired. Store the cupcakes in an airtight container.**

Need more ideas on how to satisfy your sweet tooth? Visit: [http://www.browneyedbaker.com/](http://www.browneyedbaker.com/)