



**UH HILO STUDENT LIFE CENTER FACED
WITH CUTTING BUSINESS HOURS
FEATURE ARTICLE PAGE 5**

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KEKALAHĒA

KE KALAHEA STAFF

EDITOR IN CHIEF

Britni Schock

COPY CHIEF/SPORTS EDITOR

Hannah Hawkins

LAYOUT DESIGNER

Alexandra Huizar

Madison Byers

MEDIA MANAGER

Matt Arellano

PHOTOGRAPHER

Zach Gorski

GRAPHIC DESIGNER + COMIC ARTIST

Tiffany Erickson

SPORTS WRITER

Eric Vega

NEWS WRITER

Will Cleary

Aspen Mauch

ARTS AND COMMUNITY WRITER

Nae Nae Bjelcic

HEALTH AND WELLNESS WRITER

Kristin Dugquem

CIRCULATION MANAGER

Becca Dumo-Qualters

STAFF ADVISOR

Tiffany Edwards Hunt

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Cover Photographer **Matt Arellano**

Letter from the Editor

Well this semester started on a pretty mellow note and has really turned out to be quite eventful. I'm sure it's a startling reality that there are only three weeks left of classes and these past few weeks have held most of the excitement.

I hope you all got a chance to go sign some very important petitions regarding student debt or at the very least learned something from the Million Student March. I signed various petitions that related to tuition-free public college, cancellation of all student debt, increasing on campus minimum wage to \$15, and legalization of marijuana. It's not too late to get involved if you go to the official website (studentmarch.org) you can still sign the petitions and join the movement. Getting on board with these changes would help solve many other problems we are facing on campus. For example the Student Life Center (SLC) cutting its hours and classes and the proposal to flatten student fees would not be an issue if our campus was tuition-free. Students have enough to deal with and worrying about debt from college should not be one of them. More people would likely go to school because there is no financial requirements or burden of debt when finished.

There has also been some drama with the University of Hawai'i at Hilo Student Association (UHSA) and various incidents between them and other organizations on campus. One issue Ke Kalaheahad with UHSA some weeks ago was the fact that their secretary came to the Board of Student Publications (BOSP) office and complained that a member of Ke Kalaheahad was attending the meeting without permission. As the university's student association they are required to have open meetings that any student can sit in on. The president of UHSA later apologized and said his secretary was misinformed. They have been trying hard for some reason to make their meetings seem private and harder for students to attend. Recordings have been denied although technically you are allowed to record the public meetings. One of the newer Chartered Student Organizations (CSO) on campus, the University of Hawai'i at Hilo Student Union (UHSU) has published several of these incidents in hopes of raising student awareness.

If you want change you have to actively work with like minded individuals and educate yourself on what is going on around you, as well as in the rest of the world. We are the future and it is up to us to create a place where we can grow and bloom to our full potential. Stay informed and get involved, you won't regret it.

Britni Schock
Editor in Chief

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STUDENTS MAKE A STAND

Editor in Chief Britni Schock | Photo Courtesy of studentmarch.org

No
More
Debt

On this past Thursday, Nov. 12, the University of Hawai'i at Hilo (UH Hilo) students came together in a nationwide march to end student debt. The Million Student March took place on the UH Hilo library lanai from 10am-4pm. Instead of a march, UH Hilo hosted a sit in where they provided information and various petitions for students and allies to sign.

The march is driven by three demands: 1. Tuition-Free Public College 2. Cancellation of All Student Debt 3. A \$15 Minimum Wage for All Campus Workers

Students, parents, alumni, and the community are encouraged to get involved with the movement.

"The United States is the richest country in the world, yet students have to take on crippling debt in order to get a college education. We need change, and change starts in

the streets when the people demand it," as stated on studentmarch.org, the Million Student March official website.

If you were near the UH Hilo library lanai during the march you would have seen the large gathering of students and teachers alike. "Everyone was pumped. You could tell by the way students congregated around the tables, waiting for their turn to sign petitions, talking amongst each other about their own tuition experience, or rallying their friends to come join in and expand their knowledge about Million Student March. As I walked around campus later, I could see how

many people participated as the red and white cloth we gave out clung to their wrists or were nestled onto the visible areas of their backpacks. There were those few who didn't desire to be apart of the event, and I respect those decisions. Overall, though, the mass majority of all participants radiated a positive, empowering and hopeful presence," said Briki Cajandig, a volunteer for the Million Student

March and UH Hilo Philosophy and Sociology major, about UH Hilo's response to the movement.

The event was hosted by the University of Hawai'i at Hilo Student Union (UHSU), various campus organizations, and volunteers who were simply passionate about the movement. "This is vital for our future, for the future of generations to come. Because education needs to be seen in a light that isn't stricken with crushing debt as a consequence. Be-

cause student debt is the second largest in the country. Because striving to educate ourselves should not mean having to deal with the financial consequences years after our time at the university. Because fundamentally, education is how we come to know this world; this enormous price tag deliberately hinders us from thinking that we are even slightly entitled to attaining knowledge in our quest for understanding who we are and what we'd like to become, individually and collectively," said Cajandig on why she believes students should get involved and why she supports Million Student March.



PROPOSING PART-TIME AND FULL-TIME STUDENTS PAY EQUAL FEES

Student Fee Flattening: How Does it Affect You?

Editor in Chief Britni Schock

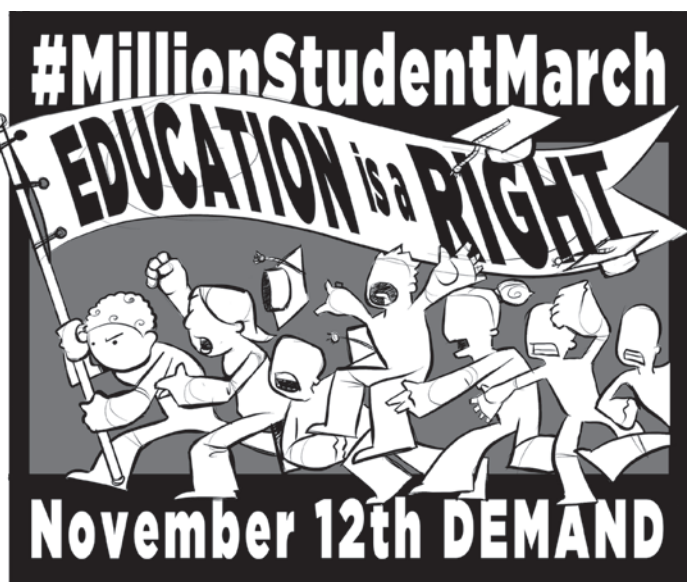
It was brought up at a recent University of Hawai'i at Hilo (UH Hilo) Board of Student Publications (BOSP) meeting that there was a proposal to have the student fees be a flat fee. This would mean that part time and full time students would be paying the same amount in fees per academic year. This raised a lot of questions with the students on BOSP.

On one end it was discussed that even though a student is part time and paying less fees that they still have access to the amenities the fees pay for. Part time students are able to attend events on campus and receive student publications, etc. just as full time students however they pay less fees.

On the other end it was brought to the table that students who are taking part time studies are often doing so because of a financial hardship and that adding additional fees may cause them to have more a stress in regards to paying for school. "I think that raising the fees by any amount would just further make those people struggle more. And most of these people are people that can't afford to be full time students, so I don't see why they would be able to afford paying \$100 more for fees," said Harley Broyles, the BOSP publicist and UH Hilo Business and Political Science major.

The feedback from the majority has been in opposition of the fees being flattened. "My biggest issue with fee flattening is that most of the people talking about it were full time students. Without hearing a voice from part time students, how is it fair to make a decision for them?" said Sadie Dossett, BOSP Vice Chair and UH Hilo Gender and Women's Studies major.

At a recent Chartered Student Organization (CSO) forum the idea was brought up to the various groups and individuals who attend. Broyles said that the majority of the clubs were against the flattening of the student fees. She added that with such a large number of people in opposition of the idea they were going to throw the idea out and leave the student fees as is for the time being.



Tuition-Free Public College
Cancellation of ALL Student Debt
\$15 Min Wage for Campus Workers

sign up @
StudentMarch.org

www.facebook.com/MillionStudentMarch @student_march

STUDENT LIFE CENTER: CUTBACKS FORTHCOMING, STUDENTS CAN HELP PRESERVE FACILITY'S OPERATION HOURS

News Writer Will Cleary



Photographers Matt Aiellano & Zach Gorski

The Student Life Center (SLC) is struggling to keep up financially with uncontrollable costs.

The major issue University of Hawai'i at Hilo (UH Hilo) is experiencing—an increase in student employee salaries campus wide. This increase is roughly 20 percent in the next three years.

The SLC wants to promote healthy student lives in a safe manner first and foremost.

Along with almost all departments possessing student employees, the Student Life Center is a non-profit organization. Administration did not foresee this future increase and thus compensations may create a financial tussle.

The alternative to increasing student fees is making cutbacks in hours of operation of the SLC. This would be done in order to save money and increase student-employee salaries (the school refuses to cut positions to save money).

“At the SLC, safety is our largest concern, with less employees there is more possibility of lacking the amount of staff needed to ensure the safety of students,” Daniel Woods, Jr., SLC employee said.

In order to do this, a full staff is needed to assure everyone's safety and to maintain full operation of the building and all programs. The prospective fix to this problem is increasing student fees by \$13 to help cover the compensation needed for the new pay increase and keep the SLC intact.

The idea of raising the salaries seems to be a good plan; the money made by student employees would rise. Unfortunately it is not that black and white and seems to have a few flaws, the money has to come from somewhere or cutbacks will have to be made.

There is a student petition that UH Hilo students can sign to help save the SLC from cutting hours that the facility is open to compensate. The petition to increase SLC student fees by \$13 per semester would keep the Student Life Center operating during the normal hours as exists now.

The significance of the petition is quite large. If it were to get enough signatures many things could be saved: gym hours, classes offered within the gym, pool hours, intramurals, the Seeking EdVenture program, and IMUA fitness.

If students choose not to sign the petition the list of activities offered by the SLC are at risk of diminishing.

“I see it like this, fees stay the same and we as students lose out on a number of things offered now due to cutbacks for compensation of pay. Or, we as students pay 13 more dollars a semester and get full access,” TJ Yasuhara, SLC employee, said.

Many of the students signing the petition are student employees themselves at the SLC and they see \$13 as miniscule in the big picture.

The student fee for the SLC is currently \$78 a semester. With the additional \$13, the semester total would be \$91 for full access to the SLC. Full access includes the weight room, pool, intramurals, all classes offered, sand volleyball pit, basketball court, a place to study, showers, rentals, the Outdoor EdVenture program, SCUBA (the last three require additional but very low fees).

“I would have no problem paying an extra \$13 a semester to save the classes. If they get cut I will have to pay more than \$13 for each yoga class I take somewhere else,” Megan A., UH Hilo student and yoga lover, said.

For students who are against the fee increase, Yasuhara offers some insight. “I would tell the students who don't use the SLC and wouldn't want to pay the \$13 more that they already pay \$78 anyways,” Yasuhara said. He urges students to go use the facilities because the SLC has so much to offer.

The SLC currently employs roughly around 80 students. Without compensation to help with the pay increase, the SLC is going to unfortunately have to make some cutbacks.

Along with the 80 some student employees comes the payment of instructors who teach the fitness classes.

With the \$13 increase, classes could be saved. Without it, many could be cut.

One of the biggest questions brought about is, will the gym hours decrease? The pool has already started to close one hour earlier every night and some of the exercise classes have been cut.

Talk has been going around about the gym being next.

If there is not enough money to meet the increase in pay then hours will simply have to be cut, potentially causing a riff in people's schedules should they choose to work out in early mornings or late evenings.

The decrease in hours could also cause the gym to be more crowded during its hours of operation.

The Student Life center is a facility that promotes healthy lifestyles and activities. With the cuts of operation hours, staff, and programs many students will not be able to get into the SLC and partake in as many activities as they would like to.

“Money is not the issue here, the issue is the cut backs on hours of operation and programs,” Yasuhara said.

The petition is in the SLC at the front desk and at the desk in the weight room. Students may sign the petition if they support the fee increase and would like the SLC to remain operating in full fashion.

**‘I SEE THE
STUDENT LIFE CENTER
AS THE TOP ATTRACTION ON
CAMPUS FOR UHH
STUDENTS.’
TJ YASUHARA, SLC EMPLOYEE**

BLACK AND WHITE NIGHT

News Writer and Photo by Aspen Mauch

The Hilo Downtown Improvement Association hosted Hilo's 15th annual Black and White Night Nov. 6, 2015.

Black and White Night is a large block party hosted in Downtown Hilo on the first Friday of every November. Starting in 2000, Alice Moon, former Executive Director of Hilo Downtown Improvement Association (DIA), began coordinating Black and White Night. The event originally began with the Keawe Collection, a group of businesses along Keawe street who wanted to attract more customers into their shops. Moon made it her goal to expand Black and White Night around Downtown Hilo in order to include more of the community. With over 10,000 in attendance this year, Black and White Night has become a highly anticipated town-wide event in Hilo.

From Kapiolani Street to Bayfront, free food, live music, vendors, and entertainment were presented all along the streets of Hilo to bring the community together. One of Black and White Night's main attractions was the Selfie Hashtag Contest. By taking a selfie at Registered Selfie Spots and hashtagging #DowntownHilo, contestants were entered in a random drawing to win over \$2 thousand worth of prizes.

Another large attraction was the Chow Downtown Obstacle Course. Competitors raced through an obstacle course that featured a wall climb, balance beam, tricycle race, tire run, and many more activities, for a chance to win KapohoKine Zipline tickets.

"My favorite part of Black and White Night was the atmosphere. Everyone was wearing smiles and just having a good time," Karl Stasik, co-owner of Hale Hookah, said. "I really like to see Hilo come alive. Hilo is a pretty sleepy town, so I like to see more events in the Downtown area. Black and White Night is a step in the right direction for the future of Hilo." Hale Hookah featured belly dancers, henna tattoos, and live music by Atomic Beta for Black and White Night.

Black and White night was also a great chance for merchants to promote their businesses to promising customers. The Hilo DIA encourages stores, restaurants, and galleries to participate in Black and White Night

by keeping their doors open later than usual.

"We are a gallery of local artists, there's about 65 of us represented in this gallery and I'm one of the painters," artist Linda Watson of One Gallery said. "The whole town is participating in Black and White Night. There's music all over town, all the stores are open late, people are all dressed up in black and white, some are actually wearing masks, it's just a big celebration."

According to the Hilo DIA, approximately 100 businesses participated in Black and White Night. Live music was featured in over 40 venues, along with many other forms of entertainment.

Hannah Lipman, a student at UH Hilo and Yoga Instructor at Yoga Centered Studio and Boutique, was in charge of Black and White Night activities at the studio. The studio featured live yoga mannequins and demonstrations, distributed free yoga passes, and taught half-hour mini classes for Black and White Night.

"One of my favorite parts of Black and White Night is how it supports the local businesses in Downtown Hilo," Lipman said. "We were handing out free yoga passes in front of the center, and I got to make contact with people who I had never seen in the yoga studio before. I asked people if they had ever tried yoga or been to the yoga center, and I told them about the different classes they could take."

"One of the contacts I made that night came to my yoga class the next day. It really showed that Black and White Night is about supporting the local people and businesses, because within 24 hours we had people come in and take yoga classes who weren't there before."

Black and White Night came to a close with a killer after-party at the Hilo Palace Theater with a live performance by One Rhythm and Leche de Tigre. Although Black and White Night has come and gone, the people and venues that contributed to the success of the event are still very much here. Visit www.downtownhilo.com to find out more about upcoming events, and to discover popular attractions around Hilo.

'My favorite part of Black and White Night was the atmosphere. Everyone was wearing smiles and just having a good time.'
-Karl Stasik, co-owner of Hale Hookah



Great Leaps Dance Concert

News Writer **Aspen Mauch**

Graphic Designer **Tiffany Erickson**

'When the lights come on and the audience is sitting there, they really put out as performers. . . they really do a great job.'

Celeste Staton

The University of Hawai'i at Hilo (UH Hilo) Performing Arts Department will be presenting the semi-annual Great Leaps Dance Concert at 7:30 p.m. Saturday, Dec. 5. According to the Office of Media Relations, due to the popularity of the event, a preview show will also be held at 7:30 p.m.

Friday, Dec. 4. The concert will feature performers from all the dance classes at UH Hilo and Hawaii Community College (HCC). Students in a variety of dance classes ranging from ballet, modern, jazz, aerial, environmental, and dance ensemble will present what they've accomplished in dance this semester at Great Leaps.

The Great Leaps Dance Concert first began in the UH Hilo Old Gym, and was founded by Hawai'i dancer, Earnest T. Morgan, in 1982. According to UH Hilo Dance Instructor Celeste Staton, the name 'Great Leaps' was coined by UH Hilo Performing Arts and Drama Professor Jackie Johnson.

"They put their heads together to try and find a name that would be good to represent what it is, what it's about, and Great Leaps portrays what the kids have done all semester," Staton said. "They've made a 'great leap' from the first day, to the last."

This semester's Great Leaps Dance Concert will feature 11 different performances put together by over 150 dedicated students and instructors. Staton, Annie Bunker, and Kea Kapahua are the three main dance instructors and choreographers for Great Leaps.

The Jazz class, taught by Kapahua, will be performing a routine on the theme of racism.

Staton's Ballet 1 class will be presenting a dance about the positive energy in the world and making choices.

The Ballet 3 class will be dancing to the Spanish piece, Concerto de Aranjuez.

Guest choreographers Lawrence Mano and Scott Wuscher of Dance Ensemble will also be presenting their works. Mano will be featuring a dance about ninjas, and Wuscher will be presenting a heartfelt dance about the loss of his grandmother.

According to the Office of Media Relations, graduating performing arts student Kawaii Soares will be doing a Senior Project that will showcase "his Hawaiian heritage and passion for dance."

The INT dance squad has also been invited to appear in Great Leaps for the first time, and they will be performing a hip-hop routine.

"My favorite part of Great Leaps is watching the transformation of students being turned into real performers on the stage," said Staton. "When the lights come on and the audience is sitting there, they really put out as performers; versus in the classroom where they're just working, studying, and trying to get technique down. On stage they just let it all go, and they really do a great job. They come up to that final place."

Although UH Hilo's Performing Arts Center is capable of seating up to 580 people, Great Leaps often sells out to the students and local community. Tickets for the preview show Dec. 4 are priced at \$3. Tickets for the official opening night Dec. 5 are priced at \$7 for general admission, and \$5 for UH Hilo/HCC students, faculty, seniors aged 55 and over, and children under 17 years of age. Tickets may be purchased by calling the UH Hilo Box Office at 932-7490 or ordering online at artscenter.uhh.hawaii.edu.



CAMPUS CRIME REVIEW

Compiled by Editor in Chief Britni Schock

The crime log details crimes that have been committed on the University of Hawai'i at Hilo campus that have been reported to Campus Security.

Tuesday, November 3, 2015

It was reported at 9:00 PM that a Honda Pioneer ATV was stolen from the University of Hawai'i at Hilo College of Agriculture Farm Lots. The ATV could possibly have been stolen the evening before.

On the same day at the main campus in the College Hall parking lot a Honda CRF 230 dirt bike was stolen. The dirt bike was red and white and was taken between the hours of 7:50 AM and 7:15 PM.

Sunday, November 1, 2015

A bicycle was stolen from the Hale Ikena H bicycle rack. It was reported at 8:38 PM but the actual date and time of the theft are unknown.

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

Graphic Designer Tiffany Erickson



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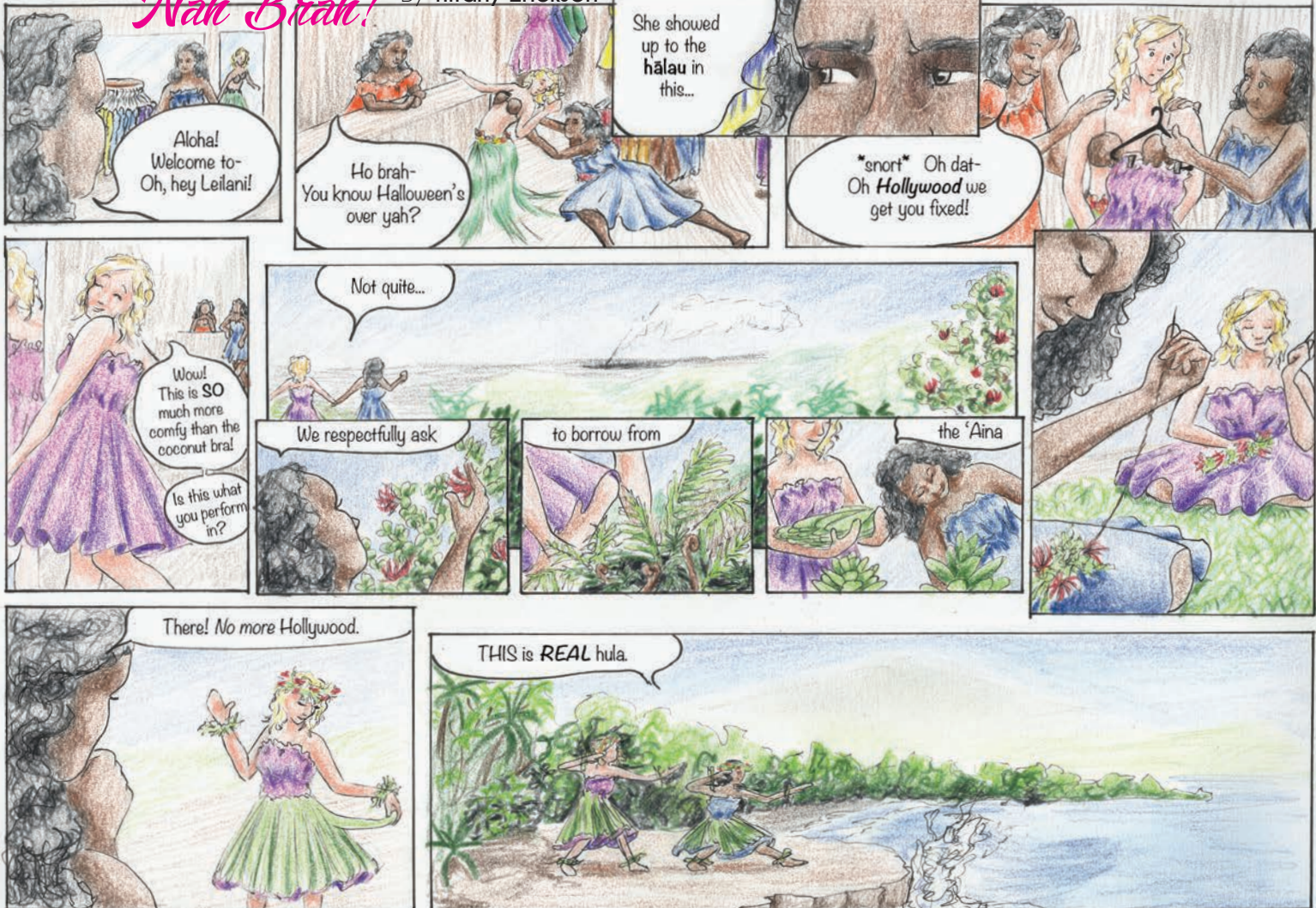
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Nah Brah! By Tiffany Erickson



A HIT IN THE COMMUNITY AS WELL AS CAMPUS

Sodexo food festival

Arts and Community Writer and Photos by Kristin Dugquem

Call it what you will - a mass feeding sounds about right - the University of Hawai'i at Hilo (UH Hilo) Sodexo University Food Festival appeared to be a big hit amongst students and the community alike. Many vendors filled the Campus Center Plaza Oct. 29, such as Pepsi Co., Suisan Fish Market, and Eisenberg Sausage Company, who presented delicious samples that many students flocked toward.

Peter Kubota, a attorney lawyer in Hilo, heard about the event via email. He typically comes on campus to grab Wiki Fresh because he is a friend of the owners. While he is a regular on campus, he felt like he did not come prepared enough like some of the others he saw in line.

Wei Hau, a UH Hilo freshman, carried around a Hawaiian Springs water box filled with fruit he gathered while in line. Waiemi Dela Cruz, a UH Hilo junior majoring in history, improvised with a flat

son pepperoni. Umetsu and her crew flew in from Oahu to participate in this event. "Try the food, let Sodexo know what you want, and they [buy it] from us," Umetsu said. "Thank Sodexo because this is the only school that does this."

Amanda Kaleo, a UH Hilo psychology and administration of justice senior, tried poke, some of the meats, like the Tyson's chicken nuggets and Hormel's Austin Blues * Pecanwood Smoked Rib Tips, along with the cookies for dessert. She grabs food from Sodexo about five days a week and typically grabs and sandwich or a bowl of chili. Of the samples she chose at the food fair, she particularly liked the poke and hopes Sodexo would consider regularly offering the poke bowls.

With Kaleo sampling food was Dustin Chin, a marine science senior, grabbing "basically everything [he] could get" — locally produced honey, poke, meats, and cookies. He is on Sodexo's meal plan and is a regular at the UH Hilo Dining



Above, Waypoint Sales Representative, Linda Umetsu serves food to students with her husband Alan Umestu.

'WITH COLLEGE-AGE KIDS, YOU SAY THE WORD "FREE" IS INVOLVED, YOU KNOW WHAT IS GOING TO HAPPEN.'
- BRIAN PITZELE, HORMEL FOODS WESTERN REGION AREA MANAGER

cardboard box as a tray to carry his bulk of food.

Julie Callahan, a former Sodexo marketing coordinator, and Joan Nakano, the new Sodexo market coordinator, issue surveys to receive feedback from students about the event. The survey allows the students to pick the foods they want and informs Sodexo on what they need to improve.

Nakano noted that students can take a UH Hilo Dining Survey to help Sodexo with Total Quality Management (TQM).

At the food festival, Sodexo offered those who took a survey an opportunity to win a \$250 Sodexo Dining Points Card, which can be used on campus in any of the Sodexo vendors. But Nakano noted that students can find the survey on Sodexo's website to take the survey at anytime during the event.

Brian Pitzele, the western region area manager for Hormel Foods, passed out 40 pounds of Hormel Austin Blues * Pecanwood Rib Tips.

"It's a mass feeding," Pitzele said. "I have college-age kids. With college-age kids, you say the word "free" is involved, you know what is going to happen."

Linda Umetsu, the sales representative of Waypoint, served Tyson boneless wings, Barilla penne pasta with armanino pest, and Konos pizza crust with Ty-

Hall, eating Loco Mocos more often than not.

"I'd like to see more cheaper options, smaller things," Chin said, suggesting \$3 chili bowls be a regular fare.

Oliver Mortenson, a UH Hilo Marine Science Senior, enjoyed all of the varieties of food, but especially liked the chicken nuggets and clam chowder. Mortenson buys food from Sodexo about three days a week and hopes Sodexo would consider having the pork tacos served regularly.

Following the event, Sodexo is hosting their Thanksgiving Brunch and Dinner at the Kehau Dining Hall. Brunch will be served from 10:30 a.m. to noon and dinner will be served at 4:30 p.m. to 7 p.m. on Nov. 26 Thanksgiving Day.

"Some students don't get to go home for Thanksgiving," Callahan said. "It's all you can eat and the food is great."

Students with a meal plan get in with their meals, but the individuals without one can pay \$19.50 for the buffet dinner. Sodexo will post more information about the Thanksgiving brunch and dinner, including the menu on the UH Hilo App, the Sodexo Facebook page and its website at <http://hilo.hawaii.edu/depts/sodexo>.



Above, Wei Hao, liberal arts freshman, holding a box with a variety of fruits.

Below, Oliver Morrison, UH Hilo marine science senior, is happy with his handful of goodies.

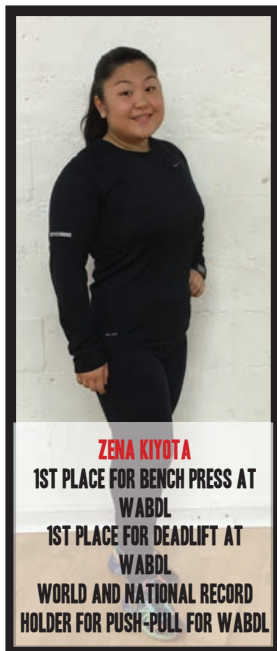
To the right, Waiemi Dela Cruz, UH Hilo junior history major, makeshifts a flat cardboard box as a tray.



‘THERE’S NO WAY YOU CAN WORK FUNCTIONALLY WITHOUT CORE. A WEAK OR TIGHT CORE HOLDS A REALLY NEGATIVE EFFECT FOR PRETTY MUCH EVERYTHING.’ ZENA KIYOTA



KADEY CHAMBLESS
2015 3RD PLACE BIKINI OPEN CLASS B AT IKAIKA BODYBUILDING CHAMPIONSHIP AND NATIONALLY QUALIFIED.



ZENA KIYOTA
1ST PLACE FOR BENCH PRESS AT WABDL
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WORLD AND NATIONAL RECORD HOLDER FOR PUSH-PULL FOR WABDL

Core Power

Arts and Community Writer **Kristin Dugquem**
Graphic Designer **Tiffany Erickson**

Photos courtesy of **Tracey Niimi, Zena Kiyota & Valerie Yamaki**



ZENA KIYOTA'S 7 PM ABS AND CORE CLASS



KADEY CHAMBLESS' 5 PM ABS AND CORE CLASS

A couple ladies really are getting to the core of things, taking the time out of their busy schedules to run the Abs and Core fitness class at the University of Hawai`i at Hilo (UH Hilo) Student Life Center.

Zena Kiyota, UH Hilo kinesiology junior is a second year instructor at SLC. She explains her “Abs & Core” class, held at 7 p.m. Monday, Wednesday and Friday, is a chance for students to learn how to use their core and abdominals.

Kadey Chambless, UH Hilo business finance and economic senior is a newly added instructor who teaches her “Abs & Core” class at 5 p.m. on Tuesday and Thursday. She runs her class similar to Kiyota, but likes to add HIIT (high intensity interval training) cardio circuits with holding core exercises to challenge her students even more.

Kiyota and Chambless both assure their classes are open for any fitness level, whether you are a beginner or advanced, they hope you leave feeling accomplished at the end of your workout.

“The instructor pushes everyone to do the best they can. Whatever that best is,” Danielle Larson, UH Hilo Marine Science major, said. “The instructor will make sure I can do the motion and if not, she will adjust it or make a new one that does the same thing.”

Larson currently has a hip injury that causes her pain during lower ab workouts but it

doesn't stop her from attending the fitness classes. Larson hopes that SLC introduces, “more weight training classes focusing towards those who want to learn proper form and classes aimed at stretching.”

Besides the “six-packed you’ve always dreamed of,” as stated by the SLC website, these instructors also explain the importance of core strength in our daily lives.

“Core is in your daily life and is one of the most important thing to have,” Kiyota said. “There’s no way you can work functionally without core. A weak or tight core holds a really negative effect for pretty much everything.”

As elaborated by Harvard Medical School in their publication of The Real-World Benefits of Strengthening your Core, core strength plays into “everyday activities (bending to put on shoes), on-the-job tasks (sitting at your desk for hours), a healthy back, sports and pleasurable activities (golfing, tennis, biking, etc.), balance and stability, and good posture.”

Chambless expressed that increasing her core strength has made sitting in classes easier, increased her form in weight training, and greatly improved her posture.

As instructors, Chambless and Kiyota’s students are not the only ones learning about fitness health. Both the instructors confess that they learn from their students every time they teach a class.

“I don’t really know how it feels to be a beginner since I have been doing this pretty much my whole life. I spend triple the amount of hours for my one hour classes,” Kiyota said. She appreciates when her students struggle because it gives her the opportunity to learn how to adapt exercises to fit the needs of her students.

Chambless, being new to instructing classes, learned not all students will announce their discomfort.

“I learn a lot from my students from their injuries and modifying my exercises. I have to think on my feet and improvise based on their unspoken communication,” Chambless said.

Kiyota, holding many records for powerlifting, and Chambless, a bikini bodybuilding competitor, have a wide variety of knowledge for the students. They advise students to get involved with their classes and other fitness classes held at SLC. “It’s included in your tuition,” Kiyota said, “why not utilize it?”

They also hope that students feel they can ask for help, not only in their class but in the gym or other exercises as well.

For more information about the fitness classes at the Student Life Center, you can go on their website hilo.hawaii.edu/rec/center and click under fitness class IMUA fitness classes.



THE DRAGON SLAYER AND OTHER TIMELESS TALES OF WISDOM

University of Hawai'i at Hilo Acting Troupe Brings Performance to Life

Arts and Community Writer **Nae Nae Bjelic**
Photographer **Zach Gorski**



The University of Hawai'i at Hilo (UH Hilo) Acting Troupe is proud to present the live performance of *The Dragon Slayer and Other Timeless Tales of Wisdom*. Directed by Jackie Pualani Jackson, professor of drama and the Chair of the Performing Arts Department at UH Hilo. Jackson hopes the students will put their own spin on these classical instructional stories.

Calls for auditions were held on Aug. 25 and while various hopefuls auditioned, only a few made the cut. Sarah Dunaway, Tiffany Erickson, Sky Flores, Yu Hamaoka, Willyam Hodson, Jay Kayhill, Elijah Livingston, Kekoa Morison, Lazareth Sye, Jianxing Tong, Ally Vercruyssen and Ulu Winchester-Sye form the group of dedicated students who have worked endlessly day and night, weekdays and weekends. Many of them have taken on the task of broadcasting multiple roles in a lesson-learning performance.

Accompanying the troupe is Ariana Bassett, a resident designer who along with Professor Michael D. Marshall and his art students created a stage filled with bamboo, cities and beautiful skies. A rainbow of colors, vivid and detailed, accentuate the stagecraft as the capturing storytelling draws you in.

This play is different in that instead of one continuous storyline, there are multiple short stories and they are played out in wonderful fashion. These short stories focus on the book *Chinese Fables: "The Dragon Slayer" and Other Timeless Classics*, but not all of the stories will be portrayed on stage. Among plays that will be broadcast are "The Practical Bride", "A Change in Fashion" and Kwan-Yin, the Goddess of Mercy".

According to Kekoa Morison, "the performers were handed a story and told to help create their own dialogue" which helped make the performances come to life. Kekoa will take the lead performance in "Change of Fashion" as Lord Hsua-kung, which also happens to be his favorite story and appears as Chu the Dragon Slayer.

Not only will the theater show this to the public, they will be telling these stories to keiki across the school district on Tuesday Nov. 17 thru Thursday Nov. 19. Showings of this collective play are Fri. Nov. 20 and Sat. Nov. 21, at 7 p.m., and Sun. Nov. 22, at 2 p.m., at the UH Hilo Performing Arts Center.

Admission is open seating and priced at \$12 General, \$10 Discount and \$5 UH Hilo and Hawai'i Community College students (with a valid student ID) and children age 17 and under.

To purchase tickets, call the Performing Arts Center Box Office at 808-932-7490 or order online at hilo.hawaii.edu/depts/theatre/tickets.



Conflict between director and ex-UHHS board member creates trouble in Student Government

Arts and Community Writer Nae Nae Bjelcic

A recently ousted member of the University of Hawai'i at Hilo Student Association (UHSA) board has been accused of putting up fliers around school shaming Campus Center Director Ellen Kusano. These fliers, asking for the resignation of Kusano and alleging that she is a 'puppet master' controlling UHSA, have appeared all over the campus with no trace as to who is behind this.

UHSA is one of the biggest organizations on campus. They meet every Thursday to talk about current student issues as well as ways to improve the organization. As one can imagine, good communication skills are essential in making sure the board is running smoothly.

It seems that over the course of a few months, communication between members of the board and those in charge of UHSA has been less than adequate.

Kusano believes the student who was removed from the board is the one putting up these fliers, though it has not been verified.

The conflict has not resolved itself, instead growing into two distinct sides.

The student, Amber Shouse, claims to have been voted off the UHSA board because of the allegations made by Kusano.

When asked if the recent issues had anything to do with a lack of leadership, Briki Cajandig said, "It's people having political agendas. I respect everyone in the senate but I don't like how the process happened. It's very disrespectful how she was removed." Cajandig, a senior and senator at large on the UHSA board, deals with 25 percent of the student population.

Shouse met with Chancellor Donald Straney and Dean of Students Kelly Oaks talking about harassment towards her by certain individuals of UHSA as well as university officials.

In her attempt to contact them, she was accused of violating Section C. of the UHSA constitution for "representing UHSA in an official dealing with the University Administration without the president's appointment." She has since filed a complaint with the school.

In light of these recent events, UHSA has become more strict on who is allowed in their meetings as well as heightening their guard on who is recording their public meetings. The UHSA constitution states, "all meetings shall be open and publicized." Until recently, UHSA held open meetings where both UH Hilo and HCC students were able to attend. For the past few meetings, UHSA has required that a UH validated student ID be shown before entry, something that they have not done before.

They have even taken preventative measures by having school security available during these meetings to stop people from being disruptive and recording. Signs were also posted outside the meeting door that stated the need to have a student ID to enter and that once inside, recording devices were prohibited.

However, according to Oaks, UHSA is not allowed to prevent people from recording public meetings, as it is a violation of freedom of speech and laws that protect free press.

Even after this declaration, UHSA continues to display signs outside the meetings and have assigned volunteers to make sure that anybody without an ID is denied entry and that no recording devices come through.

UHSA represents around four thousand UH Hilo students as well as handles a budget as big as \$170 thousand.

The investigation regarding Shouse and UHSA is still undergoing. Ke Kalahea will be monitoring this story and will keep UH Hilo students informed about what is happening within student government.

CONTRIBUTING ARTICLE: The Mask You Live In

Jackie Yuw, Peer Health Educator, UH Hilo Student Health & Wellness Programs

Photos Courtesy of UH Hilo Student Health & Wellness Programs

On November 4, 2015 UH Hilo's Student Health & Wellness Programs in collaboration with the Joyful Heart Foundation hosted a free film screening of *The Mask You Live In*, here at UH Hilo. *The Mask You Live In* is a documentary that follows boys and young men as they struggle to stay true to themselves while negotiating



America's narrow definition of masculinity. From a very young age, boys are often told to "Be a man!", "Don't cry!" and "Man up!" Comments like this are constantly putting pressure on young men to make a decision on how they will represent themselves in society. The pressure that is being put on these boys to prove that they are real men, can sometimes lead to violence (e.g. suicidal ideation or interpersonal violence) when feeling ashamed or humiliated, or feel they would be, if they didn't prove that they were real men. According to the film, research shows that compared to girls, boys in the U.S. are more likely to be diagnosed with a behavior disorder, prescribed stimulant medications, fail out of school, binge drink, commit a violent crime, and/or take their own lives.

At a young age, boys are often told to accept violence as a part of manhood which may instill the idea that violence against any individual, including women, is okay and considered "manly". According to research, more than 90 percent of "systematic, persistent, and injurious" violence is perpetrated by men (<http://www.nij.gov>). In relation to the film, I think it's important for parents and families to be cognizant of the language and messages they are communicating towards their children, and to consider the impact it could have on the child. Overall, *The Mask You Live In* does a great job at exploring the strong messages and societal expectations that are both overt and embedded through popular culture, sports, and our media. We are pleased to announce that this event was very well attended by many students, faculty/staff, and members of the Hilo community. Due to its success, we plan to host another film screening next semester. Keep a look out for more information by liking our page on Facebook at: <https://www.facebook.com/UhHiloStudentHealthWellnessPrograms>

The UH Hilo and HCC community is invited to join Men of Strength, a student organization that seeks to acknowledge, encourage, and honor the unique role and responsibility that men have in preventing sexual assault and gender-based violence. Recognizing that men are both part of the problem and part of the solution to many of these challenges, Men of Strength is committed to four major goals:

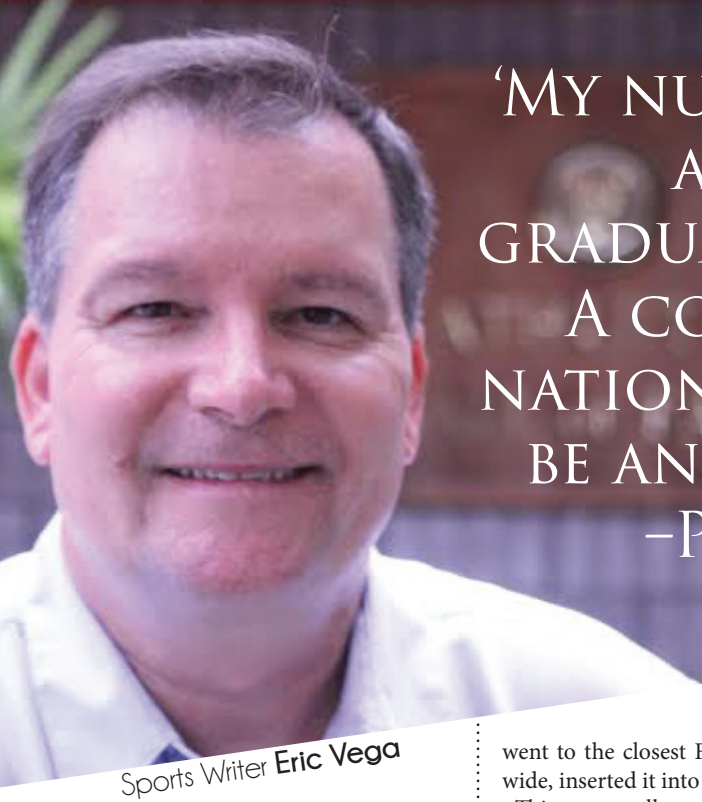
- Building a campus, community and world free of unnecessary violence, based on mutual respect and social justice;
- Empowering and educating men to make choices that enable them to lead healthier, more fulfilling lives;
- Eliminating the traditional emotional and conversational barriers that exist between boys and men, fathers and sons, men and women, etc., so that every individual has the ability to achieve their full educational and personal potential; and
- Fostering a broader definition of manhood and maleness for boys and men that does not emphasize only physical strength as a way to demonstrate one's masculinity.

Men of Strength will be having their last meeting of this semester on November 30, from 5PM-6PM in Campus Center Room 306. For more information on Men of Strength visit: <http://hilo.hawaii.edu/uhh/vcsa/menofstrength.php> or contact Andrew Polloi, Men of Strength Advisor at MOSatUHH@hawaii.edu



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PAT GUILLEN: THE NEW FACE OF VULCAN ATHLETICS



Sports Writer Eric Vega

‘MY NUMBER ONE GOAL
AS AD IS TO
GRADUATE MY ATHLETES.
A CONFERENCE OR
NATIONAL TITLE WOULD
BE AN ADDED BONUS.’
—PAT GUILLEN

Growing up in the rough streets of Carson, Calif., baseball was the way to keep out of trouble. Patrick Guillen, University of Hawai‘i at Hilo’s (UH Hilo) new athletic director, and his family were extremely poor and living in a tough environment. Sports were the way out of this unfortunate circumstance.

As a child, Pat was not able to have the toys and games that most children had. He was blessed to befriend his hanai family who owned the liquor store down the street from his family home.

His ambition at a young age pushed him to make an honest living for himself and his family. By the age of 12, Guillen was working a full-time job at the local liquor store.

“I was tired of hand-me-downs. Kids on the block were getting new Big Wheels and I was getting 4th generation Big Wheels, so I wanted to make money.

I will never forget, I just wanted to buy a shirt with Farrah Fawcett in a bikini so I got to work,” Guillen said.

He worked at the liquor store for six years and was actually encouraged by his hanai family to pursue college.

He played baseball his freshman year at Southern California College, now Vanguard University. Unfortunately, his baseball playing days were cut short due to an injury.

From there, he went on to work two full-time jobs to get him through college.

Pat earned his undergraduate degree in Business Administration with an emphasis in Management and Marketing from Vanguard University in 1987. He started his career with a Public Relations job for Penske Racing (now known as Team Penske).

After Team Penske, he went to work for Liberty Mutual and eventually moved into the medical side of the business in what was then the largest privately held medical corporation in the country. He became the Regional Marketing Manager and was very successful.

“I grew up so poor that my goal growing up was to go out and make as much money as fast as I could. And I was blessed to reach my goal at such a young age,” Guillen said.

This seems to be the goal of most high school and college student. Guillen began to realize that money does not buy happiness and he really was not happy with where he was.

“I was miserable and woke up dreading going to the office. I hated it. I just wanted to be happy,” Guillen said. He then had an unforgettable conversation with his uncle Ben.

His uncle spoke words of advice to Guillen and from that moment he realized he wanted a change to his life. He wanted to pursue his dream job of working for the Anaheim Angels and professional sports.

He called and left message after message for Bob Wagner, Vice President of Communications for the Anaheim Angels but did not receive a call back. This did not affect the determination of Guillen.

He then took his old baseball cleats and wrote a note and sent it to Wagner. When that didn’t work, Guillen took his old baseball glove and wrote on a ball and sent it. There was no phone call from Wagner.

It seems that was the final straw for Guillen but he took it one step further. He

went to the closest FedEx, enlarged his resume to four feet tall and eight feet wide, inserted it into a giant envelope and sent it to Wagner.

This stunt really caught his attention and Guillen finally received the call back he patiently waited for. The two met and after one meeting, Guillen was to come back in a year after volunteering with his alumni school, Vanguard University.

After two years of volunteering, Guillen wanted to truly make an impact on athletes lives. He stayed at Vanguard until accepting a job at Texas A&M, but two weeks before moving out to Texas he received a call from the athletic director at Cal State Dominguez Hills offering him a hometown job.

Guillen spent the next 20 years changing the culture of athletics. CSUDH teams won two NCAA National Championships (Men’s Soccer, Women’s Track and Field 4x100), one NCAA National Runner-Up (Women’s Soccer), three regional titles and seven CCAA Conference Titles, including the 2012 tournament championship for softball. The Toros also hosted the 2010 NCAA II West Region Baseball Championship Tournament for the second time in the program’s history.

Guillen takes great pride in his success in fundraising. His leadership helped raise necessary funds for facility enhancements including baseball, softball and volleyball/basketball bleachers, increased advertising and formulated fundraising plans and strategies that substantially increased CSUDH revenues. Athletic endowments increased nearly 2,000 percent from \$17 thousand in 2005 to nearly \$600 thousand by fall 2013.

He is well prepared to take UH Hilo athletics to the next level. One of the major goals Guillen wanted to accomplish when first getting here was to see an increase in the academic standard of our athletes.

“I was surprised when I first got there that we don’t have any type of academic plan here,” Guillen said. With no real academic support, Guillen is working on budgeting plans through the state. This will help State Legislature identify funds so the school would be able to hire a full-time Academic Advisor for student-athletes.

“I think it is ridiculous that at University of Hawai‘i Manoa they have 10 academic advisors and UH Hilo has zero. I think our student-athletes deserve at least one,” Guillen said. This is certainly an area Guillen believes the athletic program needs at this time.

Study hall for student-athletes has been pushed throughout all athletic teams and finding space for them has been identified. Hiring monitors, advisors and tutors is the next step.

Financially, Guillen believes the Vulcans are in “okay” shape but would like to be better. His belief is that budgeting will greatly improve.

The athletic department has a small structural deficit and needs to be more efficient in spending.

“If we communicate, plan and schedule properly than we can move in positive direction with our athletic program,” Guillen said.

Guillen plans to rejuvenate and strengthen the past relationship UH Hilo has had with the corporate community. It takes the entire community to move forward; this has been a problem because the community is often unaware of the sporting events. He wants to do a better job publicizing athletic games.

“It is not about ticket sales. For me, I want this to be a place for the community. I want the student-athletes to be integrated into the community. I believe athletics is the doorstep to the University,” Guillen said.

Guillen is truly striving to build a healthy relationship between the student-athletes, the university and the community.

Divergence from traditional college athletic path

UH HILO MENS BASKE WALKER RETURNS TO UNCONVENTION.

Sports Editor/Copy Chief **Hannah Hawkins**

To the unsuspecting bystander, Nate Walker seems like the average male student-athlete-- tall, dark and tatted. But there is more to him than meets the eye. Few would guess that the college basketball player is 25 years old, has been away from the sport for two years and lost his mother when he was 12.

The 6'6" senior transfer from Central Washington University has not followed the typical path most college athletes experience. Classically, high school athletes aspire to play college sports from the time they are young. Walker had a different perception.

"I didn't know what I wanted to do after high school. I was kind of a lost soul," Walker said.

Graduating from Henry Foss High School in Tacoma, Wash. in 2009, Walker decided to play basketball for Tacoma Community College.

"I actually got offered a scholarship to TCC. I wasn't doin' anything else so I decided to go play," Walker said. "I only did it for friends." It was the social aspect Walker was most interested in.

He played for the Titans from 2009-2012, redshirting his first year and suiting up his last two years. Junior college proved to be a whole different ballgame for the young man used to high school level competition.

"I played hard [in high school] but only because I wanted to win for my teammates. Once I got to a different program and didn't know anybody-- I mean I played and had fun, but I didn't take it seriously like I should've and it showed," Walker said.

Upon graduation from Tacoma Community College, Walker transferred to Central Washington University to continue his basketball career. He played his first season at CWU, beyond realization, with a stress fracture in his left shin.

"It was extremely painful but I just thought it was shin splints," Walker said. "I kept tellin' myself, 'I'll be fine, I'll be fine,' but got an x-ray and turned out my whole bone was cracked."

To add insult to injury, Walker did not mesh well with Central's men's basketball program. He was not able to successfully adapt to the Wildcats' philosophy nor did he see eye to eye with his head coach.

He did, however, create a strong bond with GE Coleman, an assistant coach for Central Washington. Coleman is now the head coach for men's basketball at University of Hawai'i at Hilo (UH Hilo).

"I didn't like the [CWU] program. I didn't get along with the coach but I did get along with GE. That's one of the main reasons I went there after TCC," Walker said. "I've known GE since high school, so we had a connection already."

Walker did not return to CWU the following year.

"I initially took a year off to heal and to help my family out because we had some issues. I then tried to come out here [to Hilo] the following year but some of my credits wouldn't transfer so I had to wait another year; I stopped playing basketball for two years total," Walker said.

Because his time was neither spent on school nor basketball, Walker proceeded to obtain employment that passed the time and aided his family.

"I was working, supporting my family, helping those guys pay bills and stuff. I did everything. I worked for a temp job; I was building houses and doing roofing. I was doin' a lot of manual labor stuff. I was working 40 hours a week and it would go up even higher during peak season or holiday times. Sometimes I was working 14-hour days.

Walker faced workforce-realities earlier than expected however reflecting back he realizes it was a building block in his life. The divergence in his athletic path caused him to grow stronger in motivation for life.

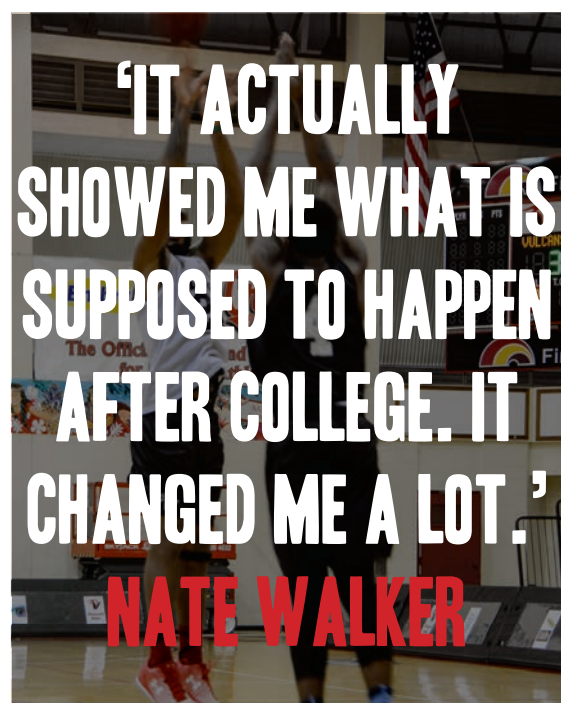
"It actually showed me what is supposed to happen after college. It changed me a lot. It definitely made me more mature as far as my understanding of the world and how it works. Its not always like school where you can play around and have fun and hang with friends. It's real business out there," Walker said.

People go through all sorts of tragedies in life. It is rarely ever fair or easy.

Walker knows just how real life can be. He lost his mother to heart failure.

"My mom passed away when I was 12," Walker said.

Although Walker's father always provided for them growing up, at the time of his mother's passing, his father took off out of state for one and a half years leaving Walker (13) and his older sister Reena (17) to take care of his little sister Adaiah who was one year old at the time.



brings Walker back to business, motivation in tow

BASKETBALL PLAYER NATE WALKER RETURNS TO THE COURT AFTER AN ACADEMICAL EXPEDITION

Photographer Zach Gorski

“We got some help from my mom’s side of the family but it wasn’t every day. I feel like that brought all of us a lot closer,” Walker said. “It’s crazy though because to see Adaiyah grow up, she acts just like my mom. It’s really strange because she never knew her. They have the same fetishes like making jewelry and some of the same mannerisms.”

Walker, now 25, is extremely proud of his family. He says his passion in all he does is for their wellbeing.

“I consider my older sister to be my best friend. I tell her everything. My little sister, man, I do this for her. Everything I do: get this degree, get a better job, its for her—to get her out of the situation she’s in,” Walker said.

Over the years, Walker has also had the opportunity to mend his relationship with his dad.

“As I got older, especially taking those two years off, I had a chance to re-bond with my dad. I was really resentful because my parents separated right before my mom passed and I harbored some feelings about that,” Walker said.

Dealing with his mom’s death was not something that resolved itself quickly. For nearly a decade, Walker had a wound that never completely healed until his final year at Tacoma CC.

“It took a while,” Walker said, as he paused for a moment to breathe deeply and reflect on one of the most troubling hardships in his lifetime. “I had a few friends who were there for me, but as far as me personally getting over that hump, I think it was my second year at TCC I just owned up. I don’t know what it was but I just accepted everything and decided to move on.

“And it showed too in my game. I really just put everything on the floor on the court. I worked so hard. And we ended up winning the championship that year so its like everything paid off. Everything came together,” Walker said.

It was no coincidence Walker decided to attend UH Hilo. He is eager to get back on the court and play for Coleman.

“Knowing Nate was coming to Hilo was a great feeling not only for our program but more importantly for Nate to get back in school and have the opportunity to play basketball again,” Coleman said.

Its not easy as Walker confesses. “It’s been a long time. I kinda forgot what that feels like. I’m super anxious. My brain can be sayin’ one thing but my body will be doin’ another thing,” Walker said.

Walker is not only focusing his energy on athletics and retraining but academics are highly valued in his life as well.

“I gotta say, the first couple years I really didn’t take my education that seriously. But having taken those two years off really made me realize how important that was. Livin’ life, workin’ those manual labor jobs I was like, ‘Nah, I’m too smart for this,’” Walker said as he chuckled to himself as he reflected on his life experience.

Walker is majoring in sociology with intentions of going into social work, especially with troubled kids.

“Over the summer I worked with a lot of kids at a day camp and it really went well. I found I really get along with kids,” Walker said.

Going to college can be a huge feat for anyone, but add the responsibility of playing a sport and the workload doubles if not triples.

Walker says the key to balancing everything in life for him is time management.

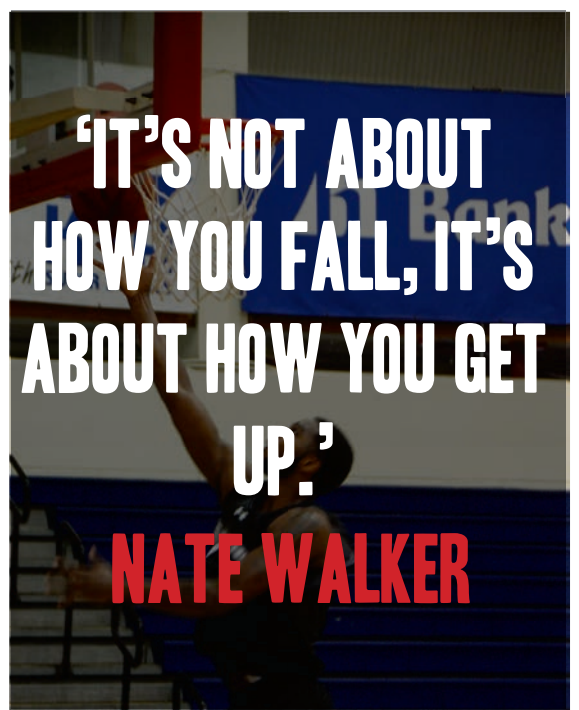
“For me, its school and basketball out here. It’s physically, mentally and emotionally draining. I manage my time and keep my priorities straight in order to keep going,” Walker said.

Life can be challenging. However, that is no reason to quit or give up. There will always be someone somewhere who cares about you.

“Nate Walker is as tough and loyal as any kid I’ve ever coached. Not only do I have the opportunity to coach Nate [again] but he is someone who will continue to be a friend and I’ll have a relationship with for a lifetime. That’s what coaching and programs are all about,” Coleman said.

Walker encourages every individually to press on no matter what they are going through. He knows life can be tough but often the reward at the end will be greater than the battle.

“It’s not about how you fall, it’s about how you get up,” Walker said. “In my life, everything I’ve learned has come from my mistakes. So I try to learn from that, build on it. I like to impart knowledge and pass it on to whomever I can give it to, whomever might be going through a similar situation as I once was.”





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