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There’s nothing quite like sipping on some local coffee and reading about the latest happenings in your community. That’s why Ke Kalahea will be hosting News and Brews, an event to serve free coffee, tea, and breakfast goodies with the newest issue of the paper, for the rest of the semester. Whether you enjoy your brews with a hard copy or check us out on our website, make sure you keep up with Ke Kalahea for campus and community news.

Be informed and safe by staying up to date with current news. A few weeks ago an attempted car theft on campus left one student with a night to remember. The student came upon a masked man in his vehicle as the man appeared to be attempting to steal the vehicle. The full details of the incident are described in this issue.

In the past few weeks the campus has had a variety of events including Make A Difference Day, which is a volunteering day that brought some beautiful improvements to the campus. I know that volunteering is a way that I like to show my appreciation to something I am passionate about and help when can. It is a win win for everyone involved. Many go abroad to volunteer but you can start by finding a way to volunteer close to home and improve where you are now.

I hope this semester is giving each of you something to look back on and be proud of. Whether it was a lesson learned or discover something completely new. I hope you are not simply going through the motions of each day but instead waking up with a purpose and a curiosity for what each day brings.

Britni Schock
Editor in Chief

Cover Photo Matt Arellano
Inside Cover Photo Zach Gorski
From the moment we wake up, we have the opportunity to help those less fortunate than us. From a simple passing smile to collecting money for a non-profit, any help in any way is a step in the right direction. Not only does giving back improve lives, it helps you as an individual grow through new perspectives and a feeling of belonging. You have the opportunity to create more connections to your future career. Many different organizations allow students and communities the opportunity to make a difference. Volunteering can help people, the environment, animals or all of the above. You can join non-profits that are based in your city or larger organizations that cover a broader spectrum helping worldwide. Some of these include the Peace Corps, Greenpeace, and the American Civil Liberties Union. You can offer to help build schools, read and teach to children in underdeveloped areas and offer assistance to minority groups that are struggling to have their voices heard. When you realize those who are less fortunate, you recognize ways you can make a positive impact on their lives.

Volunteering offers an opportunity to get to know more people who share the mutual feeling of wanting to give back. Those who volunteer also tend to be more empathetic because you are working to help someone or something, like the environment, that is in need of assistance. Through this, you obtain understanding of the situation and can become equipped to truly make a difference.

Every fourth Saturday of October, schools, communities, and groups throughout the United States have the opportunity to host Make a Difference Day. It’s the largest day of the year for people to volunteer to improve the life of those who are in need of assistance. From planting trees around a school to collecting clothes to helping feed the homeless, the amount of ways to potentially help someone on this day are endless. Make a Difference Day fully encourages individuals and groups to create a new event that will help change the lives of those who need it. Besides helping you feel proud for assisting others, they offer incentives to those that go above and beyond their volunteer call of duty.

Make a Difference Day is sponsored by a few permanent organizations as well as occasional businesses that will donate time and resources to assist in this endeavor. Points of Light, the world's largest volunteer organization and USA Today have combined forces for more than 20 years in order to create Make a Difference Day. Newman's Own is an independent, private foundation that donates millions of dollars to organizations helping people around the world. It offers those who participate a chance to give a charity of their choice the opportunity to receive $10,000.

On October 24, 2015, The University of Hawaii at Hilo hosted its 20th annual Make a Difference Day. This day was dedicated to gardening, weeding, painting and general maintenance of the campus. At UHH, it is Campus and Community Services (CCS) that hosts Make a Difference Day. CCS’s mission promotes excellence in service learning by supporting learning experiences while serving community needs which is what Make A Difference Day embodies. The event had a large number of volunteers and a free breakfast and lunch was offered for their services. If you want to volunteer in next year’s Make a Difference Day, you can look on the Campus and Community Services page on the UH Hilo website or contact Shara Mahoe, Campus and Community Service Coordinator/CSO Advisor at 808-932-7796 or smahoe@hawaii.edu for more information on how to volunteer.
It is safe to say that WikiFRESH is a success on the University of Hawai‘i at Hilo (UH Hilo) campus. “It is nearly impossible to walk through campus center and not want to pull over and grab a healthy lunch from the truck,” UH Hilo student Alia Alvarez said.

This is different from the taco truck back home however. This truck offers the freshest ingredients prepared daily to make this lunch one of the healthiest best tasting meals around.

WikiFresh is open Monday through Thursday 10 a.m. to 2 p.m. and is located between the University Classroom Building (UCB) and Campus Center Plaza. It shouldn’t be hard to miss with only needing two senses to lead you right to it. You will likely smell the fresh ingredients as you get closer and will probably see a large crowd hanging around the truck also.

WikiFRESH founders Jan K. De Luz, Peter K. Kubota, and Ian F. Whiteside all came together with one common goal. The goal was: A people first culture combined with a Tropical Fusion Cuisine in a fast-casual environment and the dedication to local charities.

The WikiFRESH website, www.gowikifresh.com, has a full description of each founder and how the team at WikiFRESH came together. The website also has all other info including catering options, how to join WikiGIVES (the charitable part of WikiFRESH), a full menu, and all contact information.

At the moment WikiFRESH is just satisfying taste buds from the trailer, but good news, a restaurant is COMING SOON. This restaurant will be located at 1177 Kilauea Avenue, formerly the Hilo Motors Building, corner of Kilauea and Kekuanaoa. The restaurant should be opening around the end of 2015 or beginning of 2016. The restaurant will feature a stylish patio, private event room, completely open kitchen, and modern dining room.

The WikiFRESH menu is a simple yet flavorful menu based on a simple culinary premise that WikiFRESH goes by, “that ingredients prepared fresh will always equal a delicious meal.”

The menu offers sautéed vegetables, grilled and baked proteins, hand mashed guacamole, and many fresh vegetable options. You can put these options into a bowl or a wrap with rice and/or lettuce and you have a delicious meal.

The restaurant will also feature a more extensive menu than what is offered at the WikiFresh trailer on campus. It will include five protein options and much other variety in all other side and topping categories. The restaurant will also feature in-season fruits and vegetables from local farmers.

The name WikiFRESH is exactly what the restaurant delivers, fast fresh food.

“WIKI means fast in Hawaiian and is exactly what we want your ordering and receiving the food to be,” Ian F. Whiteside, WikiFRESH general manager, said. “The FRESH in WikiFRESH is really what we are all about.

“Every morning we start bright and early prepping fresh ingredients by hand. We do this every single day because we emphatically believe that the fresher your food, the better it will taste, and the better for you it will be.”

WikiFRESH has no microwaves or freezers and continues to push the limits in their production to make sure that the final product is one that is of the absolute highest quality in freshness and taste.

“EVERY MORNING WE START BRIGHT AND EARLY PREPPING FRESH INGREDIENTS BY HAND. WE DO THIS EVERY SINGLE DAY BECAUSE WE EMPATICALLY BELIEVE THAT THE FRESHER YOUR FOOD, THE BETTER IT WILL TASTE, AND THE BETTER FOR YOU IT WILL BE.”

- IAN F. WHITESIDE
October 8, 2015 Paele Kiakona had his 2002 Toyota 4-Runner broken into at around 9:30 PM in the Zone 2 parking lot just in front of the University of Hawai‘i at Hilo (UH Hilo) Bookstore.

“I decided to leave the library a little earlier than I was intending to because something told me to leave early,” Kiakona said.

As he approached his car he noticed an older hard body truck parked very close to his driver side door. He saw a person in the driver’s seat of the truck and when he got closer he saw a silhouette of a “batman” in his car. The man attempting to steal his car was wearing a batman mask.

When he got close enough he yelled at the man inside his car and spooked him. The suspect jumped into the hard body truck that had a white cab, black bed and a loud exhaust.

After tussling with the driver of the get away truck, the approximately 200-pound Caucasian male suspect who jumped into the passenger side reached across and kicked Kiakona in the chest pushing him out of the truck.

He was unharmed but the truck drove away. The get away truck was last seen traveling west on West Kawili Street.

This case was an attempted car theft until the suspect kicked the complainant, at this point the case turned into a robbery.

“A theft turns into a robbery when someone is hurt or threatened to be hurt,” Chris Loos, Hilo Police Department (HPD) spokeswoman, said. This case is still under investigation by HPD and further information could not be released.

“A stolen car is not just a loss of a car, it can be life altering. You could lose transportation to your job, back to your house and school,” Kiakona said. He hopes that some new measures are taken to prevent car theft on the campus of UH Hilo.

When asked what he knows about the progress of his case Kiakona said, “as of right now I know nothing about where my case stands.”

If you have any info on the attempted UH Hilo car robbery or information on any other crimes, the HPD non-emergency line can be contacted at 808-935-3311. If preferred to stay anonymous, one can call the island wide Crime Stoppers number at 808-961-8300.

“This is not the first time there has been an attempted car theft on the UH Hilo campus this year. There have been three Unauthorized Entry Into a Motor Vehicle cases and two Motor Vehicle Theft cases in the Fall 2015 Semester. One case involving gas being syphoned from a vehicle has also been recorded. All of the above are events that have taken place on the UH Hilo campus. Crime logs can be viewed by anyone on the UH Hilo website.

The two motor vehicle thefts on campus were of the manufactured Toyota vehicles, one being a 1989 4-Runner stolen from the Hale Kauanoe parking lot and the other a 1986 Toyota pick-up. The latest attempted motor vehicle theft that is still under investigation was also a Toyota 4-Runner. Toyota seem to be the main target in most vehicle theft attempts on campus but not every
time. It is imperative for safety of both vehicle and person that students and faculty take precautions no matter what the make of vehicle.

Attempted car thefts are a large problem on the Big Island as well, not just on campus. In Hilo alone, 80 cases of Unauthorized Control of a Propelled Vehicle (UCPV) have been counted so far this year. "Unauthorized Control of a Propelled Vehicle means operating a stolen vehicle or a vehicle that doesn’t belong to the person driving (and the owner didn’t grant permission), so it’s not always an auto theft,” said Loos. However, in most cases it is a theft.

Since Sep. 1, 2015, nine UCPV cases have occurred. Of these nine cases, only two are Toyota’s. Numbers for the make of the 80 vehicles since Sep. 1 could not be shared. So the question, Are Toyotas the main target? cannot be solved here. However, according to Bigislandnow.com the most commonly targeted vehicles in Hilo are Honda sedans, followed by Toyota and Nissan pick-ups.

In Sep. and Oct. alone in Hilo there has been 53 cases of Unauthorized Entry Into a Motor Vehicle (UEMV). When there is a UEMV, it is usually someone just breaking into the car to steal something, because the car does not attempt to be driven away.

When asked what precautions students should take in assuring the safety of their vehicles and their belongs Director of Security at UH Hilo Darrell Mayfield stated, “Do not leave items in your car. Lock your car. Have an alarm or “kill” switch installed. Consider a GPS tracking system if you feel your car will be a target. For a fix under $50 consider a club steering wheel lock.”

Also according to Bigislandnow.com most vehicles stolen are from public parking lots and not homes so be conscious about where you park your car. Avoid dark deserted places and park in well-lit and more populated areas when possible.

“If you have any info on the attempted UH Hilo car robbery or information on any other crimes, the HPD non-emergency line can be contacted at 808-935-3311. If preferred to stay anonymous, one can call the island wide Crime Stoppers number at 808-961-8300.”
When people come to Hawai‘i, they often have a common misconception of this “paradise.” The green luscious mountains, beaches that are dotted across the islands and the ocean as far as the eye can see make people feel as if there is nothing dangerous out there. This is definitely not the case.

Go to a beach without researching where ocean predators have been spotted and you may find yourself suddenly squaring off with a tiger shark. If you choose to wander through the amazing forests this island has to offer, not only make sure you are adequately prepared but pay attention to the energy surrounding you. The forests here are alive with such a unique force that ignorance could potentially lead to disaster.

For the most part, the plants and animals of the Big Island are harmless if you know how to utilize their properties. It is good to be able to identify plants that will help you survive in an environment that is unfamiliar to you.

Hau, Noni and Kalo are just some of the plants that grow here that offer incredible health benefits should you ever need them. Many of them offer joint pain relief as well as stopping bleeding and in some cases, certain plants are used as a laxative.

When out looking for these plants, be sure to pay attention to what creature may be lurking around. One of the most dangerous animals that live here is the centipede and a bite from one of them could earn you a trip to the hospital.

Water. Not only does this valuable resource surround the land, it falls from above and is intertwined high and low throughout the entire island.

With the love that people have for the water, it’s easy to forget the dangers that come with it. If you don’t know the weather of the islands, you are leading yourself to an impending calamity.

High surf and strong currents can make even the most skilled swimmer panic if they aren’t used to these beaches. Pay attention to the signs on the beach as well as the word of the lifeguard because they know these beaches better than visitors do.

Do not forget to also drink water. Spending all that time on}

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| Nae Nae Bjelcic |
| Arts and Community Writer |
| Matt Arellano |
| Alexandra Huizar |
| Rose Navalta |
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**Student-Athlete Advisory Committee (SAAC) is still looking for new and creative ways to attract the Hilo community to athletic events. Recently the men and women's basketball teams play home games at the Civic Center in Hilo. This may please and bring in more of a community support but it may be a problem for student getting to games.

The community likes the events being played at a central location such as the Civic Center. UH Hilo campus is a short drive from the Civic Center. Our women's basketball team had to paint the benches at the Civic Center in order to not have to pay a fee to play there.

“Games at the Civic make it very difficult for any student on campus to watch. There was transportation to and from games but no one used them. With UH Hilo being so diverse, more than 30% of the student population are not from the Big Island and do not own cars here,” Alia Alvarez, UH Hilo women’s basketball student-athlete, said.

“I strongly believe our attendance would increase by moving sporting events back onto our actual campus,” Nearhoof said.

This issue will be brought up during the next SAAC meeting.

The other major issue the athletic program runs into is funding. UH Hilo does not have the funding most other schools in the conference have, being one of the lone public schools in the conference.

SAAC has organized an event to raise money for individual teams. It is an athletic competition between all sports teams. Each sport produces their own event that the other sports teams compete in.

At the end, there will be a physical gauntlet that will be a physical demanding event. The winning sports team will receive a trophy and bragging rights for that whole year. But there are more events that help teams out financially.

This athletic competition will not solely be about physicality or athletic ability. The UH Hilo athletic team will also compete for best average of: highest GPA, amount of events each sports team attends, community service and also team's winning percentage. The winning team will receive all the money fundraised by SAAC.

This money received can go to the winning team's uniforms, funds or charity. This will hopefully help boost GPA, sporting event attendance, community outreach and a winning attitude throughout our athletic program.

The money won will not be able to be used towards scholarships.

There are no set dates for these events just yet. A winning attitude has been emphasized at UH Hilo. As of late, UH Hilo is not well known for winning programs, but with the help and support from an AD who will support all programs, change may be seen and start a winning tradition.

Campaigning is important to SAAC. UH Hilo is still involved and contributing towards Make-A-Wish Foundation with a conference goal of around $2,500 per team. They are also involved with the It's On Us campaign. They will be making an athletics video involving our very own student-athletes to help promote and practice standing up against sexual assault and sexual violence.

SAAC is pushing to make significant impact to make changes throughout the athletic department.

“Our goal as SAAC is to ideas we agree upon into motion. We want to push from a starting idea and a finished product,” Nearhoof said.
New Zealand, the country notorious for their indigenous Maori people, the filming ground of the epic Lord of the Rings saga and the haka, a traditional war chant before a rugby game, has graced the University of Hawaii-Hilo with an extremely talented individual. Student-athlete Trixie Croad, a sophomore from Auckland, New Zealand, plays volleyball and women's tennis for UH Hilo while also taking on a 16 credit load this semester.

Croad was born and raised in New Zealand, a place where the atmosphere instilled her love for sports.

"There is definitely a real outdoorsy kind of attitude during childhood. When we went to school, we never wore shoes; we were always outside; always playing all different kinds of sports," Croad said.

In America, there is a common conception that children tend to specialize and focus on a certain sport fairly early in life. This is not the case in New Zealand. Croad explained how kids are involved in all sports, "playing everything as long as they possibly can."

In middle school, Croad participated in what are called zone days. This is a period of time in which a certain sport is focused on. No sport is played year round in school. Croad estimates as many as 15 different zone days can be held in a year.

“They train for a few weeks for the zone day and then once the zone day is finished the sport is over, you go on to the next one,” Croad said. “My goal was always to make all the zone day teams for every sport.”

Although she grew up playing just about every sport imaginable, the New Zealander held a strong family influence within the sport of tennis.

“My family is a tennis family. My auntie [Lesley Ferkins] came on a tennis scholarship and she played for Seattle. She is really influential for me because she has helped guide me in what I want to do in life—something to do with sports management. My brother [Fraser Croad] played for New York. He has been someone I’ve always looked up to all my life. He is like a true ‘big brother’ and so dedicated in everything he does. And my mom [Adrienne Croad] is so caring and compassionate and selfless. I really hope to be like her someday,” Croad said.

Croad started playing tennis at the age of two. "Pretty much since the time I could walk. All of my family plays tennis including my extended family. That has always been a thing for me," Croad said.

She also played soccer from age five through high school. It was not until high school that she actually switched from soccer and pursued volleyball instead. She found a passion for the sport and took it to the sand to improve.

“High school is when I really started to focus on those two [tennis and volleyball]. Beach volleyball was actually my main focus for a while," Croad said.

"Playing a sport collegiately was constantly in the forefront of Croad’s mind growing up. “It’s definitely always been something I’ve wanted to do and it’s always specifically been for tennis. But as I played volleyball more I really liked it and decided I wanted to play volleyball in college as well,” Croad said.

Although it has always been the Kiwi’s goal to play in college, it has not always been easy. Croad had to overcome the struggle of trying to balance her time.

“I was always trying to keep up with my school work and I found I had trouble saying no to things a lot of times. I was just always really busy and it was hard to manage my time, not only between school and sports but also between my sports."

When Croad hit her junior year in high school, one of her beach volleyball coaches offered to increase her exposure and help her become even better. Croad knew it would be a huge commitment but she did not want to turn it down.

“She said ‘you’re really good and I want you to get better. I want to take you on some New Zealand representative trips but you know you need to be able to commit more time to the sport,’ Croad said. “At that point I decided to go for it. I stopped playing tennis all together for a while and just focused on beach volleyball.”

She desired to play volleyball in America but Croad was not sure if she was good enough for a scholarship. After receiving help through a sports agency called Atlantic Sports Management, Croad received a few replies from different schools, but Tino Reyes, women’s volleyball head coach at UH Hilo, was one of the first to contact her.

“He said, ‘we don’t have any money to offer you for volleyball but I saw your tennis video, you looked pretty good, so I handed it on to the tennis coach and he is pretty interested so would you want to come and play both?’” Croad recalls her conversation with Tino.

The way things fell together seemed to work perfect, however it was not as easy of a transition as Croad had expected. The conversations came about in early December of 2013. The tennis coach wanted her to come play for UH Hilo in the upcoming season that started in January.

“He basically said, ‘we really want you to be on our team. I need you to be here in three weeks,’

“Trying not to overthink things and keep things simple is key. Individually those things are manageable. You can do it.”

–Trixie Croad
Trials and Even Greater Rewards During Her Time at UH Hilo

Regret it,” Croad said. “Since I’ve been here it’s been a roller coaster ride because the coach who originally recruited me for tennis left after my first season, then we had Carlos [Quijano] last year and he’s now left. Now this is our third tennis coach since I’ve been here. That’s tough for any team. But I in particular have had to do a lot of negotiating because I’m playing volleyball as well,” Croad said.

Croad’s biggest challenge has come by way of the negotiation of time spent per sport. She eludes that this factor, along with having different coaches each year, though immensely difficult, has actually helped her improve on communication skills.

“Last year I wore myself out way too much and didn’t want to do the same thing this year. I tried to cut back and go for quality not quantity of time spent participating in each sport],” Croad said. “Having three different [tennis] coaches with three totally different coaching styles was a really big adjustment.” But she keeps a good attitude and stays positive.

A glance at her typical weekly schedule will show that the Kiwi is no slacker. She has volleyball practice every day for three hours in the afternoon, plus a couple mornings a week. She goes to tennis practice two to three times a week in the afternoons as well which usually last several hours.

“Time is so important because you can never get it back. If you don’t use your time wisely then it’s a waste. You must make sure where ever you are that you are putting 100 percent into it because those hours you can’t get back,” Croad said.

Education is of equal importance in the student-athlete’s world. She is taking 16 credits and majoring in sociology although she is planning to double major in health promotion.

“I think the secret to balancing so many things in life is to make sure wherever you are, you are focused at the task at hand. You’re not thinking about what you have to do for class or what you have to do for the other sport or how tired you are. You just have to get to where you are by being single-minded, tunnel vision, just focus on one thing at a time.

“I have definitely had times where it has been overwhelming and I just have to remind myself to have that tunnel vision and give it everything,” Croad said.

At the end of the day, everything seems to be worth it for Croad. Though she is not receiving a scholarship for volleyball, she continues to play purely for the love of the game.

The nature of tennis tends to be isolated with an individualistic focus. Croad finds refuge in the sport of volleyball because of the team atmosphere.

“Tennis is not so bad here [at UH Hilo] because we are on a tennis team so it really is a team sport but tennis in general can be pretty lonely. Growing up I never really had close friends from playing tennis. When I started playing volleyball I really really enjoyed being engulfed in that team atmosphere,” Croad said.

The camaraderie and friendships she has made within the teams at UH Hilo as well as the challenge of something new is what keeps fueling Croad’s fire to continue playing.

“That’s my favorite thing, in tennis, in volleyball, in school, in anything is being able to get better and see the progress I’ve made,” Croad said.

As a word of advice, the New Zealander encourages those struggling with the balance in life to break things down and create smaller tasks to accomplish.

“Even if you look at your day and you’re like ‘I have volleyball practice in the morning, then I have to go to class, then I have two minutes to eat lunch, then I

“Time is so important because you can never get it back. If you don’t use your time wisely then it’s a waste. You must make sure where ever you are that you are putting 100 percent into it because those hours you can’t get back.”

—TRIXIE CROAD

have to go back to volleyball, then I have to go to tennis, how am I going to do all this?”

“You just have to be like, ‘ok, well I have to go to volleyball in the morning so I’ll do that.’ Then you’re like, ‘ok, now class, I have to get through that.’

“You just have to do one thing at a time and by the end of the day you can look back like, ‘alright, I did it. It wasn’t that bad.’

“Trying not to overthink things and keep things simple is key,” Croad said.

“Individually those things are manageable. You can do it.”
Earnest T. Morgan (1947-1992) packed a hundred people in the Old Gym when he started University of Hawai‘i at Hilo’s (UH Hilo) first dance program in the 1970s. Now, as the Old Gym is being renovated, there is a movement to have the building named after him.

Morgan was the leader and founder of what Trina Nahm-Mijo, Professor of Psychology, Dance, and Women’s Studies at Hawaiʻi Community College (HCC), describes as a renaissance period in the 1970s, which brought contemporary modern dance to the island and the state of Hawaiʻi. Over the years, Morgan served as the Art Coordinator for Hawaiʻi State Foundation on Culture and the Arts, along with being a lecturer in the dance program he created at UH Hilo.

Nahm-Mijo first met Morgan in 1972 as she was finishing doctoral work at the University of California, Berkeley. “When I met Earnest we just clicked,” Nahm-Mijo said. “We both had a thirst to come back to Hawai‘i and create a modern dance form that was more conducive to the expressions of the islands, rather than contemporary modern dance at that time that was very abstract and very cerebral.”

“So we wanted to make it a thing of roots, the heart, and all the multicultural groups that are in Hawai‘i,” Morgan eventually invited Nahm-Mijo to the Big Island to help him promote modern dance in Hawai‘i. “That was the beginning of the Hawaiian renaissance, so we were dancing with live Hawaiian musicians at that time,” Nahm-Mijo said. Everything was just being created, like the Volcano Arts Center, and it was the beginning of the modern arts on the island. It became the hub for the state, and the Big Island. So a lot of people moved to the big island during the 70s, but the gym was packed. Today you have class sizes of maybe 30 students, and we had close to 100. Everyone wanted to take from him, men and women alike.”

Morgan eventually left the University in 1980 to pursue his Masters degree and become the first Director of Honolulu City Ballet in Oahu. Nahm-Mijo decided to stay in Hilo to teach psychology at HCC. In addition to teaching, she also assisted in starting HCC’s dance program so that both campuses would have dance available to the students. Morgan returned to the University shortly afterwards in 1981, and he continued to teach dance until his death in 1992.

Currently, a wide variety of dance classes in ballet, dance ensemble, jazz, modern, aerial, and many more, are offered by UH Hilo and HCC. These classes are taught by UH Hilo’s devoted dance instructors Celeste Staton, Kea Kapahua, and Annie Bunker. Staton had the privilege of dancing together with Morgan in 1982, and she is now one of the leading figures helping to spearhead the movement to name the Old Gym after Morgan.

The UH Hilo Old Gym is located on Kapiolani Street, and renovations are expected to be completed by Spring of 2016. According to UH Hilo Facilities Planning, renovation costs have amounted to about $1.6 million. Many students and faculty members are excited for the new renovations to be completed. The Old Gym is used by dance classes from morning until evening by students from both HCC and UH Hilo, and the facility was long overdue for an upgrade.

As a part of the renovations, the Old Gym is having new lighting and ceiling fans installed to ventilate the facility. In addition, the Old Gym is also having its electrical wiring redone for special features and performances that weren’t possible before.

Although it’s not the main intention, Staton says that the new renovations could make it possible for the facility to be used as a black box theater.

A black box theater is a simple, flexible, and unadorned performance space used for performances with theatrical lighting and sound.

“We could actually put up stage lighting if we decide we want to do a showcase for the choreography class or one of our performing arts seniors wants to do a senior project in there,” said Staton. “The venue at the UH Hilo theater, the Performing Arts Center, is 580 people, and that’s a large audience. Some of these projects are more intimate, and so a smaller audience is preferable. We can have that at the Old Gym now with ventilation and electricity, otherwise it was not an option.”

Earnest Morgan is still admired today, and he continues to impact the lives of others after so many years. “He was a wonderful man, and a fabulous dancer,” Staton said. Naming the Old Gym after Morgan will honor his contributions to the Hilo community and modern dancing in Hawai‘i. Staton says they will be hosting a special event to present some of Morgan’s famous choreography. Nahm-Mijo will also be doing an exhibition of early modern dance photographs to coordinate with the gym reopening.
Nah Brah by Tiffany Erickson

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For disability accommodation please contact the Ke Kalahea office at 808-932-7373, 932-7402 (TTY)
In 1998, Richard “Mike” Rankin developed and blessed all with the Hilo Farmers Market. When the market first began, it was a humble oasis with only four farmers who sold their goods out of their parked trucks. Now, the market still remains a humble oasis for local farmers to come and sell their product, but it has grown much larger than just four farmers.

The Hilo Farmers Market stands strong with over 200 vendors who sell everything from locally grown produce, flowers, food products and handcrafted goods made with plenty of aloha.

Having the farmers market so close to University of Hawaii at Hilo (UH Hilo) is a blessing that should be taken advantage of by all UH Hilo students.

The farmers market makes being a healthy, broke college student easy and convenient.

The farmers market easily has the best deals on produce in town.

The Hilo Farmer’s Market was the first open market in the nation to be federally approved to accept food stamps using the Electronic Benefit Transfer (EBT) system, which makes eating fresh locally grown food easy for everyone that calls this island home.

The Hawaii Tribune Herald awarded the Hilo Farmers Market its Readers Choice Award in 1999 and in 2000. The Market is considered to be one of the best open markets not only on the Big Island, but in the whole state of Hawaii.

The Hilo Farmers Market is located on Kamehameha Ave & Mamo Street
Hilo, HI 96721.

Sunday - 7:00 AM - 4:00 PM
Monday - 7:00 AM - 4:00 PM
Tuesday - 7:00 AM - 4:00 PM
Wednesday - 6:00 AM - 4:00 PM
Thursday - 7:00 AM - 4:00 PM
Friday - Closed
Saturday - 6:00 AM - 4:00 PM
#Selfie Contest

Take a #selfie with the latest issue of Ke Kalahea and you could win some cool prizes! Contest starts on Oct. 12, 2015 and runs until Oct. 23, 2015 for issue 4. When the new issue hits stands grab the hard copy and take a selfie with the issue, post it to Instagram, tag @kekalahea, and hashtag #kekalaheaselfie. You are then entered to win awesome prizes!

**CONTEST DATES:**

**ISSUE 4 - 10/12/15-10/23/15**
**ISSUE 5 - 10/26/15-11/6/15**
**ISSUE 6 - 11/9/15-11/20/15**
**ISSUE 7 - 11/23/15-10/4/15**

Must be UH Hilo student with valid ID.
Must follow all steps to be entered into contest.

For disability accommodation please contact the Ke Kalahea office at (808)932-732, 932-7002 (TTY).