H.T. Hayashi Foundation helps UH Mānoa Athletics department provide mental health services to student-athletes | Page 4

Photo by Andrew Lee
UH Hilo legislative interns see democracy in action

The everyday lives of legislative interns are frenetic and unpredictable. One moment they answer calls or respond to emails from constituents; the next they run from office to office for signatures.

Often working late into the evening, they wolf down hurried meals when they have a few moments, then catch a rideshare home. A few short hours later, they’re up with the sun and starting over.

A new day may be more of the same, or perhaps it will require complicated spreadsheets with links to news stories, or guided tours of the capitol.

Still they thrive, understanding their important role in the legislative process and the valuable education they gain in these highly sought-after positions.

“Working in Senator Brian Schatz’s Honolulu office is a wonderful opportunity. I’m making the most of my time here,” says Yeshaya Amichai, a political science major at UH Hilo. “I’m proud to represent UH Hilo, and grateful and honored to receive this scholarship.”

Amichai is a recipient of the John & Susie Dill State/Federal Government Student Internship, which provides financial support to UH Hilo student interns who are serving Hawai’i state legislators or members of the U.S. Congress.

Funding assists with transportation, housing, stipends or tuition when the internships are part of students’ coursework.

“We are very honored and grateful to have received such a generous gift from the Dill family to support our legislative interns,” says Dr. Katherine Young, chair of UH Hilo’s Department of Political Science and Administration of Justice.

“I’m seeing democracy in action,” says Abigayle Coleman, an intern in Schatz’s Washington, D.C., office. “I’m thankful for this chance to follow my dreams as an intern, serving the senator and the people of Hawai’i.”

This is exactly why Susie Dill, an accounting instructor at Hawai’i Community College, established the scholarship in honor of her late husband. John Dill, who earned his BA in political science from UH Hilo, was an ardent believer in our democratic system.

“I am hoping for interns to engage actively in this country’s democratic process, so they can make positive impacts in our communities,” she says. “Endowing this fund is especially meaningful; it assures me that John’s legacy and ideals will carry forward with future generations of students.”

Celebrating the Dill Scholarship at UH Hilo on Dec. 17, 2019, were (L-R, back) scholarship recipients Yeshaya Amichai and Abigayle Coleman, donor Susie Dill, scholarship recipient Alaka’i Iaea-Russell and Dr. Katherine Young, political science & admin. of justice, with (front) Susie & John’s children Sophia, Julia & Grady Dill.
Norma Nichols had a lifelong love of the arts, and she spent nearly a lifetime nurturing it in others.

She nurtured it in her students over her 20-year teaching career at Farrington and McKinley high schools.

She encouraged it in her neighbors and friends as a volunteer with the Honolulu Museum of Art, the Hawai'i Opera Theatre, the Diamond Head Theatre, Chamber Music Hawai'i, the East-West Film Festival, and the Hawai'i Symphony Orchestra.

She cultivated it in artists as the director of the Gallery on the Pali for 25 years. And through her gift planning, she continues to influence patrons and performers.

Nichols created the Norma Bird Nichols, PhD Asian Theatre Endowment Fund to support Asian theater productions in UH Mānoa's Department of Theatre and Dance.

She believed students could build self-esteem through perpetuating their culture.

“Norma was an educator at heart and really cared about bringing the arts into schools,” says Dr. Kirstin Pauka, director of the UH Mānoa Asian Theatre Program.

Nichols earned her bachelor’s in English, a master’s in art, and a PhD in American studies, all at UH Mānoa. Her cancer treatments strengthened her connection to UH because her oncologist was also a researcher at the UH Cancer Center.

“Norma was a genuine person with a very big heart,” said Dr. Randall Holcombe, UH Cancer Center director.

Holcombe said Nichols shared with him her concern for friends who had to leave the islands for cancer treatments.

“She was very excited about a clinical research center to provide novel trials in Hawai’i,” he said.

Nichols established the Norma Bird Nichols, PhD Fund for Innovative Clinical Research. It provides bridge grants to support researchers whose groundbreaking work could lead to publication and larger grants.

“While I may not see a cure in my lifetime,” Nichols said before her death in July 2018, “I know that research has come a long way, just in the last couple of decades. I hope my gift can help these scientists make more progress, faster.”

Holcombe said Nichols truly cared for the future of the Cancer Center and what it could do to help people in Hawai’i.

“Norma’s commitment was profound,” he said. “If she were here today, she would be so happy with our building the Clinical Research Center, and she would be pleased to see how her gift is supporting it.”
Students-athletes face additional stressors that can make their education more challenging: exhausting practice sessions, catching up with studies after away games, and above all, pressure to be the best.

Although UH Mānoa student-athletes have daily access to a team sports physician and a team of athletic trainers to address their physical conditions and needs, scheduling appointments with campus mental health professionals can be more difficult.

Not having adequate mental-health support can adversely impact student-athletes’ physical and overall well-being.

Female athletes may have an even greater need for this support. Research has shown that women experience higher rates of depression, anxiety, eating disorders, domestic violence and discrimination.

“In order to be at the top of their game on the field, in the classroom and in life, our student-athletes need to be able to easily access a professional who understands the unique mental pressures they face,” said UH Mānoa Athletics Director David Matlin.

The H.T. Hayashi Foundation is answering the call to help the UH Mānoa Athletics department provide dedicated mental health services, counseling and educational outreach for all student-athletes, coaches and staff.

“For mental health services to truly be accessible, student-athletes need...
someone who can accommodate their scheduling restraints as they juggle practice, games and academics,” Matlin said.

In an anonymous survey, one UH Mānoa student-athlete agreed. Her response underscored the necessity of having a therapist who understands the enormous pressure she and fellow student-athletes face.

She shared that her boyfriend from another school wasn’t able to cope with the pressure of being a student-athlete and the need to be perfect. He took his own life.

“I can’t lose anyone else,” she wrote. “We need to have help available to us.”

With support from the H.T. Hayashi Foundation, UH Mānoa student-athletes will now have the help they need.

“We are so grateful to the H.T. Hayashi Foundation for this generous award that will help us do even more to create a positive environment that supports the mental and physical needs of our student-athletes, and helps them navigate life’s challenges and excel,” said Matlin.

At UH, we are all in this together.

We have heard from many of you expressing concern for the welfare of our students and an interest in learning more about what the university is doing to fight COVID-19. As we adjust to a new reality amid concerns about the novel coronavirus, you may be wondering how you can help.

UH has created two new funds in response to this crisis:

- **Urgent Student Relief Fund**
  
  This fund will provide critical support for students facing extreme distress and disruption in financing, housing and studies.

- **Research to Save Lives**
  
  Your support of UH’s emerging and infectious disease research can fuel rapid progress in this area.

Make a gift to support UH students when they need you most. Visit [uhfoundation.org/covid19](http://uhfoundation.org/covid19) to learn more.
Kapi‘olani CC  Scholarship Celebration
‘Ōhi‘a Cafeteria • Feb. 6

UH Mānoa  Scholarship Celebration
Stan Sheriff Center • March 11

EVENTS  MORE PHOTOS ONLINE AT WWW.UHFOUNDATION.ORG/PHOTOS
Future vet changed paths after UH call

Teresa Morishita grew up taking care of dogs, chickens, rabbits and a pair of geese named Georgie & Gertrude.

With dreams of becoming a veterinarian, she planned to go to college in the continental U.S. to achieve her goal.

The senior at Maryknoll School had acceptance letters and her parents’ full support, but her mom also suggested she connect with Allen Miyahara, a pre-vet adviser at UH Mānoa, to learn about options at UH.

“He took his time when I was still in high school to show me what my pre-vet course plan would be like if I came to UH,” says Morishita.

“He showed me how to balance my hard science courses with other courses and emphasized how much money I’d save as an in-state student. So I chose UH Mānoa, and it was a great experience.”

After Miyahara retired during her freshman year, Morishita was fortunate to find a mentor in Robert Nakamura.

“The UH Animal Science faculty guided me in my academic progression, but more importantly, they showed concern for students so we could forge ahead with our career goals.”

Morishita appreciated the hands-on learning opportunities she had at UH that reinforced what she learned in class.

“We had Saturday field trips, and the school had a food animal farm on the North Shore at Waiale’e,” she remembers, “where we would stay for a couple of weeks milking cows and handling newborn little piglets.”

After receiving her BS and MS in animal science at UH Mānoa, Morishita’s career led her far from her island home.

She went on to earn her doctoral degrees at the University of California at Davis. She has since worked in academia and private practice in Ohio and California, recently as associate dean for academic affairs at the Western University of Health Sciences College of Veterinary Medicine.

Still, she returns home every year and UH has remained in her heart.

Morishita says she’s been very fortunate in her career: “My parents taught me that whenever you receive blessings, you should help others in return.”

This is why she has committed part of her estate to establish the Dr. Teresa Y. Morishita, DVM, PhD Endowed Scholarship.

Students in animal sciences or pre-veterinary medicine at UH Mānoa will find the burdens of tuition eased by an alumna whose connection to her alma mater spans distance and time.

“When I was going to school,” she says, “financial aid was very helpful.”

She said that while her parents helped her a great deal, she also received support from the Charles Reed scholarship, Pacific Egg and Poultry scholarships, and a scholarship from the Daughters of the American Revolution.

“They helped a lot, as did my work as a student in James Carpenter’s lab. It gave me experience in animal nutrition, and it also paid,” she said.

“It’s much harder nowadays to work and go to school, as everything is so expensive. Hopefully this scholarship will help students.”
Mitsubishi Electric America Foundation helps Turn the Tables

The Mitsubishi Electric America Foundation is supporting the UH Mānoa College of Education’s Center on Disability Studies in its Turn the Tables project, which aims to break down barriers and increase employment outcomes for youth with disabilities.

“In Hawai‘i, people with disabilities are unemployed at twice the rate of the general population, and there are limited services to assist youth with disabilities to develop leadership and employment skills,” said Chin Lee, CDS project director.

Turn the Tables offers an alternative approach to the typical job fair. Using a reverse job fair model, the project spotlights job candidates with disabilities, rather than typical job fairs where employers receive inquiries and applications. Candidates set up tables to showcase their personal skills, abilities, accomplishments and strengths. Employers are able to meet and spend time with candidates, who are also able to interview their potential employers.

The MEAF grant will enable CDS to implement and expand the reverse job fair concept in Hawai‘i and nationally over the next two years.

CDS will partner with American Job Centers, Developmental Disabilities Division, Hawai‘i Division of Vocational Rehabilitation and Disability:IN Hawai‘i to build on the success of two reverse job fairs held at the State Capitol in 2018 and 2019.

CDS led the first reverse job fair in Hawai‘i with assistance from its partners, as well as the Office of the Governor, State Council on Developmental Disabilities, and other state agencies and key legislators.

CDS will organize reverse job fairs annually in each of the four counties in Hawai‘i: Honolulu, Big Island, Kaua‘i and Maui. It plans to serve more than 200 candidates and nearly 400 employers over two years.

“Our vision is to empower youth with disabilities to lead productive lives,” said Kevin R. Webb, senior director of MEAF.

“By investing in innovative strategies, like the CDS Turn the Tables project, our foundation seeks to identify effective models that can be replicated to give an opportunity for youth with disabilities in Hawai‘i and beyond to connect with employers and secure a fulfilling job.”