

# Agencies Act to Protect Public Health, Study Emissions *See Page 19*



Bullriding will help raise money May 17 to buy Nā'ālehu Rodeo Arena. See Page 11.



Not her friend, if you are trying to befriend this monk seal on the Ka'ū coast. See Page 9.



Ka'ū at Merrie Monarch this year, with hula, floats, Grand Marshall. See Page 2 & 3.

# THE KA'Ū CALENDAR

Volume 6, Number 7

The Good News of Ka'ū, Hawai'i

May, 2008

## No Smoking at Punalu'u, Honu'apo, Wai'ōhinu Parks

No smoking at Punalu'u Beach Park, Honu'apo and Whittington Beach Parks, Wai'ōhinu Park, Nā'ālehu Park and Community Center, Pāhala Park and Community Center, Pāhala tennis courts, ballpark and swimming pool, Ocean View's Kahuku Park and pavilion and Volcano Park with its Cooper Center, pavilion and skateboard park.

This is the local effect of a new law that passed April 22, with the County Council over-riding Mayor Harry Kim's Veto. The fine is set at \$100 and also covers parking lots at all county parks. It does not cover the rodeo grounds at Nā'ālehu, which are privately owned.

The measure became the first island-wide smoking ban at county parks in the state. It follows the smoking ban enacted last year at Kahalu'u Beach Park after middle school students on a marine science outing retrieved more than 2,000 cigarette butts from the beach in a half hour and took their campaign to the County Council.

Ka'ū council member Bob Jacobson applauded the smoking ban, saying it was overwhelmingly supported by the public. The vote was 6-3 on March 12 with Donald Ikeda, Dominic Yagong and Stacy Higa opposing it. The vote to override Kim's veto on April 22 was 7-2, with Donald Ikeda changing his vote to support the ban.

"I am really pleased to help the health and welfare of the people of our island. This law does a lot for the public health," Jacobson said. He said he wanted to thank council member Jay Yoshimoto "for initiating and getting this bill passed."

How will the new ban be enforced with as few as two or three police officers on duty at any given time in Ka'ū? The first step will be signage, said Parks & Recreation Deputy Director Pam Mizuno. Police will be able to issue tickets.

Parkgoers will be able to gently remind others about the smoking ban, but neither parkgoers nor park maintenance staff can ticket, harass, or force people to stop smoking. "This is going to result in a *Smoking Ban*, pg. 7



Good Moderate Unhealthy Extreme [www.pdc.org/geodata/kilauea/current\\_plume.jpg](http://www.pdc.org/geodata/kilauea/current_plume.jpg)

0 ppb SO<sub>2</sub> 300ppb SO<sub>2</sub> 500 ppb SO<sub>2</sub> 1000 ppb SO<sub>2</sub>

### Blowing My Way?

Winds that blow the gas, ash and vog away from Ka'ū communities seem like an important commodity during these hazy days of Halema'uma'u letting off some steam. While the volcanic plume and the rainbow caught in this image by Ka'ū photographer Peter Anderson can be a beauty, Halema'uma'u can also be a beast with tons of SO<sub>2</sub> pumping out of the crater. The gas can drift and blow into any community, even as far away as Ocean View, be there for only seconds to register on an air quality monitor and sometimes create health alerts. See Page 19 for more on the emissions. A new Pacific Disaster Center tool to predict air quality is at [www.pdc.org/geodata/kilauea/current\\_plume.jpg](http://www.pdc.org/geodata/kilauea/current_plume.jpg). Link to this page at [www.kaucalendar.com](http://www.kaucalendar.com) with updates on the volcano.

## Ka'ū Celebrates Year of the Paniolo

In celebration of 2008 as Year of the Paniolo, Hawai'i County Economic Opportunity Council and the Hawaiian Civic Club of Ka'ū sponsors a traveling exhibit about Hawaiian cowboys, called *Ka'ū Paniolo Tradition Then & Now*. It is on display at events through November, including the Cowboy Chili Contest on Sunday, May 4 at Nā'ālehu Community Center, where paniolo will be judges. The display opens at 11 a.m., with contest at noon. Deadline to enter is May 1. On Saturday, May 17, the exhibit will again hang in Nā'ālehu Community Center for Ka'ū Roping and Riding Association's Bull Bash & Ho'olaule'a at the adjacent rodeo arena and park.

Gov. Linda Lingle's proclamation of 2008 as *Year of the Paniolo* recognizes the centennial of Ikuia Purdy's rodeo win at the 1908 *Cheyenne Frontier Days* in Wyoming. At a time when few people even knew paniolo existed, Purdy entered the rodeo with a horse he had to borrow and, to the surprise of the American West, won the national roping competition. He and his fellow Big Island cowboys, Archie Ka'au'a and Jack Low, put Hawai'i on the map for the ranching world. So did the paniolo's strunged Spanish and Portuguese instruments, which became the 'ukulele and guitars that accompany Hawaiian cowboy songs.

*Year of Paniolo*, pg. 7

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*Also in this issue:* P5 Kahuku \* P6 Nā'ālehu \* P7 Pāhala \* P8 Business\* P9 Event Calendar \* P11 Sports \* P12 Sports Calendar \* P15 Community Calendar \* P17 Ag \* P18 Church Guide \* P19 Keeping Healthy \* P20 Recipe \* P21 Volcano \* P22 Star Map \* P23 Classifieds

Inserts: Nā'ālehu Market, Emissions from Kilauea Volcano, Recycle Hawai'i



# 45th Annual Merrie Monarch Celebrates Ka'ū

The 45th Merrie Monarch Festival celebrated Ka'ū paniolo, dancers and song. South Point rancher Tommy Kaniho led the Merrie Monarch Parade as Grand Marshall, riding horseback through the streets of Hilo with his family on April 5.

The great granddaughter of Ka'ū native Mary Kawena Pukui, the famed linguist, historian and cultural expert, won the Miss Aloha Hula title on April 3. Kalimakuhilani Akemi Kalamanamana Suganuma danced her kahiko (ancient hula) to *Mele Inoa 'O Kupake'e*, a family chant shared by Pukui honoring a chief of Ka'ū and talking about water being precious to the district. She danced her 'auana (mod-

ern hula) to *Kīlauea*, composed by Pukui to pay tribute to the beauty of Ka'ū's Volcano and put to music for the first time. Suganuma is a member of Keolalani Hālau 'Olapa O Laka.

In other Ka'ū connections to the Merrie Monarch, the song *Nani O Ka'ū*, by George Na'ope, became a Ka'i - entry music for one of the hālau in the competition.

The Merrie Monarch celebration opened with dance by the hālau of Lori Lei Shirakawa, of Wai'ōhinu. The parade included two floats from Ka'ū, sponsored by Thy Word Ministries, and members of the Boys and Girls Club of Pāhala.



Festivities opened with dances by Lori Lei Shirakawa's (of Wai'ōhinu Hula Studio) hālau.  
Photo by Peter Anderson



Boys & Girls Club of Pāhala joined other Big Island Boys & Girls Clubs to march in the Merrie Monarch parade.



Thy Word Ministries from Ka'ū and New Hope Christian Fellowship from Volcano sponsored two floats in the Merrie Monarch Parade on April 5 in Hilo.



Merrie Monarch Grand Marshall and Paniolo Hall of Famer Tommy Kaniho runs a ranch at South Point.  
Photos by Julia Neal

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More than 50 volunteers spent 15 hours decorating the floats for Thy Word Ministries and New Hope Volcano with ti leaves, monstera, anthuriums, protea and other foliage. Mihara Transfer, Inc. and Kona Transportation Co., Inc. donated trucks and drivers for the parade.



Li'i Kaluna shows shaka to parade goers for Boys & Girls Club of Pāhala. *Photos by Julia Neal*



Lori Lei Shirakawa and Darlene Ahuna played during opening of festivities for Merrie Monarch. *Photo by Peter Anderson*



Kanani MockChew, grand daughter of Grand Marshall Tommy Kaniho, rides in his court during the parade.



Dean Nagasako (right) with traditional float, an outrigger canoe.



Heart of Worship music team Lance Ako, Jr., Isaah Tavares, David Karratti, Elijah Navarro, Joe Puna, with drummer (not shown) Dennis Salmo play for the Makualani Ho'ō Nui halau, which includes at right Vivian Pascubillo and Deborah Kohara, Pamela Ako.



Keiki from Lori Lei's Hula hālau danced at the Civic Center for Merrie Monarch. *Photo by Peter Anderson*



Fruit of the Spirit: Left, Frederick Cain and Henry Wai'waiole. Chantel Alcoran, Rosemarie Navarro and Ursula Udac celebrate Patience, Love and Joy.



# McGuire: Environmental Law & D.C. Internship

Ka'u's councilman Bob Jacobson visited with Sen. Dan Akaka's legislative intern Kai McGuire during his recent trip to Washington D.C. Twenty-year-old McGuire, a resident of Ka'u and University of Hawai'i at Hilo junior, was one of only two interns selected for the paid internship, which also earns him 15 credits and will last the entire spring semester. McGuire is majoring in political science



Legislative intern Kai McGuire with Sen. Akaka and Ka'u councilman Bob Jacobson and has plans to continue on to law school to take up environmental law. He is also

the former President of Mau Pono, a U.H. student group that strives to raise awareness on current issues affecting Hawai'i's people and environment, hosting events and talks about topics such as no GMO taro. McGuire's mother Margaret, of Green Sands, said that Akaka's staff has reported that he is doing very well and that they were very happy to have him on board.

# Rapoza Wins

The Keiki Kala logo contest winner for Ka'u Federal Union is Kaiminani Rapoza, age 10, a fourth grader at Na'alehu Elementary School. She said the Keiki Kala logo, designed with an open hand, represents "a place to save money that will grow like the rainbow." She won a plaque and \$25 gift



certificate to KB toy store. The logo will be used on the new Keiki Kala newsletter and for Keiki Kala events.

Keiki Kala means "children's money." The Ka'u Federal Credit Union program is

# Keiki Kala Logo Contest

for children 4-12 and encourages them to come with long-term goals that are realized through their savings. Keiki receive prizes for every \$5 they deposit plus invitations to Keiki Kala events. Rapoza is the daughter of Nikki and Norman Rapoza of Ocean View.

# Sign Up for Summer Fun & Youth Programs

The Ka'u Youth Program, a program of Family Support Services of West Hawai'i, will be providing a summer program for youth ages 10-18. It starts on June 9 at the Ka'u Family Center. Teresa Alderdyce, of the Services' Youth Development Division, says, "We will explore culture, careers, environmental management and service learning." Field trips will be local and also to Kona and Hilo. For more information, contact Britany Santiago at 929-9611, ext. 15 or Alderdyce at ext. 10.

Pāhala Community Center's Summer Fun Program runs from Monday, June 16 to Friday, July 18. It's open to students who have completed Kindergarten and will be attending first through sixth grade in the fall. Register at the Pāhala Community Center until enrollment is full. For more information, call 928-3102.

Volcano School of Arts and Sciences' as two programs scheduled. Its Summer Enrichment Day Program for ages 5 - 12 will be held from 8 a.m. to 4 p.m. Monday through Friday, June 11 to August

3, with a possible extension to August 10. Activities include fabric arts, mural painting, science projects, crafts, games, swimming and outings. \$60 per week includes transportation from/to Pāhala. The Workshops a-la-Carte program is for ages 10 - 18. Choices include Ceramics, Digital Photography, Drumming, Twirling/Circus Arts/Hip Hop Dance and Artistic Environment. Dates, times and fees vary by course. For more information and to register, call Kalima at 345-9770.

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**Hilo to Ka'u**  
Mo'oheau Bus Terminal 2:40 p.m., St. Joseph School 2:45 p.m., Aupuni Center 2:50 p.m., U.H.H. 2:55 p.m., H.C.C. 3 p.m., Prince Kuhio Plaza 3:10 p.m., Kea'au 3:15 p.m. ...Volcano 3:45 p.m., Pāhala 4:25 p.m., Punalu'u 4:35 p.m., Na'alehu 4:50 p.m., Waiohinu 4:55 p.m., Ocean View 5:15 p.m.

**New! Volcano to Hilo**  
Volcano Village 6:30 a.m./5:30 p.m., Prince Kuhio 7:10 a.m./6:10 p.m., H.C.C. 7:15 a.m./6:15 p.m., U.H.H. 7:20 a.m./6:20 p.m., Aupuni Center 7:25 a.m./6:25 p.m., Mo'oheau Bus Terminal 7:30 a.m./6:30 p.m.

**New! Hilo to Volcano**  
Mo'oheau Bus Terminal 5:30 a.m./4:30 p.m., Aupuni Center 5:33 a.m./4:35 p.m., U.H.H. 5:38 a.m./4:40 p.m., H.C.C. 5:40 a.m./4:45 p.m., Prince Kuhio 5:45 a.m./4:50 p.m., Volcano Village 6:25 a.m./5:30 p.m.

**Pāhala to Kohala Resorts (Daily)**  
Pāhala Shopping Cener 3:30 a.m., Na'alehu 3:50 a.m., Wong Yuen Store 3:55 a.m., Ocean View P.O. 4:20 a.m. ...Kmart 5:30 a.m., Kona Palisades, Queen K Hwy 5:40 a.m., Four Seasons, 5:55 a.m., Hilton Waikoloa 6:20 a.m., Fairmont Orchid 6:35 a.m., Mauna Lani Bay 6:40 a.m., Mauna Kea Beach Hotel 6:55 a.m.

**Kohala Resorts to Pāhala (Daily)**  
Mauna Kea Beach 2:30 p.m., Fairmont Orchid, 2:45 p.m., Mauna Lani Bay 2:50 p.m., Hilton Waikoloa 3:05 p.m., Four Seasons 3:30 p.m., Kona Palisades Queen K Hwy 3:45 p.m., Kmart 3:50 p.m., Ocean View P.O. 5:05 p.m., Wong Yuen Store 5:30 p.m., Na'alehu School 5:35 p.m., Pāhala Shopping Center 5:55 p.m.

**NEW! Pāhala to Kona (M-Sa)**  
Pāhala 5:40 a.m., Na'alehu 6 a.m., Wong Yuen Store 6:05 a.m., Ocean View P.O. 6:30 a.m., Keauhou Shopping Center 7:45 a.m., Ali'i Dr. 7:50 a.m., Kmart 8 a.m., Kona Palisades 8:10 a.m., Keahole Airport 8:20 a.m.

**Kona to Pāhala (M-Sa)**  
Keahole Airport 4:50 p.m., Kona Palisades 5 p.m., Kmart 5:10 p.m., Ali'i Dr. 5:15 p.m., Keauhou Shopping Center 5:25 p.m., Ocean View P.O. 6:40 p.m., Wong Yuen Store 7:05 p.m., Na'alehu 7:10 p.m., Pāhala 7:30 p.m.

For a complete schedule see:  
www.hawaii-county.com/mass\_transit/hele-onbus.html.

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# KA PEPA O KAHUKU

Volume 6, Number 7

The Good News of Ka'ū, Hawai'i

May, 2008

## Air Force Nixes Low-Altitude Flights

The U.S. Air Force cancelled plans for a low-altitude flight-training route that would have taken C-17 cargo jets over parts of Ocean View and South Point and other Hawai'i Island communities. Col.



**Boeing C-17 cargo jet low-altitude flights cancelled after opposition from public.**

John Torres, Commander of the 15<sup>th</sup> Airlift Wing at Hickam Air Force Base on O'ahu where the jets are stationed, made the decision after receiving letters of opposition, protests at community meetings and threats of public picketing.

Mazie Hirono, Ka'ū's representative to Congress, said the change in plan is an example of the Air Force taking the local community views into consideration.

In an email to Ka'ū Chamber of Commerce members, Rell Woodward, presi-

dent of Ocean View Community Development Corp., said, "I have heard from many people, and it seems that nobody is supportive of the Air Force's plans. The obvious concerns are safety and noise."

In a letter to the editor of *West Hawai'i Today*, Frank Carvelli of Ocean View expressed his concerns: "Flying at 300 feet above ground level over populated areas ... is one of the most idiotic things I can think of. As a pilot myself, I can tell you that if you have an emergency at 300 above ground level you are not likely to recover from it. The danger to populated areas is too great, and the noise factor would be unbearable."

Regarding the Air Force's decision, Woodward said, "More good news, but we'll remain vigilant as this unfolds. Semper paratus --- always prepared."

Boeing C-17 Globemaster III cargo jets are "capable of rapid strategic delivery of troops and all types of cargo to main operating bases or directly to forward bases in the deployment area," according to the Hickam AFB website.

## Final EIS for OV Transfer Station Released

The County of Hawai'i Department of Environmental Management has released, and Mayor Harry Kim has approved, a Final EIS for the proposed Ocean View Recycling Point and Convenience Center. Deputy Director Nelson Ho said, "This long-awaited facility will provide residents with a convenient location to recycle and dispose of their remaining solid waste and to reduce illegal dumping."

The location is on the makai side of Hwy 11 near the intersection of Iolani Street. The facility itself would require approximately half of the 9-acre site, with the remainder of the area retained as a buffer. "The County intends the facility to be a model for the 'next generation' of trans-

fer stations, maximizing efficient use and traffic flow and including space for future expansion of services," Ho said.

The Final EIS is available at Nā'ālehu Public Library and at [hawaii-county.com/directory/dir\\_envmng.htm](http://hawaii-county.com/directory/dir_envmng.htm).



**Willie K for Make My Day**  
Uncle Willie K signed a guitar to be auctioned off for Make My Day Hawai'i, which is holding its Model & Talent Search on Saturday, June 7 at 11 a.m. at Ocean View Community Center. With him is Camie Richino, of Ocean View, who won a scholarship from Make My Day, has a part in the Make My Day film and is now modeling in Hawai'i, Asia and on the mainland. Bids for the guitar can be emailed to organizer Debra Bridgers at [debrahhi@yahoo.com](mailto:debrahhi@yahoo.com) or called in at 936-9358.

## Comments Due at NPS to Control Goat, Sheep, Pig

The National Park Service is drafting a plan and Environmental Impact Statement for the project: To Protect and Restore Native Ecosystems by Managing Non-native Ungulates. The public is invited to assist in preparing the EIS by submitting comments electronically on the web, or in writing by mail. The project website is at <http://parkplanning.nps.gov/HAVO>. Deadline is May 19.



Volcanoes National Park has managed non-native ungulates since the 1920s, allowing for recovery of native species in many areas. However, impacts from ungulates continue to be a concern, particularly in the recently acquired 116,000 acre Kahuku addition, said Superintendent Cindy Orlando.

The park's current EIS addressing ungulate control is more than 30 years old. A refined and updated plan will help ensure park actions are scientifically defensible and consistent with federal laws, regulations, and NPS policies. It will consider the challenges of new invasive species as well as available strategies for managing

*Comments Due, pg. 24*

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## Generosity Makes *Earth Day* Special at Nā'ālehu School

Nā'ālehu School has undergone a tremendous facelift over several months. Plants and trees are popping up every-

where throughout the campus. The generosity of donor David MacDonald and Ted Seaman, who is celebrating the one year anniversary of Maile Street Nursery in Pahala, has resulted in the delivery of plants and trees to the campus. Nā'ālehu School now enjoys an assortment of Raphis Palms, Areca Ternafolia, Blue-Grey Whiskers, Bloodleaf, Curly Panax and other species.

On Earth Day, April 22, ten Alexander Palms were taken to the campus.

Nā'ālehu School employees – principally, Lance Ako, Kalani Decoito, Gary Delos Santos, and Dane Session have worked tirelessly and beyond the scope of the work day to put the new plants and trees into the ground, said Nā'ālehu School Principal Teddy Burgess.

Seaman said, "Lance has added a Zen-type ambiance to the campus."

Said Burgess, "The hope is that by beautifying the campus at large, the students of Nā'ālehu School will feel a greater respect for their school environment and begin to take pride in their sur-



**Earth Day with Alexander Palms:** Nā'ālehu School Principal Teddy Burgess, Maile Street Nursery operator Ted Seaman, donor David MacDonald and school staff and artistic landscaper Lance Ako.

roundings. To further that goal, many students will have the opportunity to assist in planting ornamentals and vegetables in the upcoming school gardening project, which is still accepting volunteers," he said. The principal is taking calls for the project at 939-2413.

*Earth Day, pg. 23*

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### 96-3173 Maile Street, Pahala



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Visit us at [www.PacificHorizons.com](http://www.PacificHorizons.com) where you can search all the real estate listings for the entire Big Island, up-to-the-minute, in real time, 24 hours a day!



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### Spring Cleaning

By Linda Caleo, Realtor, GRI, CRS, RECS, e-Pro, CIPS,  
Principal Broker, Pacific Horizons Properties Inc.

Spring is here, which means it's time to organize, de-clutter, clean and toss out. Use these hints to help jump start your spring cleaning.

- Remove any clutter around the house.
- Tackle the junk drawer. Throw out old pens and markers, broken rubber bands and paper clips, old candy, and any random scraps of paper.
- Donate books you don't wish to keep and clothes that you don't wear. Many churches, schools, libraries, shelters and hospitals accept such donations.
- Put everything that you can't quite part with in a box. After six months, throw away or donate any of the items you haven't used.
- Clean out your medicine cabinet, dumping any prescriptions, lotions, makeup or other products that have expired.
- Pitch old magazines. Keep a binder for your favorite articles or recipes.
- Deep Down Clean Vacuum your mattress and wash your mattress pad in hot water.
- Run drapes through the air-fluff cycle in the dryer, along with a wet cloth to attract dust, for 15 minutes.
- Use a dry sponge to clean lamp shades, upholstery, computer screens, suede and leather.
- Make sure to clean the coils underneath the refrigerator and the screen in your stove's exhaust hood.

For additional information about buying or selling real estate, go to [www.PacificHorizons.com](http://www.PacificHorizons.com), where you can search all the real estate listings on the Big Island, 24 hours a day, 7 days a week, in real time.



# KA PEPA PĀHĀLA

Volume 6, Number 7

The Good News of Ka'ū, Hawai'i

May, 2008



Darlyne Vierra explains the importance of the cow bell to the work of the paniolo.



Fourth-graders Ty DeSa, Gissele Corpuz, Chelsea Dumo and Rown Apago try on a variety of cowboy hats.

Most museums they say, 'Don't touch,' but this traveling show encourages keiki to try on hats, play with whips, ring cow bells, pick up branding irons and lassoes and to feel the textures of different saddles. Some of the children recognized paniolo implements from their own families.

Photos by Nānani Parlin

## IMPORTANT INFORMATION ABOUT YOUR DRINKING WATER

### Pahala Water System Does Not Meet Treatment Requirements

As of July 2001, Pahala Water System violated a drinking water standard. The Department of Water Supply (DWS) did not fulfill the Surface Water Treatment Rule requirements (failure to filter) for the Alili Tunnel Spring source of the Pahala Water System. The DWS failed to install an approved filtration and disinfection system to treat the water for the Alili Tunnel Spring source. Although this situation does not require that you take immediate action, as our customers, you have a right to know what happened, what you should do, and what we are doing to correct this situation.

In July of 2001, the State of Hawai'i, Department of Health, Safe Drinking Water Branch, directed us to filter the water in addition to disinfecting. We are required to install this filtration because the source has been classified as groundwater under the influence of surface water. However, we have not yet installed a filtration system as the DWS has decided to abandon this source and replace it with a well.

#### What should I do?

- \* The DWS disinfects the water from the Alili Tunnel Spring Source with chlorine. By maintaining an adequate chlorine level in the water, which is monitored continuously, the DWS meets the interim requirements established by the State of Hawai'i, Department of Health. The general public does not need to seek an alternate source of drinking water.
- \* You do **NOT** need to boil your water. However, if you have specific health concerns, consult your doctor. A home filter will not necessarily solve the problem, because not all home filters protect against parasites. Call National Sanitation Foundation International (NSF) at 1 (800) NSF-8010 or the Water Quality Association at 1 (800) 749-0234 for information on appropriate filters.
- \* People with severely compromised immune systems, infants, and some elderly may be at increased risk. These people should seek advice about drinking water from their health care providers. General guidelines on ways to lessen the risk of infection by microbes are available from United States Environmental Protection Agency Safe Drinking Water Hotline at 1 (800) 426-4791.

#### What does this mean?

This is not a situation requiring that you take immediate action. If it had been, you would have been notified immediately. We do not know of any cases of contamination. However, until the well project is completed, there is an increased chance that disease-causing organisms could contaminate the water supply.

*Inadequately treated water may contain disease-causing organisms. These organisms include bacteria, viruses, and parasites, which can cause symptoms such as nausea, cramps, diarrhea, and associated headaches. These symptoms, however, are not caused only by organisms in drinking water. If you experience any of these symptoms and they persist, you may want to seek medical advice.*

#### What happened? What is being done?

Filtration is the best method for removing these organisms at the Alili Tunnel Spring source, however, we have decided to abandon this source and replace it with a well. In the interim, we are monitoring for turbidity (cloudiness), disinfectant levels, and the presence of bacteria. We continue to meet the standards for these measurements.

Construction of the first phase (exploratory) of Pahala Deep Well No. 2 has been completed. The construction to outfit the well into a production well is expected to commence in April 2008. Once construction starts, it is expected to last approximately 12 to 18 months. Until the well is completed, you will receive a notice similar to this every three months. The last notice was sent out on January 31, 2008. For more information, please contact Mr. Keith Okamoto at 961-8670.

*Please share this information with all the other people who drink this water, especially those who may not have received this notice directly (for example, people in apartments, nursing homes, schools, and businesses). You can do this by posting this notice in a public place or distributing copies by hand or mail.*

This notice is being sent to you by the Department of Water Supply, Pahala Water System.

State Water System ID#: 109

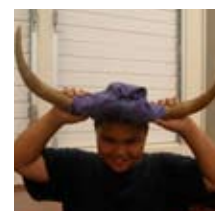
Date Distributed: 4/30/08

DEPARTMENT OF WATER SUPPLY  
COUNTY OF HAWAII

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Jay-r Abalos and Jami Beck (above) check out the different types of saddles used by paniolo. Trieson Pascubillo tries on some bull horns.



#### Smoking Ban, cont. from pg. 1

slow cultural change, I suspect," Jacobson said. "Just like other laws, the community is going to have to engage and follow the laws themselves."

State and county law already banned smoking within park buildings and within 20 feet of their windows and doorways, through laws that apply to all public and commercial enclosures where people gather. It is the outdoor and open pavilion park areas to which the smoking ban has been extended.

While the mayor said in his veto message that he understands that smoking and second-hand smoke pose health risks, he

#### Year of Paniolo, pg. 1

The proclamation points out the influences of paniolo on Hawaiian culture. It states that "the paniolo played a large role in the development of Hawai'i: bringing new language and customs, connecting with and becoming a part of the local Hawaiian culture. An extremely significant cultural contribution of the paniolo is their influence on the preservation of the Hawaiian language, since paniolo are one of the few groups who actively speak the Hawaiian language and are viewed as 'keepers of the language'.... As each new generation [is] brought into the paniolo way of life and taught the lessons and skills of the previous generation, a richer and stronger tradition will emerge, as new elements are added to the traditions of the paniolo. The impact that paniolo have had in all aspects of life in Hawai'i is far-reaching, and the people of Hawai'i owe a great deal to the contributions of the paniolo..."

The Ka'ū office of the County Economic Opportunity Council is seeking photos to be copied, as well as other paniolo-related items to include in the exhibit. Those interested can contact Darlyne Vierra at 928-8335. For future dates and locations of exhibit, see [kaucalendar.com](http://kaucalendar.com). For more on the Bull Bash, May 17, see Sports.

called the complete ban "impractical and unfair to pass a law that would totally ban smoking without providing a designated smoking area." He suggested banning smoking in those parks created for children and parks that are crowded. The Hawai'i Tourism Authority wrote to the County Council in March, saying that the ordinance could further decrease travel to Hawai'i Island from the Asia markets "and have consequences for the county's only international flight (the Japan Airlines daily flight to Kona). The possibility of attracting other flights from the other Asian markets could also be affected," the HTA statement said.

## Veterans\* & 1st Time Home Buyer's Seminar

This is an Information (NOT Sales) Presentation Only!

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It could mean that you CAN own your own home...start investing in your future soon!!

**Na'alehu Community Center across from Ball Park May 15, 2008 at 7:00pm**  
**Refreshments will be Served**

Contact for info: RAINBOW PROPERTIES Darlene Whaling R(S) (929-9755 res.)

Representatives from Central Pacific Bank & Old Republic Escrow will also be on hand to answer questions.

**DON'T WAIT!!! INTEREST RATES WILL INCREASE AS THE ECONOMY RECOVERS!**

\*"Veteran" includes active & ex-active duty personnel and National Guard/Reserve with over 6 years service.



# KA'Ō BUSINESS & ECONOMY

Volume 6, Number 7

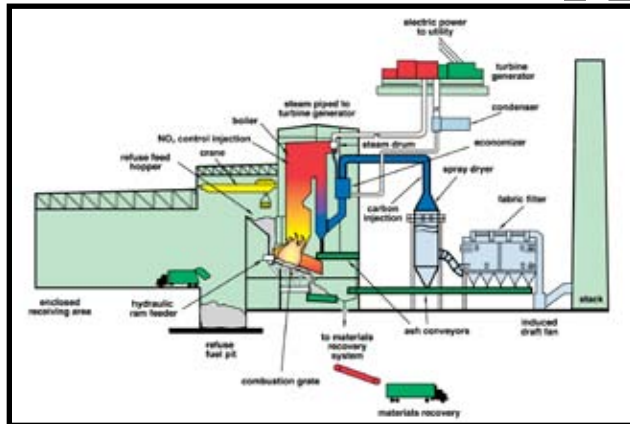
The Good News of Ka'ū, Hawai'i

May, 2008

## Mayor Wants, Council Opposes Waste-to-Energy Plant

The County Council Finance Committee voted 6-3 on April 21 to block funding of a \$126 million electric plant for Hilo to turn waste to energy. On May 7, the vote goes to the full council, and Mayor Harry Kim is leading an effort to change some of the council members' votes to allow the project its next planning stage.

Going forward to determine a final construction price would leave the county without obligation, if the administration or council should decide on another alternative, said county Managing Director Dixie Kaetsu. Kim wrote to the council on April 21, saying that a final design/build cost would be determined in six months, with no cost to the county. In addition, approval by the council would allow the county to go to the state Public Utilities Commission to negotiate a price for selling the plant's electricity to Hawaiian Electric Co. Costs to the county are estimated to be about \$11.5 million a year to pay for the loan for construction and operating expenses. Some of the cost would be offset by income from electricity.



Wheelabrator's waste-to-energy process is a simple form of converting waste into energy.

The longer the plant would be in operation, and with oil prices going up each year, the plant should cost less per year over its 40-year life span, administrative officials said.

Several council members expressed concern about putting the county into such debt during hard economic times. Council member Bob Jacobson said he preferred to reject the proposal now and choose another alternative. Opponents said they preferred intensive recycling and conservation leading to less waste, plus using landfills until the amount of garbage on the island can be reduced.

Three Ka'ū residents turned out April 18 in Pāhala to give testimony on the future of disposing household and business garbage on the island. The County Council public hearing included presentations by the county Department of Environmental Management and Wheelabrator Technologies, Inc., a subsidiary of Waste Management Inc., which won the contract from county administration. The plant, similar to the H-Power plant on O'ahu, would electrify 3,500 of the 76,000 households on the island and would go online within four years, before the landfill in Hilo fills up.

lars plants on the mainland.

The county Department of Environmental Management director, Bobby Jean Leithead-Todd, explained that many people don't understand that open burning of trash pollutes the air. She said the waste-to-energy plant meets federal Environmental Protection Agency clean air guidelines with very little emissions. It has fewer emissions than the diesel-powered electrical plant that HELCO uses to produce electricity on Hawai'i Island.

*Waste-to-Energy, pg. 22*

## KA'Ō BUSINESS BRIEFS

### Biz Workshop on Multiculturalism

*Seek First to Understand, Then To Be Understood* will be Dr. Kimo Alameda's topic on Friday, May 16 at the Nā'ālehu Community Center. Along with Jane Testa and Wally Lau, Alameda, who specializes in improving work relations in multicultural environments, will discuss how to enable employees to serve their customers better by becoming more aware of cultural and communication nuances, customer service tips and communication skills. The Hawai'i county Department of Research and Development, Hawai'i Tourism Authority and the Neighborhood Place of Kona host the workshop. Seating is limited, and priority is given to county and visitor industry employees. To register, contact Jane Horike at 961-8496 or jhorike@co.hawaii.hi.us.

### MacFarms' Future

Mac Farms of Hawai'i laid off workers early this year and said the off-season may be longer than usual. The company has been up for sale and involved in several failed attempts to buy it.

### Ka'ū Chamber Hosts Inouye

Ka'ū Chamber of Commerce meets Tuesday, May 6, noon at Ocean View Community Center with speaker Sen. Lorraine Rodero Inouye, who is running for mayor of Hawai'i Island.

Inouye was born and raised on this island. Her father, Santiago Rodero, arrived in Hawai'i on the third ship from the Philippines in 1917 to work as a laborer on the sugar plantation owned by Hilo Sugar Company. He married Antonia Martinez Vegas of Wailea, and they raised their family in Wainaku Camp II. The senator graduated from Hilo High School and earned a certificate in Hotel Management. She worked in the hotel industry in Hawai'i for more than 20 years,



holding management positions in Hilo and Kona.

Her political career began in 1974 on the Planning Commission. In 1983, she won an at-large seat on the Hawai'i County Council.

She became mayor in 1990 and state senator in 1998.

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# Entertainment, Arts & Events

# CALENDAR

## May 2008

**Form and Function**, daily through June 1, 9 a.m. - 5 p.m. at Volcano Art Center Gallery in Hawai'i Volcanoes National Park. An exhibit of wood sculpture, furniture and more by Jeff Roth. Free (Park entrance fees apply). 967-7565 or www.volcanoartcenter.org.

**May Day Celebrations** will be held May 2 at Pahala school grounds from 8:15 - 10:30 a.m. for elementary and 10:30 a.m. to 11:30 for the high school.

**May Day** at Na'alehu School will be May 2 from 8 a.m. to 10:30 a.m.

**Simple Solutions: a Watercolor Workshop**, Sat & Sun, May 3 & 4, 10 a.m. - 4 p.m. with artist Pearl Maxner, who covers basic techniques as well as common problems encountered in watercolor while painting the natural world. She starts with an introduction to drawing and composition. Students then learn about washes, dry brush, wet-on-wet, overlay, and more while painting erupting volcanoes and native plants and animals. Students are also welcome to bring in any unfinished art pieces with which they are having problems. Open to beginning and intermediate students ages 16 & up. \$120 (financial aid available). 967-8222 or visit volcanoartcenter.org.

**Volcano School of Arts and Sciences' Fifth Annual Art Auction and Champagne Brunch**, Sat, May 3, 11 a.m. - 2 p.m. at Cooper Center on Wright Road in Volcano Village. More than 100 pieces will be sold in silent and live auctions. \$20 in-advance tickets on sale at Volcano Garden Arts, Volcano General Store, Kilauea General Store and VSAS. \$25 at the door. Kalima, 345-9970 or Annabelle Lewis, 985-8703.

**Ka'ū Paniolo Tradition Then & Now**, Sun, May 4, 11 a.m. and Sat, May 17 at Nā'alehu Community Center. This traveling exhibit about Hawaiian cowboys includes photos and memorabilia. Darlyne Vierra, 928-8335.

**Cowboy Chili Contest**, Sun, May 4, noon at Nā'alehu Community Center. In celebration of the Year of the Paniolo, guest paniolo judge chili. Deadline for entries is Thu, May 1. Darlyne Vierra, 928-8335.

**Niaulani Nature Walk**, Mon, May 5, 12, 19, 26, 9:30 a.m. This free one-hour nature walk travels through a lush portion of an old-growth Hawaiian rain forest on an easy, half-mile loop trail. The walk introduces individuals, families, and groups to the native plants and birds of Volcano. Guides focus not only on the biological, ecological, and geological features of the area, but also the cultural uses of flora and fauna by native Hawaiians. This weekly walk starts one mile from the entrance to Hawai'i Volcanoes National Park. Meet at Volcano Art Center's Niaulani Campus in Volcano Village (corner of Kalanikoa & Old Volcano Roads). Free (calabash donations welcome). 967-8222 or www.volcanoartcenter.org.

**Cinco De Mayo Buffet**, Mon, May 5, 5 - 8 p.m. at Kilauea Military Camp's Crater Rim Café in Hawai'i Volcanoes National Park. Chicken Enchiladas, Tacos, South of the Border Chili, Chicken Tortilla Soup and more. \$12.75 adults, \$6.95 children. KMC is open to all authorized users and sponsored guests. Park entrance fees apply. 967-8356.

**Ka'ū High Talent Show**, Wed, May 7, 10 a.m. at the Ka'ū High Gym. Student acts performing hip-hop, metal, blues, pop, original songs, comedy as solos and groups will compete for gift certificates donated by Ka'ū School of the Arts. Local artists and musicians will serve as judges. Organized by the Ka'ū High Ensemble class. For details call Robert Domingos or Laura Saijo at 928-2088.

**Naohulelua Garden Tour**, Sat, May 10, 10 a.m. - noon.



## Leave Her Alone!

She's been basking at the South Point boat ramp, climbing up on boats, crawling right up to people on the beach, eating poke with the fishermen and pulling herself onto surfboards. This female monk seal pup is so friendly, "she's like a puppy dog and hard to resist," said Justin Viezbicke, Programs Coordinator for Hawaiian Humpback Whale National Marine Sanctuary. He is hoping Ka'ū residents will help keep her wild by rejecting her charms and "giving her space."

This seal, tagged with numbers 042 and 043, was born at Papaikou, north of Hilo, but brought by wildlife biologists to the remote coastline of Volcanoes National Park so she could learn to live away from people in the wild. Less than two weeks later, however she showed up at Ka'alu'alu Beach east of South Point and started making friends.

One of the problems with seals interacting with people is that the seals learn to depend on humans for food, which can result in them losing the ability to forage on their own or getting injured or killed by fishing gear or boats. "She is less than two years old, less than 200 lbs. and very impressionable," said Viezbicke. Scientists are hoping she will grow into an adult and reproduce, since monk seals are the most endangered seals in the United States. While their population of 1200 is declining, perhaps through shark predation and competition for food in the Northwest Hawaiian Islands where most of them live, the monk seal population is growing in small numbers on the Big Island. Here a new pup is born each year from the same mother that gave birth to 042, and scientists hope the trend continues.

When the monk seal comes up to people, Viezbicke said, "We hope they will ask the question, 'Is what I am doing right for the seal and safe for me?'" He said to remember, "She is a wild animal and could bite." Ka'ū residents could help monk seals survive. "If we don't encourage them to live on their own and seals continue to have problems surviving, there is a good chance this species will go extinct," Viezbicke said. Anyone seeing a seal can call him at 987-0765.

Take a guided tour of this garden containing native plants and plants brought by Polynesians by canoe. Guides will educate participants about Hawaiian plants and conservation. Sometimes there are plants for sale. Dennis 929-7236, Diane 936-6141.

**Seven Points of Mind Training**, Sat, May 10, 10 a.m. - 4 p.m. at Wood Valley Temple. A fundamental practice in the Mahayana Buddhist tradition designed to cultivate compassion and a deeper understanding of life. This training helps practitioners develop the ability to maintain equanimity in the face of challenges, to give and receive love more completely, and to live a responsible and deeply fulfilling life. \$50, includes vegetarian lunch. Advance registration requested. 928-8539 or Nechung@aloha.net.

**Lama Chopa Guru Yoga & Tsok Offering**, Sun, May 11, 10 a.m. - 3 p.m. Music by cellist Michael Fitzpatrick, viewing of the film *Compassion Rising*, potluck lunch. Fitzpatrick conceived and produced the Compassion Rising Project which brought together the monks from Drepung Loseling Monastery, known for their multi-phonetic chant, and the monks from the Abbey of Gethsemane Schola, known for their Gregorian chant, in a

musical convergence inside the Mammoth Cave, the largest cave in the world. Donation requested. 928-8539 or Nechung@aloha.net.

**Mother's Day Buffet**, Sun, May 11, at Kilauea Military Camp's Crater Rim Café in Hawai'i Volcanoes National Park. Treat your mom to KMC's buffet. KMC is open to all authorized users and sponsored guests. Park entrance fees apply. 967-8356.

**Mother's Day All You Can Eat Buffet**, Sun, May 11, noon to 3 p.m. Buffet includes ham, roast beef, salad bar and dessert. \$15/person, \$8/kids ten and under. **Mother's Day Dinner**, 3-7 p.m., choice of prime rib or ono stuffed with crab and shrimp with lobster sauce. \$25/person. Hana Hou Restaurant in Nā'alehu. Call 929-9717 for reservations.

**Mother's Day Dinner**, Sun, May 11, 5-8 p.m., Enjoy a varied menu consisting of lumpia, cheesy mushrooms, Mediterranean or spinach salad, Moroccan chicken stew, macadamia nut crusted fresh catch or blackened catch, as well as surf-n-turf options



*Calendar, cont. from pg. 9*

and Green Sands shrimp. A special breakfast and lunch menu just for Mother's Day is also available. Call Desert Rose Cafe in Ocean View's Pohue Plaza at 939-ROSE for more details. No reservations, please.

**Kau Inoa registration** will be held at Pāhala Plantation Store, all day Friday, May 16 and at the Bull Bash and Ho'olaulea at Nā'ālehu Park on Saturday, May 17. Native Hawaiians receive a free t-shirt. Others who register receive a bumper sticker.

**Ho'olaule'a & Bull Bash**, Sat, May 17, 10 a.m. - 5 p.m. at Nā'ālehu Park and Arena. Sponsored by Ka'ū Roping and Riding Association to raise funds to pay off debt incurred to purchase the arena. Admission to Bull Bash is \$10 presale, \$15 at gate, free ages 12 & under. Tickets available at Pāhala Plantation Store, Nā'ālehu Ace Hardware, Del's Farm Supply in Hilo, Miranda Country Store in Hilo and RR Olson in Waimea. 929-9962.

**Third 2008 Na Mea Hawai'i Hula Kahiko performance**, Sat, May 17, 10:30 - 11:30 a.m. See traditional hula and chant performed outdoors on the hula platform overlooking Kīlauea Crater, featuring Na Pua Ha'āheo o Kona under the direction of kumu hula Roy Palacat. Hawaiian crafts demonstrations at Volcano Art Center Gallery 9:30 a.m. - 2 p.m. in Hawai'i Volcanoes National Park. Free (Park entrance fees apply). 967-8222 or [www.volcanoartcenter.org](http://www.volcanoartcenter.org).

**People and Land of Kahuku**, Sun, May 18, 9:30 a.m. - 12:30 p.m. The Kahuku gate (mountain side of Highway 11 near the 70 mile marker) will be open from 9 to 9:30 am. This

guided hike explores ways people have lived on the vast Kahuku lands from the earliest Hawaiian settlements through the Park's current and future projects. This moderately difficult hike traverses 2.5 miles of rugged terrain including lava fields, pastures and historic ranch roads. Boots, long pants, and raingear are recommended. No need to sign up; four-wheel-drive vehicles not required. 985-6014.

**Kahuku Photo Seminar IV: The Paniolo in Kahuku**, Sun, May 18 and June 8, at Kahuku Unit of Hawai'i Volcanoes National Park. Three experienced Park volunteers and photographers, Dave Boyle and Amos and Charlene Meyers, will lead day-long expeditions into different areas of the Kahuku unit. Designed for those with an interest in photography, this two-part photographic seminar explores the history of one of first cattle ranches in Hawai'i. \$55 per single session, or \$45 per session if registered for both. Reservations required. Friends of Hawai'i Volcanoes National Park, 985-7373 or [ainahou2@aol.com](mailto:ainahou2@aol.com).

**It's BUNCO Time**, Tue, May 20, 6 p.m. at Kīlauea Military Camp's Lava Lounge in Hawai'i Volcanoes National Park. A new game craze just for the ladies. KMC is open to all authorized users and sponsored guests. Park entrance fees apply. 967-8352.

**After Dark in the Park: Kaulana Manu Native Bird and Plant Sanctuary**, Tue, May 20, 7 p.m. at Kīlauea Visitor Center Auditorium in Hawai'i Volcanoes National Park. Na Ala Hele, the State of Hawai'i Trail and Access Program, is now involved in a new multi-agency project to improve access and interpretation for Kaulana Manu Native Bird and Plant Sanctuary, once known as Kipuka

21. Recently, captive-reared Hawai'i creeper and 'akepa, along with rare native plants, were added to this koa-'ohi'a forest community. Project coordinator Virginia Aragon discusses these endangered bird and plant species, a new boardwalk trail, educational programs and volunteer opportunities in the sanctuary. \$1 donation supports Park programs. Park entrance fees apply. 985-6014.

**Native Plant Propagation Workshop**, Sat, May 24, 9:30 a.m. - 3:30 p.m. with botanist Tim Tunison. Understand the nuances and niches of many native plant species and learn propagation techniques for use in landscaping and native forest restoration. This workshop is held on-site in the gardens and backyard forests of Volcano Village, and you go home with several varieties of seeds and cuttings to grow and plant. \$60 includes plants and illustrated information packet (financial aid available). 967-8222 or [volcanoartcenter.org](http://volcanoartcenter.org).

**KMC Memorial Day Ceremony**, Mon, May 26, 3:30 p.m. at Kīlauea Military Camp's Front Lawn in Hawai'i Volcanoes National Park. A remembrance of those who paid the ultimate sacrifice for our country's freedom. KMC is

open to all authorized users and sponsored guests. Park entrance fees apply. 967-8370.

**After Dark in the Park: Buffalo Soldiers and America's National Parks: A Hidden History**, Tue, May 27, 7 p.m. at Kīlauea Visitor Center Auditorium in Hawai'i Volcanoes National Park. Park archaeologist Jakotta Burrell tells the hidden stories of Buffalo Soldiers, members of segregated African American military units from the mid-1800s until 1951 who helped construct and protect our national parks. They worked to restore forests, built numerous structures, fought wildfires and built many roads and trails, including Mauna Loa Trail. \$1 donation supports Park programs. Park entrance fees apply. 985-6014.

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Campaign Rally  
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- \* Voted FOR Smoking Ban on County Facilities
- \* Voted TO OVERRIDE Mayor's Veto against Smoking Ban
- \* Voted AGAINST Waste-to-Energy Incinerator
- \* STRONGLY DEBATED AGAINST C-17 fly-overs
- \* INTRODUCED Resolution Banning GMO Taro and Coffee

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# KA'Ū TROJAN SPORTS

Volume 5, Number 9

News of Ka'ū School & Community Sporting Events

May, 2008

## May 17 Bull Bash to Preserve Nā'ālehu Rodeo Arena

Bull riding and a day full of music, food and games on Saturday, May 17 will help Ka'ū Roping & Riding Association to raise funds to preserve Nā'ālehu Arena with its long tradition of rodeos and raising money for Ka'ū High School.

With its mission "to preserve and perpetuate the paniolo culture for this generation and for future generations; to instill in our youth the Hawaiian culture; to teach them horsemanship and responsibility so they can become caring and productive citizens," KRRRA signed up to purchase Nā'ālehu Arena for \$50,000 in December, 2007 with a year to pay it off. So far about \$6,000 has been raised. "We are making a grass roots effort to reach out to the community for help," says Carol Amaral, of KRRRA. "Reaching our goal will be a challenge, but if we all work together, the Nā'ālehu Arena will continue to perpetuate the paniolo way of life for our keiki."

The May 17 event is from 10 a.m. to 5 p.m. The free ho'olaule'a will have food,

produce, craft, keiki games and activity booths. Kau Inoa will be there to register area residents and document their Hawaiian heritage, giving out free t-shirts to Hawaiians.

Booth space for vendors is still available for \$100.

At the Bull Bash, paniolo will test their skills against bulls with names such as Godzilla and Crooked Nose. "There will be \$2,000 for the first place overall, in addition to the split and a buckle created just for our event," says Amaral. The Silver Spurs,

Ernie Cruz, Sr., Leka & Demetrius from the group Ka'ū, Wong Yuen Brothers, Konabob, group members Terry Louis, Ty Chun and Elijah Navarro, Danny Toft, Clay Mortensen, Tony Salvage, country-western singer Bobby Reno and Hawaiian musician Keoki Kahumoku will provide entertainment. Tickets for the Bull Bash are \$10 in advance and \$15 at

*See Bull Bash on page 14*



A bull bash and ho'olaule'a is planned for May 17 to raise enough money to buy the rodeo arena in Nā'ālehu.

## Trojan Baseball Advances to Playoffs

In a crushing blow to St. Joseph's, the Ka'ū Varsity Baseball team won their first game 10-3, making them eligible for the Big Island Interscholastic Federation playoffs May 1 to 3 at Wong Stadium in Hilo. Sophomore Curtis Higashi pitched the entire game and struck out a total of thirteen batters.

Higashi leads the Trojans in hits with a batting average of .344. He also leads in RBIs, stolen bases and runs scored. Other big time hitters are freshmen Jordan Evangelista and Moses Espaniola, also Little League veterans.

Shaking off some bad beatings in the beginning of the season, the Trojan team,

made up of all freshmen and sophomores, closed the scoring gap against top-ranked division teams, losing by only one or two runs in some instances, said Head Coach Greg Rush. The young team gained experience playing together first as a JV team this year, a strategic decision made by the coaches to help speed along their improvement, said Rush.

Leading the team in on-base percentage is freshman Dustin Kuahiwinui, a total newcomer to the sport. Catcher Ernest Breithaupt, a freshman, is the most improved player, said Rush.

"We started out with some bad blow-outs, but now they are playing much better," said Rush.



The Trojan Varsity Baseball team puts a win under their belt and moves on to the playoffs.

*Photo by Nālani Parlin  
The Ka'ū Calendar*

## Ka'ū Sports Shorts

### Karasuda & Amaral Tennis Duo Serves up Success on the Court

Seniors Noella Karasuda and Bliss Amaral continued last season's power duo status as Ka'ū High's successful tennis doubles partners. Their season as partners ended with a record of 9-2.

Karasuda and Amaral joined their teammates as Ka'ū High made their long-awaited debut at the Big Island Interscholastic Federation's Championships this month. Also playing at the BIIF were doubles partners Ashley and Gina Asistin, Shawn Asistin and Seneca Oleyte. Coaches were former Trojan tennis player Jashil Karasuda and longtime coach Lucy Makuakane.

### Boys Volleyball Drops to 4-4

At press time, Ka'ū High's Varsity volleyball team had clinched four season wins and were handed an equal number of losses. Just before their latest home game in April against HPA, Ka'ū was up one game. However, in five-set battle, the Trojans could not come up with a victory. Set scores were 25-23, 25-21, 20-25, 19-25 and 10-15.



Shawn Asistin hits an ace serve at the Punalu'u tennis courts during a home game against Laupahoehoe.

*Photo by  
Nālani  
Parlin*

Trojan volleyball diehards can look forward to the last season home game on Saturday, May 3 against Waiakea at 10 a.m. The BIIF Championship will be held from May 8 through May 10. May 8 semifinal game locations will be determined once the qualifying teams are ranked, with the finals to be held at Konawaena. The State Championship will be held on O'ahu May 14 to 17.

**Look for complete sports updates and scores at [www.kauacalendar.com](http://www.kauacalendar.com).**

## Edwards Hurdles to Top Among Northwest Athletes

Standout track star Larissa Edwards, a Ka'ū High senior, continues to blaze her way to the top of the pack, still holding the top state times in both the 100 and 300 meter hurdles. Edwards fastest times this year, recorded at the April 25th BIIF meet, are 15.27 (100m) and 47.18 seconds

(300m). Her awesome 100 meter hurdle performance has earned her a top ten ranking among Hawai'i and Mainland Northwest regional hurdlers, according to [www.dyestatnw.com](http://www.dyestatnw.com) which produces *Watchout Weekly*, a column that compares regional track and field athletes.



# Ka'u Community Sports & Events Calendar

MAY, 2008

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PROUD TO SUPPORT OUR  
 KA'U TROJANS

**Bull Bash & Ho'olaule'a  
 Blasts Off May 17 in Na'alehu**  
 Ka'u Roping & Riding Association will host a Bull Bash and Ho'olaule'a on Saturday, May 17 from 10 a.m. to 5 p.m. The event will raise money to preserve the Na'alehu rodeo grounds. The free ho'olaule'a will have food, produce, craft, keiki games and activity booths. Entertainers include Ernie Cruz, Sr., Leka & Demetrius from the group Ka'u, Wong Yuen Brothers, Konabob, group members Terry Louis, Ty Chun and Elijah Navarro, Danny Toft, Clay Mortensen, Tony Salvage, country-western singer Bobby Reno and Hawaiian musician Keoki Kahumoku. Bull Bash are \$10 in advance and \$15 at the gate, and free for keiki 12 and under. Buy tickets at the Pahala Plantation Store, Na'alehu Ace Hardware, Del's Farm Supply in Hilo, Miranda Country Store in Hilo, Waimea Feed Supply and R.R. Olson in Waimea. Booths are still available for \$100. For more information, call Carol Amaral at 929-9962 or visit [kaurra.org](http://kaurra.org). See story on page 11.



Enjoy a day of family fun at the May 17 Bull Bash & Ho'olaule'a, while helping to raise money to preserve the Na'alehu rodeo grounds for future generations. Bull Bash tickets are \$10 in advance and \$15 at the gate. Call 929-9962.

### Baseball

- Thurs-Sat, May 1-3, BIIF Championship
- Wed-Sat, May 7-10, HHSAA State Championship @ O'ahu

### Boys Volleyball

- Sat, May 3, Ka'u vs. Honoka'a
- Thurs-Sat, May 8-10, BIIF Championship
- Wed-Sat, May 14-17, HHSAA State Championship @ O'ahu

### Track & Field

- Sat, May 3, JV Invitational @ Konawaena, 9 a.m.
- Fri, May 9, BIIF Trials @ Kea'au, 2 p.m.
- Sat, May 10, BIIF Championship Finals @ Kea'au, 3 p.m.
- Fri & Sat, May 16 & 17, HHSAA State Championships @ Mililani High on O'ahu

### Volleyball Summer Camp

High School female volleyball players are encouraged to sign up for Guy Enriquez' volleyball camp held in Washington and Oregon from July 13 to 24. For more information, call Elijah Navarro at 936-7732.

### Karate Classes

Instructor Peter Luebke offers free classes for all ages on Tuesdays from 6 - 7 p.m. at the Ocean View Community Center. 939-7033.

### Looking for Interest in Pahala Fitness

Certified fitness instructor Erin Cole is asking for people interested in a fitness class at the Old Pahala Clubhouse to call her at 640-8473. She is also asking for input on the best day and time for a class. The class will be a full body workout once a week for one hour and set up as a pre-paid eight or ten week session. Current classes are every Tuesday and Thursday, 5 to 6 p.m. at the Ocean View Community Center.

**We should try to be the parents of our future rather than the offspring of our past.**  
 -Miguel de Unamuno,  
 writer and philosopher (1864-1936)

**Fear is not in charity: but perfect charity casteth out fear, because fear hath pain.**  
 And he that feareth,  
 is not perfected in charity.  
 -New Testament 1 John 4:18



**928-8200**

Get a FREE Pahala Town Cafe Ball Cap!  
 Save sales receipts totaling more than \$100 to receive your free cap. Pick up a form at the P.T. Cafe register.  
 Limit one per person.  
 While supplies last!

## Ka'u Federal Credit Union

Offices in Pahala,  
 Na'alehu & Ocean View

Visit the student run credit union on the Ka'u High School Campus.



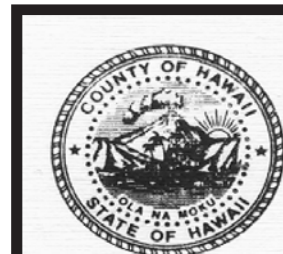
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**929 - 7334**

**SUPPORT LOCAL BUSINESSES!!**  
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## ADVERTISE IN THE KA'U SPORTS CALENDAR

Support Ka'u High Athletics!  
 Call 928-6471 or 217-6893.



**Bob Jacobson**  
 COUNCILMEMBER

County of Hawaii  
 25 Aupuni Street  
 Hilo, Hawaii 96720

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## Ka'ū Kids Awarded for Academic Excellence

Congratulations to the following students of Ka'ū High and Pāhala Middle School for receiving the Academic Excellence Award for attaining a GPA of 3.5 or higher during the third quarter. Qualifying students are: **6th Grade** - Toni Beck, Tiana Pascubillo and Sophia Peralta; **7th Grade** - Janessa Jara, Marley Strand-Nicolaisen, Casey Koi, Jena Gascon and Shaylin Navarro; **8th Grade** - Layla Abellera, Sharnette Gayle Reyes, Piliialoha Kailiawa, John Gilbert Goral, Sheryl Candaroma, Matthew Bower and Tyler Atwood; **9th Grade** - Annie Schaupp, Keopisey Kheng, Ritz Shanaine Reyes, Jaeneise Cuison, Dakota Walker, Anjolie Larson, Tiffany Tailon, Amery Silva, Riegel Goral, David John Ramones, Lesha Naboa, Jeremiah Benevides and Ashley Oliveira; **10th Grade** - Sheila Marie Cariaga, Tiana Cataraha Carter, Amber Pocock, Salina Covarrubio, Jean "Koko" Kuahuia, Elissa Mitchell, Pua Kailiawa, Charles Watson,



Top academic achievers of Pāhala Middle School, top, and of Ka'ū High.

tin, Mathias Cuison, Erika Koi, Shyann Kaopua, Robert "Micah" Peralta, Stacyn Lopez, Katherine Corpuz and Paul Jeremy "PJ" Ramones. **12th Grade** - Maricris Salanga, Bliss Amaral, Kealani Ganser, Anna Koerner, Rey Joseph Javar, Tiana Moses, Charlotte Schaupp, Ashley Asistin, Gina Asistin, Mary Grace Simon, Larissa Edwards, Al Galiza, Seneca Oleyte, Julian Naboa, Scott Gardinier, Jolynn Cuison, Cherrish Jara, Raymond Lorenzo, Jr., Nicole Magula, Richard Peters, Rick-san Bomato, Jahaslyn "Noella" Karasuda, Andrew Spratt, and Kelli Colan.

## Boys & Girls Club Plan Family Fun Day for May 31

The Ocean View Boys & Girls Club will host the island's first Family Fun Day done the Boys & Girls way on Saturday, May 31 at Wai'ōhinu Park. The totally free event will run from 11 a.m. to 4 p.m. and will feature a water slide, jumping castle, live entertainment and hula, face painting, relay races and a host of other fun games and activities for all members of the family, as well as free food such as burgers, hot dogs and shave ice. A dunking booth will offer students the chance to dunk their teachers and Nā'ālehu School principal Teddy Burgess. A "jail" will allow participants to lock up their favorite friends and family, until their "bail" is posted. Funds raised from the jail will be given to a Ka'ū non-profit, said Ocean View Boys & Girls

Club Director Mike Dion.

Service providers, such as Tūtū & Me Traveling Preschool, Reach Out & Read and others, will have booths at the event to share information about their programs.

"We wanted to give families a chance to do something together with their kids that is completely free," said Dion. "Gas prices are absolutely ridiculous." He said that by the time families travel to Hilo or Kona and buy something to eat and treat their family to something simple like a movie, they are already having to spend big bucks.

Each Boys and Girls Club around the island, including Pāhala, will host a similar event. Call 756-1636 for more information.

### Bull Bash continued from page 11

the gate, and free for keiki 12 and under. They are available at the Pāhala Plantation Store, Nā'ālehu Ace Hardware, Del's Farm Supply in Hilo, Miranda Country

Store in Hilo, Waimea Feed Supply and R.R. Olson in Waimea.

For more information, call Amaral at 929-9962 or visit kaurra.org.

# Mahalo!!

Ka`Ohana O Honu`apo members would like to thank the community for their generous donations and wonderful volunteer support during the April 26th fundraiser at Hale Honu`apo!



For more information, call 929-7222.  
Check us out at [honuapopark.org](http://honuapopark.org).

## BIG ISLAND CONCRETE & AGGREGATE



### MAHALO KA'U!!

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# Community, Recreation & Self-Improvement

# CALENDAR

May  
2008

**Board of Education General Business Meeting**, Thu, May 1, 3:30 p.m. at Ka'u High and Pāhala Elementary Schools. Public Testimony will be taken starting at approximately 6 p.m. 928-2088.

**Purchase Hunting Licenses Online**, Thurs, May 1, 4 - 6 p.m. at the Ka'u office of The Nature Conservancy at 95-5600 Mamalahoa Hwy, Suite F in Nā'ālehu. By appointment. To schedule, call 443-5409 or email kpostelli@tnc.org.

**Ka'u Educational 'Ohana Charter School meeting**, Thurs, May 1, 6 p.m. at Discovery Harbour Community Center and Thurs, May 15, 6 p.m. at Ocean View Community Center. All community members, teachers and parents are encouraged to attend. Andre Lang, 929-8732.

**Ka 'Ohana O Honu'apo monthly meeting**, Thurs, May 1, 6 p.m. at Hale Honu'apo. If you'd like to volunteer to help with Honu'apo Park maintenance, call Thomas at 929-7630, or with landscape maintenance at Hale Honu'apo, call Eyvonne at 328-2651.

**Ocean View Neighborhood Watch meeting**, Thurs, May 1, 7 p.m., Ocean View Community Center. 939-7033.

**Nā'ālehu School May Day Program**, Fri, May 2, 9 a.m. in the gym. Come and enjoy the keiki perform their best dance and singing talents. 939-2413.

**Volcano School of Arts and Sciences' 2nd Annual May Day is Lei Day Celebration**, Fri, May 2, 10 a.m. outside the Middle School. Visitors please park along Old Volcano Road and arrive on campus no earlier than 9:30 a.m. 985-9800.

**Women, Infant, Children Services**, Fri, May 2, 10 a.m., at the Ocean View Community Center. 965-3030 or 934-3209.

**Kick Ice sign waving**, Fri, May 2, 3:30 - 5 p.m. across from Nā'ālehu Post Office. Volunteers seek to reduce drug use.

**Ham Radio Operators Potluck Picnic**, Sun, May 4, at Manukā Park. All American Radio Emergency Service members, anyone interested in learning how to operate a ham radio and families are invited to attend. Dennis Smith, 989-3028.

**Kamehameha Schools One-Stop-Shop**, 4 - 6:30 p.m. Mondays, May 5 at Pāhala Community Center and May 19 at Nā'ālehu United Methodist Church. Assistance with admissions applications, financial aid and scholarship services, Ho'oulu Hawaiian Data Center forms and general information. 935-0116.

**American Red Cross Lifeguard Training**, weeknights May 5 - 16, 4 - 7 p.m. at Pāhala Pool. Students must be at least 15 years of age and able to swim crawl and breast stroke for at least 400 yards, which is 16 lengths of the pool. To qualify for the class, students must also be able to retrieve a 10 lb. brick off the bottom of the pool. County Senior Lifeguard Cassanadra Beccia, 928-8177.

**'Ohana Nite**, Mon, May 5, 6:30 p.m. at Pāhala Library. Dawn Shibano, 928-2015.

**Ka'u Chamber of Commerce meeting**, Tue, May 6, noon at Ocean View Community Center. The speaker will be Senator Lorraine Rodero Inouye, who is seeking the office of Mayor of Hawai'i County. 939-8449 or www.ovchamber.com.

**Nā'ālehu Elementary and Intermediate School SCC meeting**, Thu, May 8, 3 - 4:30 p.m. at PCNC office, room P-8. 939-2413, ext. 280.

**Math & Science Night**, Thu, May 8, 5 - 7 p.m. in Nā'ālehu School gym. Come early to enjoy free hot dogs, chips, drinks and dessert while enjoying student display, hands-on activities and much more. 939-2413.

**Red Cross Volunteer meeting**, Thurs, May 8, 7 p.m., at H.O.V.E. Road Maintenance Corp. office. For volunteers and those interested in becoming volunteers. Hannah Uribes, 929-9953.

**Rainforest Restoration**, Sat, May 10 and 24, 9 - 10:30 a.m. Join Park Ranger Jason "JZ" Zimmer in removing non-native kahili ginger growing alongside Crater Rim Trail in Hawai'i Volcanoes National Park. Meet at Kīlauea Visitor Center.

**Friends of Naohulelua Garden Gathering**, Tue, May 13, 8 - 10 a.m. (weather permitting). Educational classes, garden exchange, horticultural exercises and free breakfast at Hana Hou. Dennis, 929-7236.

**Dare Program for all Fifth Graders**, Tue, May 13, 9:30 a.m. - 12:30 p.m. at Hilo Civic. Bring your own lunch and drink. Officer Dane Shibuya, 939-2520.

**Ka'u Community Children's Council meeting**, Wed, May 14, 5:30 - 6:30 p.m. in room 8 at Nā'ālehu School cafeteria. 939-2413.

**Punalu'u Membership Meeting**, Wed, May 14, 6 p.m. at Nā'ālehu Community Center. The group is seeking members to help manage the park facilities that the county currently leases and other publicly owned lands in the area. Bob Jacobson, 961-8263.

**Nā'ālehu Family Reading Night**, Thurs, May 15, 5:30 - 6:30 p.m. Nā'ālehu School cafeteria. Davida, 939-2413 ext. 280.

*The Ka'u Calendar*



## Summer Camp With Donkeys 2008

**Donkey Tales of Hawai'i and Kapapala Trails invite children ages 8-12 to register for a fun-filled camp on Kapapala Ranch in Ka'u. Ride donkeys and hike to the camp at 4,000 ft. on Mauna Loa. Learn to ride and care for donkeys, hike and play in beautiful forest, identify native plants, campfire stories and fun adventures for 3 days and 2 nights. Children must be able to sleep overnight without parents and able to follow instructions. Camp dates: June 20, 21, 22 and July 18, 19, 20 Cost: \$300 includes all meals. Register soon as space is limited for these camps. Call 968-6585 www.donkeytaleshawaii.com.**



**Seek First to Understand, Then To Be Understood: a Cultural Diversity Workshop**, Fri, May 16, 8 a.m. - noon at Nā'ālehu Community Center. The workshop's purpose is to enable government and visitor industry employees to serve their customers better by becoming more aware of cultural and communication nuances, customer service tips and communication skills. Jane Horike, 961-8496 or jhorike@co.hawaii.hi.us.

**Ocean View Community Association Pancake Breakfast**, Sat, May 17, 7:30 - 11 a.m., Ocean View Community Center. All-you-can-eat pancake fundraiser. \$4. Public welcome. 939-7033.

**Recycling at Nā'ālehu School**, Sat, May 17, 9 a.m. - 1 p.m., at Nā'ālehu School Gym. Come and redeem your HI-5. You will receive your 5 cents per container and additional 20 cents per pound on all aluminum, and Atlas Recycling will donate 20 cents per pound on all aluminum redeemed to Nā'ālehu School. Note: all HI-5 beverage containers must be sorted by type (glass only, aluminum only, plastic only). 939-2413, ext. 230.

**Watershed Planning Meeting**, Sat, May 17, 3 p.m. at Hale Honu'apo. A watershed planner will present opportunities for the public to participate in the planning process for management of the Ka'u Kapapala watershed. 939-7171.

**Niaulani Forest Work Day**, Sun, May 18, 9 a.m. - noon. Enjoy the open air while volunteering to help preserve the beauty and diversity of the native, old growth rainforest at Volcano Art Center's Niaulani Campus in Volcano Village (corner of Kalanikoa & Old Volcano Roads). Free. 967-8222 or www.volcanoartcenter.org.

**Ka'u Community Partnership meeting**, Thurs, May 22, 12:30 p.m., Nā'ālehu Clubhouse. Open to community. Share information on events, activities, projects, concerns and find an avenue of support. Teresa, 929-9611 ext. 10.

**Reach Out & Read Family Night**, Thurs, May 22, 5:30 p.m. at Ocean View Community Center. Crafts followed by reading, free book giveaway and refreshments. 939-7033.

**Family Movie Night**, Mon, May 26, 6 p.m. at Pāhala Library. Free. Parent/caregiver should accompany children. Dawn

Shibano, 928-2015.

**Ocean View Community Development Corp. meeting**, Wed, May 28, 5 p.m. at Ocean View Community Center. 939-7033.

**Ka'u Preservation meeting**, Thurs, May 29, 5:30 p.m. at the Punalu'u Beach Park Pavilions. This is a general meeting and all are welcome and encouraged to attend. kaupreservation.org.

**Ka'u Youth Summer Program** starts Mon, June 9 at Ka'u Family Center. Brittany Santiago, 929-9611, ext. 15; Teresa Alderdyce, ext. 10.

**Pāhala Community Center's Summer Fun Program** starts Monday, June 16 to Friday, July 18 for students who have completed Kindergarten and will be attending first through sixth grade in the fall. \$50 per child. Registration open until program is full. 928-3102.

**Donkey Tales of Hawai'i and Kapapala Trails**. Register soon for programs on Friday - Sunday, June 20 - 22 and July 18 - 20. Rachael Keolanui Epperson, 968-6585 or donkeytaleshawaii.com.

**Volcano School of Arts and Sciences Summer Programs**. Summer Enrichment Program: Mon - Fri, June 11 - Aug 3 (possibly Aug 10), 8 a.m. - 4 p.m.; for ages 5 - 12; \$60 per week includes transportation from/to Pāhala. Workshops a-la-Carte: for ages 10 - 18; Dates, times and fees vary by course. Kalima, 345-9770.

**Family Fun Day**, Sat, May 31, 11 a.m. - 4 p.m. at Wai'ohinu Park. Lots of keiki activities, info booths and free food. Sponsored by Ocean View Boys and Girls Club. 756-1636

### Exercise and Meditation

**Pilates Matwork**, 6 Mondays, May 12 - June 30 (skip 5/26, 6/2). Beginning: 5:15 - 6:15 p.m.; Intermediate: 6:30 - 7:30 p.m., with choreographer Celeste Anderson Staton. \$48 (financial aid available). 967-8222 or volcanoartcenter.org.

**Pilates**, Mondays, Wednesdays and Fridays, 8:30 a.m. with Achmed Valk at Ocean View Community Center. \$10. 939-7033.

**Self-defense classes**, Mondays and Wednesdays, 6:30 p.m., Ocean View Community Center. Zachary Nye, 939-7055.

**Iyengar Yoga**, Wednesdays 10 a.m., Saturdays 5 p.m. at Ocean View Community Center. \$8 or four classes for \$25. Stephanie, 937-7940.

**Karate Classes**, Tuesdays, 6 - 7 p.m. Instructor Peter Luebke offers free classes for all ages at Ocean View Community Center. 939-7033.

**Yoga for Everyone**, Wednesdays, 10 - 11:30 a.m., Cooper Center, Volcano. Yes, you can do yoga, no matter your age or flexibility. \$10 per class or \$42 for 6-week session. Debra Serrao, 985-7545.

**Gentle Yoga**, Thursdays, 5:30 - 7 p.m. Old Japanese Schoolhouse, Volcano. For those who wish to deepen their yoga practice or begin. \$10 a class or \$42 for six-week session. Debra Serrao, 985-7545.

**Beginning and Intermediate Yoga**, Tuesdays and Thursdays, 8:30 - 10 a.m. at Noa's Island Massage in Nā'ālehu, across from the ballpark. Please come 10 min. early. \$10 a class or \$80 for 10 classes. Noa Caiserman, 756-3183.

**Pāhala Pool Schedule**: Water Aerobics: Mon, Wed, Fri 8:30 - 9:30 a.m., \$15/mo. Public Recreational Swim: Tues-Thu 9:30 - 11 a.m., Mon & Tues 2 - 4 p.m., Wed - Fri 2 - 5:30 p.m., Sat & Sun 10 - 11:30 a.m. and 2 - 5 p.m. Adult Lap Swim: Mon & Tues 11 a.m. - noon, Wed - Fri 11 a.m. - 1 p.m., Sat & Sun 11:30 a.m. - 1 p.m. 928-8177.

**Exercise For You: Fitness Class**, every Tues and Thurs, 5 - 6 p.m., Ocean View Community Center. Total body workout, certified instructor. \$5/class. O.V.C.A., 939-7033 or Erin Cole, 929-8629.

### Weekly & Daily Activities

**Pāhala Library Book Sale**. The Friends of the Ka'u Libraries sponsor this on-going book sale. Dawn Shibano, 928-2015.

**Weight Watchers meeting**, Mondays, 7 p.m. at Ocean View Community Center. Join at any time. 1-800-651-6000.

*Community Calendar, pg. 16  
May, 2008 Page 15*



**Mold Ceramics for Adults**, Mondays, 6 - 8 p.m. at Pāhala Community Center. Participants must bring their own supplies. 928-3102.

**Playgroup** for any age meets at Wai'ōhinu Park from 10 - 11:30 a.m. Hettie Rush, 929-8572.

**Beginners' Computer Class**, 9:30 - 10:30 a.m. Provided by the Ka'ū Family Center in Na'ālehu. Teresa, 929-9611 ext. 10.

**Tūtū & Me Traveling Preschool** free classes Tuesdays and Thursdays, 8:30 - 10:30 a.m. at Ocean View Community Center and Mondays and Wednesdays at Discovery Harbour Community Center. Limited to 50 participants in each area. 929-8571.

**Dolly Parton's Imagination Library**. Parents of children ages 0 - 5 living in Ka'ū can sign up and receive free books mailed right to their home. Pick up a form from Pāhala School's PSAP coordinator (928-2088) or Na'ālehu School's PCNC coordinator (939-2413).

**Alcoholics Anonymous meetings**: One Day at a Time Group,

Saturdays, 6:30 p.m. at Cooper Center on Wright Rd.; Pāhala Group, Wednesdays, 7:30 a.m. at Holy Rosary Church on Pikake St.; Southern Star Group, Tuesdays, 7:30 p.m. at Sacred Heart Church across from Na'ālehu School; Friday Night BBQ Meeting, Fridays, 5 p.m. in Wai'ōhinu on Ka'alu'alu Rd. (929-7674); Happy, Joyous and Free Group, Mondays and Thursdays at 7 p.m. and Saturdays at 5 p.m. at St. Jude's Church in Ocean View, across from Kahuku Park. Contact West Hawai'i Intergroup at 329-1212 or the Hilo office at 961-6133.

**Family Support Services of West Hawai'i**: Youth Development Program at the Ka'ū Family Center is recruiting youth for a Youth Advisory Council, Careers program, and Get Fit, which is a physical fitness program. Activities are after school and also include ongoing enrichment activities and woodworking with Tom King. Henry Makuakane, Jr., 929-9611 ext. 15 or Teresa Alderdyce, ext. 10.

**The Mobile Care van and dentist** visits the Ocean View Community Center monthly at 8 a.m. Call 939-7033 for the date of the visit.

**Game Night** at Discovery Harbour Community Center, Wednesdays, 6:30 p.m. Lucy Walker, 929-7519.

**Quilting Group**, Thursdays, 9:30 a.m. to 4 p.m. at Discovery Harbour Community Center. 929-9576.

**Preschool Playgroup**, Fridays, 9 a.m. - noon at Discovery Harbour Community Center. 929-9576.

**Ka'ū Farmers' Market**, Wed and Sat, 8 a.m. - noon, front of Ace Hardware in Na'ālehu. Produce, Hawaiian, arts and crafts, fresh baked goods. Table is \$5. Limit 12 vendors. 929-7236.

**Ocean View Farmers' Market**, Sat, 7 a.m.-noon at Pohue Plaza.

**Volcano Farmers' Market**, Sun, 7 - 10 a.m., Cooper Center, Wright Road, Volcano Village. Fruits and veggies, swap meet and more.

**Ocean View Hawai'i County Senior Nutrition Program** hosts activities at St. Jude's Church on Mon, Wed and Fri from 8:30 a.m. - noon and a free meal for seniors 60+. On Thursdays, the program takes seniors to Kailua-Kona for doctor appointments, grocery shopping and to pick up prescriptions. Program is closed on Tuesdays. Dick Hershberger, 989-4140.

**Pāhala Senior Center**: Lunch served Mon - Fri, 10:30 a.m. for residents aged 60+. Julie, 928-3101.

**Na'ālehu Senior Nutrition Center** (Hawai'i County Nutrition Program), Lunch served Mon - Fri, 10:45 a.m. for residents aged 60+, greater Na'ālehu area. 939-2505.

**Na'ālehu Community Computer Lab**, free use & Internet access. Na'ālehu Community Center. See Richard, Mon - Thurs, 3 - 7 p.m. 939-9392.

**Na'ālehu Main Street's Internet Café** is open 1 - 5 p.m. and 6 - 9 p.m. on Mondays and 1 - 5 p.m. Tue - Fri. Computers, FAX, copying will be available for donation. 929-8322 afternoons, or 929-7236 or visit [www.Naalehu.org](http://www.Naalehu.org).

**Ocean View Community Center computer lab** with broadband service is open Mon - Thurs, 8 a.m. - noon. Members \$2/hour, non-members, \$4/hr. 939-7033 for information on computer classes.

**Hula classes**, each Sat, 11 a.m., taught by Keoni Jenny in Pāhala. \$10 per class.

**Hula in Ocean View**, Wednesdays, keiki 4 - 5 p.m., makua 6 - 8 p.m. at Halau Tiki on Tiki Dr. at the corner of Princess Kaiulani in Ocean View. Taught by Kumu Hula Keala Ching of Na Wai Iwi Ola, a Hawaiian cultural foundation. 939-9602 or 938-4973.

**Free 'Ukulele, Slack Key and Steel Guitar classes**, Wednesdays, 12:30 - 4:30 p.m. at Na'ālehu School gym; Fridays, 1 - 5 p.m. at Old Pāhala Plantation Clubhouse with Keoki Kahumoku and his 'ohana. 935-0463.

**'Ukulele Classes** for children, Mondays, 3:30 p.m. at Ocean View Community Center. 939-7033.

## For a Sustainable Future

*Aloha,*

Growing up in a sugar plantation community, I learned at an early age to respect our farmers, ranchers, fishermen and our precious resources. As a State Senator and former Council person and Mayor, I have fought for the **protection of our ag lands** and the **promotion of our agricultural industry**.

Among other measures this session, I introduced a resolution encouraging the State to **buy locally** produced food and other products that are compostable. Another resolution recognizes the transportation challenges faced by our farmers and ranchers and seeks federal **assistance in distributing our goods** to Mainland and Asian markets.

As Mayor, I will continue to be an advocate for organic farming, our farmers' markets and our sustainable future.

We *are* making a *difference*.

*Me ke aloha Pumehana,*



Lorraine Rodero Inouye  
State Senator and Candidate for Mayor



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## COMPOST WORKSHOPS

**MAY 17th, 2008 Saturday**

**10 am - noon Hilo Transfer Station County Recycling Area**  
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## REDEMPTION LOCATIONS:



### Atlas Mobile Redemption Sites

**OCEAN VIEW (S. POINT U-CART)**

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Contact Atlas at 935-9328 (Hilo) or 329-6868 (Kona) for other locations and hours of operation

**NA'ALEHU Elem. & Inter. School**

Every 3rd Saturday, 9am-1pm

### Arc of Hilo Sites (8am-4:30pm, Closed 1pm-1:30pm)

**HAWI** Transfer Station (Sat. Only)

**HILO** Transfer Station (Open Daily)

**HONOKA`A** Transfer Station (Sat./Sun. Only)

**KEA`AU** Transfer Station (Closed Tue. & Thurs.)

**KEALAKEHE** Transfer Station (Closed Tue. & Thurs.)

**KEAUHOU** Transfer Station (Sat./Sun. Only)

**PAHOA** Transfer Station (Sat./Sun. Only)

**PUAKO** Transfer Station (Sun. Only)

**WAIMEA** Transfer Station (Closed Tue. & Thurs.)

**WAI`OHINU** Transfer Station (Sat./Sun. Only)

### Atlas Recycling Center Locations

**HILO** 30 Makaala St. M-F, 8am-5pm; Sat, 8am-3pm

**KONA** 74-5588 Pawai Place (Next to Kona Rent-All in Old Industrial Area) M-F, 7am-4pm; Sat, 8am-3pm  
(Closed Sundays)

### Reynolds Recycling

**HILO** 1260 Kilauaea St. Tue-Sat, 9am-5pm; (Closed 12-1pm) 935-5679

### NEW! Goodwill Redemption

**& Donation Center** 500 Kalaniana'ole Ave., Hilo  
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☺ Eligible (5¢) beverage containers: soda, water, juice, tea, and coffee drinks; beer, ale, mixed spirits and wine coolers in aluminum, bi-metal, glass or plastic 68 oz. or less.

☹ Ineligible (unredeemable) containers include: milk, wine and hard liquor.

**Containers must be empty and sorted by material type.**

For more information visit [www.hi5deposit.com](http://www.hi5deposit.com) or call 961-8527 or 961-8549.

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## Coffee Farmers Earn Praise & Market Advice

Ka'ū Coffee farmers have an opportunity to set themselves apart from other Hawaiian coffees through careful agricultural and processing practices, selling premium micro-lots, and creating awareness in the specialty coffee industry about their unique coffee. This was the message from sophisticated specialty coffee buyers and industry experts invited to Pāhala in April by Ka'ū Farm & Ranch Co. to expose farmers to the rigors of the specialty coffee business.

Farmers, along with representatives of the University of Hawai'i, the state Department of Agriculture and the County of Hawai'i, met at Pāhala Hongwanji, Old Pāhala Clubhouse and Pāhala Plantation House in a two-day event designed to gain more skills in tasting Ka'ū coffees and learning techniques of mainland green coffee buyers and roasters.

Among the experts were Ken Davids, author of three well-known coffee books and the *Coffee Review*, a popular website that reviews gourmet coffees; Miguel Meza, green coffee buyer and award-winning roaster from Paradise Roasters; and Jason Long of Café Imports, a green coffee broker who travels the world looking for small farms with specialty coffee for high-end niche markets.

Ka'ū coffee growers learned how high-end specialty coffee markets work and how to increase their price per pound by improving harvesting, processing and drying practices. The panel evaluated each coffee and privately offered suggestions for improving quality to each farmer.

The panel had three key suggestions for improving the quality of Ka'ū coffee:

pick only red-ripe coffee cherries (no green, half-ripe, or overripe), dry on screen-bottomed raised beds, and sort out defects rigorously throughout the production process. Storage conditions for parchment was also mentioned as critical to the quality of the final product.

Among topics studied and discussed were *Learn What Happens to Your Coffee When it Leaves Ka'ū*, *Key Points that Determine Coffee Quality from Harvest through Storage* and *The Potential for Earning a Premium for Quality Coffee*.

Farmers, marketers, buyers and tasters talked about the cost of making practices more precise. "You can possibly make more money through better coffee achieved through better harvesting, processing and drying," Davids told the farmers. He cautioned, however, that creating quality coffee to bring in more income is a long-term process. He noted that processing coffee is more complicated than winemaking.

Davids said he has visited many coffee farms around the world and found that "Ka'ū, as a region for growing coffee, has a lot going for it." He said all the Ka'ū farms he toured produced excellent quality coffee.

Farmers cupped their own coffees alongside coffees from Latin America, Africa and the Pacific. They used the Specialty Coffee Association of America cupping guidelines, a 100-point rating system which takes into account fragrance, aroma, flavor, body, acidity, and aftertaste.

Davids also explained different ways coffee is sold. One is the bulk market, by region, with grading occurring after all the

*Coffee Farmers*, pg. 21



Ken Davids (middle) teaches Ka'ū coffee farmers the art of cupping at the Old Pāhala Clubhouse

## Emissions Affect Livestock, Crops

Due to the recent increased volcanic activity at Kīlauea's Halema'uma'u crater, the state Department of Agriculture has recommendations for taking care of livestock, food crops and nurseries. It advises ranchers to be on the lookout for eye infections as well as gastrointestinal and respiratory problems in livestock and to report any observations as soon as possible.

Another concern is ash fall, which can have serious detrimental effects on crops. While covered crops have some protection, field crops are vulnerable to damage. The

Department of Agriculture recommends that harvested crops be thoroughly washed prior to consumption. Also, overhead irrigation of greenhouse nursery stock may help wash away ash and residue and minimize chemical damage to flowers and foliage.

A downloadable version of the latest Hawai'i County's volcanic emissions brochure is available at [http://co.hawaii.hi.us/cd/emissions\\_brochure.pdf](http://co.hawaii.hi.us/cd/emissions_brochure.pdf). For more information from the ag department, call 974-6503 or <http://hawaii.gov.hdoa>.

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# Plan to Protect & Understand Ka'ū Kapapala Watershed

'A watershed is that area of land...within which all living things are inextricably linked by their common water course and where, as humans settled, simple logic demanded that they become part of a community.'

*John Wesley Powell, geologist and explorer*

What do you picture when you hear the word *watershed*? If you think of corrugated tin and gutters, think again. Put simply; watersheds are areas of land that catch and temporarily hold the water that eventually flows into

## Native Nature

Unique ecosystems & organisms in Ka'ū

by Katherine Thompson

the streams are fed. Watersheds come in all shapes and sizes and are typically separated from adjacent watersheds by ridgelines, hills, or mountains. The Ka'ū Kapapala watershed encompasses a couple hundred thousand acres.

### Healthy Forests Contribute to Healthy Watersheds.

Forests increase watershed health by capturing and collecting water, allowing it to seep slowly into the ground. Water filtered by the Ka'ū forest supports the domestic and agricultural uses of local communities. Little of the rain that falls in Ka'ū is collected directly



The Ka'ū forest contains one of the state's largest populations of the endangered 'akiapola'au (Hemignathus monroi). Photo by Jack Jeffrey

in catchment systems, so the Ka'ū community depends on the forest to funnel the water into the aquifer, which, in turn, feeds Ka'ū's many springs, such as those found at Mountain House, Alili, and Old Plantation. As forest cover decreases, so too does the amount of water intercepted from the atmosphere.

Healthy native forests also provide other community benefits. For example, forests reduce flooding and drought; and they protect reefs from sedimentation and pollution by preventing run-off. The Ka'ū watershed also provides a refuge for many species of native plants and animals. Important cultural plants found in Ka'ū include: koa, ohia, maile, and palapalai, among others. And many of Hawai'i's rare and endangered birds are found here, including: 'akiapola'au, 'io, Hawai'i 'akepa, and Hawai'i creeper.

### Threats to Watershed Health

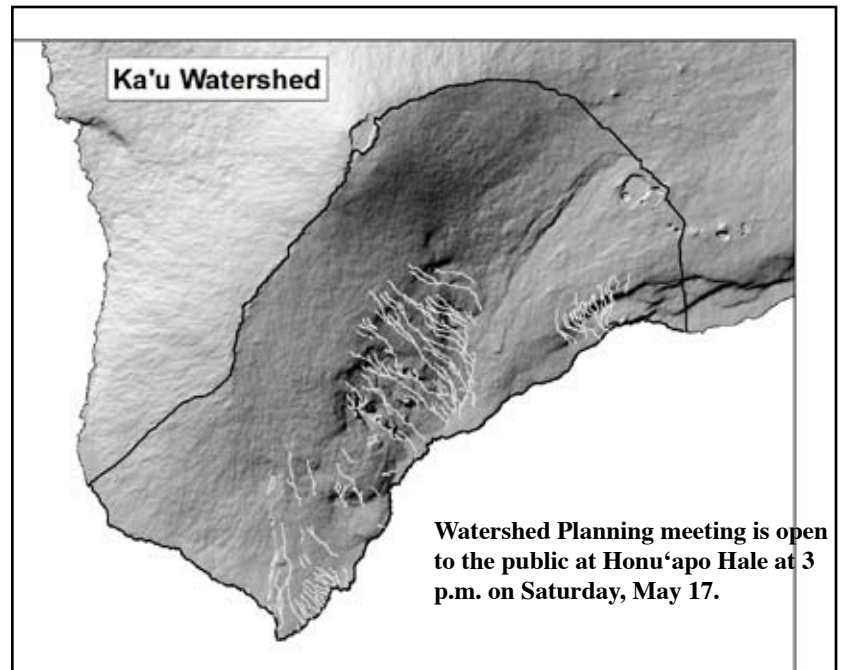
The Ka'ū Kapapala watershed includes alpine lava, subalpine shrubland, native rainforest, farms and ranches, towns and villages, beaches and coastal cliffs. All these features impact the watershed in complicated ways. In natural areas, alien plants and animals degrade the native forest and decrease its ability to retain and filter water. Agricultural chemicals can pollute downstream waters, and sedimentation destroys reefs. Urban and coastal development also impact watershed health by increasing run-off and pollution, and decreasing water filtration into the aquifer.

### Active Management Required

Healthy watersheds require active management to ensure their continued health. Alien species must be controlled, development must be thoughtfully planned, and urban impacts must be mitigated.

### Watershed Meeting

On Saturday, May 17, at 3 p.m. a watershed planner will be at the Honu'apo Hale to present opportunities



Watershed Planning meeting is open to the public at Honu'apo Hale at 3 p.m. on Saturday, May 17.

for the public to participate in the planning process for management of the Ka'ū Kapapala watershed. See this month's Community Calendar for more details.

*Katherine Thompson is an ecologist and land manager for The Nature Conservancy in Ka'ū. For more information about TNC in Hawaii, go to: [www.nature.org/hawaii](http://www.nature.org/hawaii).*

## Jacobson: Reuse, Reduce, Recycle

In his May letter to constituents, County Council member Bob Jacobson reminded residents that "Environmental Management starts at home!" He urged residents to set up a two-bin system in kitchens and offices. "You will be surprised how easy it is and how much you can recycle. Please remember that the County of Hawaii has two-stream recycling bins at all transfer stations. The mixed bin will take clean paper, cardboard, and number 1, 2, and 5 plastic containers (please leave any lids off so the stuff can be compressed). The garbage bin takes everything that the mixed bin doesn't take except for green waste, batteries, hazardous waste and other prohibited items. Please remember to Reuse, Reduce, and Recycle and together we can make a difference."

A "free" mobile preschool nurturing the bond between Tutu and other caregivers and their keiki

A program to prepare Native Hawaiian Children for school readiness and to support grandparents and other caregivers to promote learning experiences at home.

Discovery Harbour Community Center  
Mondays & Wednesdays  
Ocean View Community Center  
Tuesdays & Thursdays  
8:30am - 10:30am

Applications being accepted,  
Please call now:  
929-8571

## GUIDE TO KA'U CHURCHES

### VOLCANO

- New Hope Christian Fellowship 967-7129
- Volcano Assembly of God - 967-8191
- Kilauea Military Camp Chapel 967-8333, Protestant - 8am
- Catholic - 11:15 am, Sundays

### PĀHALA

- Assembly of God - 928-0608
- Holy Rosary - 928-8208
- Pāhala Bible Baptist Mission - 928-8240
- Pāhala Hongwanji - Hanamatsuri Service, Sat, April 12 at 10 a.m. 928-8254
- Wood Valley Tibetan Buddhist Temple & Retreat - 928-8539

### NĀ'ĀLEHU

- Assembly of God - 929-7278
- Iglesia Ni Cristo - 929-9173
- Jehovah's Witnesses - 929-7602
- Kauaha'ao Church - 929-9997
- Latter Day Saints - 929-7123
- Light House Baptist - 939-8536
- Nā'ālehu Hongwanji Buddhist Temple - 95-5693 Mamalahoā Hwy., Nā'ālehu, HI 96772
- Sacred Heart - 929-7474
- United Methodist - 929-9949
- Christian Church Thy Word Ministry meets in Nā'ālehu Hongwanji, Sundays 10 a.m. Call 936-9114.

### OCEAN VIEW

- Kahuku UCC - 929-8630
- OV Evangelical Community Church - 939-9089
- St. Judes Episcopal - 939-7000
- Divine Faith Ministries - 929-8570 (non-denominational) meets Ocean View Community Center 10 am Sundays, Children, Youth, Bible Study. Call for more information.
- Church of Christ - 928-0027 Back to the Bible! 9A.M., Bible class studying Romans. Worship 10A.M. Expository lessons from N.T. Books

Call 928-6471 or email [mahalo@aloha.net](mailto:mahalo@aloha.net) to add your church listing here.

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# KEEPING HEALTHY IN KA'Ū

Volume 5, Number 5

A Journal of Good Health, Food and Fitness

May, 2008

## Agencies Act to Protect Health, Study Emissions

Several public agencies held meetings in Ka'ū and Volcano in April to give updates on protecting the public health from emissions from Kīlauea Volcano. Output of sulfur dioxide, SO<sub>2</sub>, has nearly doubled with a new vent opening in Halema'uma'u Crater on March 12, adding to the 2,000 tons/day of SO<sub>2</sub> that have been spewing from nearby Pu'u O'o vent for decades. The volcano has sent ash, vog and SO<sub>2</sub> deep into Ka'ū on light tradewind days, and into Volcano Village towards Hilo during Kona winds. Vog has been reaching the Kona and Kohala coasts and drifting to the other islands, where it has become a regular feature of weather reports.

### What is the Risk?

The risks of living with SO<sub>2</sub> at levels recorded so far include irritation to the eyes, nose, throat and lungs, particularly for young children and people with respiratory stress. Long-term effects are unknown but a recent University of Hawai'i study of vog showed more respiratory health problems in areas of the island where there is damp weather and mold than in drier places with vog. Levels of SO<sub>2</sub> vary from minute to minute and place to place, depending on which way the wind blows and volume of volcanic output. Some communities on some days have none, but on other days receive warnings. Officials said they hope for long-term studies.

### Where the Wind Blows

The spiking of SO<sub>2</sub> levels closed Volcanoes National Park on April 8, 23 and 24 and prompted county firefighters on April 17 to go through neighborhoods mauka of Hwy 11 in Ocean View for a short time advising people to evacuate. The Ocean View SO<sub>2</sub> readings were the highest recorded since the plume started pumping. Reaching a Code Purple came as a surprise to officials who expected emissions to diminish as they drifted away from the volcano. On April 17, however, the SO<sub>2</sub> seemed to have skipped over Pāhala and Nā'ālehu and landed in Ocean View some 40 miles from the source.

Other closures on several bad air days included Kīlauea Military Camp, Volcano School of Arts & Sciences and Boys & Girls Club in Pāhala. At the Pāhala school campus, children were kept off the playground and in their rooms on several days of dense vog and high SO<sub>2</sub>. In Wood Valley where the haze seemed to hang against the steep mountainsides, some residents left for days until the air cleared. Several local hunters and maile flower pickers above Pāhala reported running into Pele's hair – glass strings from the volcano that

The Ka'ū Calendar



Geologist checks a time lapse camera that is canted out over the edge of Halema'uma'u Crater near the former overlook. See <http://volcano.wr.usgs.gov/kilaueastatus.php> for information, photos, movies, webcams. Photo Courtesy of Hawai'i Volcanoes Observatory gave them itchy skin.

During all three community meetings, Mayor Harry Kim and representatives from Hawai'i Volcano Observatory, the Fire Department, the National Guard, the state Department of Health and state and county Civil Defense explained their roles and answered questions.

### No Playbook for This



Pāhala firefighter Matt Hoefflinger with air monitors.

The mayor said volcanic activity has united agencies to analyze hazards and plan for action, from notifying residents of the risk level and evacuation plans to studying SO<sub>2</sub> and health. "We don't have a playbook for this one," Kim said. A sustained plume from Halema'uma'u is unprecedented in recent times. The last one in 1924 spewed for only three weeks and was largely water and rocks. This plume of 2008 has been steaming for almost two months and is more about the SO<sub>2</sub>, ash and glass particles.

Kim said he hopes for monitors to be set in place throughout SO<sub>2</sub>-prone areas to give continuous readings. Continuous information from the National Weather Service on wind direction and speed can predict where the gas might go.

Jeff Sutton of Hawai'i Volcano Observatory explained its role to provide the county with information about the volcano. The agency samples air and ash at Halema'uma'u, operates seismometers

Fire Department is involved because of its hazmat capabilities. "Given the magnitude of this hazard, we asked for help." The Fire Department is collaborating with the National Guard in identifying and quantifying the SO<sub>2</sub> hazard. Lt. Col. Trey Johnson of the 93<sup>rd</sup> Civil Support Team said his team has been measuring SO<sub>2</sub> in the plume at 2-mile intervals. At the vent, SO<sub>2</sub> measured more than 300 parts per million, which is three times the lethal dose. At ten miles, within the plume, the reading was 10 – 12 ppm. Two ppm is considered extreme, a level purple which prompted the Ocean View and Volcano evacuations.

### Hazard Response Plan

Johnson explained the three-tiered Hazard Assessment and Response Plan. The first consists of predictive plume modeling, using weather forecasts, tonnage of emissions and topography to assess and track the hazard. The second tier involves monitoring SO<sub>2</sub> amounts. The state Department of Health set up a web of monitors for real-time data at Nā'ālehu, Pāhala and Ocean View fire stations. When these monitors show high SO<sub>2</sub> readings, the Fire Department deploys portable monitors to schools, care homes, medical facilities and other locations. Response is the third tier of the plan. When necessary, the Fire Department, Police Department and others alert people of danger through telephone calls, loud speakers, mobile sirens and door-to-door notification. The mayor

*Volcanic Emissions, pg. 20*

## Incentive to Attract Rural Docs

Looks like 100 doctors per year could be attracted to rural Hawai'i by legislation, supported by Dr. Josh Green, who practices emergency medicine at Ka'ū Hospital and serves in the state House of Representatives.

The law would forgive medical su-

dents at University of Hawai'i their entire student loan in exchange for their practice of medicine for five years in Hawai'i. The law would kick in during 2010. Green, the only physician in the legislature, is running for Senate this fall.

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### Volcanic Emissions, pg. 19

said he prefers these to Civil Defense sirens, which may not work, can only be heard for a quarter mile and cannot be sounded individually.

#### Limiting Exposure

John Peard of the State Department of Health said 20 percent of the Big Island's population is in the sensitive group – those who have reactions to SO2 at a level of .3 ppm. He recommended dealing with SO2 by limiting exposure. For short-term, stay inside, doors and windows closed. For long-term, leave the area. He and Kim cautioned against relying on masks, air cleaners, and safe rooms for protection. Masks with acid gas cartridges, like

those used by firefighters, must fit and seal properly and require training to use. Air cleaners typically are for particulates only. To be effective with a gas, they need to be room-sized with a special absorbent pack and require a lot of attention.

Safe rooms that are simply closed off are for short-term exposure, since air has to be let in eventually. Mayor Kim said his team is researching protection methods and warned of "snake oil salesmen" who may suggest buying ineffective products.

Quince Mento, administrator of Civil Defense, said his agency's role is "to bring people together who can protect the community." He wants "coordinated, coherent information" that he can communicate to the public. He is planning to have more information on the county website and television and is working on getting a hotline.

#### Protecting Drinking Water

Trisha Macomber of UH-Mānoa provided information about catchment systems. Rain in the current SO2 environment is acidic, and the acid can cause lead to leach from roofing nails, flashings, paint and solder into catchment water. She suggested disconnecting catchment systems and using water from the county emergency spigots or bottled water. Adding baking soda can neutralize acid in the catchment water, but it does not remove lead. NSF filters can be added to remove lead. Regarding ash fall, Macomber said

*Volcanic Emissions, pg. 21*

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Nursing Director Nona Wilson, Ka'ū Hospital Charitable Foundation Vice President Wayne Kawachi, Hospital Administrator Marilyn Harris and golf fundraising organizer Charlie Beatty with checks for Ka'ū Hospital's Emergency Department.

## Money Checks into the ER

Ka'ū Hospital's staff and volunteers celebrated successful fundraising with checks presented on April 16. Members of the Ka'ū Red Hats, Ka Lae Quilters and the Ka'ū Golf group presented Ka'ū Hospital Charitable Foundation with funds for the Emergency Department.

Golf tournament organizer Charlie Beatty presented a check for \$10,000. Another check for \$22,800 came from Barbara Beatty of the Red Hats and Ka Lae Quilters. Wayne Kawachi, Vice President of the Ka'ū Hospital Charitable Foundation, received the checks and thanked

both groups for time and dedication to the cause. Special thanks went to Pattie and Drake Fujimoto of Hana Hou restaurant for fundraising dinners that also helped to raise money. The funds will enable the hospital to purchase and install high performance examination lights in the Emergency Room as well as a number of other small pieces of much needed equipment, said Nona Wilson, Director of Nursing. "The support from this community is just overwhelming, and we are extremely grateful to everyone for all they give to us."

## Fundraiser Seeks \$ for Hospital Van

'O Ka'ū Kākou is raising money to purchase a 14-passenger van with a lift for Ka'ū Hospital's long-term care residents. The van will provide transportation to doctors appointments in Hilo, Kona and Waimea for essential medical services not available in Ka'ū. The vehicle will also be available for rehabilitation activities, allowing the patients to be involved in community events beyond the hospital

grounds. The multi-passenger wheelchair transport vehicle is priced at \$68,000. Community members, Ka'ū High School Alumni and Friends of Ka'ū, which includes teachers and people who have moved away, along with several businesses have already donated \$25,200. Persons interested in contributing can call Wayne Kawachi at 937-4773.

## The Ka'ū Kitchen

In ancient times, honey was believed to have medicinal qualities. In addition to its use as a sweetener, it was used for various health and beauty purposes. Analysis show that honey had more vitamins and minerals than other sweeteners, but those amounts seemed insignificant to be of benefit to human health. Eventually, honey was considered by many nutrition professionals to be, like other sweeteners, an empty calorie food.

Recently, researchers have analyzed foods for bioactive compounds. And honey's bioactive compounds have scientific and medical researchers taking notice of its potential health benefits. Honey starts with nectar from flowers. Honeybees are attracted to flowers and extract nectar from it for food. Nectar from as many as 2 million flowers makes up 1 pound of honey. Phytochemicals are produced by plants to protect themselves, and research has shown that they also protect humans from disease. Since honey is created from nectar, phytochemicals are found in honey. Some phytochemicals found in honey are flavonoids.

The Big Island has a long history when it comes to honey bees. Growers of coffee *Coffea arabica* in Kona were the first to exploit honey bees on the Big Island. In the late 1890's, bees were brought from O'ahu and used experimentally for three years.

Large cattle enterprises were being established across the state, and ranchers began to develop large tracts of Hawai'i island. Honey bee colonies were brought in to increase kiawe bean yield and further establish kiawe forests, a source of rich and nutritious cattle feed. By 1935, it was estimated that over 100,000 thousand acres of kiawe forest covered the Big Island (Greene 1941). For the last 100 years the largest existing kiawe forest on the Big Island is used for honey production for what may experts say is the best tasting honey in the world.

#### Honey-glazed Lime Chicken Breast

- 1/2 cup honey
- 2 tablespoons lime juice
- 2 tablespoons chopped cilantro
- 1 tablespoon soy sauce
- 2 teaspoons minced jalapeno pepper
- 1 1/2 teaspoons minced garlic
- 6 chicken breast halves (about 3 pounds)

In a small bowl, mix all ingredients except chicken until well blended. Pour half of marinade over chicken; cover and refrigerate 2 hours or overnight. Reserve remaining marinade. Grill chicken over medium-hot coals, 4 inches from heat. Cook, turning and basting with reserved honey marinade, until chicken is cooked through, about 15 minutes.



By Brad Hirata  
Director of Food  
Services, Ka'ū Hospital  
& Rural Health Center

Nutrition Facts	
Serving Size 10g	
Amount Per Serving	
Calories 20	Calories from Fat 10
% Daily Values	
Total Fat 1g	2%
Total Protein 1g	2%
Total Carbohydrate 1g	2%
Total Fiber 1g	2%
Total Sugar 1g	2%
Total Fat 1g	2%
Total Protein 1g	2%
Total Carbohydrate 1g	2%
Total Fiber 1g	2%
Total Sugar 1g	2%

## Ka'ū Hospital & Rural Health Clinic

Our staff members welcome you:

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- Debra Kettleson, MSN Nurse Practitioner,  
Family Practice, Board Certified
- Dwight Dow, MD, Emergency Medicine, Board Certified
- Cliff Field, MD, Family Medicine, Board Certified
- Dr. Joshua Green, MD, Board Certified in Family Practice
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# KA PEPA VOLCANO

Volume 6, Number 7

The Good News of Ka'ū, Hawai'i

May, 2008

## Fifth Annual Art Auction & Champagne Brunch

Volcano School of Arts & Sciences' fifth Annual Art Auction offers more than 100 pieces from over 50 artists, Saturday, May 3 at Cooper Center.

Champagne brunch, entertainment and a silent auction will begin at 11 a.m., followed by the live auction with Ira Ono as auctioneer.

Tickets may be purchased for \$25 at the door or \$20 in advance from Volcano Garden Arts, Volcano General Store, Kilauea General Store, or Volcano School of Arts & Sciences.

Artists and collectors who would like to donate works can contact Anabelle Lewis at 985-8703. VSAS is a public charter school serving Kindergarten through 8th-graders. Funds raised from this event will go toward enrichment programs and activities. For more information, contact Marilyn Hiestand 985-8526.



### Hula on the Platform at Kilauea

See traditional hula and chant performed outdoors on the hula platform overlooking Kilauea Crater at the Na Mea Hawai'i Hula Kahiko performance on Saturday, May 17 from 10:30 - 11 a.m. in Volcanoes National Park. The event will feature Na Pua Ha'aheo o Kona under the direction of kumu hula Roy Palacat. There will also be Hawaiian crafts demonstrations at Volcano Art Center Gallery 9:30 a.m. - 2 p.m. Call 967-8222 or visit [www.volcanoartcenter.org](http://www.volcanoartcenter.org).

Photo (left) by Dave Gallagher, (right) Dave Boyle

### Coffee Farmers, pg. 17

local coffees are mixed together. One of the world's highest productions of fine coffee from many farmers is Columbian Supremo. Kona is another area where coffee from many farms is often mixed together. The same is true in Ka'ū. Other methods are branding by individual farms, by cooperative, or by coffee type. Coffee can also be distinguished "by lot" and amounts could be as small as ten 100 lb. bags. In general, the price paid for small lots is higher, Davids explained. However, the quality of these micro-lot coffees must be impeccable.

Davids said there is an opportunity for Ka'ū farm-



Miguel Meza

ers to sell in small lots of very high quality coffee. "Ka'ū also has a very good story to tell. It is different than Kona." He recommended coffee farmers enter more international competitions. "Publicizing has to be relentless." He explained that every Ka'ū farmer benefits when one Ka'ū farmer does well in a competition.

Miguel Meza described Ka'ū as having a good climate and good varieties. He characterized Ka'ū coffee as "very clean, with

a distinctive flavor" that sets it apart from other Hawaiian coffees. He said, however, that distinctiveness "comes from perfection of post-harvest processing." Meza has also been working with Ka'ū coffee farmers to develop alternate processing techniques to increase the distinctive qualities and value of Ka'ū coffee in the specialty coffee market. He said of Ka'ū coffee, "At its best, it stands with some of the best coffees in the world."

Jason Long described Ka'ū as having "nice sweet coffees, with unique floral qualities." He attributed the characteristics to being on "this side of the mountain, the rain you get. And the soil is very good."

However, "a little bit better is not good enough," he warned. Buyers need to say, "I am not buying Hawaiian coffee; I am buying coffee from Ka'ū." Long said he cupped two Ka'ū coffees "at the 88-point level today" and that only 2 percent of coffee worldwide is 88 points or higher.

The event ended with a lu'au and a feast of fresh Ka'ū-grown fruits and veg-

etables, pork and fish and live music provided by Hawaiian music Grammy Awards winner Keoki Kahumoku. Ka'ū Farm & Ranch also awarded three top-of-the-line moisture meters to farmers in a random drawing. Moisture meters are important tools for improving coffee quality.

Ka'ū coffee is again being entered into the Specialty Coffee Association of America's Coffee of the Year competition held during the SCAA's annual conference, May 2-5 in Minneapolis, where it will compete with coffees from around the world. Two Ka'ū coffees were among the top ten finishers last year at the same event.

### Volcanic Emissions, pg. 20

to divert rainwater until the roof is cleaned of deposits and to cover tanks.

The mayor said he wants EPA to evaluate vog to see exactly what is in it. The National Weather Service is monitoring wind conditions around the clock to help predict plume movement. Kim wants to implement a reverse 911 telephone system to inform the public.

The mayor pointed out that each person has responsibilities regarding his or her safety. Be aware of your family's health. Make plans for staying at home or leaving the area. Regarding security for evacuated areas, Kim said, "We are responsible and will secure the best we can, but please do your part and lock up." "We are here to supplement you," he said. At the Kahuku Park meeting, Kim praised the Ocean View community as "guys who get things done." Rick Ward of Ocean View said, "We have a proactive preparedness community with a network to disseminate information." He suggested having an individual preparedness plan and becoming involved in a bigger one, such as their phone tree system with block captains.

### Rapidly Changing

County Council member Bob Jacobson attended the meetings in Ka'ū. In his May letter to constituents he said, "Please keep yourself informed about the current conditions of the volcano emissions. This seems to be a rapidly changing situation. The emissions affect each person differently as well as our animals and plants; please keep you and your family safe and healthy.

"Should the need arise, I will bring county and state offices together to meet the needs of residents. If you know of neighbors who are vulnerable to bad air quality keep in touch with them and offer help to them. Please watch out for each other. Information Civil Defense Advisories can be found at [www.lavainfo.us](http://www.lavainfo.us) or [www.hawaii-county.com](http://www.hawaii-county.com)."

A downloadable version of the county's volcanic emissions brochure is available at [http://co.hawaii.hi.us/cd/emissions\\_brochure.pdf](http://co.hawaii.hi.us/cd/emissions_brochure.pdf).

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# Stars over Ka'ū May 2008

by Lew Cook

May sees Mars continue its double-time march from Gemini to the middle of Cancer, the Crab. The twins are high in the west at the time of this chart, 9 p.m. on May 15. Leo, the lion is overhead. Saturn and the bright star Regulus are even closer together than last month, with the waxing moon just southeast of them. It is near Spica, the brightest star in Virgo, the Virgin. Saturn is nearly overhead in Leo, the lion.

Virgo is a big constellation, but nearly empty of bright stars. It makes up for this emptiness by having an excess of bright galaxies, termed (naturally), the Virgo Cluster of galaxies. The center of this cluster lies about 59 million light years away. The Milky Way galaxy and the neighboring Andromeda galaxies, members of the local group, lie on the edge of this group and are also members of the Virgo cluster. The Virgo cluster contains at least 1300 and maybe as many as 2000 galaxies. Not all of the galaxies are as big and impressive as the Milky Way and Andromeda galaxies, of course. Some are downright puny. These get picked on by large galaxies, like a schoolyard bully, until they are mere remnants of their former selves.

South of Virgo is a small constellation, shaped like a trapezium, with an extension on the bottom right. I suppose it looks like a meat cleaver. This is Cor-

vus, the Crow or Raven. The myth of how the raven got into the sky is a result of his trying, unsuccessfully, to deceive the god Apollo. Upon discovering the deception, Apollo cast the raven into the sky.

The bright winter stars will soon be replaced by bright summer stars and the thickest part of the Milky Way. The central bulge of the galaxy, in Sagittarius, is split by a dust lane. Our warning that this is approaching is indicated by the menacing pincers of the Scorpion, rising in the southeast.

Date	Sunrise	Sunset
May 3	5:52 a.m.	6:45 p.m.
May 10	5:49 a.m.	6:48 p.m.
May 17	5:46 a.m.	6:51 p.m.
May 24	5:44 a.m.	6:53 p.m.
May 31	5:43 a.m.	6:56 p.m.

New Moon – May 5  
 First Quarter Moon - May 11  
 Full Moon – May 19  
 Last Quarter Moon – May 27  
 New Moon – June 3

*Lew Cook operates a modest size computerized telescope that looks deep into space from Pāhala. He emails measurements of his images and research to astronomers. For more information, go to his web site: [www.lewcook.com/pahala.htm](http://www.lewcook.com/pahala.htm).*

## Waste-to-Energy, pg. 8

Guy DeNike, of Discovery Harbour, congratulated the county on years spent researching the solution for solid waste. "This is one big step; I applaud you all. We need to get rid of the trash and need to come up with biodiesel that would eliminate oil coming into the state." He suggested using biodiesel to truck trash to the disposal plant.

Sterling Robbins, who lives in Mark Twain, said there are two ways to look at the waste program, "how to get rid of it and how not to have so much waste." He said he believes in the saying, "Reduce, Reuse and Recycle." He pointed to over-consumption as a reason for so much trash. He contended that a profit-driven economy leads to waste and that people are driven to consume because they believe "they are nothing if they don't...." He said that it is going to be difficult to reduce consumption, but looks "forward to the day when walking lightly on the earth is an honor, not how big a footprint you can make." He also pointed to throwaway products. He said that the fabric of Levi's used to be woven so tightly and "so hard that you better wash them" before wearing them. Now they wear out quickly, he contended. He mentioned "shoes you can't resole" and called for more products that will last and can be reused.

The waste-to-energy system would include recycling up front, with the re-

mainder delivered to the electric plant. After offsetting the cost by selling electricity, the tab for the waste-to-energy plant is projected to be about \$11.5 million a year to cover the loan to build it, and funding operations.

Other options for the waste, said Leithead-Todd, include exporting trash off island, trucking it to the Pu'uanaulu landfill, making the current Hilo landfill larger or constructing a new landfill.

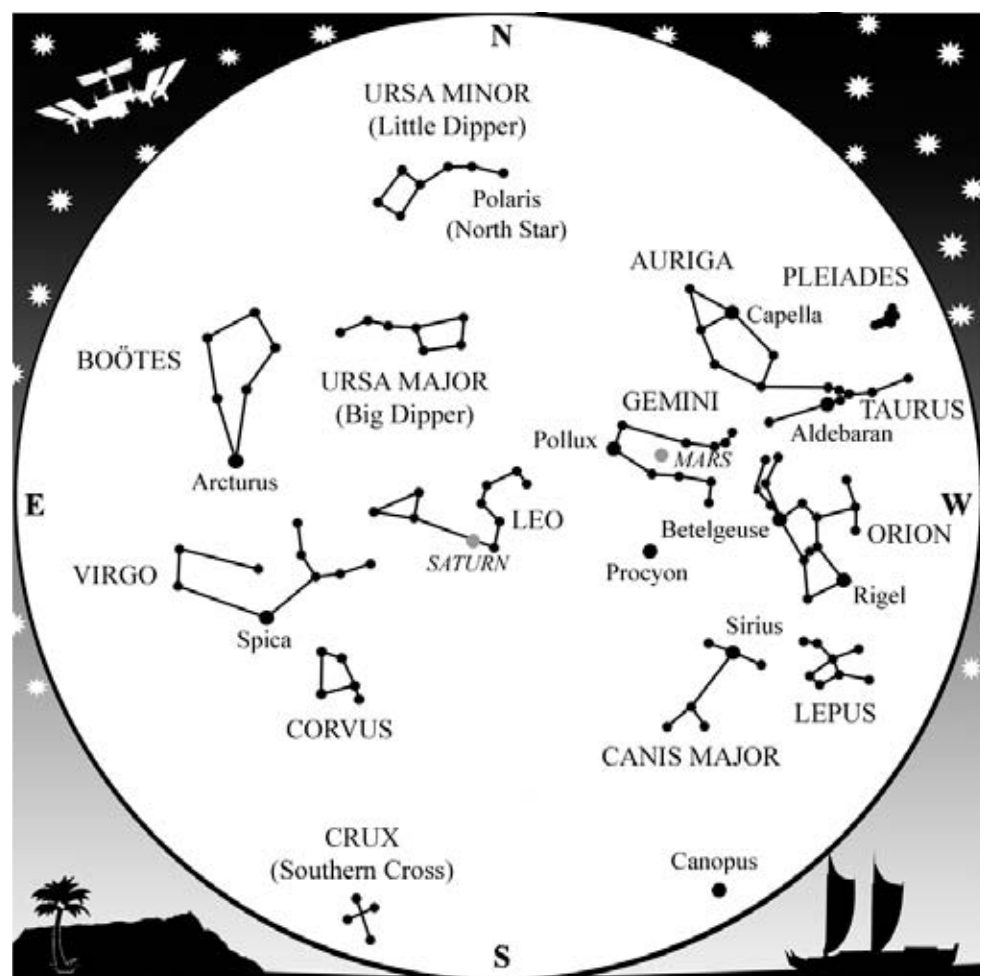
Other people who testified at the meeting opposed the Wheelabrator plan. Larry Ford, Council member Brenda Ford's husband from Kona, said the Council is making a "value decision," and suggested building another landfill next to the current Hilo landfill and eliminating extra trucking.

Jim Weatherford, from Kea'au, encouraged aggressive recycling and contended that there are better options than "using 20 percent of our waste to make 2 percent of our electricity." Elizabeth Weatherford encouraged Zero Waste alternative.


Frank Ferraro, vice president of public affairs at Wheelabrator, testified at the public hearing, showing graphs of European countries "considered the most green" using both waste-to-energy plants and recycling as their preferred methods of getting rid of garbage.

According to [wheelabrator.com](http://wheelabrator.com), the company developed the first

*Waste-to-Energy, pg. 24*



**How To Use This Map:** Hold this map over your head so that the northern horizon points toward the northern horizon on the Earth. For best results, use a red flashlight to illuminate the map. Use this map at about 10:00 p.m. early in the month, 9:00 p.m. mid-month, and 8:00 p.m. late in the month. \*Map provided by Bishop Museum Planetarium. Pre-recorded information: (808) 848-4136; Web site: [www.bishopmuseum.org/planetarium](http://www.bishopmuseum.org/planetarium). Podcast: [feeds.feddburner.com/bishopmuseum](http://feeds.feddburner.com/bishopmuseum); Email: [Hokupaa@bishopmuseum.org](mailto:Hokupaa@bishopmuseum.org)



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## Earth Day, pg. 6

### More Volunteers, Donations Needed

When asked how a community member can begin to help in the school, MacDonald remarked, "Communication is key. Speak with the school and ask, 'What are your needs?' Sometimes the needs are as simple as basic school supplies, extra slippers, and children's clothing."

Nā'ālehu School is also in need of community members who are willing to volunteer a few hours of their time to sort through a growing assortment of discarded school equipment that occupies the site of a future greenhouse project. The process involves the separation and disman-

ling of wood, plastic and metal materials, which will be hauled off and recycled at the transfer station. The principal is also taking call from community members interested in this project.

"Nā'ālehu School looks at Earth Day as an opportunity to educate our students on renewable resources, improving the environment and promoting an awareness of the importance of the 'aina. We look forward to continued collaboration with caring community members and school employees. After all, when students are comfortable in their surroundings, they learn best."

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[anna@konainternational.com](mailto:anna@konainternational.com)



# BOE Told of Progress & Needs in Ka'ū's Schools

At the state Board of Education community meeting on April 10 in Nā'ālehu, Ka'ū schools reported that they are making progress, and Board member Herb Watanabe answered questions. Principal Teddy Burgess said Nā'ālehu School is now using the Waterford literacy programs and America's Choice methods of teaching curricula. He said that home-school communication has improved, and that there has been a steady increase in volunteerism.

Pāhala Elementary and Ka'ū High School Principal Sharon Beck also pointed out improvements, including a new computer lab, new gym floor and new weight room. The agriculture program is growing vegetables, rabbits and pigs and is going to have egg-laying hens. The Construction Academy, in partnership with Hawai'i Community College, is up and running. Beck wants to have more community members volunteering at the schools.

When the issue of local school boards came up, a loud cheer resounded. Watanabe, however, said that local control would not be able to monetarily support the schools because, in Hawai'i, the school system is funded statewide by income tax rather than property tax. As an example of how income tax affects the Department of Education's budget, he said that with airlines going out of business and employees losing jobs, funds from income tax are reduced, thereby lowering the amount of money available for schools. Instead of having local school boards, he said that "what you need is equal educational opportunity with O'ahu." In Hawai'i there are no rich or poor school districts. They are all treated the same.

Watanabe described pressures on the biennial budget of \$2.33 billion. He said that Gov. Linda Lingle did not approve a \$47 million supplemental budget, and the Legislature is considering cutting the budget by \$9 - \$10 million. Another "uncontrollable force" is the EPA, which requires that all cesspools be replaced with septic tanks or be connected to sewage systems at a cost of \$49 million.

Many citizens, including County Council candidate Guy Enriques, expressed support for a new gym at Ka'ū High. Construction of buildings, as well as major repairs and maintenance, is normally funded through general obligation bonds, which adds to debt. Watanabe said that it has been put in the budget, but "will it stand?"

Of the federally mandated No Child Left Behind program, Watanabe said, "The concept is good in that it challenges our students." However, he said he is concerned that it penalizes troubled school districts by moving teachers and administrators and sending students to different schools. "We are making steady progress and moving ahead in education. Will we reach 100 percent? I don't know."

Regarding a school in Ocean View, Watanabe said the Board is looking at free land. Factors it considers are the number of students and availability of infrastructure. Regarding the charter school issue, Watanabe said, "We have no control over the charter school budget."

Watanabe said that, as a way of attracting teachers to Hawai'i, he wants the Board to institute a policy of recognizing teachers' out-of-state credits. He said that when he taught on the mainland, "Wis-

consin accepted my credits. Why can't we do the same?"

Watanabe and other Board of Education members will be in Ka'ū for a general business meeting on Thursday, May 1 at

3:30 p.m. at Ka'ū High and Pāhala Elementary Schools. They will start taking public testimony at approximately 6 p.m. For more information, call 928-2088.



**Mouflon sheep are non-native ungulates that take over the territories of endangered species. Public comment on controlling sheep, goats, pigs and wild cattle in Hawai'i Volcanoes National Park is due on May 19.**

## Comments Due, pg. 5

ungulates, she said.

"Public input is essential," said Orlando. "The expression of the desires, expectations, values, and concerns of our neighbors, visitors, and partners will help ensure that the National Park Service understands and considers the interests of our island community."

Hawaiian ecosystems evolved without large mammalian herbivores and are particularly vulnerable to feral goats, pigs, sheep, mouflon sheep, and cattle. These non-native ungulates destroy habitat; degrade watershed; inhibit native forest re-

generation; cause loss of sensitive native species, including state and federally listed threatened and endangered species; and may damage archaeological sites and cultural landscapes, Orlando said.

Written comments can be submitted electronically at <http://parkplanning.nps.gov/HAVO> or mailed to Superintendent, Hawai'i Volcanoes National Park, RE: Protecting & Restoring Native Ecosystems by Managing Non-Native Ungulates Plan/EIS, P.O. Box 52, Hawaii National Park, HI 96718. All written responses must be postmarked or transmitted no later than May 19.

## Waste-to-Energy, pg. 22

successful waste-to-energy plant in the U.S. in 1975. "The passage of the federal Clean Air Act of 1970 spurred demand for air pollution control equipment such as baghouses (or fabric-filters) and acid gas scrubbers, produced by Wheelabrator APC. It also set in motion a three-decade-long regulatory and legislative process to discover alternatives to old, polluting waste incinerators. Wheelabrator acquired Rust Engineering Company, leading designer and builder of pulp and paper

plants, from Litton Industries in 1972. The acquisition of Rust, which held licenses with the Swiss engineering firm, Von Roll AC, helped Wheelabrator become a pioneer in the waste-to-energy industry. According to its website, Wheelabrator is "the nation's most successful municipal waste-to-energy contractor, introducing operational procedures, energy recovery technologies, and air quality control systems that established new standards for reliable design, construction, and safe operation."

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