

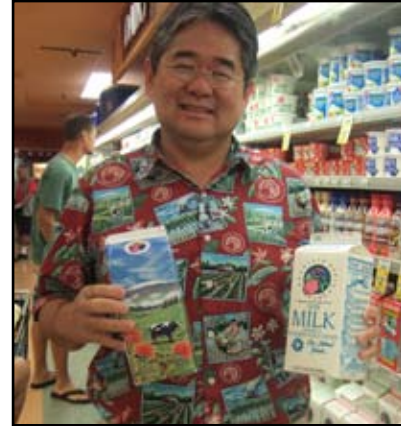
Ka'ū Rural Health Celebrates Tenth Anniversary *See Story Page 19*



Ka'ū-Star Lime Pie took home a trophy in an islandwide high school cooking competition. The student dish was created with the help of Vocational-Tech instructor Noel Butch Light. See Story on Page 6.



Monk seals were counted in October and are also the subject of wildlife artist Patrick Ching, who is offering a class in realistic nature painting. See story on Page 17. See story on monk seal sightings along Ka'ū Coast on Page 5.



Eating Local Foods and Producing Local Food Products were themes at the recent Food Summit on the question "Can Hawai'i island Feed Itself?"

See story on Eating Local, Page 17, Producing Local, Page 8.

THE KA'Ū CALENDAR

Volume 6, Number 1

The Good News of Ka'ū, Hawai'i

November, 2007

Ala Kahakai National Trail Up for Public Input

About half the Ala Kahakai National Historic Trail is along the Ka'ū coast, with its few landowners and little development. Here area residents have an unusual opportunity to work with property owners and government to re-establish the ancient Hawaiian shoreline path ahead of any possible development near the ocean. National Park officials will come to Ka'ū to discuss the plan with a public meeting, Wednesday, Nov. 7 at Pāhala Community Center, 6:30 p.m.

The protection of the more than 80-mile long section of trail in Ka'ū, with everyone's cooperation, could help guarantee public access to the Ka'ū coast in the future, while preserving native Hawaiian cultural remains, endangered species, and a unique landscape. Community organizations could possibly adopt sections of trail and help landowners and the National Park Service to maintain them.

One section of the trail to be managed, for example, runs between two popular ocean recreation places, Whittington Beach Park – Honu'apo with its 235 acres of coastal park, and Punalu'u county beach park pavilion.

See *Ala Kahakai*, cont. on pg. 2



Ala Kahakai National Trail travels over land bridges between fish ponds and the ocean. It also goes into the sea, where native Hawaiians swam and traveled by canoe. About half the trail administrated by the National Park Service is in Ka'ū.

Photo by Elliott Markell

One Nā'ālehu: School Strides Toward Cohesiveness



New acting Nā'ālehu Principal, Ron Jarvis, hopes to find someone to take his place on the crosswalk. Photo by Nālanī Parlin

"One Nā'ālehu is our new theme," said new acting Principal Ron Jarvis, addressing Nā'ālehu Elementary and Intermediate School students' Hawaiian, Filipino, Chinese, Japanese, Portuguese, Spanish, Marshallese and many multi-

Community Invited to Help Improve Ka'ū High

The Ka'ū High-Pāhala Elementary School Community Council will hold a community-wide meeting on Thursday, Nov. 29, 5-7pm at Ka'ū High Music Room. Keynote speaker is Billy Kenoi, Executive Assistant to Mayor Harry Kim. His talk will be, "Healthy Children Plus Healthy Families Equal Healthy Communities." The council will share data about progress at the school and a new discipline plan.

ethnic backgrounds. "If we see any hint of polarization or anything, we (teachers and staff) clamp it right away. If I see it, I ask the students, 'How many types of kids do we have here? One. Just One. One

See *One Nā'ālehu*, cont. on pg. 21

Four questions for the public to think about and bring suggestions to the meeting are:

What is working at the school? What changes does the school need to consider making? How would you like to see the school improve? How can the school increase parent and community involvement? For more information, call teacher representative Laurie Strand at 928-2006 or parent rep Jean Kailiawa at 928-8505.

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Inserts: Nā'ālehu Market & Ka'ū High-Pāhala Elementary School Community Council Public Meeting

Kahumoku 'Ohana Offers Ka'ū Scholarships for Hawaiian Music

Scholarships are being offered, with Ka'ū students given priority, for eight days of intensive music education by masters of Hawaiian slack key guitar, 'ukulele, steel guitar, bass guitar, singing, Hawaiian language, chant, storytelling, hula and lei making.

Kahumoku 'Ohana Hawaiian Music & Lifestyle Workshop will be held from Saturday, Dec. 1 - Saturday, Dec. 8 at Pāhala Plantation House. Students may either study fulltime, when permission is allowed by their schools and parents, or study afternoons, evenings and weekends. Scholarships will provide for all meals and overnight accommodations. Deadline for applications is Nov. 16 and applicants must turn in a one-page essay as part of the competition, answering the questions, "Do you think music education should be part of our school system as well as our community, why or why not?" and "What do you hope to learn from taking this workshop?" Scholarships will be awarded by Nov. 21.

Forms are available at www.kaucalendar.com and by stopping by the office of *The Ka'ū Calendar* at Pāhala Plantation Store on Maile St.

The workshop fee for non-scholarship adult and student kama'aina is \$600 for the week.

Here is the teaching lineup:

- Keoki Kahumoku will teach slack key guitar.
- George Kahumoku, Jr. will teach slack key guitar, offer storytelling and lead song sessions.
- John Keawe will teach songwriting and slack key guitar.
- Sonny Lim will teach slack key and Hawaiian steel guitar.
- Diana Aki will lead song sessions on songs of the Big Island.
- Konabob will teach Acoustic Hawaiian steel guitar and the slack key bass.
- Herb Ohta, Jr. will teach 'ukulele and music theory.
- Brittni Paiva will teach 'ukulele and lead song sessions.
- Jeff Peterson will teach slack key guitar, songwriting and music theory.
- Dennis Kamakahi will teach slack key guitar, do storytelling and lead song sessions.
- David Kamakahi will teach 'ukulele and lead song sessions.
- Leilehua Yuen will teach hula and lei making.
- Darcy Baker will teach Hawaiian language and singing.
- Liko Puha will teach chanting and Hawaiian language.

For more information, call 928-9811 or Keoki Kahumoku at 960-8385.

The workshop scholarships are sponsored, in part by a Healing Our Island Grant, the Kahumoku Family, the Cain Family of Waipi'o Valley, Leilehua Yuen and Manu Josiah, *The Ka'ū Calendar*, Pāhala Plantation Cottages, the Edmund C. Olson Trust, Ka'ū Ranch & Farm, LLC.



Ala Kahakai, cont. from pg. 1

These are some of the ideas expected to be discussed at the public meeting being held to explain the Draft Comprehensive Management Plan and Environmental Impact Statement for the Ala Kahakai National Historic Trail. Public comment is open until Jan. 14, 2008 and can be submitted at meetings, through the mail or online through the Ala Kahakai website at <http://www.nps.gov/alka>. The entire plan and EIS can also be read on the web at www.kaucalendar.com.

The Ala Kahakai National Historic Trail extends about 175 miles from Waha'ula Heiau in Puna, through Volcanoes National Park and all of the Ka'ū Coast, and reaches all the way up the west side of Hawai'i Island to Upolu Point. According to the draft plan, it "combines surviving elements of the ancient and historic coastal *ala loa* with segments of the later *alanui aupuni* (government trails), which developed on top or parallel to the traditional trails and more recent pathways and roads that create links between the historic segments."

Ka'ū Coastal Sites

Important cultural resources along the Ka'ū coast described in the plan include: Manukā Bay petroglyphs, habitation complex and hōlua slide; Kaiakekua and Keawaiki complexes; Wai 'Ahu-kini (royal residence), Ka'iliki 'i-Wai'ahukini fishing village complex, chiefly center Heiau o Kalalea; ancient canoe moorings, salt pans and habitation sites at Ka Lae (the Point) in the South Point National Historic Landmark District; Kalalea Heiau; Mahana Bay and Kapalaoa archaeological district – ancient canoe mooring, salt pans, and fishhook manufacturing; and Punalu'u Ruins with Punalu'unui heiau, a huge luakini temple. Additional sites in Ka'ū along the trail are within Volcanoes National Park.

Public meetings on the trail plan will also be held outside Ka'ū: at 6:30 p.m. on Monday, Nov. 5 at the Kona Outdoor Circle in Kailua-Kona; Tuesday, Nov. 6 at Yano Hall on Hwy 11 in Captain Cook; Thursday, Nov. 8 at Tutu's House in Waimea; and Friday, Nov. 9 at Mokupapapa Discovery Center in Hilo. A 9:30 a.m. meeting will be held on Saturday, Nov. 10 at Kohala Intergenerational Center.

Property Owner Concerns

While the Ka'ū coast is very remote and largely accessible only by traveling on unpaved ranch roads and remnants of the shoreline trail itself, property owners worry about liability and

See Ala Kahakai, cont. on pg. 3

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Ala Kahakai, continued from pg. 2

trashing of the natural resources. They complain about All Terrain Vehicles and dirt bikes tearing up dirt roads and cattle trails, knocking over the rock walls at heiau, and the riders leaving gates open and cutting fence. See Ka'alualu story on www.kauacalendar.com

With this increasing concern among landowners and as more people come from busy Hilo and Kona for recreation on the Ka'u coast, the responsible public in Ka'u worries about being cut off by the frustrated landowners from their favorite fishing, surfing, limu gathering, picnicking and campsite locations.

The trail, however, could help promote community care of such roads and the coastal path and help to develop a working relationship between the public and landowners, said Aric Arakaki, Superintendent of the Ala Kahakai National Historic Trail.

Unlike Kona where development along the coast has been fast and furious over the last several decades, Ka'u's coastline is almost all undeveloped and the trail could be included in the long-range plans of landowners.

Comprehensive Management

The Comprehensive Management Plan, to provide guidance for taking care of



Hiker along the Ka'u Coast where management of the Ala Kahakai Trail goes to public hearing at Pāhala Community Center, Nov. 7 at 6:30 p.m.
Photo by Elliott Markell

the trail over the next 15 years, requires identification of all significant natural, historical and cultural resources to be preserved, details of anticipated cooperative agreements with government agencies or private interests, a carrying capacity assessment and a

plan for its implementation.

Condemnation of land is prohibited but adding segments onto the trail management system with permission of landowners is allowed. "Communities and owners of land along the trail, Native Hawaiians and volunteer trail groups are encouraged to participate in the planning development and maintenance of the trail," the draft plan states.

"Affected federal, state and local agencies, Native Hawaiian groups and landowners shall be consulted in the administration of the trail."

The trail could hook up with inland trails that traditionally connected mauka (inland) and makai (coastal) portions of ahupua'a, the traditional Hawaiian land use areas from the mountain to the sea.

The draft plan and EIS include a section on *Hawaiian Land Use and Resource Management Practices* and the use of *The Hawaiian Trail System* that provided for

economic and social interaction between people of adjacent communities and districts.

Highways Act of 1892

It also has a section on the Highways Act of 1892, through which "all public accesses that can be verified to have been in existence prior to 1892 continue to be owned fee simple by the state of Hawai'i. This law applies even if the trail is not physically on the ground because in many instances trail segments have been destroyed over time due to various land uses or natural process." Trail documentation rests with the state Na Ala Hela Trails & Access Program, which is working closely with the administrators of the Ala Kahakai National Historic Trail.

See the complete Ala Kahakai Draft Comprehensive Management Plan and E.I.S, and a report after the Nov. 7 meeting at www.kauacalendar.com

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Healing Our Island Offers Anti-Drug Activity Grants

Small grants are available for drug prevention and education activities in Ka'ū and Volcano to help the community. Neighborhood organizations, community groups and individuals can collaborate and conduct anti-drug activities with a focus on youth, family and neighborhood.

Funds are available from The Healing Our Island Community Fund, which is a grant-in-aid to the County of Hawai'i from the Hawai'i State Legislature, an effort to inspire and encourage grass roots community involvement to plan and implement services, programs and events in the fight against drug abuse.

Funds are intended for projects by

community based grassroots organizations, non-501 (c) (3), that traditionally do not have access to grant funds. The grants are not to exceed \$2,000 and applicants are encouraged to collaborate and cooperate with others in their own communities and with other communities. This program has been conducted in all districts across the island for the past two years. Over 281 community mini-grants have been awarded since its inception. Healing Our Island funding has enabled communities to connect and work in a united front to address substance abuse issues.

Each district on Hawai'i Island has a liaison available to assist with grant pro-

posals and to help and encourage groups to connect with potential collaborative partners in their communities. Grant requests are evaluated monthly and are due by the 10th of each month. Funds are limited so preference will be given to first-time Healing Our Island applicants.

The Healing Our Island 2007-2008 Community Grant Fund Information and Application Packet is available at www.herc.info or for pick up at the Hawai'i County Resource Center in Hilo at the Puainako Town Center at 2100 Kanoelehua Ave. Bay C-5 (Puna side-end unit) or

in Kona at the Lanihau Professional Center at 75-5591 Palani Road, Suite 2001 (next to Frame Ten Center-Kona Bowl). For more information, call Laverne Omori at 327-3665 or contact the Ka'ū district liaison Teresa Alderdyce at 937-7919, email aldert@juno.com; or for Volcano, the Puna liaison Barbara Lively at 640-9428, email blively77@yahoo.com.

Reach Out and Read Serves 400 Ka'ū Keiki

Reach Out and Read for Literacy is expecting to serve about 400 children this year in Ka'ū said Melody Raymond, the VISTA Coordinator for the program.

At the Bay Clinic's Ka'ū Family Health Center in Nā'ālehu, young children encounter support for early literacy as part of their routine health care. At each well baby check-up, each child from infancy to 6 years of age goes home with a new book. She described it as a Pediatric Literacy Program.

"We are thrilled to get these books, because they will become a personal library for the children we serve," said Raymond. "This gift of books, literally, is a gift that

keeps on giving, fostering shared storytelling and read-aloud times at home. And, books can help unlock the future for children, not only because they learn to read, but also, because they start to appreciate the possibilities of what the world offers."

In addition to the pediatric literacy program, additional local children who participate in Reach Out and Read for Literacy are getting a brand new book of their very own to take home each month for 12 months. The books are gifts from Cheerios and the Cheerios Spoonfuls of Stories program, which get high quality books into the hands of kids across the country. First Book, a nonprofit that identified one

organization in each state to receive the books, is distributing them.

Raymond will conduct a reading night for families and children at the Ocean View Community Center on Thursday, Nov. 29 at 5:30 p.m. There will be no reading night in December, but the program will continue to be held on the fourth Thursday of every month beginning in January. For more information, call Raymond at 938-0411.

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ALA KAHAKAI NATIONAL HISTORIC TRAIL PUBLIC MEETING

Preserving Hawaii's Ancient Trails

The Public is invited to share their comments on the Draft Ala Kahakai National Historic Trail Comprehensive Management Plan and Environmental Impact Statement. The draft plan presents proposed management alternatives for the 175-mile corridor along the western and southwestern shorelines of Hawaii Island. The management alternatives include many ideas provided by the public at two rounds of public meetings, surveys and discussions held over the past several years.

Wednesday, Nov. 7

6:30-8:30 p.m.

Pahala Community Center

Other meetings will take place as follows:

Monday, Nov. 5.....6:30-8:30 p.m. @ Kona Outdoor Circle (Kailua, N. Kona)

Tuesday, Nov. 6.....6:30-8:30 p.m. @ Yano Hall (Captain. Cook, S.Kona)

Thursday, Nov. 8....6:30-8:30 p.m. @ Tutu's House (Waimea, S. Kohala)

Friday, Nov. 9.....6:30-8:30 p.m. @ Mokupapapa Discovery Center (Hilo)

Saturday, Nov. 10...9:30-11:30 a.m. @ Kohala Intergenerational Center
Kamehameha Park (Kapa'au, N. Kohala)

To view the plan please visit www.nps.gov/alka and click on the link to the plan. Comments can also be made via this internet link. **Deadline for comments is 12/31/07.** For more information on the plan and meeting locations, call the Ala Kahakai NHT office at 326-6012.

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Volume 6, Number 1

The Good News of Ka'ū, Hawai'i

November, 2007

OCEAN VIEWS

Recycling & Transfer Station EIS
Online, Comments Due Nov. 23

About 50 people attended a public meeting on Ocean View's first county transfer station/convenience and recycling center on Oct. 18. Nelson Ho, of the county, and Ron Terry, of the consulting firm planning the station explained the plan and said public comment will be taken through Nov. 23.

Only one of the persons attending opposed the plan and location, according to Rell Woodward, President of the Ocean View Community Development Corp. "The sentiment of those present was overwhelming that we need it, at the site selected and ASAP." He encouraged residents to read the Draft Environmental Impact Statement and submit comments. It can be found at www.hawaii-county.com/env_mng/ovts.htm. Comments can be emailed.

Sticker Funds Boys & Girls

Valerie Tudor, of Ocean View, has created a bumper sticker as a fundraiser for the Boys & Girls Club in her community. The sticker has a red heart with "Ocean View Hawai'i" inside, and to the side of the heart is the phrase, "Where Everyone Fits In." Tudor, a long-time educator, says, "I started with flippant sayings, but they all sounded so glib and negative, with a harsh edge, so I got out of my head and into my heart, the place of feelings. This simple statement hits two points: the great geographical size of the subdivision and the ideal of tolerance." The Ocean View Boys & Girls Club is selling the bumper stickers for \$3 each. For more information, call 756-1636.

Ocean View Van Serves Boys & Girls

Insurance is in place with funding from County Council member Bob Jacobson for the 15-passenger van donated for the Boys & Girls Club in Ocean View by the 'O Ka'ū Kākou community organization. The money from the council contingency fund also helps cover operating costs and drivers.

See *Ocean Views*, cont. on pg. 24

Wahine Monk Seal O42 Seen at Pohue Bay

A young female monk seal named O42 was recently spotted at Pohue Bay, makai of Ocean View, according to Dr. Jason Turner, Assistant Professor of Marine Biology at University of Hawai'i-Hilo. The seal has been hauling out on the Ka'ū Coast for more than a month.

Reports were turned in for Kawa Bay and Ka'ū Preservation sent out a press release on Sept. 29 claiming the seal was seen at Punalu'u. The seal began coming ashore along the Ka'ū Coast after she was moved by the U.H. National Oceanic and Atmospheric Administration and the state Division of Aquatic Resources from the Kohala Coast at Mahukona where she was frolicking with swimmers and creating a risk for herself and people. They released her on Aug. 23 near Apua Point within Volcanoes National Park, and she started

See *Wahine Monk*, cont. on pg. 6



Marine trash is a danger to Monk Seal O42 as she rests on the Ka'ū Coast.

Photo courtesy of Dr. Jason Turner

Water Board to Hold Public Meeting Nov. 27

The County of Hawai'i Water Board meeting will take place at Ocean View Community Center on Tuesday, Nov. 27 at 10 a.m. On the agenda will be a progress report from Department of Water's Milton Pavao regarding the Ocean View well. Drilling is expected to begin this month, said board member and Ka'ū representative Loren Heck. The land where the well will be drilled, adjacent to Kahuku Park,

is being purchased. Well water will be available at spigots along Hwy 11.

Heck said because the price of the test well was quoted at \$1.9 million, it looks like a second well, which could allow water to be run directly to area homes and businesses, may not be possible at this time. He said, however, the board is looking at taking the water all the way to Pohue Plaza for a fire hydrant.

"This is the first time the board decided to have our meeting in Ocean View," said Heck. "Ocean View residents are the only ones who consistently show up at the board meetings and show an interest in what we are doing." At the end of the meeting the board will conduct a question and answer session. Participants are asked to submit questions on forms to be provided at the start of the meeting.

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KA PEPA PĀHALA

Volume 6, Number 1

The Good News of Ka'ū, Hawai'i

November, 2007

Christmas Parade Set for Pāhala

The annual Christmas Parade in Pāhala is set for Sunday, Dec. 9 at 11 a.m. starting from the Pāhala Armory at the top of Pikake Street. All community groups and businesses are invited to attend. Santa and parade organizer Eddie Andrade has organized the parade for decades. It features Santa on a float and many community groups that make a special stop at Ka'ū Hospital. This year's parade may also feature horses and riders from Volcanoes National Park. Call 928-8284.

Wahine Monk, cont. from pg. 5

making her way around South Point. She was photographed along the Wai'ōhinu Coast where ocean debris washes ashore. She was resting on old ropes and ocean trash in which monk seals can become entangled, Turner said.

She is wearing a satellite tag so that researchers can follow her movements. The seal was born in July of 2006 and is the daughter of a monk seal named Light-house Mom. Turner said he is hoping that 042 will stay away from people and, like her mom, become part of the small breeding population on the Big Island. Her mom has three known surviving offspring - the 042 female and two sons that frequent the shores of this island. Another male and another female swim back and forth between Maui and the Big Island, Turner said.

The monk seal is a critically endangered species and Turner said that helping the population to grow could mean managing people - urging them to refrain from interacting with the seals through signs and education. It is difficult to tell the seals where to go. "They are not potted plants," said Turner.

The Pohue bay area, where 042 was last seen, is managed with the help of owners of the adjacent 6,500 acre property who cooperate with wildlife managers and run their own turtle protection project as well as look out for monk seals.

On Saturday, Oct. 20, the second annual Hawaiian monk seal count took place islandwide, sponsored by the Pacific Islands Regional Office of NOAA Fisheries. Volunteers with the Hilo Marine Mammal Response Network, comprised of University of Hawai'i - Hilo students and community members, conducted the effort, visiting more than 65 sites and covering many miles of shoreline. It was part of a state-wide effort to obtain the current Hawaiian monk seal population size in the main Hawaiian Islands as well as to raise awareness of the Hawaiian monk seal, Turner said.

"While the majority of Hawaiian monk seals live and breed in the Northwest Hawaiian Islands, there has been a significant increase

of monk seal sightings and births in the main Hawaiian Islands in recent years. The first Hawaiian monk seal birth in the main Hawaiian Islands was documented in 1962, on the island of Kaua'i. It was not until 2001 that the first monk seal birth was documented on the Island of Hawai'i."

The total estimated population size in the inhabited and uninhabited Hawaiian Islands is fewer than 1,200 individuals, Turner said.

To maintain an accurate estimate of the main Hawaiian Island monk seal population size, state wide monk seal counts will be conducted semi-annually, Turner said. "While these events are important in that they provide scientists with information on population size, every sighting is equally important. Anytime a seal is sighted it should be reported to the proper authorities so that records on individual seals can be kept current. If you see a seal on any of the Hawaiian Islands please report it by calling the 24 hour toll-free hotline number (888) 256-9840. To report a seal on the Big Island, call Justin Viezbicke at 987-0765 (Kona) or Melissa Netze at 756-5961 (Hilo)."

The Hilo Marine Mammal Response Network was initiated in the fall of 2006 by Turner and Netze, who is now the network coordinator for East Hawai'i. HMMRN is sponsored by NOAA and the Division of Aquatic Resources. The goal of the network is to educate and involve the local community in the protection and preservation of Hawai'i's marine mammals. For more information about HMMRN or participating in upcoming events, contact Netze at 756-5961 or email netze@hawaii.edu. Monthly meetings of the Hilo Marine Mammal Response Network are held the last Tuesday of the month at 6 p.m. at Mokupāpapa Discovery Center in Hilo.



Ka'ū High winners: Front row - Karen Estabilio, Carrie Shaw, Kimi Gonzales, Keala Cowell; back row - teacher Butch Light, with students Nehemiah Palakiko and Ricky Robinson. They placed third in an islandwide cooking competition with their Ka'ū-Star Lime Pie.

Lime Pie Puts Ka'ū High in Top 3

Ka'ū High Students, who entered Hawai'i Community College's High School Cooking Competition on Saturday, Oct. 20 in Keauhou, came away with third place in the dessert category, despite stiff competition from larger schools, some of them with extensive culinary arts programs.

Two teams from Ka'ū were led by Vocational-Tech instructor Noel "Butch" Light who teaches a food science class. Team Ka'ū's members were Kim Gonzales, Keala Cowell and Ricky Robinson. Team Kapono Cookers' members were Nehemiah Palakiko, Karen Estabilio and Carrie Shaw.

"When the students from Ka'ū High School's food science program headed to Kona for the cooking competition, they were shy and unsure of what they had gotten themselves into," said Light. "Once at the competition, they opened up and showed everyone their true competitive spirit."

A total of 15 desserts were entered into the category where they placed third with their Ka'ū-Star of Hawai'i Lime Pie. James Lightner, Hospitality Division Chair for Hawai'i Community College - West Hawai'i, commended Ka'ū's teams for showing well against Konawae-na, Kealakehe and Hilo High, which "all have very active culinary programs and dedicated teachers with plenty of cooking experience."

Organizers offered up the services of some noted chefs to come to the high school in Ka'ū. Among them are Chef Piet Wigman, Executive Chef of both the Mauna Kea Resort and the Hapuna Prince Resort; Muzzy Fernandez, who is Jackie Ray's executive chef and a 1997 graduate from the Hawai'i Community College program; and Chef Allan Okuda and Chef Sandy Barr of the Hawai'i Community College Hilo Culinary Program.

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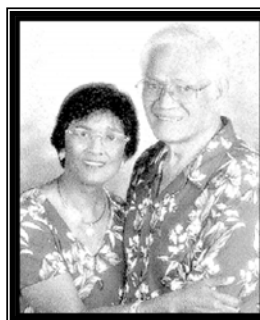
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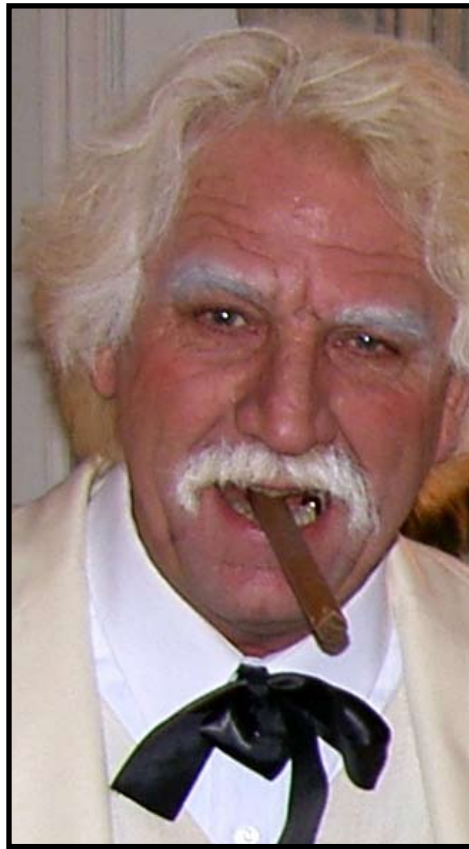


Mark Twain to Raise Funds for Nā'ālehu Theatre Restoration

A fundraiser for capital improvements and restoration of Nā'ālehu Theatre is being planned for Sunday, Dec. 9 at Hana Hou Restaurant in Nā'ālehu at 6:30 p.m.

On the program is Jerry Tracy, who portrays Mark Twain each year and updates the Twain-style humor, weaving current events into his yarns about visiting Ka'ū in the 1800's. Accompanying him will be the Meyer Camp Minstrels, with Konabob, Shirley Stouffer and Dennis Lake, playing Civil War Songs of the era with banjo, violin and guitar among the instruments. Joe Demoruelle is providing lighting. The cost of the dinner and play is \$25 and the menu includes southern fried chicken, grits, string beans with almonds and apple crisp.

Nā'ālehu Main Street President Marge Elwell said that Mayor Harry Kim has written a letter to the attorneys for the Weinberg Foundation stating that the county administration favors restoration of the theater for the community. An inspection conducted by Taylor Built Construction found that the building is worth saving, she said, reporting that a meeting



Jerry Tracy as Mark Twain

is planned with the Weinberg attorneys before Thanksgiving. The Weinberg Company, 300 Corp, owns the theatre.

Any money donated for the project or raised from the Mark Twain dinner in Nā'ālehu is tax deductible and will go into a fund for Nā'ālehu Theatre, said Elwell. Nā'ālehu Main Street has written a five-year plan for restoration and operation of the Theatre. For tickets call 929-8322

The Ka'ū Concert Society, Nā'ālehu Theatre and Nā'ālehu Main Street are co-sponsoring the event, along with the state Foundation for Culture & the Arts and other donors.

The play will also be presented at a separate event at Ocean View Community Center on Saturday, Dec. 8 at 7 p.m. Tickets are \$10.



Nā'ālehu Theatre awaits restoration.

Donate, Volunteer for Hana Hou Keiki

Hana Hou restaurant in Nā'ālehu will be hosting its fourth annual Keiki Christmas Party on Wednesday, Dec. 12. "This year we are hosting two parties," said organizer Judy Gardner. A free buffet style dinner will start at 5 p.m. Keiki ages 9 and under will be at the Hana Hou restaurant with Santa and friends, while students ages 10 to 16 are invited to a holiday dance at the community center, where Ex-

treme Lighting & Sound will be entertaining the crowd from 6 to 9 p.m. There will be dance contests, prizes, snacks and lots of fun, said Gardner. Children up to age 9 will receive a free age-appropriate gift. "We welcome all Ka'ū keiki and their families to join together with us for this holiday celebration."

To donate or volunteer to help, call Gardner at 939-7583.

Hawaiian Ocean View Estates

Phenomenal opportunity!! Looking for the lowest priced lot in Hawaiian Ocean View Estates with REGULAR electric (NOT SSPP) that's not at the "take oxygen" elevation? This is it! Nicely wooded medium width lot is close to Manuka Park, in an area of nice homes in the lower third of the subdivision. Old power and telephone service are available at street. Lot slopes up from the road, with a possible ocean view from rear of lot. Approximately two blocks from deadend of Ocean View Parkway. Just \$24,500. Colistor/owner. Now, here's the *really amazing* part: Full or partial payment by VISA, MasterCard, or American Express possible (service fee applies).

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FIGHTING THE CREDIT CRUNCH

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

These days, getting a home mortgage isn't as easy as it used to be. Tighter lending standards have made it more difficult to obtain financing for some borrowers. Here's what you can do to prepare for a home purchase under the new lending guidelines.

Get copies of your credit report so you can clear up any inaccuracies. If your credit score isn't near 700, postpone your home purchase to allow time to improve your credit score.

Understand the true cost of homeownership, which may include unexpected expenses, such as maintenance, decorating and utilities. When you review your household spending plan to determine how much you can afford in monthly mortgage payments, remember to factor in these added expenses.

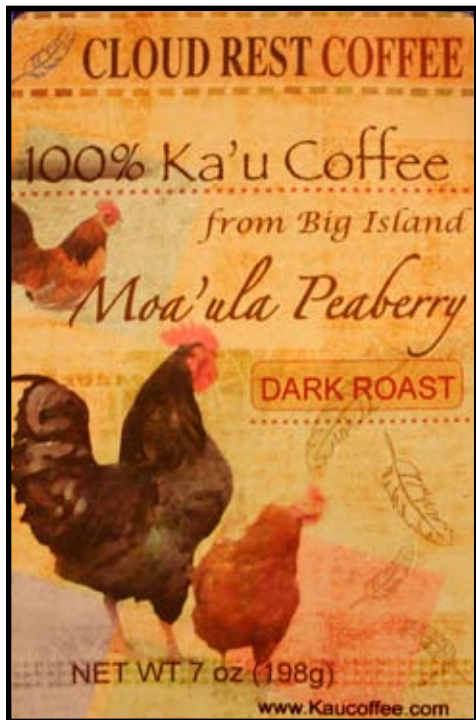
Be prepared to make a down payment of at least 10 percent to 20 percent. Don't jeopardize your budget or tap into any emergency funds, however. Wait to purchase until you can comfortably cover the down payment.

Be prepared to show a tax return as well as pay stubs to document your income.

Stick with conventional loans. Despite the turmoil in the subprime mortgage market, there are plenty of conventional mortgages available.

For additional information about buying or selling real estate, go to 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.

Dacalio Ka'ū Coffee Chosen for Neiman Marcus Galleries



Jimmy and Lisa Dacalio's peaberry Ka'ū Coffee has been chosen for sale at Neiman Marcus in Honolulu. The 7 oz. bags of coffee are sold under the name Cloud Rest Coffee, Moa'ula Peaberry and distributed to Neiman Marcus by Simply Aloha Hawai'i. The Dacalios have been growing coffee at upper Moa'ula in the Cloud Rest area since Ka'ū Sugar Company, where Jimmy Dacalio worked, shut down in 1996. The Pāhala residents also operate a coffee stand on their property on the mauka side of Hwy 11 east of Pāhala. Local residents and visitors are able to taste free samples of Ka'ū coffee and purchase it in bags of ground or whole beans. They also sell coffee at Volcano Farmers Market and through their website kaucoffee.com.

At Neiman Marcus, Moa'ula Peaberry is sold in the Gift Galleries whose manager Mun Yei "Chip" Ching wrote, "I love the fact that we are selling this special coffee."



Jimmy Dacalio processes his Ka'ū Coffee, selected for sale by Neiman Marcus. Lisa Dacalio with her bag of Moa'ula coffee, which is grown at Cloud Rest above Pāhala. He noted that buying from a small farm is a plus for the specialty market "Scarcity is good! Supply and demand will keep Ka'ū peaberry moving."

Kurusu: Work Together for Ag, Not in 'Separate Silos'

There are millions of dollars in food in two big warehouses at KTA that could help feed the island for several weeks, but there needs to be a commitment for local farms to take care of the fresh vegetables, fruits and meats, said Derek Kurisu, a Vice President of KTA. He was talking about the island's ability to feed itself with rising costs of shipping and during emergencies should Hawai'i be cut off from imports.

Kurusu, a popular visitor to Ka'ū High & Elementary School, where he encourages students to eat healthy and eat local, joined farmers, ranchers, academicians



Derek Kurisu with two new local products.

and government policy makers at the first Hawai'i Food Summit, sponsored by The Kohala Center at Sheraton Keauhou Beach Hotel on Oct. 5 and 6. He received a B.S. in Agriculture from University of Hawai'i and has worked for KTA for 39 years, creating the Mountain Apple Brand, with over 285 local items and 80 business partnerships.

Kurusu looked around the conference room at organic farmers, university professors and ag land preservation advocates and said, "We all share the goal of making this a better place." However, "we are all working in separate silos," he said, refer-

ring to tall food storage towers common on the mainland. "We need to work with the whole instead of just individuals." He talked about "connecting the dots" and about the intricate relationships between farmers, processors and markets and repeatedly said that everyone needs to cooperate and work for a common goal. "We all need to be one big farm." He talked about the importance of "added value" and figuring out ways to use resources that would otherwise be wasted. "My first thought is to always create and sell products that help the local industry."

See Kurisu, cont. on pg. 24



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Entertainment, Arts & Events

CALENDAR

November 2007

For frequent updates see the Calendar page at www.kaucaalendar.com Submit events to events.kaucaalendar.com or call 928-6471

In the Magical Ohī'a Forest, daily through Nov 4, 9 a.m. - 5 p.m., an exhibit of woodblock prints by Andrea Pro. Volcano Art Center Gallery in Hawai'i Volcanoes National Park. Free (Park entrance fees apply). 967-7565 or www.volcanoartcenter.org.

Buddy and Sammi Fo in Concert, Fri, Nov 2, 7 p.m. at Nā'ālehu United Methodist Church. The entertainers, who live in Ocean View, present their blendings of older styles of Hawaiian music with ideas culled from the American big band and pop music groups whom Buddy heard at USO concerts during World War II. \$10 at the door; children free. Marsha Masters, 936-5639.

Niaulani Nature Walk, Mon, Nov 5, 12, 19, 26, 9:30 a.m. This free one-hour nature walk travels through a lush portion of an old-growth Hawaiian rainforest 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 just 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.

After Dark in the Park - Kīlauea Iki 1959: New Insights into Eruption Dynamics, Tue, Nov 6 at Kīlauea Military Camp Theater. The 1959 eruption of Kīlauea Iki, a spectacular example of Hawaiian explosive volcanism, produced the highest lava fountaining events ever recorded in Hawai'i. In over 37 days, 17 eruption episodes created the steep-sided Pu'u Pua'i tephra cone and filled the crater with a deep lava lake, which partially drained back down the vent each time the fountaining ended. Scientists from University of Hawai'i-Manoa and the Hawaiian Volcano Observatory are investigating this famous eruption to better understand the mechanisms that drive Hawaiian-style volcanism. Join UH-Manoa graduate student Wendy Stovall and Volcanology Professor Bruce Houghton to learn about their recent research on the dynamics and hazards of Kīlauea's eruptions. \$1 donation helps to support Park educational programs. Park Entrance Fees Apply. 985-6014.

Wild About Wolves: A Free Presentation for All Ages, Fri, Nov 9, 7 p.m. Dorothy Hinshaw Patent, an award-winning author from Montana who has developed a love affair with wolves over her 30-year career of nature writing for children, describes her personal experiences with these animals. The presentation is illustrated with slides. Volcano Art Center's Niaulani Campus in Volcano Village (corner of Kalanikoa & Old Volcano Roads). Free (calabash donations welcome). 967-8222.

Pride of Ka'ū Surf Contest, has been moved to Thanksgiving weekend at Kāwā Beach. Categories include Men and Women 18 and over, Youth Boys and Girls ages 15 - 17, 11 - 14, and 10 and under. Local food plates provided to all contestants and also available for purchase. Entry fees are by donation only. 929-9737.

Writing & Publishing Books for Children, Sat, Nov 10, 9 a.m. - 5 p.m., Award-winning author Dorothy Hinshaw Patent, who has been writing nature books for children for more than 30 years and has published over 130 books, discusses appropriate topics for youngsters, ways of presenting both nonfiction and fiction for children of all ages, and how to write successful children's books. She also gives an overview of the pros and cons of agents, how to choose a publisher, what to watch out for in a contract and more. \$65 (financial aid available). Volcano Art Center Gallery in Hawai'i Volcanoes National Park. Free (Park entrance fees apply). 967-7565 or www.volcanoartcenter.org.

Ipu Heke Ole: Gourd Instrument Making Workshop, Sat, Nov 10, 10 a.m. - 3 p.m., with Loke Kamanu. Learn how to prepare a gourd for playing, from cleaning and sanding to polishing with kukui nut oil and making a hau fiber handle. When the gourd is finished, you'll learn a simple Hawaiian chant using your newly created ipu. \$75 includes gourd (financial aid available). 967-8222 or www.volcanoartcenter.org.



Seal Reported in Ka'ū & the Art of Patrick Ching

Beautiful monk seals, like those depicted in this painting by artist Patrick Ching, are what Ka'ū residents are looking for, now that a young female monk seal called 042 has been hauling out to the shore at Kawa and other locations along the Ka'ū coast. She was last spotted at Pohue Bay - See story on Page 6. Ching is teaching a class in Realistic Nature Painting on Saturday, Nov. 17 from 10 a.m. to 4 p.m. in Volcano Village, sponsored by Volcano Art Center. See story on Page 17.

Painting by Nature Artist Patrick Ching

Environmental Art Exhibit and Blessing, Sat, Nov 10, 1 - 4 p.m., featuring the unveiling of an original outdoor work by U.K. environmental artist Keith Barrett. The permanent sculpture is sited on the Volcano Art Center's 7.4-acre property, covered largely in old growth native rainforest. A Hawaiian blessing ceremony will honor the place, art piece and occasion. This afternoon-only exhibition is the culmination of a six-week residency by the visiting English artist, and also includes student works in wood and other natural materials done throughout the residency. Volcano Art Center's Niaulani Campus in Volcano Village (corner of Kalanikoa & Old Volcano Roads). Free. 967-8222.

People and Land of Kahuku, Sun, Nov 11, 9:30 a.m. - 12:30 p.m. (Gate, mauka of Hwy 11 near 70-marker, open 9 - 9:30 a.m.) This Veterans Day hike will honor the military history of Kahuku. The guided hike explores ways people have lived on the Kahuku lands from the earliest Hawaiian settlements through the Park's current and future projects. This difficult hike traverses 2 ½ miles of rugged terrain; boots, long pants and raingear are recommended. No need to sign up; four-wheel-drive vehicles not required. 985-6014.

Festive Wreath Making, Sun, Nov 11, 1 - 4:30 p.m. Fiber artist Jelena Clay teaches how to make your own festive wreath using a variety of native and non-native foliage. In just a few easy steps, you create a beautiful, full-size wreath designed to dry and last beyond a season. Open to ages 16 & up. All levels welcome; no prior experience needed. \$69 includes supplies (financial aid

available). Volcano Art Center Gallery in Hawai'i Volcanoes National Park. Free (Park entrance fees apply). 967-7565 or www.volcanoartcenter.org.

Kīlauea Military Camp Veterans Day Ceremony, Sun, Nov 11, 3 p.m. KMC Front Lawn or in case of inclement weather, in the KMC chapel. Speakers will be Vice Admiral Robert Kihune, Major Frank Box, and Chaplain Richard Uejo. Following the ceremony, all U.S. veterans will be invited to enjoy a free KMC Veterans Day Dinner Buffet in the Crater Rim Café. KMC is located in the Hawai'i Volcanoes National Park. Park entrance fees will be waived for all U.S. veterans on this day.

Beginning Photoshop Class, Mondays and Tuesdays, Nov 12, 13, 19, 20, 26, 27, Dec 3, 4. 6:30 - 9:30 p.m. Ken Goodrich teaches an intensive four-week, eight-meeting course about basic digital photography workflow, from image capture to print or web output. This workshop is for anyone interested in learning to enhance photographic images. Through demonstrations and hands-on projects, Goodrich shows how to transfer digital files from the memory card to the computer, use the Photoshop tool palettes along with masking and selection techniques, make global and local adjustments of color and tonality and how to automate and speed up common tasks. Goodrich has been a photographer for over 20 years and has studied Photoshop with masters Bill Atkinson and Charles Cramer. Tuition: \$240. Address in Volcano provided on registration. 985-7487.

Beginning 'Ukulele, 6 Tuesdays, Nov 13 - Dec 18, 5:30 - 6:30 p.m. Musician-instructor Wes Awana teaches the basics of 'ukulele playing. His system of teaching makes it easy for anyone to play the 'uke. The six-week class focuses on how to tune your instrument, basic strumming, and how to finger all the major, minor, and seventh chords. Open to ages 12 & up with your own instrument. \$48 (financial aid available). Volcano Art Center Gallery in Hawai'i Volcanoes National Park. Free (Park entrance fees apply). 967-7565 or www.volcanoartcenter.org.

After Dark in the Park - Following Flotsam: What Washes up on Hawai'i's Shores, Tue, Nov 13, 7 p.m. Derelict vessels, bowling balls, bathtub toys, canoe-sized logs, survey stakes, hockey gloves and tons of other rubbish ends up on the shores of the Hawaiian Islands. For decades, eminent oceanographer Curt Ebbesmeyer has studied ocean currents and the flotsam they carry around the globe. By tracing the origins of Hawai'i's marine debris, he traces its travels through the North Pacific Ocean from Borneo, Japan, Bering Sea and beyond to litter our coastlines. Editor of the noteworthy newsletter Beachcombers' Alert, Ebbesmeyer discusses the sources and variety of local marine debris. He invites the public to bring photos or samples of unusual flotsam stranded on the shores of Hawai'i. Kilauea Visitor Center Auditorium in Hawai'i Volcanoes National Park. \$1 donation helps support Park programs. Park entrance fees apply. 985-6014.

Eighth Annual Invitational Wreath Exhibit, daily, Nov 17 - Jan 6, 9 a.m. - 5 p.m., by Island Artists. Don't miss this unique collection of one-of-a-kind wreaths, from the whimsical to the traditional. Volcano Art Center Gallery in Hawai'i Volcanoes National Park. Free (Park entrance fees apply). 967-7565 or www.volcanoartcenter.org.

Christmas in the Country, Sat & Sun, Nov 17 & 18; Fri - Sun, Nov 23 - 25, 9 a.m. - 5 p.m. Special holiday celebrations include demonstrations and print and book signings by gallery artists, plus a fine selection of quality handcrafted decorations and gifts offered only during the holiday season. Volcano Art Center Gallery in Hawai'i Volcanoes National Park. Free (Park entrance fees apply). 967-7565 or www.volcanoartcenter.org.

Ferns of the Volcano, Sat, Nov 17, 9:30 a.m. - 3:30 p.m. Tim Tunison uses field guides and identification keys to identify a diverse variety of Hawai'i's many fern species during this in-the-field workshop with stops at various locations in Volcano. You'll gain an understanding of the natural history and ecology of ferns from a variety of habitats, including rain forest, mesic forest, and lava flows. \$50 (financial aid available). Volcano Art Center Gallery in Hawai'i Volcanoes National Park. Free (Park entrance fees apply). 967-7565 or www.volcanoartcenter.org.

Realistic Nature Painting, Sun, Nov 18, 10 a.m. - 4 p.m. Patrick Ching, an internationally acclaimed nature artist from O'ahu, teaches a unique approach to painting realistically using Genesis heat set oil paints. The techniques learned in this workshop work for any oil paint, but non-toxic and odorless Genesis paints free you from time-consuming set up, drying time, and clean-up procedures. Beginning and experienced students ages 16 & up welcome. No prior experience necessary. \$100 includes supplies (financial aid available). Volcano Art Center Gallery in Hawai'i Volcanoes National Park. Free (Park entrance fees apply). 967-7565 or www.volcanoartcenter.org.

Make My Day Hawai'i Movie Premiere, Dinner & Talent Show, Sat, Nov 17, 5 p.m. at the Ocean View Community Center. Ocean View resident Debra Bridgers will show her movie inspired by the life of her son Eric MacCammond, whose life was cut short by a rare bone cancer, and his wish to save the arts and music in the public schools of Hawai'i. Bridgers' non-profit Make My Day Hawai'i, whose mission is to carry out her son's wish, hosts the event, which also includes a dinner with the actors in the movie, and a professional talent and model runway show directed by recording artist and Hip-Hop dancer and choreographer William Simpson "Unexpected." Simpson will also shoot a music video on site with the show participants. Children 18 and under are invited to enter our art and talent contest to win various prizes donated by local businesses. \$2 raffle tickets will be sold for a chance to win a helicopter ride for two on Blue Hawaiian Helicopters, Dinner Cruise for two from Ocean Sports, dinner for two at Korner Pocket and many other prizes. Raffle will benefit the Ka'u High senior class of 2008. \$10 donation for adults and \$5 for children for the dinner and show. Volunteers and donations needed. Call Debra Bridgers at 936-9358, Malina Briggs at 217-8907 or Merri Magula at 960-2605. www.makemydayhawaii.com.

Poetry Night at Volcano Garden Arts, Fri, Nov 23, 7 - 9 p.m. Bring your poems or other poet's work you'd like to share. Refreshments served. No charge; open to the public. 19-3834 Old Volcano Rd. in Volcano Village. 967-7261 or www.volcanogardenarts.com.



Gourd and fiber artist Jelena Clay offers her festive wreath workshop at Volcano Art Center on Sunday, Nov. 11, from 1 p.m. to 4:30 p.m. in Volcano Village. Participants complete a full-sized wreath using a variety of native and non-native foliage, plus receive tips on plant gathering and how to dry their wreath so it will last. Instructions are demonstrated step by step. The fee of \$69 includes all of the materials needed to complete a wreath. Students should bring a pair of scissors or garden shears, plus their imaginations. Beginning, experienced, and returning students are all welcome. Advance registration is required. Substantial educational subsidies are available for financially needy students. Register or apply for financial aid by Nov. 7, if possible. Contact Volcano Art Center at 967-8222 or www.volcanoartcenter.org.

Photo courtesy of Volcano Art Center

Volcano Poetry Slam, Fri, Nov 30, 7 p.m. Performance poet Kimberly Dark emcees this high-energy, audience-judged poetry competition that is open to up to 15 poets (on a lottery basis that evening at 7 p.m.). The rules: 1) Bring 2 poems of your own construction (though not everyone gets to round 2), 2) Each poem must be no longer than 3 minutes performed (or points are deducted), and 3) Poems can be read or memorized, but no props (scoring is for writing plus performance). Prizes awarded to the top three poets. Volcano Art Center's Nialani Campus in Volcano Village (corner of Kalanikoa & Old Volcano Roads). \$5 at the door. 967-8222.

Thanksgiving Craft, Wed, Nov 14, 3 p.m. at Pāhala Community Center. All ages welcome. 928-3102.

Annual Rubberband Turkey Shoot, Wed, Nov 14, 3:30 p.m. at Pāhala Community Center. All ages welcome. Shoot rubberbands at turkey targets and win prizes. 928-3102.

Annual Big Island Ranch Invitational Rodeo, Nov. 17, at Nā'ālehu Rodeo grounds. Events for the one-day rodeo include team roping, ranch mugging, ranch branding, dally team, double mugging, calf roping, team 60's, pony express, barrel racing, pole bending, Po Y U, breakaway, ribbon mugging, steer undecorating and team pending. The rodeo is for adults and youth from working Big Island ranches. 929-8079.

Interfaith Thanksgiving Service will be held at St. Jude's Episcopal Church at 2 p.m. on Sunday, Nov. 18. People of all faiths are invited to attend this annual event that rotates among churches. Representatives of different faiths take part in the program with songs, psalms, prayers and readings.

Old Fashioned All You Can Eat Thanksgiving Buffet, Thurs, Nov. 22, noon to 6 p.m. at Hana Hou Restaurant in Nā'ālehu. The dinner features ham & turkey with all the trimmings including salad and dessert bar. \$20 adults, keiki & kupuna \$10. 929-9717.

Sixth Annual Thanksgiving Dinner at Ocean View Community Center, Thurs, Nov. 22, 1 p.m. Enjoy a tasty home-cooked meal with all the trimmings - turkey, stuffing, desserts and more. Free to all people of Ka'u. The Center is located at 91-8924 Leilani Circle. Donations of food and volunteers to help prepare the meal are welcome. 939-7033.

Thanksgiving Day Buffet, Thurs, Nov 22, 3-8 p.m., at Kilauea Military Camp's Crater Rim Cafe in Hawai'i Volcanoes National Park. Enjoy a wonderful feast featuring roast turkey, honey-glazed ham, crab cakes, teriyaki salmon and more. \$28.50/adults, \$14.25/children, 6-11 yrs old. Park entrance fees may apply. www.kaucalendar.com

Annual Volcano Village Art Studio Tour and Sale will be held Friday, Saturday and Sunday, Nov. 23, 24, 25 from 10 a.m. to 4 p.m. Follow signs in Volcano Village to the white banners with blue spirals to visit private studios of members of the Volcano Village Artists Hui. Artists include Erik Wold - pottery; Pam Barton - baskets; Zeke Israel - raku masks, sculptures, vessels and jewelry; Ira Ono - collage, masks and fine gifts; Randy Takaki - sculptures; Lisa Louise Adams - quilts, ceramics and prints; Mag Barnaby - paintings and prints; Mary Goodrich - photography and hand-colored images; Mike and Misato Mortara - blown glass. At these studios will also be guest artists including Emily Herb, Debra Serrao and Meidor Hu.

Pre-Holiday Concert & Lunch for Seniors Wed, Nov. 28, 10 a.m. at St. Jude's Church in Ocean View. Seniors 55+ are invited to a concert featuring singer Maria Schenkeir. Those 60 and older will be provided with a free lunch. Hosted by the Hawai'i County Senior Nutrition Program. Dick Hershberger, 989-4140.

Annual Christmas Concert, Sat, Dec 1, 7:30 p.m. at the Nā'ālehu Community Center. The concert will feature the Ka'u Community Choir, world-class flautist Susanela Noble, the Ka'u High School Ensemble, and the Punalu'u Boys. 929-7544.

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KA'Ū TROJAN SPORTS

Volume 5, Number 3

News of Ka'ū School & Community Sporting Events

November, 2007

Ka'ū's Homecoming Day Makes Way for School Spirit

Homecoming for Ka'ū High School, held on Oct. 26, was full of pride and spirit. Trojans paraded through Pāhala on floats and trucks to start the day's festivities. See pictures at www.kaucalendar.com.

During the homecoming game against Kohala, Jacob Edwards made a great play, running the ball 80 yards on a kick return to score a touchdown towards the end of the second quarter. However, the Trojans lost 6-54. Darrin Dennis and Nehemiah Palakiko each had a quarterback sack.

No matter the score, the football men still exhibited pride during the season, even gathering to sing an inspiring rendition of Israel Kamakawiwo'ole's version of *Somewhere Over the Rainbow* during the Homecoming Coronation ceremonies held earlier that week.

Other coronation performances included tahitian dance, hula, and singing by the Ka'ū High Ensemble and the Pāhala Middle School. Fall sports teams were also recognized.

Season Updates

The last season game will be at

Konawaena on Saturday, Nov. 3 at 7 p.m. The first Trojan vs. Wildcats game resulted in a 6-44 loss. Quarterback Richard Estabilio ran the ball into the endzone from the 22-yard line during the second quarter. Notable players during that game were Ricky Robinson who made ten tackles, and Rey Javar who intercepted a pass in the fourth quarter, running the ball ten yards.

In their second game against Kamehameha, the Trojans, remained scoreless, 0-56. In their first match-up, Ka'ū scored six points. Ka'ū was at a disadvantage with just one quarterback due to the benching of alternative QB Julian Naboa. Alcoran had a high of eight tackles, with brother Mikey following with seven.

HPA also kept the Trojans from scoring this time around; in their first face-off the Trojans posted 14 points. In the second game, although HPA scored 42 points in the first quarter, the Trojans held them off the rest of the game. Frank Lorenzo and Robinson both had two fumble recoveries each.

Riflery Team Shoots High, Lopez is 14th

The Ka'ū High riflery team ended their season showing marked improvement from last year. Consistently high shooter Stacyn Lopez represented the Ka'ū wahine at the BIIF competition at Waiakea in October. Lopez was 14th overall, scoring a total of 437 points during the match. Lopez averaged a 217 score throughout the season, continuing her consistent high-scoring streak from last year, said Head Coach Mike Silva.

Elyse Lovett also was a high scorer for the girls team, really improving from last year said Silva. She averaged a 203 throughout the season, shooting a high score of 230 against Konawaena.

In that Konawaena match, Lopez also shot a 219, her personal best of the season.

The match also proved to be a personal best for Erika Koi, who shot a 200. The girls lost the match, 829-934. Teammate Brianna Wagstaff gained her season best against Kealakehe, also shooting a 200. Both Wagstaff and Koi averaged in the 170s during the season.

For Ka'ū High a small number of team members means the players really have to be on top of their game every match. Games are won by taking the top four shooters scores and adding them up. Ka'ū sported just four boys and four girls for each team, barely making the cutoff for a full team.

The boys team also showed consistent high marks throughout the season. Dustan
See Riflery on page 14

Trees Raise Funds for Basketball Boys

The Ka'ū High basketball boys are getting people ready for the holidays by selling artificial Christmas trees and fundraising to attend the pre-season King Kekaulike Invitational to be held later this month. Trees range in size from three-to six-and-a-half-feet tall, with or without lights. The team will be selling the trees at Hopaco, in Hilo, on Saturday, Nov. 10 from 10 a.m. to 4 p.m.

The trees are on sale for 40 percent below retail price. A six-and-a-half-foot tree with lights, retailing for \$80, will be sold for \$40. Without lights, the same tree,

normally \$40, will be just \$25. A three-foot tree with lights will be only \$8.

Coach Todd Yanagi said that he has at least 45 students already signed up to try out for the JV and Varsity teams.

The team will also be selling Christmas lights and decorations, as well as dried opelu for \$10 a pound.

To purchase trees, lights, decorations or the dried opelu, call Yanagi at 987-4170.

See the team and their trees on KTA's Derek Kurisu's show *Living in Paradise* this month, airing on channel 27,



Garcia's Got the Spirit

Chris Garcia, a football player and riflery team member, showed off his school spirit on a float with a winning scoreboard after the Homecoming parade. *Photo by Julia Neal*



2007 Homecoming Court is All Smiles

The 2007 Homecoming Court continued their reign, after parading through town, with a photo shoot at the Ka'ū High field. They are, left to right, Freshmen Escort Derick Medeiros, Freshmen Princess Ashley Oliveira, Junior Escort Cameron Silva, Junior Princess Stacyn Lopez, King Blaine Oliveira, Queen Sharla Navarro, Senior Princess Seneca Oleyte, Senior Escort Daniel Saplan, Sophomore Princess Amber Pocock, Sophomore Escort Richard Estabilio.
Photo courtesy of Taylor Built Construction Co., Inc.

Ka'ū Community Sports & Events

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Football

- Wed, Nov. 7, Ka'ū @ Konawaena, 7 p.m.
- Fri & Sat, Nov. 9 & 10, BIIF

Cross-Country

- Fri, Nov. 2, State Championship @ Maui

Christmas Tree Basketball Fundraiser

Help the Basketball Boys team to attend a preseason tournament on Maui by purchasing an artificial Christmas tree at 40 percent below retail prices. They are also selling christmas lights, decorations and dried opelu for \$10/lb. See them at Hopaco on Sat., Nov. 10 from 10 a.m. to 4 p.m. or call Todd Yanagi at 987-4170 to purchase.

Annual Rubberband Turkey Shoot

Wed, Nov 14, 3:30 p.m. at Pāhala Community Center. All ages welcome. Shoot rubberbands at turkey targets and win prizes. 928-3102.

Annual Big Island Ranch Invitational Rodeo

Sat, Nov. 17, at Nā'ālehu Rodeo grounds. The rodeo is for adults and youth from working Big Island ranches. Call 929-8079 for time or more information.



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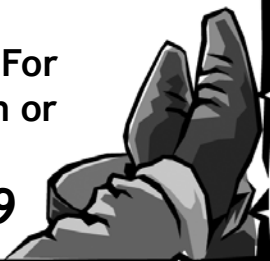
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Pride of Ka'ū Surf Contest has been moved to Thanksgiving weekend at Kāwā Beach. Categories include Men and Women 18 and over, Youth Boys and Girls ages 15 – 17, 11 – 14, and 10 and under. Local food plates provided to all contestants and also available for purchase. Entry fees are by donation only. 929-9737.

Football Jacket Fundraiser

Support the Trojan football team by purchasing a team fleece jacket for \$20. Jackets are black with white embroidery. Contact any player to buy one. Funds raised will go towards the team's annual banquet.

Kahuku Park Activities

Those interested in **Basketball clinics for ages 6 to 7** can sign up at Kahuku Park. Date and time is TBD. Joe Villa, 929-9113. Volunteer coaches for sports teams are needed. Contact Joe Villa at 929-9113 (office) or 938-2012 (cell).



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s Calendar



Homecoming Parade: Trojans Take to the Streets
 Above: Senior float depicts Trojan Victory; Clockwise from far left: Elijah Navarro drives King Blaine Oliveira and Queen Sharla Navarro; Junior Princess Stacyn Lopez and escort Cameron Silva; Class of 2010 float; and a Trojan gives a shaka from the back of a pick-up adorned with signs cheering on the players on the volleyball girls team. See these and more homecoming photos in color online at www.kaucalendar.com.

Photos by Julia Neal



\$50,000 Needed for Rodeo Grounds

Help the Ka'ū Roping & Riding Association buy the Nā'ālehu Rodeo Grounds by donating towards the \$50,000 purchase price. The group has a limited time to buy it and secure the grounds for the future of Ka'ū paniolo. Contact Carol Amaral at 929-9962 or send a donation to Ka'ū Roping & Riding Association, P.O. Box 423, Nā'ālehu, HI, 96772.

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.

Send your sporting events to events@kaucalendar.com or call 928-6471.

"Words are also actions, and actions are a kind of words."

"Write it on your heart that every day is the best day in the year."

"You cannot do a kindness too soon, for you never know how soon it will be too late."

-Ralph Waldo Emerson-



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Ka'ū Sports Shorts

Volleyball Wraps Season

Girls Varsity volleyball wrapped their season with a 4-9 record, beating Parker, Christian Liberty, Pahoa and Kea'au, making them 7th in Division II. They faced #2 team HPA in the BIIF playoffs and lost 9-25, 18-25.

The JV Coach Candy Hashimoto recognized Kira Lavar as the most improved player and Kayla Nishimura as a great all-around player. "I had fun and the girls did well, although sometimes we faced challenges, such as lingering on our mistakes instead of starting over." She thanked her assistant coaches Jashil Karasuda, Paul Galigo jr. and Piki Navarro for their support.

Andrade Bowls Best of 232

Senior Michael Andrade set a personal goal to bowl a 200 before the end of the season and surpassed it with an awesome score of 232 against Hilo. Andrade topped everyone's scores, including the Vikings', throwing 5 strikes in a row and a spare during the game. Coach Shandon Tamondong recognized Andrade and the other team

seniors Al Galiza, Gavin Tamondong, Raymond Lorenzo and Jake Blanco. "I wish them luck in the future."

Gymnasium Gets Renovated

The Ka'ū High Gym may close during November as crews paint the interior walls. The gym will be closed during December for reflooring and will reopen in January for the boys basketball season.

Steak-Fry Success

Ka'ū High Athletic Director Kimo Weaver reported 450 tickets sold during their Oct. fundraising steak fry.

Novice Swim & Dive Results

The Pahala Pool Novice Swim Team competed at the Kona Community Aquatic Center Pool on Oct. 6. Here are the results:

Boys 13-14 yrs. old: 100 Free – 1st Moses Espaniola (1:10.97), 100 Breast – 2nd Moses Espaniola (1:37.59); **Boys 9-10 yrs. old:** 50 Breast - 3rd Christopher Lubke (58.81)

Boys 7-8 yrs. old: 25 Free – 1st Avery Enriques (19.25), 25 Back – 1st Avery Enriques (26.44), 25 Breast – 2nd Avery Enriques (26.09), 25 Fly – 1st Addie Enriques (29.03), 100 I.M. – 1st Kameron Moses (2:07.62).



Riflery Team Top Row: L-R Chris Garcia, Elyse Lovett, Cameron Silva, Briana Wagstaff, Coach Michael Silva; Bottom Row: L-R Staycn Lopez, Dystan Tsunoda, Chance Barboza and Erika Koi.
Photo by Cy Lopez

Riflery continued from page 11

Tsunoda led the team with a 208.4 season average, placing 41st overall. Cameron Silva followed placing 43rd with an average of 188.2. Chris Garcia was 47th with a 176.8 average and Chance Barboza was 52nd overall with a 162.75 average. Both Silva and Garcia also were on the football team during the riflery season.

Coach Silva was proud of both teams' averages which were still high, even though Ka'ū had to forfeit one game due to a last minute schedule change.

Cameron Silva had the boys team high score with 233 against Hilo. That game was fortuitous for both Barboza and Garcia, who both shot their personal bests of 177 and 192, respectively. Tsunoda shot a 218 during that game, bringing the boys just 16 points shy of a win. Final score against Hilo was 820-835.

Tsunoda topped off his season with a high score of 221 against Waiakea.

Both the kane and wahine clobbered Laupahoehoe, who was short a couple shooters. The girls score was 705-474 and the boys was 603-300.

Coach Silva thanked the Girls Coach Kavelle Silva and Assistant Coach Wendy

Napoleon for their help throughout the season.

Riflery Hopes for Range

Coach Silva is working with school staff on writing a grant to build a riflery range adjacent to Ka'ū High campus. The plans are for a 100 by 100 foot space with storage room and lockers for the rifles. Right now, Silva shares a tiny space in the school auto shop for his equipment and students practice in an adjoining parking lot.

The range proposal has 24 stalls so that boys and girls teams can shoot simultaneously, decreasing the length of matches. Silva said that a range will increase safety, eliminating the danger of stray pellets and allow them to host games. Currently, only Kealakehe and Konawaena schools have riflery ranges, said Silva. Often, games are held in gymnasiums with poor lighting.

One proposed site for the range would be where the old teachers' cottages are located next to the school. Silva said they are figuring out the costs of materials and are looking at approaching the National Rifle Association and other outlets for funding.



JV Volleyball - 1st Row: L-R Manager Tyler Villa, Assistant Coach Paul Galigo Jr., Manager Donald Garo; 2nd Row: Manager Destiny Penera, Jamie Pasion, Kayla Nishimura, Tiffany Tailon, Kennie-Lee Gaston, Manager Tiana Pascubillo 3rd Row: Assistant Coach Jashil Karasuda, Tiana Campbell, Amery Silva, Elissa Mitchell, Kira Lavar, Jacy Mattos, Shyla Tamura, Head Coach Candy Hashimoto. *Photo by Riena Saplan*

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Community, Recreation & Self-Improvement

CALENDAR

November 2007

For frequent updates see the Calendar page at www.kaucaalendar.com submit events to events@kaucaalendar.com or call 928-6471

Purchase Hunting Licenses Online, Thurs, Nov 1, 4 - 6 p.m. at the Ka'ū 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'ū Educational 'Ohana Charter School meeting, Thurs, Nov 1, 6 p.m. at Discovery Harbour Community Center and Thurs, Nov 15, 6 p.m. at Ocean View Community Center. All community members, teachers and parents are encouraged to attend. Andre Lang, 929-8732.

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

Red Cross Volunteer meeting, Thursday, Nov. 1, 7 p.m. at the H.O.V.E Road Maintenance Corp. office. For volunteers and those interested in becoming volunteers. Hannah Uribes, 929-9953.

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

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

Ham Radio Operators Potluck Picnic, Sunday, Nov. 4, 12 p.m. at Manuka Park. All American Radio Emergency Service members and anyone interested in learning how to operate a ham radio and families are invited to attend Dennis Smith, 989-3028.

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

Ka'ū Chamber of Commerce meeting, Tue, Nov 6, noon at Nā'ālehu Community Center. featuring Lorie Obra of the Ka'ū coffee farmers cooperative and a representative from the electric company. 939-8449 or www.ovchamber.com

Ala Kahakai National Trail public meeting, Wed, Nov. 7 at Pāhala Community Center, 6:30 - 8:30 p.m. See story on Page 1.

Nā'ālehu School Community Council meeting, Thurs, Nov 8, 3 - 4:30 p.m., Nā'ālehu School Library, 939-2413.

Ka'ū Rural Health Community Association, Inc. 10th Annual Meeting, Fri, Nov. 9, 5 p.m. - 7 p.m. at Pāhala Community Center. See story on page 19. 928-0101.

Friends of Naohulelua Garden Gathering, Tue, Nov 13, 8 - 10 a.m. (weather permitting) on Kama'oa Road. Educational classes, garden exchange, horticultural exercises and free breakfast. Hana Hou. Dennis, 929-7236.

Preschool Hour, Wed, Nov. 14, 9 a.m. For ages 3-5 accompanied by parent or adult. Pāhala Community Center. 928-3102.

Ka'ū Community Children's Council, Wed, Nov 14, 5:30-6:30 p.m. in the Nā'ālehu School Cafeteria. 928-2014.

Nā'ālehu Family Reading Night, Thurs, Nov 15, 5:30 p.m., craft activity; 6:30 p.m., guest reader, Nā'ālehu School Library. 939-2413 ext. 249.

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

Punalu'u Loop road Clean-up, The road
The Ka'ū Calendar



Kahumoku's Pāhala Garage Band Takes it to the Kids

Keoki Kahumoku (left) teaches where the kids like to convene in Pāhala, next to the basketball and tennis courts. He sets up a sound system in a carport and brings 'ukuleles and guitars out to teach them. The Grammy Award winning recording artist comes to Pāhala on Fridays after school to teach the teens and the Boys & Girls Club. See story on scholarships available for his Hawaiian Music & Lifestyle camp on Page 2.

which connects Punalu'u Beach Park and Punalu'u Black Sand Beach will be cleaned up by 'O Ka'ū Kākou on Saturday, Nov. 17 from 8 a.m. Everyone is invited to help out. Meet at Punalu'u Park Pavilion at 7:30 a.m. The loop road is overgrown making it hazardous for pedestrians. Wear gloves and hat and bring sun screen, safety glasses, and tools such as pick axes to remove stumps of invasive trees. Not everyone has to wield a pick axe. Volunteers are needed to pick up the rubbish, load it and drive it to the dump. Call Raylene Moses at 333-2901.

Friends of the Ka'ū Libraries Rummage Sale, Sat, Nov 17, 9 a.m. - noon at Pāhala Library courtyard. Donations will be accepted from Tue, Nov 13 at the Pāhala P/S Library during library hours. Any household items in good condition will be appreciated. Baked goods will also be accepted. All proceeds support the Pāhala and Nā'ālehu public libraries; funds from the Friends have been used to purchase shelving, books, supplies and movie rights for the Ka'ū libraries. Vera Matsuda-Brownlea, 928-2015.

Recycling at Nā'ālehu School, Sat, Nov 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.

Niaulani Forest Work Day, Sun, Nov 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). Held on the third Sunday of each month, these work days are unique opportunities for individuals, families, and groups to connect with nature and with each other while assisting in a variety of needed tasks, plus learn about the rich mixture of flora and fauna in the 7.4 acre native forest ecosystem. Free. 967-8222 or www.volcanoartcenter.org.

Community Calendar, cont. on pg. 16

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Circle of Remembrance, Mon, Nov. 19, 1-3 p.m. at Ocean View Community Center. Honor those who have passed away. Both young and old invited. Pupus will be served. Hosted by Hospice of Kona. See story on page 20. Call Jessie Charbonneau, 324-7700.

Ka'ū Community Partnership meeting, Thurs, Nov 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.

The Draft Environmental Impact Statement for the new recycling center and transfer station of Ocean View is available for public comments through Nov. 23. It can be found at www.hawaii-county.com/env_mng/ovts.htm and comments can be emailed.

Drum Circle at the Beach, Sun, Nov 25, 3:30 p.m. to sundown at Honu'apo. No drum, no problem; there are usually extras. Desmond, 937-6305 or kausideman@yahoo.com.

Family Movie Night, Mon, Nov 26, 6 p.m. at Pāhala Library. Free. Parent/caregiver should accompany children. Dawn Shibano, 928-2015.

The County of Hawai'i Water Board meeting will take place at Ocean View Community Center on Tuesday, Nov. 27 at 10 a.m. with discussion on the new Ocean View well.

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

Reach Out & Read Family Night Thurs, Nov. 29, 5:30-7:30 p.m. at Ocean View Community Center. 939-2413.

Ka'ū High-Pāhala Elementary School Community Council meeting, Thurs, Nov. 29 at 5-7 p.m. Ka'ū High Music Room. Speaker Billy Kenoi, Executive Assistant to Mayor Harry Kim. will speak on Healthy Children plus Healthy Families Equal Healthy Communities. See story on page 1. For more information, call teacher representative Laurie Strand at 928-2006 or Parent Rep Jean Kaihiwa at 928-8505.

Kahumoku Ohana Music & Hawaiian Lifestyle workshop, Friday, Nov. 30 - Saturday, Dec. 8. Some scholarships available to youth and music teachers. Call 928-9811 or 960-8385. See story on Page 2.

Nā'ālehu Reading Night held in Rm. P-8, PCNC room. For more dates, contact Davida Kuahiwinui at 939-2413.

Pāhala Reading Night, TBA, Pāhala Library. Call 928-2014.

Exercise and Meditation

Tai Chi & Chi Kung, Tuesdays, 4 pm. at Ocean View Community Center. \$5. First class free. Safe & gentle. Seniors welcome. Taught by Jerri Knoblich "Swami." For more information, call 323-3344.

Free Fitness Training, Mondays and Wednesdays, 5 - 7 p.m. Trainer Hettie Rush works with individual students

and adults personally until they can work on their own. The weight room has free weights, a leg machine, ab machines and mats for stretching and other exercises. 929-8572.

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, 9 - 10:30 a.m. at Discovery Harbour Community Center, \$8 per class. Julie, 936-8809 or Stephanie, 937-7940.

Yoga for Every Body, Saturdays, 5 - 6:30 p.m. and Wednesdays, 10 a.m., at Ocean View Community Center. 1st class is free, \$8 or 4 classes for \$20. Suitable for beginners. Julie, 936-8809 or Stephanie, 937-7940.

Karate Classes, Tuesdays, 6 - 7 p.m. Instructor Peter Luebke offers free classes for all ages. 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. Enjoy well-being with this gentle yoga style. \$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, this Ananda yoga style is gentle and meditative. Great for strength, flexibility and relaxation. \$10 a class or \$42 for 6-week session. Debra Serrao, 985-7545.

Beginning and Intermediate Yoga class allows students to move at their own level. Every Tuesday and Thursday, 8:30 - 10 a.m. at Noa's Island Massage in Nā'ālehu. Located 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. Public Recreational Swim: Mon & Tue, 2 - 4 p.m.; Wed & Thurs, 2 - 5:30 p.m.; Fri, 1 - 5:30 p.m., Sat & Sun, 10 a.m. - 12 p.m. & 2 - 5 p.m.; Adult Lap Swim: Mon & Tue 11 a.m. - 12 p.m.; Wed - Fri 11 a.m. - 1 p.m., Sat & Sun 11 a.m. - 1 p.m. If there is a lifeguarding class, pool schedule is as follows until Nov. 9: Public Recreational Swim: Mon & Tue, 1 - 3 p.m.; Wed - Fri, 10 - 11 a.m., 1 - 5:30 p.m. Adult Lap Swim: Mon & Tue, 11 a.m. - 12 p.m.; Wed-Fri, 11 - 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.

Pilates Matwork, Mondays through Dec 17, Beginning: 5:15 - 6:15 p.m./Intermediate: 6:30 - 7:30 p.m., with dancer/choreographer Celeste Anderson Staton, who is trained in authentic Pilates Matwork techniques and can modify the work to benefit any level of student. This class focuses on building

core strength of the central body while lengthening muscle and instilling a sense of well being for the whole person. \$64 (financial aid available). 967-8222 or www.volcanoartcenter.org.

Weekly & Daily Activities

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

Weight Watchers meeting, Mondays, 7 p.m. at Ocean

View Community Center. Join at any time. 1-800-651-6000.

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

Community Chorus Rehearsals, Tuesdays, 7 p.m. at Nā'ālehu United Methodist Church. All ages. No need to read music. Robert Domingos, 929-7544.

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

Tūtū & Me Traveling Preschool classes are Tuesdays and Thursdays from 8:30 - 10:30 a.m. at Ocean View Community Center and Mondays and Wednesdays at Kau'ahā'ao Congregational Church in Wai'ōhinu. 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 Nā'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 Nā'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.

Habitat for Humanity needs help to build two houses in Ocean View. Habitat helps with labor and materials and takes donations of material or financial help. Joe McDaniel, 929-8472 or Mary Baumler, 929-9638 or email Gail, HabitatKona@hialoha.net.

Game Night at Discovery Harbour Community Center, Wednesdays, 6:30 p.m. 929-9576.

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

Preschool Playgroup, Fridays, 9 a.m. - 12 noon at Discovery Harbour Community Center. 929-9576.

'Ohana Conversational Spanish Class is cancelled until further notice. 929-7544.

Ka'ū Farmers' Market, Wed, 10 a.m. - 2 p.m. and Sat, 8 a.m. - 12 noon, front of Ace Hardware in Nā'ālehu. Produce, Hawaiiana arts and crafts, fresh baked goods. Table is \$5. Limit: 12 vendors. 929-7236.

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 in Ocean View on Mon, Wed, and Fri from 8:30 a.m. to noon and a free meal to 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. Call Dick Hershberger at 989-4140 for details.

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

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

Drum and percussion group forming in Ka'ū with an emphasis in Latin rhythms. Beginners welcome. Desmond, 937-6305 or kausideman@yahoo.com.

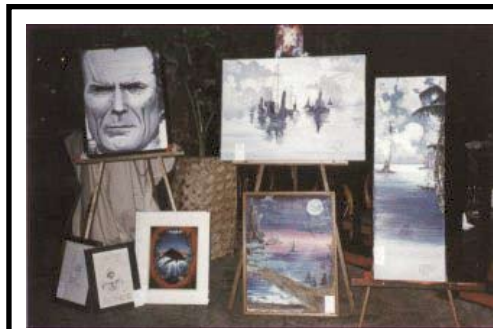
Nā'ālehu Community Computer Lab, free use & internet access. Nā'ālehu Community Center. See Richard, Mon - Thurs, 3 - 7 p.m. 939-9392.

Nā'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.

Ocean View Community Center computer lab with broadband service is open Mon - Thurs, 8 a.m. - 12 noon. Members \$2/hour, non-members, \$4/hr. 939-7033 for information on computer classes.

Slack key and 'Ukulele classes, Friday afternoons, slack key and 'ukulele in Pāhala. By appointment only. 'Ukuleles available to students during class. 928-9811.

Hula classes, each Sat, 11 a.m., taught by Keoni Jenny at the Pāhala Plantation House. \$10 per class. 928-9811.



Make My Day Hawai'i

The premiere of *Make My Day Hawai'i*, a film about the late Eric MacCammond, a young artist, whose dying wish was to save music and art in public schools. It will be held Saturday, Nov 17, 5p.m. at the Ocean View Community Center. The evening also features a dinner and talent show. See more about the event on www.kaucalendar.com

Pahala Plantation Store

Shop for local products at the historic bank building on Maile Street, next to the old Pahala Theater

- Local Art and Crafts
- 100% Ka'u Coffee
- Hawaiian Collectibles
- Gift Cards and Ornaments
- Large Selection of Jewelry
- Hawaiian Books & Music
- Aloha Wear
- Macadamia Gift Sets
- Etched Glass
- Candles & Soaps
- Hawaiian Designed Journals & Calendars

928-9811 • 96-3207 Maile Street, Pahala



Gifts, Surf Shorts, Ka'u Coffee

KA PEPA VOLCANO

Volume 6, Number 1

The Good News of Ka'ū, Hawai'i

November, 2007

Volcano Honey Co. Manager: Strategies for Eating Local-Grown



Andrea Dean and her bounty of local food.

Andrea Dean, the business manager for Volcano Island Honey Co., has been experimenting with eating only locally produced food. She shared her story at the Hawai'i Island Food Summit, Oct. 5 and 6 in Keauhou where the theme was Can Hawai'i Island Feed Itself?

She handled her first three-month attempt as a huge food acquisition project, spending a lot of time locally sourcing all of her food, but the second time, she approached eating local with a more relaxed attitude and succeeded again. She mostly changed what she bought rather than where she bought her food at farms and regular supermarkets. "This body is 99 percent guaranteed import free," she told the conferees.

She did consume some Moloka'i sweet potatoes and some non-native oils. She shopped at places she usually shopped but made a "rice exception." She noted that in old Hawai'i residents lived without rice, corn or wheat, but current residents couldn't imagine not having them.

The problem of depending on imported food, she said, "is a large macro level problem. But this is a problem that can be solved relatively easily at the individual level."

She discussed the "relationship between our brains and our relationship with food. I am often wanting to eat things that aren't good for me, that I don't really need, so when I am asking the question, 'Can Hawai'i Island feed itself?' I

am also asking myself, can I feed myself with what grows here, not just physically, but can I adjust my habits, can I adjust my tastes to what is healthy for me and for the environment?"

She said the answer is "yes and no" and suggested making the effort by concentrating not only on food but the environment. At a regular supermarket and health food store, a small amount of what is carried "is food and the rest is a health and land fill problem. If you eat what is good for you, you will be getting all your food from the produce section and not from the health and landfill problem section," she joked.

She also talked about thinking of the "food miles" – the expense and environmental degradation associated with shipping food across continents and oceans.

She quoted a study by the Leopold Center for Sustainable Agriculture at Iowa State University, which calculated food miles for multiple ingredient food. The study was for yoghurt, which contained strawberries from Florida and California, sugar from somewhere else and dairy sourced locally. She said the ingredients racked up 2,216 food miles for one cup of yoghurt.

In Hawai'i, she noted, lots of foods come on airplanes. She gave the example of peppers that are greenhouse grown in Canada and trucked to San Francisco, flown to Kona, trucked to a warehouse and delivered to a supermarket totaling 3,200 food-miles. This "one well-traveled pepper," costing \$5.99 a pound, is rivaled by a local grown pepper, costing \$5 a pound and the local peppers "are awesome, delicious," she said.

Dean said that Volcano Island Honey Company "makes an important locally produced food, promotes sustainable business practices and sells its rare Hawaiian organic white honey locally, nationally and internationally." In addition to being available locally at Volcano House and Kilauea General Store, the honey can be purchased directly from the farm at www.volcanoislandhoney.com.

See more on the Food Summit, which was sponsored by the Kohala Center, at www.kauacalendar.com

Patrick Ching Teaches Nature Artists to be Realistic

Realistic Nature Painting will be the subject taught by nature artist Patrick Ching on Saturday, Nov. 7 in Volcano Village from 10 a.m. to 4 p.m. Students learn Ching's method of oil painting which strives for a high level of realism no matter what the subject matter. Students are asked to look closely at the world and examine minutely the way things look. In doing so, they work out the exact colors desired and understand in what order to lay them down. Participants will also experience the unique qualities of heat set Genesis oil paints, which Ching prefers to use for teaching. The techniques covered in this workshop apply to any oil paint, but these non-toxic, odorless Genesis paints have many advantages for a workshop, including reduced drying and clean-up time.

Born and raised in Hawai'i, Ching possesses a deep-rooted love for the islands that he portrays in his art. At 16, he decided to make a living as an artist and received college scholarships to California College of Arts and Otis/Parsons Art Institute. Later, working as a ranger for the U.S. Fish and Wildlife Service, he lived for months at a time on remote Hawaiian atolls and at the Kilauea Point Wildlife Refuge on Kaua'i. Traversing Hawai'i's most remote rainforests, Ching studied native plants and animals which



Patrick Ching with his books and realistic nature paintings.

most of the world has never seen. He is author and illustrator of *The Hawaiian Monk Seal* and *Sea Turtles of Hawai'i*, two award winning books published by University of Hawai'i Press. Ching is also an avid horseman and well-known rodeo bullfighter whose depictions of horses and cattle are drawn from experience. His

many accomplishments include: being the only Hawai'i artist to be juried into the prestigious Birds in Art exhibit in Wausau, Wisconsin; and painting Hawai'i's first wildlife conservation stamp, depicting Hawai'i's state bird, the nene.

In 1996, he opened Naturally Hawaiian Gallery in Waimanalo on O'ahu, where he continues to paint and teach. Ching's workshop is open to beginning, experienced and returning students ages 16 and up. No prior experience is necessary. The fee of \$100 includes the supplies each student needs to complete a painting at their own pace. Educational subsidies are available for financially needy students. To register or apply for financial aid, call Volcano Art Center at 967-8222 or visit www.volcanoartcenter.org.

KMC to Celebrate Vets Day, Nov. 11

Kilauea Military Camp invites all veterans to participate in the Veterans Day Ceremony, Sunday, Nov. 11 at 3 p.m. on the Camp's front lawn. With inclement weather, it will be held in the KMC chapel. "Let us pay tribute to all veterans for their untold sacrifices to uphold our freedom," said KMC's Arlene Bali.

Speakers will be Vice Admiral Robert Kihune, Major Frank Box and Chaplain Richard Uejo. Following the ceremony, all U.S. veterans can enjoy a free dinner. KMC is located in the Hawai'i Volcanoes National Park. Entrance fees will be waived that day for all U.S. veterans. For more information, call 967-8370.

Romantic Rooms & Cottages
Fabulous Fireside Dining



KILAUEA LODGE
VOLCANO VILLAGE • 967-7366

Bishop Silva: Help Make Prayers Come True

The Most Reverend Larry Silva, Bishop of Hawai'i, encouraged people to become committed and involved in making their prayers come true. He was speaking at masses on Oct. 20 and 21, celebrating the 51st anniversary of the construction of the Holy Rosary Catholic Church building in Pāhala and the 70th anniversary of the Sacred Hearts Catholic Church in Nā'ālehu.

Bishop Silva was born in Hawai'i, grew up in Richmond, CA and spent years as an inner city pastor on the mainland. In Richmond, "there was a lot of crime and drugs and a particular house where neighbors were often terrorized because the house was a drug house with people coming and going, buying drugs." The neighbors were afraid to send their kids outside. They worked with the police, mayor and city council to no avail. Finally, a group of elderly women in the parish said they were going to stand in front of the drug house every day and pray the rosary. Within one week that house was closed. It is the "power of prayer and they were willing to stand up for what they believed," the Bishop said.

"A friend said to me, 'Don't pray unless you are willing to help make the prayer come true.' There is an involvement in prayer. Faith can move mountains, and prayer can be very powerful, but if it is just words it will not have the same effect. Faith has to be grounded, here on the Earth, not just praying, 'I would like to have this, I would like to have that,'" said Silva.

Silva is noted for helping to knit together communities and inspiring people to work together to answer their prayers. He encourages the expansion of the church's role into the wider community



The Bishop of Honolulu who serves all the churches of Hawai'i gave messages to Pāhala and Nā'ālehu congregations in October.

and works on organizing for health insurance coverage for children, affordable housing and improving public schools.

At the 2007 Hawai'i state legislature he issued a statement opposing any commercial or state-sponsored gambling: "I am well aware that some see in gambling a means of competing with other tourist destinations. Our state is so rich in natural beauty and cultural hospitality that it does not need to employ such dubious means to attract visitors -- especially in view of gambling's potential harm to the common good of our citizens." Hawai'i and Utah remain the only states without some form of gambling.

On the international front, he led the charge to divest diocesan funds in Hawai'i from companies supporting the Sudan government, which is carrying out a genocide campaign in Darfur, Africa. He asked the same from the Hawai'i state government.

The Bishop reflected on the history of the Holy Rosary Church and all of the

people who have celebrated important events in their lives there:

"We can only imagine how many people have been baptized in this parish. Our prayer is that these children will be surrounded in God's love, but what good is that prayer unless the family and community are involved in that child's life?" he asked. "People getting married look into each other's eyes with stars and days that follow aren't always that starry and can be quite challenging. Through thick and thin, better and worse," the prayer, commitment and being involved will help the love to grow.

The Holy Rosary church building, which replaced a traditional wooden church 51 years ago, is noted for its mango wood altar and rail, many glass doors, and its open-air gathering place between the sanctuary and church hall. The members of both the Nā'ālehu and Pāhala churches are known for their aloha to visitors and the Ka'ū community. Their pastor is the Rev. Ted Mercado.

Guide to Ka'ū Churches

VOLCANO

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

PĀHALA

Assembly of God - 928-0608
Holy Rosary - 928-8208
Pāhala Bible Baptist Mission
- 928-8240
Pāhala Hongwanji - 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 - Dharma class 2nd Mon-
day, 5:30 pm, Services 2nd Mon-
day, 7pm, Everyone welcome
Contact Alice 929-9270 or Masako
929-9274
Sacred Heart - 929-7474
United Methodist - 929-9949

Christian Church Thy Word Minis-
try meets in Nā'ālehu Hong-wanji,
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 to
add your church listing here.

Hele On Bus
Free of Charge
Mondays - Fridays

Special Student Run

Pāhala Elementary & Ka'ū High School
5:30 p.m., across Nā'ālehu Park 5:45 p.m.,
Discovery Harbour 6 p.m., Ocean View P.O.
6:15 p.m.

Ka'ū to Hilo

Wai'ōhinu , Wong Yuen Store 7 a.m.,
Nā'ālehu 7:05 a.m., Punalu'u 7:20 a.m.,
Pāhala, 7:30 a.m, Volcano Visitor Center 8:10
a.m. ... Prince Kuhio Plaza 8:45 a.m, H.C.C
9:05 a.m., U.H.H. 9:10 a.m., Aupuni Center
9:12 a.m., St. Joseph School 9:15 a.m.,
Mo'oheau Bus Terminal 9:20 a.m.

Hilo to Ka'ū

Mo'oheau Bus Terminal 2:40 p.m., St.
Joseph School 2:45 p.m., Aupuni Center
2:50 pm. , 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., Nā'ālehu 4:50 p.m.,
Wai'ōhinu 4:55 p.m., Ocean View 5:15 p.m.

Pāhala to Kona & Kohala Resorts:

Pāhala Shopping Center 3:30 a.m.,
Nā'ālehu 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 & Kona to Pāhala:

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 Sea-
sons 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.,
Nā'ālehu School 5:35 p.m., Pāhala Shopping
Center 5:55 p.m.

Free Tue. & Sat. Only Ocean View to Kona

Bus operates Tuesday and Saturday only.
Ocean View P.O. 7 a.m. ...Keauhou Shopping
Center 8:25 a.m., Walmart 8:45 a.m., Kmart
8:55 a.m., Costco 9:05 a.m., Keahole Airport
9:15 a.m.

Kona to Ocean View

Keahole Airport 3 p.m., Costco 3:15 p.m.,
Kmart/Macy's 3:25 p.m., Wal-Mart 3:30
p.m., Keauhou Shopping Center 3:50 p.m.
...Ocean View P.O. 5:15 p.m.
For a complete schedule see:
www.hawaii-county.com/mass_transit/hele-onbus.html.

961-8744

KEEPING HEALTHY IN KA'Ū

Volume 4, Number 11

A Journal of Good Health, Food and Fitness

November, 2007

Ka'ū Rural Health Celebrates Ten Years of Service

The Ka'ū Rural Health Community Association, Inc. invites the public to its annual meeting celebrating its tenth anniversary on Friday, Nov. 9 at the Pāhala Community Center from 5 to 7 p.m. The meeting is titled *Look to the Source of Ka'ū* and will focus on the past, present and future of Ka'ū's children, family and community. Elections will be held for new board members and refreshments will be served. Membership to the association is just \$15 a year per household and allows members to run for office, to vote during the meeting and access to the association's many resources.

KRHCAI has the distinction of being the first designated rural health community association in the nation, said Jessie Marques, who has been its executive director since its inception.

Marques, also the president of both the State Rural Health Association, and Hawai'i Island Rural Health Association, has been plugging away, along with her board members, to achieve their mission statement: "To Do Whatever it takes for a Healthy Ka'ū Community."

The headquarters is in the Ka'ū Resource & Distance Learning Center, a plantation-style building on Puahala St. in



Jesse Marques, front row second from left, brings an air ambulance and medics to Ka'ū to teach children about emergency preparedness and careers in health care.

Pāhala. The center features a computer lab with internet access, a video conferencing unit, a kitchen for healthy eating classes, a lending library, fax machine and copier and a separate meeting space in the backyard. The center provides health, education, research opportunities, distance learning connectivity, job readiness and employment training programs.

The Association is partnering with the Ka'ū Hospital to provide Certified Nurses Aid training, with an "upward mobility

program" to become Licensed Practical Nurses, said Marques. Using video teleconferencing, the center will become the classroom setting, with the hospital serving as the clinical setting, she said.

"Our community is really long-term," she said, referring to the elderly population. "We have a real need for home care. Caregiving in the home setting is a very sensitive area. It is good to have someone from your own community," said Marques.

The Association also helps to put on

health fairs for the hospital and brings students to the hospital to introduce them to careers in health-related fields.

Using the video-teleconferencing program, the center is a conduit for the Ke Ānuehue Area Health Education Center, based in Hilo. Twice a month, Ke Ānuehue broadcasts learning sessions focused on diabetes, with a variety of other topics such as food safety or breast cancer, during the rest of the month. People interested in other topics can see the schedule at www.keanuehue.org and can make a request at the center.

School-age students who are serious about learning and getting involved in their communities can come to the center after school to take advantage of Marques' many educational projects. Recently, KRHCAI joined the Hui'ana Internship Program, giving students an opportunity to earn school credits while learning what it is like to run a non-profit and exposing them to the careers in the health and human service fields. Through the association, students enrolled in the Emergency Response Academy this summer, learn what it is like to be a real firefighter, taking part in drills, going through the firefighter's coursework,

See *Rural Health*, cont. on pg. 20

Prevent tooth decay ~ Protect your Keiki

Many young children with tooth decay are coming into Ka'ū Hospital & Rural Health Clinic, prompting Nurse Practitioner Debra Kettleson to reach out to the community with some good news: "Tooth decay is preventable."

She gave *The Ka'ū Calendar* an explanation and some tips for keeping healthy gums and teeth. She described the "thin, sticky colorless film of bacteria called plaque that covers the teeth and produces acids that can attack the tooth enamel."

She warned that "when sugary food or liquids remain in the mouth after eating, bacteria have more time to produce decay-causing acid."

To keep babies from experiencing tooth decay, she advised that "as soon as baby's first teeth appear, by around 6 months of age, these young teeth are susceptible to decay. This occurs when the baby's (or child's) teeth are exposed to sugary liquids over time. These liquids are: milk (even breast milk), formula, fruit juice and other sweetened liquids."

What can be done to keep keiki's teeth healthy? Kettleson suggests:

1. Never let your Keiki fall asleep with a bottle that contains milk, formula, fruit juices, sweetened liquid, or a paci-

fier dipped in sugar.

2. Start oral care early. Wipe baby's gums with a clean gauze pad after each feeding. Begin brushing your Keiki's teeth with water as soon as the first tooth comes in. If you are thinking of using a fluoride toothpaste before your child is 2 years old, talk to your dentist or health care provider first.

3. Encourage your Keiki to drink from a cup by their first birthday.

4. Schedule a "healthy baby checkup" with a dentist within the first 6 months of



the first tooth and no later than the first birthday of the child.

5. Be sure to tell your babysitter or the grandparents how important your keiki's teeth are and how they should care for them.

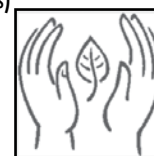
Why is this so important? Kettleson said that some people feel 'baby' teeth are not important because they eventually fall out. However, decay in the 'baby' teeth can cause pain and possibly hurt the permanent teeth that are still growing inside the gums. The perma-

Substance Abuse Counselor Licensing Classes in Ocean View

Substance abuse counselor training is open for new students at the beginning of any module during the year. Modules missed can be made up the following year when the course is repeated. Each module stands alone and does not require other modules as a prerequisite.

Module 5 Counseling and Treatment Modalities, Part 1 (Six 6-hour sessions to equal 36 hours)

November 10	Introduction to Treatment and Counseling
November 17	Adlerian Therapy
November 24	Person-Centered Therapy
December 1	Cognitive Behavior Therapy
December 8	Postmodern Approaches to Therapy
December 15	Integrated Perspectives to Counseling



For further information, please call Lucy L Jones, PhD, CSAC (937-7616) or visit the website at www.lucyleejones.com. Classes are held at St. Jude Episcopal Church in Ocean View.

nent teeth begin to develop tooth enamel as early as three to four months after birth. Disease in the 'baby' teeth can spread to the permanent teeth. Also the 'baby' teeth help keiki chew, learn to pronounce words and give shape to the face and help all keiki to have a beautiful smile.

Circle of Remembrance



Please join us as we gather together to honor the memories of your loved ones who have died

November 19 2007, 1-3pm
Ocean View Community Center

Please RSVP to 324-7700 so we have enough materials & pupus for everyone to enjoy



A life that touches others goes on forever



At Home with an Island Lū'au

Ka'ū Hospital's long-term care residents, who live in freshly painted rooms with Hawaiian quilts recently took part in an island lū'au. Left to right are: Kinue Kamei, Victoria Duldula'o, Lucy Beck, Beulah Schatzer and Gloria Casteneda. Helping to feed Mrs. Castenda is Certified Nurses Aide, Bernadette Kealoha. Bernie's husband, Fred Kealoha, prepared nearly all the Hawaiian food that was served at the lu'au. Hospital Administrator Merilyn Harris said the staff at the hospital care for the residents as they care for their own 'ohana. "The lū'au just felt like a big family gathering."

Rural Health, cont. from pg. 19

as well as learning CPR, First-Aid and taking lifeguarding classes. Marques is looking for other employers to serve as internship sites for the Hui'ana program.

Using the polycom unit, students network with other schools during the holidays teaching each other healthy eating recipes, with chef and Pāhala resident Cy Lopez coming into teach food safety. At the center, students can also use NovaNET, to take Department of Education classes at their own pace or use video conferencing to take classes at a college.

Students will learn how to make vid-

eos in the near future with Nā Leo's "Brud-dah Skibbs" donating his time to teach a multi-media class. The video class was the brainchild of the students. Marques, whom everyone affectionately refers to as Auntie Jessie, encourages the students to come up with their own ideas of projects they want to do or things they want to learn about. "When the children are here and talking and visiting different places they get ideas about things they want to do and they ask about it," she said.

For the complete story on KRHCAI, go to www.kaucalear.com

Circle of Remembrance at Ocean View

Family and friends of loved ones who have passed away are invited to remember them at the Hospice of Kona's first Circle of Remembrance Ceremony. The event will take place Monday, Nov. 19 from 1 to 3 p.m. at the Ocean View Community Center.

"This time of year we are reminded of our thankfulness for life's gifts, particularly those given to us by our loved ones who have died. Families gathering together to honor them is one way to express appreciation. Whether your loss was recent or many years ago, a memorial service may give each of you a moment to reflect about your loss and the impact of that person on

your life," said Lin Marie, Hospice of Kona's Community Awareness Director.

Both young and old are invited to partake in the Circle of Remembrance. Pupus will be served following the ceremony, which the organization hopes will become an annual event.

Hospice of Kona not only offers ongoing grief support to Hospice families in Ka'ū, but also to the entire community through groups, individual counseling and/or referral, workshops, seminars on grieving, and our library of books and videos. There is no charge for these services. For more information, call Jessie Charbonneau at 324-7700.

The Ka'ū Kitchen

The staff of Ka'ū Hospital held a special Lū'au Celebration on Sept. 25 for the residents of the hospital. On this special day the residents were treated to beautiful music performed by Punalu'u Boys and Ti and Gang and enchanting hula performances from Ka'ū Hospital's own Nona Wilson and Keisha Enitan.

The onolicious food of lau lau, squid lū'au, chicken long rice, lomi salmon and haupia was prepared, courtesy of Fred and Bernie Kealoha of Ocean View. The residents enjoyed the music, dance and food as they sat under tents on the makai lanai of the hospital. The cool and calm trade winds and the warmth of the Ka'ū sunshine made this perfect day unforgettable.

Squid Lū'au

- 2 pounds calamari (squid)
- 3 pounds lū'au leaves
- 1 teaspoon Hawaiian salt
- 1/2 teaspoon baking soda
- 6 tablespoons butter
- 2 medium onions, diced
- 3 cups coconut milk
- 1 1/2 teaspoon salt
- 1 tablespoon sugar

Clean calamari and slice in rings, then set aside.

Wash lū'au leaves. Remove stems and thick veins. In a pot, boil 3 cups of water with the Hawaiian salt and baking soda. Add the leaves to the boiling water, and reduce heat. Simmer, partially covered for 1 hour. Drain, and squeeze out liquid.

Sauté onions and cleaned calamari in the butter until the onions are translucent. Add the coconut milk, cooked lū'au leaves, salt, and sugar. Simmer for 30 minutes. Serves 4.



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

Nutrition Facts	
Serving Size 920 g	
Amount Per Serving	
Calories 696	Calories from Fat 502
% Daily Value*	
Total Fat 59g	91%
Saturated Fat 44g	221%
Trans Fat 0g	
Cholesterol 567mg	189%
Sodium 728mg	30%
Total Carbohydrate 50g	17%
Dietary Fiber 14g	56%
Sugars 21g	
Protein 57g	
Vitamin A 336%	Vitamin C 325%
Calcium 50%	Iron 84%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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November Stars over Ka'ū

by Lew Cook

Not a planet in sight, which is the same as November last year, but you can look later in the night or early in the morning for them. Early in the morning, just before dawn, you'll see Saturn just overhead.

We have talked about animals represented in the sky – birds and fish but fewer mammals. Most of the constellations representing mammals are faint. Capricorn the goat is one, as is Camelopardalis the giraffe, and Lynx. Exceptions are bright Taurus the Bull, rising in the East on November nights, and humans. The Queen Cassiopeia is a fairly bright group of stars represented by an "M" (is that her crown?) just above Polaris to the North. The Charioteer Auriga, whose head is shown rising in the East, is another.

In fables, heroic Perseus, holding the head of the demon Medusa, is shown there too. Mere sight of the Medusa had the power to turn the viewer to stone. The eye of Medusa is Beta Persei - Algol, an eclipsing binary that dims to 3rd magnitude – a factor of about 3 - for about an hour or two every 2.87 days. Cassiopeia's daughter Andromeda, who had been turned to stone by Medusa, is just to the west of Perseus. Perseus released her from this frozen bondage by killing Medusa, and, as all good fables would have it, married her. Because the star chart

from the Bishop Museum Planetarium does not include the stars of Perseus, we have included a chart from Wikipedia, the free internet encyclopedia.

There is a fabulous sight in Perseus that you can see in your binoculars. Look just west of the head of Perseus, between Perseus and Cassiopeia is a double star cluster. These are not physically related, but are a set of gems in binoculars. It is represented on the charts by the letters "h" and a Greek chi, which looks like a capital "X."

Date	Sunrise	Sunset
Nov. 3	6:23 a.m.	5:47 p.m.
Nov. 10	6:27 a.m.	5:45 p.m.
Nov. 17	6:31 a.m.	5:43 p.m.
Nov. 24	6:35 a.m.	5:42 p.m.
Dec. 1	6:39 a.m.	5:43 p.m.

Last Quarter Moon – Nov. 1
 New Moon – Nov 9
 First Quarter Moon – Nov 17
 Full Moon – Nov. 24
 Last Quarter Moon – Dec. 1

Lew Cook operates a large computerized telescope that looks deep into space from Pāhala. He emails his images and research to astronomers. For more information, go to his web site: www.lewcook.com/pahala.htm

One Nā'ālehu, cont. from pg. 1
 Nā'ālehu.”

Jarvis has been on the job for two months now, since former Principal Gaylien Fujioka stepped down to take a new position at the Department of Education district level. He is still the Vice-Principal of Kea'au High School temporarily filling the Nā'ālehu principal position until the DOE finds a permanent replacement. Jarvis's background includes teacher and VP of Laie Elementary, and teaching at Kaelepulu Elementary, both on O'ahu.

“The job is overwhelming, but good. The country kids at Nā'ālehu are nice kids,” and the faculty and staff are really working together to improve the school, said Jarvis.

School Crossing Guard Needed

Along with running the school, implementing new programs and keeping an open-door policy, which gives teachers and staff the freedom to communicate with Jarvis when needed, the new principal can often be seen patrolling the crosswalk in front of the school. “Oh my God! We really need a crossing guard!” exclaimed Jarvis. The position, which has been vacant most of the school year, is temporarily being filled by police officers or by Jarvis and new school VP Karen Pare. Jarvis made a plea to the community, “This is a glaring need. Please, please, someone help us.” The job is just two hours a day, from 7 to 8 a.m. and 2 to 3 p.m., and pays \$10.53 an hour. No degrees

required. Applicants need only to pick up an application for the job at the police department and take a short orientation. The job is great for people who have some extra time on their hands or people who are retired, said Jarvis.

School Progress

An anti-bullying program is geared towards Kindergarten through fifth-graders through a series of lessons with a turtle, “which is perfect since we are the Honus,” said Jarvis. A new computer program is helping students learning English as a second language. Jumpstart, for seventh-graders, is also being offered at Nā'ālehu after-school. Students approach lessons, which teach life skills such as writing resumes and balancing checkbooks, as if it is a job. They get paid a stipend for attendance and get fired if they have unexcused absences.

Jarvis and the staff are also trying to establish a Gifted and Talented program and are working on reintroducing the student body government. The school is also offering parent-teacher conferences in Ocean View as well as hosting a reading night in the area. Jarvis said it is hard for Ocean View parents to attend events at the school because of the distance and the cost of gas.

Needs Community Involvement

A lack of community involvement still plagues the school, said Jarvis, but staff members have been “really gung ho about getting people involved.” He noted
See One Nā'ālehu, cont. on pg. 23

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. Podcast: feeds.feddburner.com/bishopmuseum; Email: Hokupaa@bishopmuseum.org

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KA'Ū BUSINESS & ECONOMY

Volume 6, Number 1

The Good News of Ka'ū, Hawai'i

November, 2007

County Issues Warnings for Illegal Signage

The County Council recently passed a resolution asking the county to enforce sign laws. First time violations could result in \$300 fines and repeaters could be fined up to \$1,000 and face criminal prosecution. The resolution, authored by County Council member and mayoral candidate Angel Pilago, asks that "fines for violations be aggressively pursued."

The illegal signs range from many banners that permanently fly in front of businesses, as well as sandwich boards, flyers posted on telephone poles and signs that are just larger than the law allows.

All business signs attached to buildings or permanently in the ground require a permit. Applicants must turn in a \$25 non-refundable fee and description of what the sign is going to say and show its size, shape, construction and location on the



Rodney Requelman (l) and Royden Okinishi take down unpermitted signs after a county inspector sweeps through Ka'ū.

property and buildings.

Public Works staff plans to first issue warnings. If the sign remains after a week,

it will be taken, held for a month and the \$300 fine handed out.

In the Residential district wall signs are limited to 6 square feet, in the Agriculture and Open district 32 square feet, and in the Commercial district 150 square feet or 15 percent of the wall area. The only signs that do not require permits are temporary signs and banners placed on site for only 30 days. These are only for special events, the announcement of a new business, and political and real estate signs. Signs that are illegal with or without a permit are sandwich boards, flashing, automated and aerial signs and billboards. A more detailed description of legal and illegal signs can be seen at www.kaucaalendar.com. The sign law can be found online at www.hawaii-county.com/countycode/chapter03.pdf.

Grandma's Closet Opens for Affordable Shopping

"I think I have the best job in the entire island!" exclaimed Debbie Goddard the owner of Grandma's Closet Thrift Store, newly opened in the Nā'ālehu Shopping Center. Every day Goddard enjoys talking to people who come into browse her wares and helping them find what they need. Goddard renovated the 200 sq.

ft. space, which she rents from the 300 Corp., across from Island Market, along with her husband Mark, who has been her main supporter and financier. The space, which was vacant for five years and previously set up as a kitchen, had burnt tile and busted windows. The couple put in a new ceiling, lights, floor, windows and

brought the electricity up to code. Now she sees about a 100 people a week going through her store, a lot of them kids lining up to purchase a items for pocket change.

Most everything in Goddard's store is a buck or less. Shoppers can find clothes for a dollar, toys for 25 cents, stuffed animals for 50 cents, and even computer monitors for just four dollars. Many of things are "like brand-new," she said.

Items range from swimsuits, blankets, glassware, books, nail polish, aquariums, walkers, and candles to sleeping bags, snorkeling fins, puzzles, picture frames and books. Every week Goddard unpacks boxes of new donations from donors, most of which come from University of the Nations in Kona, filling the store with unexpected treasures. Sometimes Goddard gets unusual items and she and her customers try to guess what they are. The most expensive item Goddard has sold so far is a brand new bassinet for just \$24. There is also a box of free giveaways.

Goddard, who also helps to put on a free hot lunch and giveaway in Ocean



Grandma's Closet owner, Debbie Goddard, sells many items for under \$1.

Photo by Nālanī Parlin

Grandma's, cont. on pg. 23

KA'Ū BUSINESS BRIEFS

Coffee & HELCO at Chamber

The Ka'ū Chamber of Commerce meeting will be held Tuesday, Nov. 6 at Nā'ālehu Community Center with speakers Kurt Beck from HELCO and Lorie Obra, co-president of the Ka'ū Coffee Farmers cooperative and owner of Rusty's Hawaiian Coffee. The meeting begins at noon and the public and Chamber members are welcome to bring a sack lunch.

KFCU ATM at Malama Market

Ka'ū Federal Credit Union's first ATM machine began serving the public on Oct. 24 inside the Malama Market at Pohue Plaza at Ocean View.

Superferry May Start Service

Hawai'i Superferry, which is building a ship that would start service for passengers and vehicles between O'ahu and the Big Island in 2008, is planning to re-start service in November between O'ahu, Kaua'i and Maui.

The company had threatened to leave the state if it were not allowed to resume service, which was stopped when a Maui judge said the Superferry could not sail without an Environmental Assessment, which the state Department of Transportation had waived.

The state guaranteed loans for the \$300 million startup. When the judge stopped the service, Gov. Linda Lingle lobbied the legislature to allow the Superferry to keep its sailing schedule during environmental studies.

Superferry President John Garibaldi told the legislators the company could not afford to wait a year or more for a study to be completed and he furloughed nearly 250 workers on O'ahu, Kaua'i and Maui. At press time a Special Session of the Hawai'i State Legislature was attempting to work out a plan through which the Superferry could resume service during the Environmental Assessment. Garibaldi said the ship could start service within a week to 10 days after receiving approvals.

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A Small Home With a Big Heart This 1 bedroom/1 bath bungalow has been the home of one individual and has offered many enjoyable holidays for her. Dining area adjoins family room with South Point Views. Contact 939-7377 and ask for Rollie J Litteral, REALTOR® Broker, RE/MAX Island Surf Realty for more details.

A Little Bit of House and a Whole Lot of Home.

This was Grandma's home and she loved to cook for her family and friends. This 3/1.5 plantation style rancher features a screened-in porch to relax and enjoy the family. Located in Na'alehu with a manicured lawn. Contact Rollie J Litteral, REALTOR® Broker at 939-7377, RE/MAX Island Surf Realty.

Breathtaking Views of Ka Lae Welcoming entrance to this 3/2 in Hawaiian ocean View Ranchos. Three acre corner lot, extra large garage with laundry and full bath. Separate dining area completes it all. For a private showing, contact Rollie J Litteral, REALTOR® Broker at 939-7377, RE/MAX Island Surf Realty.

It's Not A Secret! that you can purchase this three bedroom two bath home in Na'alehu for only \$239,000. Large tile floors on the first floor, new sheetrock, and a two-year young roof with separate downstairs family/game room. Fenced in yard: just needs you to make it complete. Listed with Rollie J Litteral, REALTOR® Broker at RE/MAX Island Surf Realty. 939-7377 gets you a private showing.

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The Ka'u Calendar

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One Nā'ālehu, cont. from pg. 21

that the school library was packed during the latest reading night, where attendance is usually minimal. Another opportunity for community involvement is the School Community Council. Positions for a parent representative and rep from the community are open for nominations. Call the school at 939-2413 for more information.

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Grandma's, cont. from pg. 22

View, sees the store as part of her own ministry to the community. "Nā'ālehu needed something like this so bad." Goddard says that people have been thanking her for her business which helps them to find the things they need for prices they can afford. She says that people seem to take more ownership and care of items

when they are purchased, even if only for a small amount, rather than if they are given away for free.

"We hope to continue to be a blessing to the community," said Goddard. Every day I thank God for my little store!"

Hours of business are Monday through Sunday from 10 a.m. to 6 p.m., closed on Saturday.

Kurusu, cont. from pg. 8

He discussed a new product from Mountain Apple. "It is not lava, it is not kava, it is not java, it is Pava," said Kirusu, describing a blend of 100 percent Big Island papaya, Big Island guava and Maui pineapple and sugar. He said the juice was developed by students at the College of Hawai'i Tropical Agriculture and Human Resources in Hilo, with a carton designed by a local artist.

Kurusu described the efficiency of



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turning waste into value by using surplus and offgrade papayas to make the Pava and using the Meadow Gold milk plant in Hilo to process the juice. The papaya growers get more income from their off-grades. By providing more input to the Meadow Gold plant, the processing of juice should help keep down the cost of milk, he said.

His goal is not only to encourage local people to drink local juice, but to place the product in all the hotels – Pava promotes Hawai'i and is half the price of orange juice. When hotel buyers say that they need a consistent supply, "This is something that we can supply." He also showed off a new Mountain Apple brand Papaya nectar from the fruit of the Big Island.

Ocean Views, cont. from pg. 5

Robin Lamson requested the funds to provide transportation for children in Ocean View, and Joe Villa has been training the youth to play volleyball against the Pāhala Boys & Girls Club.

The Ocean View Community Association also plans to use the van to help families attend Tūtū & Me, a preschool program on Tuesday and Thursday mornings at the Community Center.



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Kurusu said that KTA is promoting locally grown, grass fed steak. In addition, he uses the hard cuts for ground beef, another relationship that should help the dairies – using their cows and bulls for food. "All my Portuguese sausage – hot dogs, sandwich style or regular - I have the only Portuguese sausage that has local beef in it." Other local beef products include beef patties, seasoned beefy patties, Italian sausage, laulau, cooked beef tripe, cooked shin shank meat, and cooked boneless stew.

According to Kurisu, not only can local farms feed the Big Island, there is the huge number of people on O'ahu who could buy food picked fresh within 24 hours. He said he believes that supermarkets can work in tandem with farmer's

markets. He said that he was surprised when he visited New York and saw a Whole Foods next to a farmers market at Union Square. Farmers markets could be one of the venues to encourage more local farm production. "Green market farmers ensure everyone is working together on a common goal. It requires a lot of commitment, not in separate silos," he said.

This month, after a year and a half of work, Kurisu plans to launch a new Mountain Apple brand of local milk, free of artificial hormones – Big Island pastured. The milk comes from the dairy of Ed Boteilho, Jr., who also spoke at the Food Summit. The carton lists reasons to buy local milk instead of imported milk.

See more on the Food Summit at www.kaucaalendar.com

Share Your Light With a Child

Ocean View Community Association will launch its annual *Share Your Light With a Child* program just after Thanksgiving. People can participate by picking a star from gift trees located at area merchants and buying a gift for that child. The gifts will be handed out at the Community Association Christmas party for children.

The Community Association will hold its annual Christmas party for keiki on Saturday, Dec. 15 at the Ocean View Community Center.

This year's party will feature crafts

for sale. Santa will visit and sit with the children for photographs. Each child attending will receive a present and refreshments.

The Community Association is asking for donations of money, unwrapped gifts for kids of any age or gift certificates. Volunteers are needed to help bake cookies, decorate for the party and provide manpower at the event.

For locations of trees or more information about donating or volunteering for the Christmas party or the *Share Your Light* program, call 939-7033.




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