

Hawai'i First State to Raise Cigarette Smoking Age to 21

No smoking in Hawai'i if under 21 years of age: Gov. David Ige signed the historic tobacco legislation into law in June. When enacted on Jan. 1, 2016, Act 122 will make Hawai'i the first state to prohibit the sale, purchase, possession or consumption of cigarettes, other tobacco products and electronic smoking devices to anyone under age 21.



“Raising the minimum age as part of our comprehensive tobacco control efforts will help reduce tobacco use among our youth and increase the likelihood that our keiki will grow up to be tobacco-free,” Ige said. The bill was strongly supported by Ka’ū’s state Sen. Josh Green and state Rep. Richard Creagan, who are both physicians.

Hawai'i County is one of a handful of cities and counties in the country to have already raised the smoking age to 21. Mayor Billy Kenoi signed and the Hawai'i County Council passed the first law in these islands that raised the allowable minimum age for buyers of cigarettes from 18 to 21. It took effect July 1, 2014. The local law applies to electronic smoking devices as well as cigarettes, chewing and pipe tobacco, snuff and cigars. The vote by the council included support from former Ka’ū council member Brenda Ford. It was unanimous, 9-0.

Ige also signed a bill this June that makes Hawai'i state parks and beaches smoke-free as of July 1. Currently, all city and county parks in Hawai'i are smoke-free with the exception of those in Kaua'i County. The state law applies to all facilities within the state Park System administered by the Department of Land and Natural Resources.

To assist Hawai'i residents comply with the new legislation, tobacco and e-cigarette users are encouraged to contact the *Smoking Age*, pg. 4

THE KA'Ū CALENDAR

Volume 13, Number 7

The Good News of Ka'ū, Hawai'i

July, 2015

'Ōhi'a Forests And Watersheds Face Dire Disease Threat

The native forest, watersheds and plants and animals that depend on the canopy of 'ōhi'a lehua trees are at risk as a fungus spreads from Puna, where it already killed half the 'ōhi'a on 6,000 acres. Called 'ōhi'a wilt, the aggressive fungus clogs the tree's vascular system. The 'ōhi'a dies of thirst in weeks. A stand of 'ōhi'a dies in three years.

John Replogle, of The Nature Conservancy in Ka'ū, attended a meeting last week where he said the pest was called Rapid 'Ōhi'a Death Fungus. He said his team is very concerned and is taking many precautions. Contractors working on new Kaihole-na fencing are using brand new equipment, from tools to boots, to “start clean.” Replogle said summer youth working for The Nature Conservancy under the Work Projects Administration program are taught to protect the forest. He said he “personally sprayed all their shoes to impress on them that this is serious.” He said The Nature Conservancy cleans all tools, shoes and vehicles with Lysol spray when moving from one forest to another.

Scientists are trying to figure out how to keep it in Puna, away from adjacent Ka'ū, location of some of the largest and most pristine native forests in Hawai'i. Sam Ohu Gon III, senior scientist for The Nature Conservancy, which manages some of the most intact native forests in Ka'ū, urges anyone entering infected forests to clean vehicles, tires, boots and clothing before bringing them back to Ka'ū.



'Ōhi'a forests rising from Ka'ū ranch lands between Pāhala and Nā'ālehu are threatened but apparently not stricken by Rapid 'Ōhi'a Death Fungus, which can kill a tree in a week, a stand of trees in three years. Photo from The Nature Conservancy by Rob Schallenberger

'Ohia Forest Threat, pg. 4

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Also in this issue: P2 Business * P4 Pāhala * P5 Event Calendar * P7 Sports * P8 Sports Calendar * P10 Nā'ālehu * P11 Kahuku to Miloli'i * P12 Star Map * P13 Health * P14 Volcano * P15 Energy & Sustainability

Punalu'u Bake Shop Invests in Economic Expansion

A new cookie kitchen for Punalu'u Bake Shop opened in June to the public just off Highway 11 in Nā'ālehu. Fellowship, food and entertainment were on the agenda. Punalu'u Bake Shop recently grew its cookie baking business through contracts with Hawaiian Airlines and other buyers that require additional baking capacity, as the employment for Ka'ū residents grew to a team of 40.



Ka'ū's Hawai'i County Council member presented a proclamation to Punalu'u Bake Shop and General Manager Connie Koi.

Photo by Ron Johnson

The new building's architect is Lloyd Sueda, of Sueda and Associates, and contractor is Bob Taylor, of Taylor-Built Construction Co., Inc. County Council member Maile Medeiros David presented a certificate from the council, commending Punalu'u Bake Shop for its steadily growing success and teamwork among employees and with the community.

Managing partner Arnie Koss called General Manager Connie Koi and her Ad- *Punalu'u Bake Shop, pg. 10*



Bobby Gomes and the Pāhala Kupuna hula group entertain for the new cookie kitchen grand opening at Punalu'u Bake Shop.

Photo by Julia Neal

KA'Ū BUSINESS & REAL ESTATE

Volume 13, Number 7

The Good News of Ka'ū, Hawai'i

July 2015

Planner: Take Economic Development into 'Your Own Hands'

Use the Ka'ū Community Development Plan as a reference for economic endeavors, suggested county planner Ron Whitmore, speaking at a recent community meeting on the future of the district. "Take your economic future into your own hands," he urged.

Whitmore said the CDP identifies methods residents can use to help them create a strong economy, but "the government can only do so much; your economic future is in your hands."

Economic sectors identified in the draft CDP that have growth potential in Ka'ū include agriculture, renewable energy, health and wellness services, education and research, and tourism. For each of these sectors, the CDP outlines actions that can help achieve growth, including ways to advocate for support from county, state and federal channels. While some actions can be taken by the county, such as improving infrastructure and providing services and support, most endeavors depend on community-based, collaborative actions to make them successful.

Opportunities brought up by residents at the meeting included retirement communities, which Ron Self, of Wood Valley, said are

one of the most powerful economic engines that exist.

Tyler Johansen, representing Ka'ū Royal Hawaiian Coffee & Tea Co., said the company is interested in diversified ag and is open to community input on the operation being developed in Nā'ālehu.

Sustained, measured and sensible growth was mentioned by several Ka'ū residents, while others called for limited, and extremely limited, growth.

Loren Heck, of Ocean View, suggested development of cinder pits, which he called "our one real natural resource."

Regarding Punalu'u, Whitmore said it is a "natural place for resort development." He said all interested parties need to come together. He suggested keeping development safely back from the shoreline and at an appropriate scale for Ka'ū.

Many residents wanted to know more about a proposed development at Discovery Harbour. A resident who recently moved there was concerned about the area losing its quiet ambience, the reason he moved here. Another asked, "What does it offer us as a community? We don't want Ali'i Drive,



Ka'ū residents and planner Ron Whitmore discussed economic development.

Photos by Richard Taylor

Kona here."

Other comments included, "We need more amenities" and, "We would like to see reasonable development."

Julie Enriques, of Punalu'u, said she wants to see diversification of economy to strengthen family in Ka'ū. She said family members joke that her children in college will be the smartest fishermen in Ka'ū. "We love Ka'ū and don't want to see Kona here," she said.

Daneille Eggleston, of Ocean View, was concerned about zoning to accommodate economic growth and regulation of businesses such as restaurants that make it cost-prohibitive to operate. Whitmore said government tries to find a balance between business operations and public health needs.

Joe Iacuzzo, of Discovery Harbour, asked if the CDP could recognize Ka'ū's ru-

ral nature and if there is "any way to assist small business in jumping through hoops (of government regulations)?"

Iacuzzo, a founder of Ka'ū Learning Academy, also said that he is in favor of responsible growth. "We are seeing wonderful things," he said.

Richard Taylor, of South Point, said, "Development is inevitable; we really don't have much to say about it. We're at kind of a cusp; we are part of the development of Ka'ū."

One resident suggested that the CDP include information about enterprise zones that are mandated by the state to help businesses grow.

Copies of the CDP are available at local libraries, community centers and online at kaucdp.info. Steering Committee members and planners are working to finalize the plan.

LEGAL NOTICE

The Volcano 4th of July Parade Route is just over a half mile starting at the Volcano Post Office, down along Old Volcano Road, left at Wright Road and ending up at Cooper Center. The parade starts at 9:00 am on July 4th. There will be some road closures from 8:15 am until about 10:30 am or until the parade finishes.

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THE KA'Ū CALENDAR

The Good News of Ka'ū
July 2015, Vol.13, No. 7
Published by:
The Ka'ū Calendar, LLC.
P.O. Box 940, Pāhala, HI 96777
Phone: (808) 928-6471
www.kaucalendar.com
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Printed by Hilo Bay Printing
www.kaunewsbriefs.blogspot.com

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Tight Community, Small School Launch 2015 Grads

Small community, strong bonds and talent have taken Ka'ū High School's 2015 Class through graduation and into a future of colleges, work and the military.



Student body President Denisha Navarro earned a basketball scholarship.

Photo by Julia Neal

Speaker after speaker during commencement ceremonies for the 50 graduates talked about lifelong friendships developed at the tiny school, family and faculty support and appreciation of growing up in a special place called Ka'ū.

Kehaulani Ke, senior class president, will enter the Air Force to become a mechanic and pilot. "We are a small class, but we get things done," she said, pointing to Ka'ū High's state titles and athlete awards and scholarships in volleyball, basketball, eight-man football, track and other sports.

Denisha Navarro, student body president, talked about the closely knit class, students with their own qualities who came together over the years for service projects, such as raising money to buy books for the elementary school. She shared her personal journey of gaining more confidence as a public speaker and realizing the value of stepping up to ask questions. Navarro will attend Pierce College in Oregon on a basketball scholarship and study kinesiology to become an athletic trainer. She also earned a Ka'ū Chamber of Commerce scholarship.

Jennifer Tabios, valedictorian, will attend St. John's University in New York City. She listed the many clichés that often come with graduation speeches that could

seem trite but true. She talked about being a product of the past who can change with the future. She advised: "Procrastination is not your friend. You are a work in progress. Your parents are your friends. The only one who can hold you back is you." She urged everyone to grow and change.

Tabios noted that "the great thing about Ka'ū is that we are small, but so many are talented."

She will head to New York with a St. DePaul Scholarship, a Citizenship Award Scholarship, St. John's University Grant, Ka'ū Chamber of Commerce Scholarship and a Hugh I. Carey Community Grant. She also earned a scholarship in the Miss Ka'ū Coffee Pageant 2015.

Keynote speaker Derek Kurisu, founder of the Mountain Apple brand of local foods under KTA grocery stores, emphasized the importance of buying local and touted 430 local suppliers.

Kurisu pointed to business leaders in Ka'ū who have helped to develop the local economy, including Connie Koi with the Any Kine Bread innovation from Punalu'u Bake Shop that can be used as buns or



Salutatorian Kaweni Ibarra will attend Sacramento State.

Photo by Julia Neal

rolls. He mentioned the Souza family with Nā'ālehu Dairy joining the Mountain Apple brand. He praised famous fish and meat cutters "Scottie and Magic Mike."

Kurisu, who grew up on a sugar plantation, advised the Class of 2015, "Go where there is no path, and leave a trail."

Ka'ū High School Principal Sharon Beck said the class of 2015 is diverse but shows a sense of community. She said the mural on the school's band room, designed and painted by artist Kathleen Kam and students, depicts the rich diversity. She commended salutatorian Kaweni Ibarra for his



Ka'ū High School valedictorian Jennifer Tabios, with her famous Ka'ū Coffee grower parents Will and Grace Tabios, received several scholarships and grants. Jennifer will attend St. John's University in New York City.

Photo by Julia Neal

leadership on the project. Ibarra will attend Sacramento State University with scholarships from Foodland and Ka'ū Chamber of Commerce.

Beck also noted the ongoing training for students by Hawai'i Volcanoes National Park and Friends of Hawai'i Volcanoes National Park.

The principal reported that ten graduates will go to Hawai'i Community College, four to other colleges in the state, five to colleges on the mainland and four to the military. More than \$150,000 in scholarships

Ka'ū Class of 2015, pg. 16



Kehaulani Ke will enter the Air Force and hopes to become a mechanic and pilot.

Photo from Kehaulani Ke

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KA PEPA PĀHALA

Volume 13, Number 7

The Good News of Ka'ū, Hawai'i

July 2015

Javar Wins Chamber Essay: *Local Lands in Local Hands*

Gregory K. Javar, Jr. wrote the winning essay for the 2015 Ken Wicks Ka'ū Chamber of Commerce Scholarship. Javar graduated from Ka'ū High School and attended University of Hawai'i as a freshman. He was an exchange student at University of Alaska during his sophomore year and returns to UH-Mānoa this fall.



Gregory Javar, Jr. accepts Ken Wicks scholarship from chair Lee McIntosh.

Entitled *Local Lands in Local Hands*, Javar's essay considers the current controversy regarding stewardship of Mau-

na Kea and construction of the Thirty Meter Telescope. Other Ken Wicks Ka'ū Chamber of Commerce Scholarship recipients for 2015 are Layla Abellera, Tyler Amaral, Evan Enriques, Annie Mae Flores, Kaweni Ibarra, Nysa M. Kaniho, Kamrie Koi, Jennifer Kau'i Losalio, Crystal McIntosh, Denisha Navarro, Siena Okimoto, Tiare-Lee Shibuya, Jennifer Flores Tabios and Jenisha Young. The scholarships were



Ka'ū Chamber of Commerce presented its 2015 Ken Wicks scholarships in late May.

handed out at Pāhala Plantation House near the end of the school year.

Here is the *Local Lands in Local Hands* essay by Greg Javar:

"A'ole TMT! A'ole TMT!" These are the chants of Native Hawaiians speaking from their hearts to stop production on our sacred Mauna Kea. The preservation of our Hawaiian lands plays such an important role in the Hawaiian culture, while advancing technology plays an important role in the science world. There seems to be no peaceful solution to these rising conflicts. Why can't the native people and the scientists find peace? Different mindsets. In the Hawaiian culture, the people know the significance in the Mauna and see it as a sacred and holy place. While on the scientific end, the Mauna is just as equally significant, only for a different reason, scientific discovery. The mountain reveals that there are two different sides, the cultural and the scientific. Although there are many scientists who try to preserve the Hawaiian culture, I believe there is not enough. This is part of the reason why I am pursuing my goal in becoming a civil engineer.

Pursuing my engineering career would not only benefit the technological world, it would also benefit my Hawaiian culture. My future plan is

to move back to Ka'ū and work as an engineer on the Big Island. If I am back on the Big Island, I'd be able to be a bridge or a mediator between conflicting sides. I would be able to tailor the projects so that they would be advanced in a modern way without interfering with Hawaiian culture. I feel like that is very important in this day and age because of the rapid growth of industry and modernization. With the current issue of Mauna Kea going on, I feel like Hawaiian engineers should work on ways to prevent future conflicts. As a native of Ka'ū, I feel like it is my Kuleana to "keep country, country" and at the same time keep us intact with the modern world.

Growing up in Ka'ū, kids learn many values that many other kids do not have the privilege to learn. I've been to a lot of places and have seen the lifestyle and can honestly say that Ka'ū is one of a kind. Our keiki learn respect, values, and learn that if you take care of the land, the land will take care of you. That's what's special about our district, we all are one with our land, and as locals we do what we can to protect it. As a future engineer, I see this as a great opportunity to make a long-lasting impression. For our people, for Ka'ū.



Looking out from an 'ōhi'a forest to the Ka'ū Coast. Photo from *The Nature Conservancy*

'Ohia Forest Threat, cont. from pg. 1

As with the coffee berry borer that threatens the Ka'ū Coffee industry and the macadamia felted coccid that threatens Ka'ū's macadamia production, there is little agreement on how the 'ōhi'a tree killer reached the Big Island. Just like the coffee berry borer and macadamia pests, the 'ōhi'a fungus may have arrived to Hawai'i only a few years ago but could quickly take away what nature created eons ago.

Flint Hughes, a research ecologist with the U.S. Forest Service, told *Honolulu Star-Advertiser* reporter Gary T. Kubota that 'ōhi'a make up 40 percent of native forest biomass. "A loss of 'ōhi'a would result in an utter transformation of our forests, not to mention the cultural importance of the trees," Hughes said. "'Ōhi'a really forms the foundation of our native forests. It's the keystone species in terms of forest development."

The story explained that "unlike some

alien trees that discourage ground cover by blocking sunlight or changing the chemistry of the soil, 'ōhi'a provides cover for many native plant species that in turn capture rain for Hawai'i's watersheds."

"It's our ultimate nurse tree for our native species," Hughes told reporter Kubota.

The fungus, *Ceratocystis fimbriata*, was identified as the cause of 'ōhi'a wilt late last year by Hawai'i-based Lisa Keith, a research plant pathologist with U.S. Department of Agriculture. She and her colleagues have determined that the fungus can spread in 'ōhi'a wood carried from one place to another to use for fires, fencing and other purposes. It can be carried from the soil around infected trees, and in insect excrement. There is a possibility that beetles and pigs are carriers, as well as humans walking and driving through an infected forest.

See more at staradvertiser.com, civilbeat.com and environment-hawaii.org.

Smoking Age, cont. from pg. 1

Hawai'i Tobacco Quitline for support and free resources, including approved nicotine delivery devices.

Call 1-800-QUIT-NOW or see hawaii.gov/tobacco.

waiquitline.org to learn more. For more information about Hawai'i's Tobacco Prevention and Education Program, see hawaii.gov/tobacco.

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CALENDAR

July
2015

Ocean View Neighborhood Watch meeting, Thu, July 2, 7 p.m., Ocean View Community Center.

Volcano Fourth of July Celebration, Sat, July 4. Parade begins at 9 a.m. at Post Office, travels along Old Volcano Rd. and turns left on Wright Rd. to Cooper Center, where festivities continue to 1 p.m. Hawai'i Volcanoes National Park's silent auction takes place in Cooper Center.

Nā'ālehu Fourth of July Celebration, Sat, July 4. Parade begins at 12 p.m. with festivities at 12:30 p.m. at Nā'ālehu Park including bingo, bounce houses and water slides. 929-9872 or okaukakou.org.

Fourth of July Buffet, Sat, July 4, 4-7 p.m., Kīlauea Military Camp's Crater Rim Café in Hawai'i Volcanoes National Park. Ka'ū-style BBQ chicken, jumbo hot dogs, chili con carne, corn on the cob, ice cream bar and more. \$15.25 adults; \$8 children 6-11 years old. 967-8356. KMC is open to authorized patrons and sponsored guests. Park entrance fees apply. 967-8371

Ham Radio Operators Potluck Picnic, Sun, July 5, Manukā Park. All American Radio Emergency Service members, anyone interested in learning how to operate a ham radio and families are invited to attend. Dennis Smith, 989-3028

A Walk into the Past, Tue, July 7 & 21, 10 a.m., 12 p.m. & 2 p.m., Kīlauea Visitor Center and Whitney Vault in Hawai'i Volcanoes National Park. Ka'ū resident Dick Hershberger brings Hawaiian Volcano Observatory founder Thomas Jaggar to life every other Tuesday.

Ohe Kāpala, Wed, July 8, 10 a.m. - 12 p.m., Kīlauea Visitor Center lānai in Hawai'i Volcanoes National Park. Hawai'i Pacific Parks Association staff share the traditional art of bamboo stamping. Free; park entrance fees apply.

Ka'ū Scenic Byway Committee Meeting, Thu, July 9, 5 p.m., Nā'ālehu Methodist Church. Public invited. richmorrow@alohabroadband.net

Red Cross Volunteer meeting, Thu, July 9, 7 p.m., HOVE Road Maintenance Corp. office. For volunteers and those interested in becoming



Two Parades Celebrate Independence

Floats like the one above in 2014 will compete in many categories at the Nā'ālehu July 4 parade beginning at noon. Hawai'i County band will march in both July 4 parades with Miss Liberty and Uncle Sam in Volcano where the parade begins at 9 a.m.

Photos by Julia Neal



volunteers. Hannah Uribes, 929-9953

The King and I, Fri/Sat, 7:30 p.m.; Sun, 2:30 p.m., July 10 - 26. KDEN presents Rodgers & Hammerstein's musical. \$14 general admission; \$12 seniors and students; \$10 children 12 and under. Tickets at Kīlauea General Store, Kea'au Natural Foods, The Most Irresistible Shop in Hilo and at the door. 982-7344 or email kden73@aol.com.

Atlas Recycling at South Point U-Cart, Sat, July 11, 9 a.m. - 1 p.m.

Process Painting, Sat, July 11, 9:30 a.m. - 3:30 p.m., Volcano Art Center's Niaulani Campus in Volcano Village. Patricia Hoban teaches how to paint from within. 967-8222

Medicine for the Mind, Sun, July 12, 4 - 5:45 p.m., Volcano Art Center's Niaulani Campus in Volcano Village. Buddhist healing meditation for beginners through advanced. Topic is The Wheel of Life: Buddha's Only Artwork. Free. Patty, 985-7470

Sunday Walk in the Park, July 12, 9 a.m. - 2 p.m. Guided by botanist Tim Tunison, this five-hour, four-mile round-trip hike explores Mauna Loa Trail. Free for Friends of Hawai'i Volcanoes National Park; others may become members in order to attend. admin@fhvnp.org or 985-7373

Obon Services, Mon, July 13. Pāhala Hongwanji, 3 p.m. (928-8254); Nā'ālehu Hongwanji, 6 p.m. (966-9981)

After Dark in the Park: How Do We View Kīlauea? Tue, July 14, 7 p.m., Kīlauea Visitor Center Auditorium in Hawai'i Volcanoes National Park. Kumu Hula Manaiakalani Kalua and historian Philip K. Wilson discuss Kīlauea's place in Hawaiian culture and scientific history, and where the two perspectives intersect and encounter one another. Sponsored by Hawai'i Council for the

Humanities and University of Hawai'i-Hilo. Free; park entrance fees apply.

Hawaiian Civic Club of Ka'ū, Thu, July 16, 5:30 p.m. 929-9731 or 936-7262

Forest Restoration Project, Fri, July 17, 8:30 a.m. - 1 p.m. Volunteers clear invasive, non-native faya plants from cindery soil. Register at forest@fhvnp.org or 352-1402 by Monday evening, July 13.

Recycling at Nā'ālehu School, Sat, July 18, 9 a.m. - 1 p.m., Nā'ālehu School Gym. Redeem your HI-5 sorted by type; receive 5 cents per container and additional 20 cents per pound on all aluminum. Atlas Recycling donates 20 cents per pound on all aluminum redeemed to the school. 939-2413, ext. 230

Kumu Pele, Sat, July 18 - Aug 23, 9 a.m. - 5 p.m., Volcano Art Center Gallery in Hawai'i Volcanoes National Park. Avi Kiriatiy exhibits of original paintings and prints opens. Reception at 5 p.m. 967-8222

Writing on the Wild Side, Sat, July 18, 9:30 a.m. - 3:30 p.m., Volcano Art Center's Niaulani Campus in Volcano Village. Participants learn how to unleash their creative potential in Tom Peek's fun, fast-paced and provocative writing workshop. 967-8222

Kahuku 'Ohana Day, Sat, July 18, 10 a.m. - 2 p.m., Kahuku Unit of Hawai'i Volcanoes National Park. Manuel Rego of Amy Greenwell Ethnobotanical Garden teaches how to ku'i kalo. Register by July 2 at 985-6019 to be included in the free lunch count.

Mongolian BBQ, Sat, July 18, 5 - 8 p.m. Kīlauea Military Camp's Crater Rim Café in Hawai'i Volcanoes National Park. \$.85 per ounce includes protein, veggies, rice and a beverage. KMC is open to authorized patrons and sponsored guests. Park entrance fees apply. 967-8371

Hawaiian Ethnobotany, Wed., July 22, 10 a.m. - 12 p.m., Kīlauea Visitor Center lānai in Hawai'i Volcanoes National Park. Rangers share uses and cultural importance of native plants and introduced Polynesian plants in Hawai'i. Free; park entrance fees apply.

Hula Performance, Sat, July 25, 10:30 - 11:30 a.m., hula platform near Volcano Art Center Gallery in Hawai'i Volcanoes National Park. Kumu hula Bobo Palacat with Hula Hālau Na Pua Ha'aheo 'o Kona perform. Nā Mea Hula with Loke Kamanu and 'ohana on the gallery porch, 9:30 a.m. - 1 p.m.

Jazz in the Forest, Sat, July 25, 4:30 & 7:30 p.m., Volcano Art Center's Niaulani Campus in Volcano Village. A tribute to Miles Davis. 967-8222

Ocean View Food Basket, Tue, July 28, 10 a.m. - 12 p.m., Ocean View Community Center. 939-7000

HOVE Road Maintenance board of directors meeting, Tue, July 28, 10 a.m., St. Jude's Church. 929-9910

Gloom to Bloom, Thu, July 30, 7 p.m., Volcano Art Center's Niaulani Campus in Volcano Village. Author and marine biologist Susan Scott discusses her adventures in Palmyra. 967-8222

Ocean View Community Development Corp. meeting, Fri, July 31, 5 p.m., Hawaiian Ranchos offices.

EXERCISE & MEDITATION

Pāhala Pool Schedule: Public Recreational Swim Mon/Thu/Fri 9 a.m. - 12 p.m. & 1 - 5:15 p.m., Sat/Sun 9 - 11 a.m. & 1 - 4 p.m.; Adult Lap Swim Mon - Fri 12 - 1 p.m., Sat/Sun 11 a.m. - 12 p.m. Closed Fri/Sat, July 3/4. 928-8177 or hawaiicounty.gov/pr-recreation

Iyengar and Yin Yoga, Mon/Wed/Fri, 10 - 11:30 a.m.; Ocean View Community Center. Mats and props provided. Stephanie, 937-7940

Calendar, pg. 6

NĀ'ĀLEHU MARKET

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Solar Consultant

Calendar, cont. from pg. 5

Exercise for Energy, Mon/Wed, 3:30 – 4:30 p.m., Discovery Harbour Community Center. DVD instructions; bring your own band, ball and mat. Free w/donation of non-perishable food. Judy Knapp, 939-8149

Zumba Fitness, Mon/Thu, 5:30 p.m.; Sat, 9 a.m., New Hope Christian Fellowship in Volcano. Certified instructor Linda Fanene, 990-3835

Zumba, Mon/Thu, 6 – 7 p.m., Nā'ālehu Community Center. Certified Zumba instructor Erin Cole, 938-4037

Aikido, Mon/Wed, 6 p.m., Old Pāhala Clubhouse. Alan Moores, 928-0919 or artbyalan2011@gmail.com

Beginners Yoga, Mon/Wed/Fri, 10 a.m. – 12 p.m., Ocean View Community Center. 929-7033

Kempo Karate, Tue/Thu Ocean View Community Center, children 5 – 6 p.m.; adults 6:30 – 8 p.m., beginning Feb. 19. Gordon Buck, 929-7033.

Beginning and Intermediate Yoga, Tue/Thu, 8:30 - 10 a.m. Noa's Island Massage in rear entrance of Ka'ū Realty across from Hana Hou. Please come 10 minutes early. \$10 a class or \$80 for 10 classes. 756-3183

Belly Dance Classes, Tue; beginners, 5:30 p.m.; intermediate, 6:30 p.m. Farasha, 990-3835

Karate, Tue/Fri, Pāhala Community Center. Cliff Field, 333-1567

Self-Guided Yoga, Wed, 9:30 – 11 a.m., Cooper Center, Volcano. Calabash donations. Debra Serrao, 985-7545

Gentle Senior Yoga, Wed, 3 – 4 p.m., Nā'ālehu Hongwanji. Senior price \$10 for 10 sessions. Stephanie Pepper, 937-7940

Meditation, Wed, 4 – 5 p.m. Nā'ālehu Hongwanji. Velvet Replogle, 936-8989

Beginners Yoga, Wed, 5:30 – 7 p.m., Volcano Art Center's Niaulani Campus in Volcano Village. \$. Rob Kennedy, 985-9151

Hula Kahiko, Thu, 4 – 6 p.m., Discovery Harbour Community Hall. Ka'ū School of the Arts, 854-1540 or info@kauarts.org

Western Line Dance Classes, Thu, 6:30 – 7:30 p.m., Discovery Harbour Community Hall.

DAILY & WEEKLY EVENTS & ACTIVITIES

Volcano Farmers Market, Sun, 6 – 10 a.m., Cooper Center. Fruits and veggies, swap meet and more. EBT welcome.

Ocean View Community Center computer lab, Mon – Fri, 8 a.m. – noon. Members \$2/hour, non-members, \$4/hr. 939-7033 for information on

computer classes.

Tūtū and Me Traveling Preschool, free classes Mon/Wed, Nā'ālehu Community Center; Tue/Thu, 8:30 - 10:30 a.m., Pāhala Community Center. 929-8571

Niaulani Nature Walks, Mon, 9:30 a.m., Volcano Art Center's Niaulani Campus in Volcano Village. This one-hour nature walk travels through a portion of old-growth Hawaiian rain forest on an easy, 1/7-mile loop trail. Free (calabash donations welcome). 967-8222 or volcanoartcenter.org

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

Ocean View Nutrition Site and Senior Club, hosts activities at St. Jude's Church on Mon/Wed/Fri from 8:30 a.m. and provides lunches 11 a.m. – 12:30 p.m. for seniors 60+. Donations requested. On Thu, the program takes seniors to Kailua-Kona for doctors appointments, grocery shopping and to pick up prescriptions. Program closed Tue. Dick Hershberger, 989-4140

Zhineng Qigong, Mon, 2 – 4 p.m., Cooper Center in Volcano Village. \$10 suggested donation. alohachigong@gmail.com

Kanikapila Jam Sessions, Mon, 5:30 – 7 p.m., Volcano Art Center's Niaulani Campus in Volcano Village. 967-8222

Ka'ū Community Chorus Rehearsals, Mon, 6:30 – 8:30 p.m., Discovery Harbour Community Hall; Ka'ū School of the Arts, 854-1540 or info@kauarts.org

Knit-Wits, Tue, 1 p.m., Ocean View Community Center. 929-7033

Ka'ū Driver License Office, Tue/Wed by appointment. 854-7214

Movie Matinee, Tue, 2:30 p.m., Nā'ālehu Public Library. Free, family-friendly movies for all ages plus free popcorn. 939-2442

Computers for Dummies, Tue, 6 p.m., Ocean View Community Center. 929-7033

Ka'ū Farmers Market, Wed, 8 a.m. – noon, Shaka's Restaurant in Nā'ālehu. Produce, Hawaiian, arts and crafts, fresh baked goods.

Nā'ālehu Market, Wed/Sat, 6:30 a.m. – 2 p.m., Ace Hardware. Produce and locally made products.

Community Bookstore, Wed, 10 a.m. – 3 p.m. at Kauaha'ao Church in Wai'ōhinu. 938-0411

Sumi-e Japanese Brushstroke Painting, Wed, 1 – 3 p.m., Nā'ālehu Hongwanji



Ka'ū offers Obon season events July 13, with services at Pāhala and Nā'ālehu Hongwanjis.
Photo by Peter Anderson

Obon Season Honors Ancestors

Ka'ū celebrates Obon season with services on Monday, July 13. Pāhala Hongwanji holds its service at 3 p.m., and Nā'ālehu Hongwanji's service begins at 6 p.m. Bon dancers from Ka'ū are traveling around the Big Island to Buddhist temples for the annual celebration of music, dance and services in honor of ancestors. Here is the schedule:

June 27 (Sat.): Honomū Hongwanji, 7 p.m., following 6 p.m. service (963-6032)

July 3-4 (Fri./Sat.) Puna Hongwanji, 7 p.m., following 6 p.m. service (966-9981)

July 4 (Sat.): Kohala Hongwanji, 7 p.m., graveside service at 5 p.m.; bon service at 6 p.m. service (775-7232)

July 11 (Sat.): Kona Daifukuji Soto Mission, 7 p.m., following 6:30 p.m. service; Obon/Hatsubon service on Sunday, June 28, at 9:30 a.m. (322-3524)

July 11 (Sat.): Pa'auilo Hongwanji, 7:30 p.m., graveside service at 6 p.m. service, bon service at 6:30 p.m. (776-1369)

July 11 (Sat.): Kohala Jodo Mission, following 6 p.m. service (775-0965)

July 11 (Sat.): Hilo Meisho-in, 8 p.m., following 7 p.m. service. Obon service on Sunday, July 12, at 10 a.m. (935-6996)

July 13 (Mon.): Pāhala Hongwanji Mission, obon service only at 3 p.m. (928-8254)

July 13 (Mon.): Nā'ālehu Hongwanji, obon service only at 6 p.m. (966-9981)

July 17-18 (Fri./Sat.): Honpa Hongwanji Hilo Betsuin, 7 p.m., following 6 p.m. service, food booths available (961-6677)

July 18 (Sat.): Honoka'a Hongwanji, 7 p.m., following 6 p.m. community memorial service; 4 p.m. graveside service at Kukuihaele Cemetery; 4:30 p.m. graveside service at Honoka'a Cemetery (775-7232)

July 18 (Sat.): Ke'ei Buddhist Church (Kona Hongwanji), 7 p.m., following 6 p.m. service; cemetery service at 5 p.m.

July 25 (Sat.): Kona Hongwanji, 6:30 p.m., following lantern parade at 6 p.m.; Hatsubon service on Sunday, July 26, at 9 a.m. (323-2993)

July 25 (Sat.): Papa'aloa Hongwanji, 7 p.m., following 6 p.m. service (962-6340)

July 25 (Sat.): Hilo Hongwanji Mission, 7:30 p.m., following 6 p.m. service Obon service on Sunday, July 26, at 9:30 a.m.; Toro Nagashi at Wailoa Harbor on Sunday, July 26, at 7 p.m. (935-8331)

Aug. 1 (Sat.): Hilo Taishoji Soto Mission, 7 p.m.; Taishoji Taiko will perform; Hatsubon service on Sunday, Aug. 2, at 9 a.m.; Toro Nagashi on Sunday, Aug. 2, at 5 p.m. at the Wailoa River. (935-8407)

Aug. 1 (Sat.): Hawi Jodo Mission, 6:30 p.m., following short service. (775-0965)

Aug. 1 (Sat.): Pa'auilo Kongoji Mission, 7-10:30 p.m., Hatsubon and Obon service at 5 p.m. (776-1474)

Aug. 1 (Sat.): Kurtistown Jodo Mission, 8 p.m., following Hatsubon and Obon service at 7 p.m. (966-9777)

Aug. 8 (Sat.): Hāmākua Jodo Mission, following 6:30 p.m. service (775-0965)

Aug. 8 (Sat.): Kona Koyasan Daishiji Mission, 7 p.m., service at 5 p.m. (324-1741)

Aug. 14 (Fri.): Life Care Center of Hilo (Hilo Higashi Hongwanji), 5:30 p.m., refreshments available (959-9151)

Aug. 15 (Sat.): Kamuela Hongwanji, 7 p.m., following 6 p.m. service; 4:30 p.m. graveside service at Kamuela Japanese Cemetery (885-4481)

Aug. 15 (Sat.): Hakalau Jodo Mission, 8 p.m., following Hatsubon and Obon service at 7 p.m. (966-9777)

Aug. 29 (Sat.): Honohina Hongwanji, 7 p.m., following 6 p.m. service (963-6032)

Ka'ū 'Ohana Band Rehearsals, Wed/Thu, 4 p.m., Ocean View Community Center. Instruments provided; no experience necessary. Ka'ū School of the Arts, 854-1540 or info@kauarts.org

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

Ka Lae Quilters, Thu, 10 a.m. – 2 p.m., Discovery Harbour Community Center. 238-0505

VA Center for Veterans, Thu, 10 a.m. – 2 p.m., Ocean View Community Center. David, 329-0574

Desperately Seeking Serenity AFG meeting, Thu, 5 p.m., St. Jude's Episcopal Church in Ocean View. Sandy, 557-9847

Women, Infant, Children Services, Fri (except holidays) at various locations. 965-3030 or 934-3209

Aloha Fridays, 11 a.m. – 1 p.m., Volcano Art Center Gallery porch at Hawai'i Volcanoes National Park. Variable hula art offerings. Everyone welcome. Free; donations welcome; park entrance fees apply.

Live Entertainment at Hana Hou Restaurant, Fri, 5:30 p.m. in Nā'ālehu. 929-9717

Kīlauea Buffet & Hula Show, Fri, 5 – 8 p.m., Kīlauea Military Camp in Hawai'i Volcanoes National Park Hula. Buffet every Friday at Crater Rim Café; hula shows July 3, 10 and 31 in Lava Lounge. KMC is open to authorized patrons and sponsored guests. Park entrance fees apply. 967-8371

Live Music Fridays at South Side Shaka's, Nā'ālehu. 929-7404

Live Music at Gilligan's, Fri/Sat, 4:30 – 9 p.m., Discovery Harbour.

Ocean View Farmers Market, Sat, 7 a.m. – noon, Pōhue Plaza.

Karaoke, Sat, South Side Shaka's in Nā'ālehu. 929-7404

Alcoholics Anonymous meetings: One Day at a Time Group, Sat, 6:30 p.m., Cooper Center; Friday Night BBQ Meeting, Fri, 5 p.m., Wai'ōhinu (929-7674); Happy, Joyous and Free Group, Mon/Thu, 7 p.m. and Sat, 5 p.m., St. Jude's in Ocean View. West Hawai'i Intergroup, 329-1212 or the Hilo office, 961-6133



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KA'Ū SPORTS REPORT

Volume 13, Number 7

The Good News of Ka'ū, Hawai'i

July 2015

Ka'ū Athletes Rack Up Titles & Scholarships

Ka'ū High School congratulated Athletes of the Year before the summer break. Female Athlete of the Year is Kerrilynn Domondon, and Male Athlete of the Year is Cameron "Kai" Enriques.

Principal's Female Scholar Athlete of the Year is Jennifer Tabios, and Principal's Male Scholar Athlete of the Year is Mike Tamayo.

Councilwoman Maile Meeiros David was on hand and presented Ka'ū High School, its Athletic Program and eight-man football team with a Certificate of Recognition for winning the first BIIF eight-man championship.



Ka'ū High named Athletes and Scholar Athletes of the Year.

Photo from KHPES



Kai Enriques earned BIIF Volleyball Player of the Year, Athlete of the Year at Ka'ū High, a college scholarship and much more.

Photo by Pam Taylor

Kai Enriques also won the title of Volleyball Player of the Year from Big Island Interscholastic Federation. Volleyball Coach of the Year is Joshua Ortega. Other Trojans also have received BIIF accolades. Outside hitter Enriques and middle blocker Brian Gascon were named to Division II's first team. Outside hitter Damon Hertz made second team. Honorable mentions went to outside hitter Anthony Emmsley-Ah Yee and middle blocker Mike Tamayo.

According to sports writer Kevin Jakahi, of *Hawai'i Tribune-Herald*, Enriques' performance at states, with 41 kills on 100 swings, was "one of the most dominant performances by a Trojan in the school's history."

"I never realized how many kills I had. I was enjoying the game so much," Enriques told Jakahi. "When I heard, I was pretty excited."

Enriques will play for Briar Cliff College's new men's volleyball program this fall.

Something for Everyone at Volcano Rain Forest Runs

Registration continues for the sixth annual Volcano Rain Forest Runs taking place in Volcano Village on Saturday, Aug. 22. "Whether it's the Half Marathon, 10K or 5K participants are guaranteed of being in one of the most unique and beautiful places on earth, the enchanting native rain forests of Hawai'i," said race director Sharron Faff.

The Half Marathon be-



Early finishers at last year's Volcano Rain Forest Runs display their winnings.

Photo from Sharron Faff

gins at 7 a.m. followed by the 10K at 7:45 a.m. and the 5K at 8 a.m. All runs start and finish at Cooper Center on Wright Road, and entry fees increase on Aug. 1

Keiki ages 1-7 can register for the free 100- or 200-yard dash on race morning until 9:30 a.m. Sponsored by Kīlauea Lodge, the Keiki Runs begin at 10 a.m. All entrants receive a ribbon and other goodies after crossing

the finish line.

Making for a great family fun day, Volcano Rotary Club serves a BBQ Grill Lunch from 9 a.m. until 12 p.m. for \$9. Entertainment for everyone includes juggling, face painting and balloon animals, plus other craft booths, food booths, music and much more.

Volcano Half Marathon is also the final event for the Big Island Half Marathon Triple Crown Series in which participants complete Hilo, Kona and Volcano Half Marathons.

For more information, maps, FAQs and registration information, see volcanorainforestruns.com or call 967-8240.



Runner crosses finish line. Photo from Sharron Faff

'O Ka'ū Kākou Awards Eight Scholarships to Ka'ū Students

Local volunteer organization 'O Ka'ū Kākou has awarded over \$6,000 in scholarships to Ka'ū residents. Scholarships are based on academic achievement, community service, honors, awards and a written essay.

The following are recipients and their respective



colleges or universities: Kaweni Ibarra, CSU Sacramento; Emmett Enriques, California Baptist University; Denisha Navarro, Shoreline Community College; Rochelle Koi, University of Hawai'i; Tiare-Lee Shibuya, Hawai'i Community College; Kamrie Koi, University of Hawai'i; Kayla Andrade, University of Hawai'i; and Evan Enriques, Stanford University.



Enriques Division I Player of Year

Kamehameha School graduate Emmett Enriques, of Punalu'u, is Big Island Interscholastic Federation Division I Volleyball Player of the Year. In his junior and senior years, Enriques led the Warriors to become BIIF Division I champions and state and has signed to play for Cal Baptist.

Ka'ū Community Events &

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Galimba Takes Three 4-H Livestock Titles

Ua Galimba won GRAND CHAMPION Steer competition at the annual Hawai'i County 4-H Livestock Show & Sale in June. In addition to the title with a steer named Kaimana, Galimba took first in the Junior Showman category for steer and the Junior Showman category for hogs. Also participating from Ka'ū were Grant and Kealia Galimba and Kailee Aickin.

The Ka'ū contingent traveled with their livestock

to Mealani Research Station in Kamuela for the event, which included auctioning off the animals they raised and cared for in preparation for the competition.

The competition included categories for poultry and rabbits on Friday afternoon and hogs, lambs, steers and breeding heifers on Saturday morning, followed by the auction.

Local supporters of the show and auction include

Aikane Plantation, Mālama Market, Kuahiwi Ranch and Chris Manfredi.

The 4-H program encourages and mentors youth from five to 18 years of age to learn animal husbandry, humane handling skills, record keeping and financial planning, as well as the discipline of daily responsibility in raising livestock. The first livestock club program formed in 1918.

"Supporting young people in agriculture is one of the most effective ways, besides buying local, to contribute toward sustainability of our island home," said a 4-H press release.

For more information about 4-H, contact CTAHR extension agent Becky Settlage at settlage@hawaii.edu.

For more on the 2015 4-H Livestock Show and Sale and joining 4-H in Ka'ū, contact Ka'ū rancher and state Board of Agriculture member Michelle Galimba at mgalimba@kuahiwiranch.com.



Ua Galimba and her steer Kaimana took first in show. Galimba also took first in Junior Showman category in both the steer and hog divisions. At her left is livestock judge An Peischel. Photo by Rebecca Settlage



Ka'ū keiki can sign up now for Pop Warner football.

Photo by Nālani Parlin

Sign Up for Pop Warner Football

Ka'ū Lions Pop Warner football play begins in August. Open registration is ongoing for boys and girls from seven to 12 years of age. Parents need to supply a birth certificate, medical clearance for sports and a fourth-quarter report card.

Call organizers Kai Manini at 640-8409 or Bully Breithaupt at 339-1097. Practices will be a couple of days a week at Nā'ālehu Ball Field. Games will be islandwide. More coaches are needed, Manini said.

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GO TROJANS!

Ka'ū Men's Basketball League Forms

A men's basketball league is forming for the summer, starting in July with play at Ka'ū High School Gym. Men of high-school age and older are invited to form teams and join the competition that take place Mondays and Thursdays starting at 6 p.m.

Call Elijah Navarro at Pāhala Community Center at 928-3102 or 430-9461. Sponsor is county Parks & Recreation..

Ka'u Sports Calendar



Ka'u Junior Lifeguard Program participants cleaned up the beach at Kāwā. Left to right are Kate Haynes, Grayson Haynes, Ash Kanahale (firefighter/medic), Heather Kanahale, Ryan Brown (assistant dad), Robyn Brown, Roche Brown, Nainla Kulukualani-Sales (on wall), Olivia Kanahale, Kash Haynes (boy in front, center), Tia Brown, Luke Kanahale, Kawena Brown, Seth Kanahale, AJ Kanahale (on wall), Naiomi Kulukualani-Sales, Victoria Kanahale, Kaiola Lui, Poha Kaluna, Ka'upu-Grace, Kauli Ka'upu-Grace, Stealth Huddy (on dad's shoulders), Kaleo Huddy (lifeguard), Kevin Ohara (lifeguard), Lui Sales (firefighter/medic), Kauai Ka'upu (assistant dad). Missing from photo are junior guards Rio Chopot and Isaac Kjenass.

Photo from Lui Sales

Junior Lifeguards Learn Beach Rescue, Clean Kāwā

Ka'u Junior Lifeguard Program participants cleaned up the beach at Kāwā in June. The program, which takes place for two weeks each summer, teaches kids ages 12 to 17 about ocean safety and beach rescue skills. Topics include an introduction to water safety, first aid, CPR and surf rescue techniques with an emphasis on ocean swimming and paddle boarding.

Helping out with the program were lifeguards Kevin Ohara, Kaleo Huddy, Rob Patterson and Ryan Kuamo'o and firefighters Lui Sales, Ash Kanahale and Ryan Brown.

"This program is so great, and I really enjoy working with the kids and giving back to the community in two ways," Sales said. "First is teaching the kids ocean safety and beach rescues such as first aid and CPR, and second is maybe one day when someone is in need of rescue or first aid, one of these kids may implement what they've learned and save someone's life. It's so awesome how the kids respond to our instruction and how much fun we have."

The program is sponsored by the county. Next year



Junior Lifeguard training at Punalu'u. Left to right are Lifeguard Ryan Kuamo'o, firefighter Lui Sales, firefighter Ash Kanahale, Luke Kanahale, Olivia Kanahale, Seth Kanahale, Ryder Brown, Nainoa Kulukualani-Sales, Isaac Kjenass, Poha Kaluna, lifeguard Kevin Ohara, Kauai Kaupu, Rio Chopot and lifeguard Robert Patterson. Missing is lifeguard Kaleo Huddy.

the lifeguard program is looking for 25 participants and is also planning toward obtaining donations or sponsors to gear up the kids with goggles, snorkels and swim fins.

Summer: Time to Learn to Swim

American Red Cross Learn To Swim Program continues with sessions each week through July 28 at Pāhala Pool. Head lifeguard Rina Martineau said there is room for more students in ongoing and upcoming summer sessions.

Classes start with pre-school aquatics for two- and three-year-olds through July 2 and include Level One, Two, Three and Four Classes for everyone, with lower age limit set at five years of age. Each series of classes in Session C costs \$15 from July 6 - 17. Session D is from July 20 - 28, and each series of classes costs \$10. Call 928-8177.



Keiki can take swimming classes at Pāhala Pool this summer.

Photo by Tanya Ibarra

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NŪPEPA NĀ'ĀLEHU

Volume 13, Number 7

The Good News of Ka'ū, Hawai'i

July 2015



Miss Ka'ū Coffee Maria Miranda and the big dough mixer at Punalu'u Bake Shop's new cookie factory. *Photo by Julia Neal*



Bradley Llanes and Sonny Ancheta are bakers at the new facility. *Photo by Julia Neal*

Punalu'u Bake Shop, cont. from pg. 1
 ministrative Assistant Bernay Lorenzo "the backbone of this place" and said they are vigilant in their pursuit for excellence. To sell its Punalu'u Sweetbread and numerous other products, Punalu'u Bake Shop recently took its island delivery in-house, with new vehicles, drivers and a local marketing manager, Koss noted.

Owner Duane Kurisu, who grew up in a sugar plantation camp, said "Ka'ū is a special place." He said that the addition of the cookie kitchen is another step in sharing the staff's quality, care and "love with the world."



Robert Taylor, of Taylor Built Construction Co., Inc.; Arnie Koss, Managing Partner of Punalu'u Bake Shop; General Manager Connie Koi; Architect Lloyd Sueda; and owner Duane Kurisu. *Photo by Pamela Taylor*

Connie Koi also recognized the crew for the expansion of the business, with new state, mainland and international markets on the horizon. One by one, she named every employee in the business to thank them.

Music for the event was by Brad Llanes and Ti Chun. The Pāhala Kupuna Hula group with Bobby Gomes performed, as did Punalu'u Bake Shop staff members Jolene Moses and Miss Ka'ū Coffee 2013 Tiare-Lee Shibuya. Kahu Brian Borshard gave

the blessing. Miss Ka'ū Coffee 2015 Maria Miranda was on hand to welcome guests. Emcee was Punalu'u Bake Shop retail clerk Mandi Andrade.

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Volume 13, Number 7

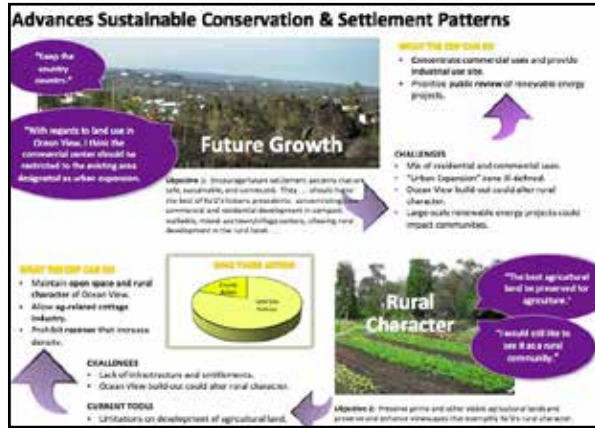
The Good News of Ka'ū, Hawai'i

July 2015

OVCDC Has Concerns About 'Much Superior' Draft Ka'ū CDP

Ocean View Community Development Corp. has submitted feedback regarding the draft Ka'ū Community Development Plan. The board of directors unanimously endorsed recommendations at a regularly scheduled meeting in May. "Many of our concerns have been addressed and mollified," OVCDC stated. "Consequently, we find the current draft for public review to be much superior to prior iterations. There are, however, specific concerns that still need to be addressed."

OVCDC called for elimination of CDP recommendations for redevelopment of nonconforming subdivisions. "To our knowledge, there is no community interest and huge community opposition to any redevelopment or land readjustment schemes, punitive fees/taxes, taking of property in any form from Ocean View's subdivisions,"



OVCDC questions Ka'ū CDP's recommendations for walkable, compact urban centers. *Graphic from Ka'ū CDP*

OVCDC stated. "Since there is no community demand for such a plan, whose only proponent is the Planning Department, it should not be included in the CDP (thereby giving the false impression that it carries community support)."

The board also called for planners to eliminate or modify recommendations

for walkable, compact urban centers, stating that, "It doesn't fit reality in Ka'ū." OVCDC's rationale is that the center of Ocean View "itself is not a center – the community center is two miles from the shopping areas, the park is two miles in the other direction, and the shopping areas are spread out on either side of state Hwy 11. Not safely or easily walkable."

OVCDC also asked that the CDP modify the policy to "discourage intensive development in areas of high volcanic activity." The hui compared such areas with those prone to tsuna-

mis and concluded that high-risk lava zones are less dangerous than tsunami zones. "While the risk is real, it is very small," according to OVCDC.

Copies of the draft are available at local libraries and community centers and at Planning Departments in Hilo and Kona.

OV Researcher Offers Healthy Diet Tutorial

The Food Ingredient and Health Research Institute is seeking twenty parents of learning-disabled children to participate in a web-based tutorial as part of a study to determine whether the curriculum can help families facilitate healthy dietary changes. Parents selected to participate will be randomly assigned to a test or control group. Those assigned to the test group will be required to participate in the first six-week tutorial session. Parents serving in the control group will be offered the opportunity to



Renee Dufault

participate in the tutorial during the second session. All participants will be required to take an online diet survey at the same time before and after the first tutorial session. As each parent finishes participating in the tutorial, he or she will receive a stipend of \$200 to offset any increased grocery costs that may occur as a result of dietary changes.

Instruction for the tutorial is provided

OV Tutorial, pg. 12

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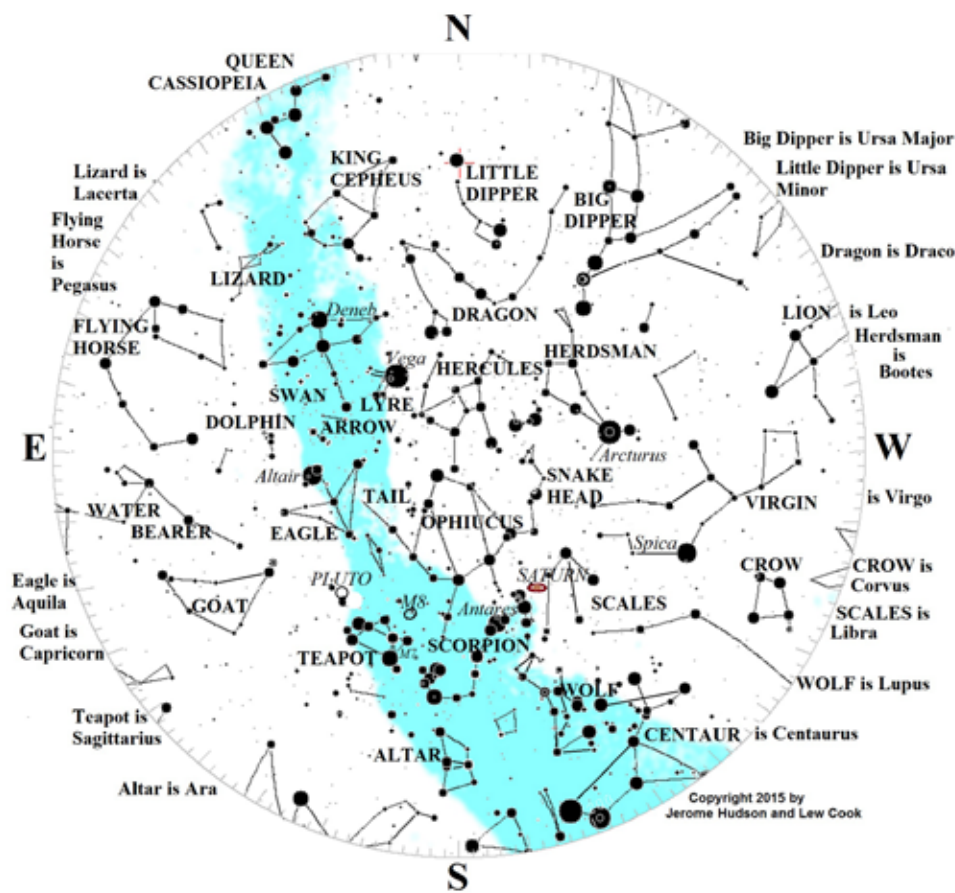
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The usual star chart was not available as this was being written, so I asked an astronomer friend of mine, Dr. Jerry Hudson, if I could use his Atlas program – and here it is! Thank you, Jerry! I preferred my own lines to connect the stars and spent some time connecting the dots. I hope you like it!

Stars over Ka'ū - July 2015

by Lew Cook

Saturn continues his battle with the claws of Scorpius while Jupiter and dancing partner Venus have set. Venus is at its brightest this month, all the while growing larger. By the end of the month, it has become larger but has slimmed down into a thin crescent.

The full moon graces us with two appearances this month: the first and 31st of July. The full moon on July 31 is a blue moon. The term blue moon refers to a season that has four full moons rather than three. The fourth full moon was termed blue. Since there are only 12 months in a year, if you have 13 full moons, one month has to have two full moons. The moon appears to go around the Earth in 29.53 days, so one month must have two full moons. But you can bet it won't be February!

There are some rare atmospheric conditions that cause the moon to have a bluish tint. Volcanic eruptions that put huge amounts of dust in the air or major forest fires can do this. After Krakatoa erupted, the moon had a bluish tint, although the sky had a lot of dust. Dust particles need to be larger than typical, lest the moon, sun and stars will be reddened.

Pluto, once deemed a planet but now demoted to a dwarf planet, is back in the news. The New Horizons spacecraft has

been traveling for ten years to get to Pluto and this month will pass close enough to get pictures and data. Don't expect to see many pictures, because it requires the radio signal to travel four-plus hours and three billion miles to get to the Earth. The data transmission rate will be only one kilobit per second, about as slow as dial-up was in 1972 here on earth. Pluto is in Sagittarius, and its position is marked on the chart, but please don't waste your time looking for it, because it is very faint (14th magnitude) and in an area packed with stars.

Those of you who have telescopes or large binoculars can enjoy several nebulae in Sagittarius. Perhaps the best of these is M8, but M7 was also catalogued by Charles Messier. The stars in M7 have had time to blow away the gas and dust that they were created from, but the gas and dust are still in the area of M8. That is what makes the Lagoon nebula, M8, so pretty!

Once again, the sky map is different from that usually presented. To make the sky more interesting, constellations are presented with their English names rather than the customary Latin. After all, who knows that Lacerta is the Latin word for lizard? Some names carry over, at least partly, such as Queen Cassiopeia and Ophiucus, the Snake Handler. Others haven't changed much, like



Lew Cook

Scorpio the Scorpion. Others have, like the small constellation labeled Arrow, called Sagitta, and the Water Bearer, Aquarius. For purists, the Latin names are shown on the margins of the chart if not mentioned here.

Date	Sunrise	Sunset
July 03	5:48 a.m.	7:04 p.m.
July 10	5:51 a.m.	7:04 p.m.
July 17	5:53 a.m.	7:03 p.m.
July 24	5:56 a.m.	7:01 p.m.
July 31	5:58 a.m.	6:58 p.m.

OV Tutorial, cont. from pg. 11

by Renee Dufault, a retired Food and Drug Administration Public Health Service officer and prominent researcher, who lives in Ocean View. Participants will receive a copy of Dufault's book and instruction during the tutorial at no charge, she said.

Prior to being selected to participate in the study, parents will be screened to determine their eligibility. Parents found eligible to participate in the study will be required to sign an informed consent form before start-

Moon Phases	Moon Rise	Moon Set
Full Moon		
July 01	6:58 p.m.	5:33 a.m.
Last Quarter		
July 08	11:52 a.m.	12:30 p.m.
New Moon		
July 15	5:41 a.m.	6:55 p.m.
First Quarter		
July 23	12:17 p.m.	12:10 a.m.
Full Moon		
July 31	7:24 p.m.	6:16 a.m.

ing the tutorial. Results of the study may be reported in a journal article, at a scientific meeting or through media. All participants will be assigned unique user identification numbers for logging on to the tutorial, and their identities will remain confidential.

Interested parents may contact Dufault at rdufault@foodingredient.info for their eligibility screening appointment or visit foodingredient.info/parentnutritioncourse.html and fill out the interest form.

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KEEPING HEALTHY IN KA'Ū

Volume 13, Number 7

A Journal of Good Health, Food and Fitness

July, 2015

Micronesian Health Education Launched to Fight Hep-B

Hep-Free Hawai'i has relaunched the Micronesian Education Liver Wellness Program to raise awareness about hepatitis B among Micronesian communities living in Hawai'i.

Hawai'i has the highest rate of liver cancer in the U.S., and the leading cause of liver cancer in Hawai'i is hepatitis B. According to Hawai'i Department of Health, about 40,000 people in Hawai'i may be living with hepatitis B, and most are unaware of their infection. The people most at risk for hepatitis B are those born in Asia and the Pacific, including Republic of Marshall Islands and Federated States of Micronesia. Unfortunately, most of these people, including those in Ka'ū's large Marshallese community, do not get tested or do not get medical care to manage hepatitis B.

MELWP provides free educational talk story sessions for Micronesian com-



munity members to increase conversation and reduce stigma around this deadly disease. "We don't have to let hepatitis take

our communities. We can take action," said Kenson Alik, MELWP Director and a hepatitis B survivor. "We hope that MELWP will

empower local Micronesian communities to fight back against hepatitis. As someone who has been through it, I know that this is important for the health of our community!"

According to Alik, community members can take action against hepatitis B by getting educated about hepatitis B, getting tested, getting vaccinated and getting treated.

Alik was one of five people from Hawai'i selected for a Caring Ambassadors scholarship to advocate for hepatitis B prevention in Washington, D.C. With the support of Hep-Free Hawai'i, he met with Hawai'i legislators to share the importance of increased hepatitis B services for all Asians and Pacific Islanders, especially communities born in Micronesia.

"I have experienced many difficulties due to hepatitis B," Alik said. "I want to ensure that no one else from my Micronesian community has to deal with liver cancer or liver transplant. Together, we can talk about this disease, and we can prevent it!"

For more information on how to participate in MELWP, contact Alik at 808-783-9756 or kenalik04@yahoo.com.

Also see hepfreehawaii.org or follow @hepfreehawaii on Facebook, Twitter or Instagram.

Bay Clinic Honored for Tobacco-Free Programs

The Coalition For Tobacco-Free Hawai'i-East Hawai'i awarded Bay Clinic, Inc. the third annual Community Excellence award in recognition of World No Tobacco Day.

CTFH-East Hawai'i chose to honor Bay Clinic for its comprehensive tobacco-use policy, which prohibits use of all tobacco products, including electronic smoking de-

vices, on all nine of its campuses, including Nā'ālehu.



Sally Ancheta, CTFH-East Hawai'i community coalition coordinator, and Lenard Allen, Department of Health, public health educator of East Hawai'i, presented awards to Bay Clinic CEO Harold Wallace and patient services manager Meleah Lerma.

"Bay Clinic has been a forerunner in to-

bacco control policies and practices for the past 10 years," Ancheta said. "They are the leading providers of tobacco treatment with programs at the Hilo, Kea'au, Pāhoa and Nā'ālehu clinics."

For more information about the Bay Clinic tobacco treatment program, contact Jennifer Griffith at 333-3504 or Ancheta at 936-2686, or email sally@tobaccofreehawaii.org.

Also see www.tobaccofreehawaii.org.

New Ka'ū Asthma Survey Launched

Ka'ū Community Asthma Program welcomes participants. Led by Luzviminda B. Miguel, MSed, the project sponsored by Ka'ū Rural Health Community Association, Inc., American Lung Association and University of Hawai'i Doctor of Nursing Practice Program is conducting a Demographic Survey and Asthma Control Test Survey. "Your participation will help nurses, doctors and other health care professionals help you to manage your asthma and form a Ka'ū Community Asthma Support Group," say fliers on bulletin boards in the community.

Those with asthma or family members with asthma can call Miguel at 934-2654 or KRHCAI at 928-0101.

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• Volcano Assembly of God.....967-8191	• Christian Church Thy Word Ministry.....936-9114
PĀHALA	Nā'ālehu Hongwanji, Sundays 10 a.m.
• River of Life Assembly of God.....928-0608	OCEAN VIEW
• Holy Rosary.....928-8208	• Kahuku UCC.....929-8630
• Pāhala Bible Baptist Mission.....928-8240	• Ocean View Baptist Church.....430-8268
• Pāhala Hongwanji.....928-8254	Worship Service: Sunday, 1 p.m. Ocean View Community Center. All are welcome!
• Wood Valley Tibetan Buddhist Temple & Retreat.....928-8539	• OV Evangelical Community Church.....939-9089
NĀ'ĀLEHU	• St. Jude's Episcopal.....939-7000
• Assembly of God.....929-7278	• Divine Faith Ministries 929-8570 (non-denominational) meets Ocean View Community Center 10 am Sundays, Children, Youth, Bible Study. Call for more information.
• Iglesia Ni Cristo.....929-9173	• Church of Christ.....928-0027
• Jehovah's Witnesses.....929-7602	Back to the Bible 9 am, Bible class studying Romans. Worship 10A.M. Expository lessons from N.T. Books
• Kauaha'ao Church.....929-9997	
• Latter Day Saints.....929-7123	
• Light House Baptist.....939-8536	
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KA PEPA VOLCANO

Volume 13, Number 7

The Good News of Ka'ū, Hawai'i

July 2015

Kiriaty Exhibits *Kumu Pele* at HVNP's Volcano Art Center

Volcano Art Center Gallery in Hawai'i Volcanoes National Park exhibits work by Avi Kiriaty July 18 through Aug. 23. Titled *Kumu Pele*, this exhibition of original paintings and prints will be on display daily from 9 a.m. to 5 p.m. The exhibit is free and open to the public; park entrance fees apply. A special opening reception with the artist is on Saturday, July 18 from 5 p.m. to 7 p.m. at the gallery.

Kiriaty was born in Israel, the son of a dabbling artist, and spent his youth as a keen observer of nature and people. He met his wife on a kibbutz and soon after moved to New Hampshire where they had their first child. Soon after, the budding family moved to the South Pacific in search of a warm, peaceful place amid nature. The original plan was that Hawai'i would be one of the stops along the way, but upon arrival they couldn't resist the beauty they experienced and decided to stay. They spent the first year on Kaua'i, where Kiriaty experimented for a time with oil painting. From there he moved to the Hāmākua. His son was born on an old Hawaiian homestead there. Kiriaty then moved to the Puna rainforest and began to live the life of an artist. His



Pele and Hi'iaka by Avi Kiriaty

first works were sold at Hilo Farmers Market,

capture the Hawai'i landscape and his observations of its people in joyful paintings and prints. For a deeper study into Polynesian culture, Kiriaty and his family traveled to 19 different islands in French Polynesia and the Cook Islands, and his work has been profoundly influenced by the journey. One example is Kiriaty's unique collection of Storyboards. Throughout the South Pacific many cultures create Storyboards as a form of art that documents their oral tradition and their cultural history. They have been made in many different forms, including woodcarvings and tapa cloth designs. Kiriaty has developed his own style of Polynesian storyboard using oil paint on linen canvas. The texture, and partially the style, of these works is similar to that of his lino-block prints. His daughter works with him in the studio on these pieces in an apprentice fashion, filling in the layers at his direction. This working relationship has developed a line of paintings that have a unique style while still being clearly Avi Kiriaty originals.

Kiriaty's paintings and prints hang in public and private collections throughout Hawai'i, on the mainland and in Europe. He

has been featured in numerous publications, on television and has had several solo exhibitions. He has created an open edition line of paper prints from his original linoleum block prints and a limited edition of canvas prints from his oil paintings. Kahala, one of the oldest aloha shirt manufacturers, distributed a popular line of shirts incorporating Kiriaty's designs.

VAC's Gallery Manager Emily C. Weiss said of the exhibit, "VAC Gallery is pleased to showcase Kiriaty's recent works, which honor our host culture, representing the beauty of both Hawai'i's landscapes and people. We hope everyone here on the Big Island and art enthusiasts everywhere will not miss this unique opportunity to support Kiriaty and his works by attending the exhibition."

where his wife had been selling tie-dyed T-shirts. Kiriaty included a few works for sale and to no one's surprise, they were an immediate success.

Since that time, Kiriaty has continued to

Auction Proceeds Support Programs and Community

Friends of Hawai'i Volcanoes National Park's annual fundraiser, part of Volcano Village's popular Fourth of July parade and festival, is held inside Cooper Center's main hall on Saturday, July 4 from 9 a.m. to 11:30 a.m.

Auction items include two seats on the Circle of Fire & Waterfalls tour provided by Blue Hawaiian Helicopters, Body Glove adventures, and one- and two-night stays at many area B&Bs and hotels, including two-nights at the Hilo Hawaiian and



FHVNP Executive Director Elizabeth Fien

Home Sweet Home. Yoga and acupuncture sessions, gift baskets full of goodies and memberships to 'Imiloa and Hawaiian Historical Society are more items going to highest bidders.

There are also retail gift certificates for Kīlauea Lodge, Roy's Waikoloa, and Mauna Lani Bay Terrace's Sunday Crab Feast, among others. Original art, photography, prints, more jewelry, crafts, clothing, books, CDs, pottery, plants, flowers and more make up the diverse array of goods and

services up for bid. "Join us for this fun family event, as there is bound to be an item for everyone," said FHVNP Executive Director Elizabeth Fien.

All auction purchases support volunteer and educational projects in Hawai'i Volcanoes National Park that help instill a deep appreciation of Hawai'i's fragile natural resources and provide quality environmental experiences for visitors and residents. Additionally, a portion of the proceeds is donated to Volcano Community Association and Cooper Center.

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The Friends annual fundraiser is a much anticipated part of Volcano Village's popular 4th of July parade and festival. The auction is held inside the Cooper Center's main hall. Many great auction items this year - Hotel packages, restaurant gift certificates, helicopter tours, art, jewelry, gift baskets, and so much more. Auction starts at 9:00 am and ends at 11:30am. Proceeds support Friends, Volcano Community Association & Cooper Center.

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VOLCANO ART CENTER

July Events

Gallery Exhibit

G. Brad Lewis exhibit continues through July 12
Avi Kiriaty exhibit "Kumu Pele" opens July 18
Aloha Fridays on the Porch 11am-1pm
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Process Painting	July 11
Tom Peek's "Writing on the Wild Side"	July 18
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Susan Scott Presentation	July 30
Beginning Hawaiian Language	July 31

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ENERGY & SUSTAINABILITY IN KA'Ū

Volume 13, Number 7

The Good News of Ka'ū, Hawai'i

July 2015

Crowd-Funding in Japan Raises Money for Coast Cleanups

Hawai'i Wildlife Fund's Marine Debris Project has received a crowd-funded donation of \$4,000 from 255 donors across Japan. Project coordinator and marine biologist Megan Lamson, of Ka'ū, recently met up with nature photographer and ocean advocate Junji Takasago to accept the funds.

Lamson said the donation will be used to continue beach cleanups and outreach work related to marine debris on Hawai'i Island. HWF and volunteers have removed over 177 U.S. tons of marine debris in

Hawai'i since beginning cleanup efforts in 2003.



Junji Takasago and Megan Lamson
Photo from HWF

HWF estimates that at least 15 to 20 tons of marine debris wash ashore annually along a 10-mile stretch of shoreline in Ka'ū and South Kona and will continue to do so until reduction of single-use plastic consumption occurs around the globe.

"Marine debris is a people problem, and because of that it gives us hope, as people can also fix this problem," said marine scientist Stacey Breining, HWF's Marine Debris Mentor and Outreach Specialist.

"Our team with Hawai'i Wildlife Fund is most honored to accept this generous donation for marine debris removal efforts and communication related to the Great East Japan Earthquake and resulting Japanese tsunami," Lamson said. "We are humbled by the generosity of this crowd-funded project and hope to maintain contact with the organizers and the 255 contributors into the future."

First Underwater Marine Debris Cleanup Dives Ka'ū's Ka Lae

Volunteers removed 157 pounds of debris from the ocean at Ka Lae during Hawai'i Wildlife Fund and friends' first-ever dive cleanup in June. Most of the debris was derelict fishing gear, with the number



Volunteer divers gather debris from the ocean at Ka Lae during Hawai'i Wildlife Fund and friends' first-ever diving cleanup on Hawai'i Island.

one item being monofilament line.

The cleanup was a success with a total of 12 scuba divers, three free divers and eight shoreline support volunteers, including Simon Chan, who kept a lookout with binoculars from the cliffs the whole time, and Japanese-English interpreter Hanako Yokota. Organizer Megan Lamson said the group was "blessed by a visit from a pod of dolphins and friendly fishermen sharing the same rocky shoreline."

HWF volunteer and marine biologist Lindsey Kramer noted the presence of additional invasive limu and invertebrate species on the sugi line that was removed. "This gives us all the more reason to con-



Divers and other volunteers show off their catches. Photos from Cynthia Hankins Photography

tinue this type of work for the health of our native marine wildlife," Lamson said.

Along with the individual divers, others who made the day a success included NOAA Marine Debris Program, Sea Beautification Society's team of eight divers from Japan, Line-X Hilo, Big Island Divers, DLNR Division of Aquatic Resources, S. Tokunaga and Cynthia Hankins Photography.

"We are all so thankful that this first-ever HWF Dive Cleanup event on Hawai'i Island was a success and are most appreciative of all the collaboration needed to make this happen!" Lamson said.

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Ka'ū High School Class of 2015 is 50 strong, winning many scholarships and grants for higher education. From top (l-r) Esteve Salmo, Mike Tamayo, William Tailon-Kaluna, Petronilo Espaniola, Damon Hertz, Thanachit Khofakklang, Kupono Palakiko-Leffew, Carlos Uribe-Bounos, Cameron Enriques, Rigan Kaapana, Randall Kahele, Brian Gascon, Rayncin Salmo-Grace, David Phillips, Anthony Emmsley-Ah Yee, Makana Gravela, Teyden Makuakane, Tyren Fukunaga-Camba, Rodalynn Kuahiwinui, Angelica Perry, Gracie King, Sky Kanakaole-Esperon, David Pillette, Dallas Stoner, Shyann Flores-Carvalho, Trystah Amps Nurial Dacalio, Jenisha Young, Kaweni Ibarra, Makela Moses, Rostiana Thomas, Aysha Kaupu, Kerrilynn Domondon, Jessica Baruelo, Tia Goldsmith, Bridget Pasion, Whitney Spencer, Shavon Mello-Waiwoale, Steeli Bartley, Glaiza Biason, Anjanette Jara, Kehaulani Ke, Denisha Navarro, Jennifer Tabios, Lanni Ah Yee, Jeazelle Sebastian.

Photo by Pam Taylor

Ka'ū Class of 2015, cont. from pg. 3
will help them. Cameron Enriques earned a men's volleyball scholarship from Briar Cliff University. Mike Tamayo earned a

Hawai'i Community College tuition waiver. Lanni Ah Yee earned an Arthur Jackman Scholarship.

The graduation ceremony marked the

last to be held in the historic 1930s Ka'ū High Gym. A new gym that will accommodate more than 1,000 is expected to be completed by graduation 2016.

For 2015, Class Song is *The Right Thing*, by Kolohe Kai. Class Colors are mint and coral. Class Flower is Bird of Paradise.

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