



Daniel Ho will teach songwriting April 2-5 in Pāhala where he was inspired to produce *'ikena*, which won a Grammy with Tia Carrere.

Photo by Shane Sato

Grammy Winners Help Musicians Compose for First Ka'ū Coffee Fest

Daniel Ho and Amy Ku'uleialoha Stillman, creators of the *'ikena* album, which won Best Contemporary Hawaiian Album at the 51st Grammy Awards, will return to Pāhala, joining four-time Grammy winner Keoki Kahumoku to help musicians to write songs for the first-ever Ka'ū Coffee Festival.

The songs will honor the coffee farmers as well as the rural places where coffee has been his-

Grammy, pg. 3

KA'Ū COFFEE FESTIVAL

For more info and schedule of events, visit

www.kaucoffeeestival.com

-Miss Ka'ū Coffee Pageant
-Ka'ū Coffee Recipe Contest
-Songwriting Contest

-Ka'ū Coffee Tasting
-Ka'ū Coffee Education
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Ka'ū Coffee Festival Recipe Contest Opens for Competition

A Ka'ū Coffee Recipe Contest will be part of the first-ever Ka'ū Coffee Festival April 23 – 25. Winners' recipes will be published and earn prizes. Recipes can be created for coffee drinks, coffee cakes, coffee candies, coffee braised meats, or any other culinary use of Ka'ū coffee, "but only Ka'ū coffee," said Ka'ū Coffee Recipe Contest Chair Gloria Camba. Those entering the recipe contest will each receive a small bag of Ka'ū Coffee to use in creating their recipes. For entry forms, rules and the small bag of coffee, contact Gloria Camba at R&G Store at 929-8155 or Lorie Obra at the Ka'ū Farmers Market on Wednesday and Saturday mornings in Nā'ālehu.

THE KA'Ū CALENDAR

Volume 7, Number 5

The Good News of Ka'ū, Hawai'i

March, 2009

Credit Union to Centralize, to Open on Saturdays

Ka'ū Community Federal Credit Union will open on Saturdays and centralize operations, beginning in April, concentrating most of its workforce and transactions at its Nā'ālehu headquarters on Hwy 11. The building and grounds are owned by the Credit Union membership.

Saturday is market day in Nā'ālehu, with the Ka'ū Farmers Market next door to the Credit Union. "It will be a great time for people off work on the weekend to take care of their business at KFCU," said its manager Bernard Balsis. The plan for Nā'ālehu is to also stay open later on weekdays.

"Centralization will allow us to improve our online, phone and email interactions with members as well as expand our hours for in-person service," Balsis said.

To accomplish the expansion of hours in Nā'ālehu and to increase services, the credit union will offset expenses by suspending on-site operations in Pāhala and reducing hours at Ocean View in Kahuku Country Market at the beginning of April.

"We look at this centralization as a step in our growing into the 21st Century of online money management and transactions while retaining commitment to personal service. As Ka'ū FCU continues to grow, we will continue to assess the balance between in-person and online ser-

Credit Union., pg. 21



Greensands Campaigns for a Park

Greensands Park and garden enthusiasts Jendayi Miller, Damien Rideout, Ocean Rideout, Angel Dahlstedt, Janet Parlin and Tabatha Dahlstedt. Tabatha created the park sign, as well as the community bus stop sign and mural, and serves as Greensands Community Park & Garden, Inc. Vice-President. She grew up in Greensands and played at the park as a child. She still lives in the area and her children now are avid park users. See story on page 4.

Directory Expands for Businesses & Community Resources

The Ka'ū Chamber of Commerce has expanded *The Directory, Ka'ū Business and Community Resource Guide* from 64 to 80 pages with many images of Ka'ū by photographer Peter Anderson and the staff

of *The Ka'ū Calendar*.

The Directory 2009 has also added useful color street maps of most Ka'ū neighborhoods, including Ocean View and Ranchos, Wai'ōhinu, Discovery Har-

bour, Nā'ālehu, Punalu'u, Pāhala and the the Ka'ū section of Volcano. The maps were produced by HawaiiMapSource.com, of Volcano, which publishes *The Directory*, pg. 3

Learn to Plan for Natural Resource Management in Ka'ū

A free session aimed at teaching citizens about planning for the management of natural resources in Ka'ū will be held Tuesday, March 17 at Nā'ālehu Community Center from 6 p.m. to 8 p.m. No reservations are required.

Ka'ū District has the largest landmass with the most natural resources and the smallest population in the state. Natural resources range from some of the most pristine native forests in Hawai'i and wildlands where residents hunt, to near-

shore fishing waters and a largely uninhabited coast. Natural resources include wind, which is already being used to generate power at South Point, the constant sun on the Ka'ū Desert, vast tracts of farm

Land Use, pg. 8

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Also in this issue: P5 Kahuku * P6 Nā'ālehu * P7 Pāhala * P8 Business * P9 Event Calendar * P11 Sports * P12 Sports Calendar * P16 Volcano * P17 Keeping Healthy * P18 Recipe * P19 Ag * P20 Church Guide * P20-21 Religion * P22 Star Map * P23 Classifieds * Inserts: Nā'ālehu Market, Ka'ū Community Development Plan

Kahuna Lapa'au Plans March Workshop in Pāhala

Kahuna Lapa'au O Hawai'i, a non-profit organization based in Volcano, is hosting a workshop in Pāhala, the weekend of March 27-29, called *The Return of I'o & the Rising of Mu (Lemuria)*. The organization began a series of workshops in February at Pāhala Plantation House, Kaloko Ahupua'a Mauka above Kailua-Kona, and at a retreat site near Volcano Village.

Kumu Leina'ala Kaahuhailikau-koalaika'alaneo describes the workshop as "a sacred Makana Alo'Ha (a gift of three days of the Breath of I'o)." Workshop attendees learn "the universal wisdom from the ancient wisdom of the Lemuria Golden Lapa'au (Light Workers) of

this sacred Sanctuary Heiau (Temples) of Ha'Wai'i."

She said that workshops include visits to "sacred heiau" and healing interactions with Kaneuhanenui (men of great spirit). The Kane are Keahi Kawehi Hanakahi, Kanoakalani Switzer, Keolamaikalani (Keola) Conner, Maki Sugahara and Melvin Ha'Makua Mason.

Students also receive teachings and healing sessions from Kawaihineuhanenui (women of great spirit), including Kumu Leina'ala.

She said the experience is "a tapestry of Kahuna Lapa'au Ha'Wai'i and Japan Grand Masters, Kumu 'Ola (teachers of healing), teachings, myths of truths,

of wisdoms beyond wisdoms and Vision as they emerge from the Hawaiian Mists of Ancient Times, thousands and thousands of years ago. This is our Gift and inherent right," she said.

For more information and to register see makanaaloha.org or call Kumu'Ola at 961-3118 or 333-7914 or Barbara Hanger on Maui at 808-878-8330.



Melvin Ha'Makua Mason



Kanoakalani Switzer



Keahi Kawehi Hanakahi



Kumu'ola Leina'ala



Maki Sugahara



Keolamaikalani Conner

Youth and Kupuna Unite to Clean Punalu'u and 'Ili'ili Hānau

Students of Kukulu Kumuhana o Ka'ū and Ka'ū students in the Big Island Substance Abuse Council joined young students of Kanu o Ka 'Āina New Century Public Charter School, who came from Waimea in February to clean up Punalu'u beach and learn more about Ka'ū.

The Kuaimoku-Bangay 'Ohana hosted some 65 people ranging from two years of age to kupuna who camped at the family property next to Punalu'u beach. The group participated in daily service projects to mālama i ka 'āina (take care of the land), including picking up bags of rubbish along the shore makai of Punalu'u golf course and in an area called 'Ili'ili Hānau, which is famous for the story of stones giving birth. The stones are used to make rhythmic sounds when dancing hula.

They also picked up about three truck



Students from Kukulu Kumuhana o Ka'ū, Ka'ū Big Island Substance Abuse Council and students and family of Kanu o Ka 'Āina New Century Public Charter School in Waimea cleaned up Punalu'u beach while learning about the historic area.

Photo by Nālani Parlin

loads of fallen coconut leaves, coconuts, lauhala, and naupaka, which were composted in a natural fibers area on the property where they were staying.

Earl Louis, of Punalu'u, shared his mana'o about the history of the area, and Terry Shibuya, BISAC counselor for Nā'ālehu and Pāhala Middle Schools and Ka'ū High, coordinated bringing students together from Ka'ū and Hilo.

Kanu o Ka 'Āina students are visiting each district while learning "about what makes up their home, the island of Hawai'i," said teacher Kalaokahaku Akima.

"We worked in the spirit of our ancestors through aloha, harmony, kōkua, kuleana, mālama, and lokahi," said Akima. She added that "a wise saying of our kupuna is 'A'ohe hana nui ke alu 'ia. No task is too big when done together by all."

Enriques Invites Community to Help Direct Policy

"Becoming a freshman County Council representative for my district has been a

life changing event for me and my family," writes freshman County Council member

Guy Enriques in an open letter to the community. "We are proud to have been given this opportunity to serve the people and lands we cherish."

"While I am now getting oriented to the wide variety of agencies and services our State and County governments provide, I'd like to invite you, the constituency to participate in directing policy through this office."

Enriques asks for the opinions of experts and the public at large. "I hope that you will come to me with

your concerns and praises. But more importantly, I hope you will add your voice on topics that come before the Council."

Enriques is compiling an email notification list in order to be able to quickly contact and receive ideas and inquiries of the electorate. To add a name to the list, email the following to district6@co.hawaii.hi.us: Subject: District 6 Email List; name, email address and name of community (Kurtistown, Mt. View, Glenwood, Volcano, Pāhala, Nā'ālehu, HOVE, South Kona).

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West (Nā'ālehu to Kailua-Kona) @ Kahakai Elem. School in Kona, Room A207 from 8:00 - 9:00 a.m.

North (Laupahoehoe to Waikoloa) @ Firehouse Gallery in Waimea, 10:00 - 11:00 a.m.

East (Pahala to Hilo/Papaikou) @ St. Joseph Elem. School in Hilo, Room 211 from 2:00 - 3:00 p.m.

For more info: 969-2012; robyn@recyclehawaii.org; www.recyclehawaii.org



Youth Ages 6-18

Submit your 2-D or 3-D artwork in the group or individual category. Each school can submit up to 6 entries; 3 individual and 3 group. Public, independent, charter, and home school students, as well as members of community organizations working with youth are encouraged to submit their creations.

THE KA'Ū CALENDAR

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Grammy, cont. from pg. 1

torically grown in Ka'ū, such as Mōa'ūla, Wailau, Hīlea, Ka'ala'iki, Punalu'u, Enuhe, and Keaiwa. A session with composer, performer and music producer Daniel Ho will be held April 2 – 5 at Pāhala Plantation House. Poet and lyricist Amy Ku'uleialoha Stillman will arrive on April 22 to help finalize the new music for the coffee farmers, which will be presented at the Ka'ū Coffee Festival April 24-26 in Pāhala.

Scholarships Available

Students and adults wanting to sign up for the music writing workshops and to enter the songwriting program for the Ka'ū Coffee Festival can call Pāhala Plantation Cottages at 928-9811 or Keoki Kahumoku at 935-0643 for more information.

Returning to Pāhala

Ho and Stillman are returning to a place that helped to inspire the creation of the 'ikena album while Ho was teaching with Kahumoku at Pāhala Plantation House.

"Our project has its genesis in a kani ka pila session at Keoki Kahumoku's Hawaiian music camp in Pāhala, where Daniel had a sudden desire to create new songs that might make their way into the hands of musicians and hula dancers," says the album liner notes written by Stillman.

In a matter of seconds Ho was on the phone to Stillman, who is an Associate Professor of Music and American Cul-

ture and the director of the Asian/Pacific Islander American Studies at University of Michigan. The two spent more than a year emailing ideas, tunes and lyrics, along with Hawaiian-language coaching via phone and mp3 files that zoomed back and forth between Hawai'i and the mainland.

Stillman holds a PhD from Harvard University and specializes in ethnomusicology, dance ethnology and the Pacific Islands. She said that the 'ikena collection of original Hawaiian-language songs "represents the serendipity of unexpected journeys. We each planted seeds of ideas, and made our way down paths that converge in this album. Each of us has demonstrated commitment to our Hawai'i roots in our own ways."

The two brought Hawai'i born singer and actress Tia Carrere into the project and the three stood on stage to receive their Grammy along with Ho's partner and wife Lydia.

Stillman came to Pāhala last December to teach at a Kahumoku workshop.

The songwriting workshops are sponsored by The Ka'ū Coffee Festival, Pāhala Plantation Cottages, *The Ka'ū Calendar*, Ka'ū Music Workshops, the Edmund C. Olson Trust II and Keoki Kahumoku. The Ka'ū Coffee Festival is also sponsored by the Ka'ū Coffee Growers Cooperative, Ka'ū Farm and Ranch Co. and the County of Hawai'i.

For more on the Ka'ū Coffee Festival, see www.kaucoffeefest.com.

Directory, cont. from pg. 1

Ready Mapbook of West Hawai'i and *The Ready Mapbook of East Hawai'i*, which can be purchased at local stores.

New to *The Directory* is an annual community calendar as well as a school calendar and information on signing up for the new Reverse 911 emergency warning system. *The Directory* names the current volunteer fire chiefs with their contact information for those who want to train to become volunteer firefighters. There are listings of churches in Ka'ū as well as non-profit organizations, hospitals and clinics, and important government phone numbers. There are listings for community centers, parks and Volcanoes National Park.

There is a story on the Ka'ū Chamber of Commerce scholarship award and on Ka'ū Coffee being served in 2009 at an Inaugural Ball in Washington, D.C. honoring President Barack Obama.

Businesses are categorized in *The Directory* under: Art, Gifts & Furnishings; Auto Repair, Fuel & Sales; B&Bs & Vacation Rentals; Building Supplies & Services; Computer, Internet & Satellite; Creative Services; Entertainment,

Music & Recreation; Farms, Flowers & Landscape; Financial Services; Groceries & Locally Grown Foods; Health, Fitness & Massage; Personal Care; Professional Services; Publications; Real Estate & Property Management; Restaurants & Catering; Rifles & Guns; and Water Delivery & Services.

The Directory also includes a membership roster. *The Directory* was produced by the Ka'ū Chamber of Commerce with assistance from *The Ka'ū Calendar* and Local Productions, Inc.

The deadline to sign up for *The Directory 2010* is Oct. 7, 2009. A sign-up sheet is found within the new *Directory*. For free copies of *The Directory*, call the Ka'ū Chamber of Commerce at 939-8449.



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Hilo to Ka'ū

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

New! Volcano to Hilo

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

New! Hilo to Volcano

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

Pāhala to Kohala Resorts (Daily)

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

Kohala Resorts to Pāhala (Daily)

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

NEW! Pāhala to Kona (M-Sa)

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

Kona to Pāhala (M-Sa)

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

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

961-8744

Mayor Asks for Land Funds to Shore Up Budget

With \$8.8 million left in the county Public Access, Open Space and Natural Resources Preservation Fund, planned purchases of three ocean front parcels at Kāwā and towards Punalu'u could still go through, even if Mayor Billy Kenoi succeeds with his proposal to use future tax money slated for the fund for other purposes.

Facing a reduction in county property tax income and tourism tax revenues, the

mayor has proposed stopping payments into the open space fund starting Dec. 1 and continuing until the economy improves. He said the county is looking at a more than \$30 million shortfall and has to cut taxes and look for revenue to pay for basic services.

Voters, however, passed the provision that requires the county to set aside 2 percent of property tax income to buy and care for open space, such as parklands.

The county attorney's office is studying whether the County Council can approve Kenoi's request with a simple majority or two-thirds vote.

Former Ka'ū councilman Bob Jacobson said that Kenoi is betraying the public trust by trying to overturn the referendum that created the 2 percent law.

Using the 2 percent funds, the county has already joined with the state to purchase 234 acres at Kāwā.

Greensands Celebrates Plan for Permanent Park

The Greensands Community Park & Garden was filled with music, laughter and cheer during a free concert with Bosco and Chama and fundraiser held in February. The Greensands Community Park & Garden, Inc., a non-profit, sold hot dogs, chili, soda and chili dogs to raise money for maintenance equipment and materials to build playground equipment. Tabatha Dahlstedt, Greensands Community Park & Garden, Inc. Vice-President, said the group hoped to build their own wooden creation for children to play on.

The Greensands Community Park & Garden is being revitalized by the newly formed Greensands Community Park & Garden, Inc. formed by community members. The two-acre park was set aside for the community in the 1960s when developer Fred Livingston negotiated with the

county to enable him to create the Greensands subdivision. Livingston has told the non-profit that he will sign the park over to a community association if one were formed, said Greensands Community Park & Garden, Inc. president Donna Ambrose. The Greensands Community Park & Garden, Inc. would continue to take care of maintenance and park projects. The organization is working with the county to preserve the park for future generations.

The group hosted several free activities including cookie decorating, Valentine's Day card making and garden pot painting. Kids took turns hitting a heart-shaped piñata filled with candy, and the group also gave out several door prizes including glass art made by local artist Malia Rideout.

The concert was sponsored by the Ka'ū Concert Society and the State Founda-



Sandy Demoruelle of Greensands Park.

tion on Culture and the Arts.

In a true grassroots effort, the Greensands community has been working for several months to maintain the park and to plant a sustainable garden. Ambrose said the residents of the area from a variety of backgrounds have really come together to make the park a success. David, Gary and Candance Ka'awa and children have done extensive work cleaning the land, with Hugh O'Connor donating his rock work skills to form the park boundary wall, she said.

The organization is also working with the Nā'ālehu School to create a school garden called Ka Mala 'Ai a Nā'ālehu. "The community garden idea would never have gotten off the ground without the help and expertise of Kevin O'Connor and Ryan Williamson, who have also been working very hard to help get the school garden going," said Ambrose.

The park and garden is located on Ka'alu'alu road, 1.5 miles from Hwy 11, near mile marker 67.

Kupuna Invited to Share Mana'o

The Ka'ū Community Development Plan will host another session of Stories from Ka'ū's Kupuna on Monday, March 30 at Nā'ālehu Senior Nutrition Center from 9 a.m. to 10:30 a.m. Kupuna will share stories about growing up and working during the pre-statehood plantation era. Interested community members are also invited to join the session as listeners. All kupuna are encouraged to attend and do not need to be members of the nutrition center.

The first session was held in Pāhala in February and a third session is being planned for Ocean View.

For more information, contact Nālani Parlin at nparlin@hcrp.info or 217-6893.



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KA PEPA O KAHUKU

Volume 7, Number 5

The Good News of Ka'ū, Hawai'i

March 2009

OV's Buddy & Sammi Fo Bring Unique Music & Dance to Ka'ū

Buddy and Sammi Fo make their home in Ocean View and bring their music and dance to Ka'ū. Buddy is a composer and musician, winner of the Hoku Hano Hano Lifetime achievement award, and Sammi is an accomplished hula dancer, choreographer, rhythm player and co-producer. They bring a style of dance and music that isn't seen much anymore.

The pair is enthusiastic about encouraging young people in Ka'ū to learn many types of music and mixes of music that come out of Hawai'i.

Says Buddy, "You have to practice every day, not only when you like. You not only have to know the music, you have to touch the people. You can't worry about just what you are going to be, you have to

Buddy has been a headliner/stand-up entertainer most of his life. He started in a four-part harmony group called The Invitations. It was the first group out of Hawai'i to go to Los Angeles and record in a major recording studio. The Invitations recordings are still considered a major achievement in the history of Hawaiian music.

Buddy went on to become a headliner in Waikiki during the time when the top three entertainers in Waikiki were Don Ho, Buddy Fo and Kui Lee. Buddy eventually moved to Maui where he was headliner at the Ka'anapali Beach Hotel for five years. He headlined a Hawaiian cowboy show at the Maui Tropical Plantation for ten years. He was also a radio personality for 15 years and was known as, "the Maui Bud."

Buddy was called out of retirement by Don Ho, who told him that his expertise in music and knowledge of a time gone by should be shared. Buddy joined the Don Ho show and then went on to perform with his wife, Sammi, at the Royal Hawaiian Hotel's Mai Tai Bar.

Sammi has danced not only for the Buddy Fo shows but also with Don Ho, Tommy Sands, Dick Jenson, and Elvis Presley. She danced the Blue Hawai'i solo in Elvis' *Blue Hawai'i* TV special.

She has been featured at the Royal Hawaiian Hotel as lead dancer and choreographer. She has danced in many hotels in Waikiki and Maui, and on the convention circuit.

The two will perform at Hana Hou in Nā'ālehu on Friday, March 6 from 5:30 p.m. to 7:30 p.m.



Sammi Fo dances a beautiful hula. She performs with Buddy Fo, Friday, March 6 at Hana Hou.



Buddy Fo makes music from many cultures. Sammi plays bongos. Photos by Nālanī Parlin

worry about the people."

He advises that young musicians "learn your cultural music first and then the other music around you." Buddy attended Roosevelt High School on O'ahu. "It was all hapa. The mix was wonderful. I went to a school that was infiltrated with all kine - Japanese, Hawaiian, Filipino" He recalls "a certain era here in Hawai'i before it got so busy. You fell in love, got married, made babies. It is an era that some people today are looking for." Buddy Fo's music started in that era.

Kahuku Photo Expedition I on March 28th

Three experienced park volunteers and photographers, David Boyle and Charlene and Amos Meyers, will lead a photo expedition Saturday, March 28 from 7:30 a.m. to 4 p.m. through the varied landscapes of the Kahuku section of Hawai'i Volcanoes National Park. Participants should bring their photographic gear, hiking boots or closed-toed shoes, lunch and layers/rain gear to accommodate sudden weather changes. The Kahuku lands offer excel-

lent opportunities to learn and sharpen nature photography skills for every level of expertise.

Friends of Hawai'i Volcanoes National Park is sponsoring the event through its Hawai'i Volcanoes Institute. Tuition for Friends' members is \$40; for non-members, \$50, including snacks. To register call the Friends' office at 985-7373 and leave a message, or email enrollment requests to ainahou2@aol.com.

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Under New Ownership!

Ka'ū Roping & Riding Raises \$10,000 to Meet Olson Challenge

Members of Ka'ū Roping & Riding Association, Inc. have received \$10,000 from the Edmund C. Olson Family Foundation toward purchase of Nā'ālehu Community Rodeo Arena, after meeting a challenge from Olson to raise \$10,000 on their own.

The Olson donation brings the fundraising total to \$31,000, and another \$19,000 is needed to finalize purchase of the arena. The original period to match funds was extended from August 31, 2008 to December 31, 2008,

which provided KRRRA with time to raise the full \$10,000. Kris Shimabukuro, a member of KRRRA, said that "2008 was a challenging year for raising funds, and we are extremely grateful to Mr. Olson for his unfaltering support

during these tough economic times. His philanthropy encouraged other donors to make contributions that resulted in double the benefit to our fundraising drive and goal of purchasing the Nā'ālehu Arena. We are grateful to our members, community volunteers and donors who all rallied to support this worthy cause."

In December 2007, KRRRA successfully saved the Nā'ālehu Community Rodeo Arena from buyers who planned to purchase the arena for alternative uses. As a result, Mr. and Mrs. Richard Alderson generously agreed to sell the arena for \$50,000 to KRRRA.

Through multiple fundraising events, generous community support and Olson's \$10,000, KRRRA was able to bring the loan balance down to \$19,000. "It has been a lot of hard work to get here, but we are close to making the Nā'ālehu Arena permanently available to the community. Mr. Olson re-energized our fundraising efforts, and his generous support has helped to perpetuate Paniolo Heritage for this and future generations," said Ralph Kaapana, President of KRRRA.

KRRRA is a community membership organization that supports arena roping and riding skills and activities for



Ka'ū Roping & Riding Association needs another \$19,000 to buy the rodeo grounds.

families. Hawai'i has strong paniolo roots herding and raising cattle, and families have continued this heritage even though some are no longer 'in the field'. Sharing this with today's youth ensures these values and skills will be carried forth for generations, Kaapana said.

Ka'ū Roping & Riding Association welcomes all individual and corporate donors to join its grassroots effort to perpetuate the paniolo culture and help preserve the Nā'ālehu Community Arena for future generations. For further information, please contact Carol Amaral at 929-9962.

Will & Grace Variety Store



New Hours! Open:

M, T, Th, F - 7:30 a.m. to 7 p.m.

Wed - 6:30 a.m. to 7 p.m.

Sat - 7 a.m. to 6:30 p.m.

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Located in the Na'ālehu Shopping Center
929-9993, 557-4441, gwtabios@yahoo.com

Foreclosure Myths, Part 2

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

MYTH: We're not owner/occupants of the property in trouble—lenders won't do short sales on "investment property". **FACT:** Yes, lenders still will, it all comes back to hardship of the owners.

MYTH: Ours is "high-end" property, we heard that lenders will only agree to short sales on lower priced and mortgaged home. **FACT:** Foreclosure and the short sale option cuts across all socio-economic levels and price ranges.

MYTH: Banks are just waiting for homeowners to default—lenders want to take back homes by foreclosure. **FACT:** Lenders truly don't want to end up holding houses and trying to sell them. The "holding costs" to the lenders are just too high, and a foreclosures negative impact lenders' financial "track records".

MYTH: Short sales take such a long time to close after the Purchase Contract is submitted to the lenders, 6 months or more!, no buyers will want to wait that long. **FACT:** It's all in knowing what the lenders want to see in the Purchase Contract and how the short sale is structured. With a Realtor® properly trained in short sales, escrow can be no longer than an ordinary sale.

MYTH: What difference does it make—short sale or foreclosure—we still lose the house! **FACT:** Yes, the house is still gone, but with the sellers' credit records, emotional well-being, and even employment, remaining substantially unscathed. **Foreclosure is forever.**



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KA PEPA PĀHALA

Volume 7, Number 5

The Good News of Ka'ū, Hawai'i

March 2009

Volunteers Care for Historic Pāhala Cemetery

'O Ka'ū Kakou is helping to restore and maintain the Pāhala cemetery on Hwy 11, beginning with an area commonly called the Methodist Cemetery. It is the location of many graves of Filipino sugar workers who became Methodists or were non-denominational in their religious beliefs. Years ago the cemetery was cared for by the Lion's Club and more recently by the Polido family of Pāhala.

The group also plans to help maintain the Chinese part of the cemetery. Adjacent is the Japanese cemetery cared for by Pāhala Hongwanji.

The recent volunteer effort was designed to eliminate the use of weed poi-

son on the grounds. A weed barrier cloth was laid and covered with an inch of gravel, which was donated by the Edmund C. Olson Trust II.

On Friday, Jan. 30, 18 people volunteered. On Saturday, Jan. 31, 22 volunteers helped lay the weed net and gravel. Mike Folchrom volunteered to drive a bobcat donated by Taylor Built Construction, Ltd.

The job should be completed in March, said organizer Wayne Kawachi.



Volunteers protect the historic cemetery just off Hwy 11 in Pāhala.

Photos by Fred Ramsdell

Parent Teacher Conferences Scheduled

Parent/Teacher conferences for Ka'ū High and Pāhala Middle School will be scheduled from March 9 through March 17. More information on dates and times and centralized locations will be sent home with each student.

Pāhala Elementary Parent/Teacher

conferences will be scheduled by each teacher. School counselors advised parents and guardians to contact individual elementary teachers for details.

For more information, contact the Ka'ū High & Pāhala Elementary main office at 928-2088.



Ensemble Hosts Talent Show March 20

The Ka'ū High Ensemble Class will host an all-school talent show on Friday, March 20 at 6:30 p.m. at the Ka'ū High gym. The evening performance is open to the community and will serve as a fundraiser for the Ka'ū High senior class. Tickets are \$2 at the door and are being pre-sold by members of the ensemble class.

Ensemble teacher Laura Saijo said, "We know it will be an exciting and entertaining event showcasing the awesome

talent of our high school kids!" She encouraged people to bring friends and family to the event and support our local student musicians.

The ensemble class teaches musically inclined students about performing as a group, including set-up and break-down for gigs. The class has performed together as a band for assemblies at Ka'ū High and Pāhala Elementary and also Nā'ālehu Elementary and Middle School.



Lamber Guillermo, of Ocean View, works security at the Pāhala Transfer Station from 6 to 9:30 a.m. and 3 to 6:30 p.m.

Pāhala Mix Bin is Back at Pāhala Transfer Station

The mix bin has been returned for recycling at Pāhala Transfer Station. Now, there is recycling for cans, glass, cardboard and paper. The county fenced in the transfer station and arranged for it to be guarded during operating hours daily from 6:30 a.m. to 6:30 p.m. when the gates close.

The Ka'ū Calendar

Ka'ū Federal Credit Union

Centralization & Streamlining

Opening on Saturdays in Nā'ālehu

New Hours Beginning in April:

- Nā'ālehu Branch: Monday to Friday 9 a.m. to 5 p.m.; Saturdays 8:30 a.m. - 12:30 p.m.
- Ocean View Branch (inside Kahuku Country Market) Fridays 1 p.m. to 5 p.m.; Saturdays 8:30 a.m. to 12:30 p.m.

Centralization allows us to improve online, phone and texting interactions with our members and expand in-person service with more hours at our main branch.

To accomplish this, we are suspending in-person operations in Pāhala and reducing hours at our Ocean View site.

Serving our Members in Many Ways!

Annual Meeting Saturday, March 14

- Mail: P.O. Box 347, Nā'ālehu, HI 96772-0347
- Phone: 929-7334, Fax: 929-8766
- Internet: <http://kaufcu.org>

ATM located in the Malama Market in Ocean View!

Ka'ū Chamber Scholarship Apps Available

The Ka'ū Chamber of Commerce is pleased to announce and sponsor an essay contest for one \$1000 and two \$500 scholarships to assist three college-bound high school seniors who reside in the Ka'ū district. Students must be current high school seniors on track for graduation who will attend two- or four-year college programs in the school year 2009-2010.

The winning applicants will be an-

nounced at their high school awards ceremony and presented their awards at the June Chamber of Commerce General Meeting. The winners will be asked to read their winning essays at the June meeting, and all winners will have their essays published on the Ka'ū Chamber Web site. The first place winner will also have his/her essay published in the Ka'ū Chamber Directory 2010.

The essay prompt is: In 500 words, explain how you plan to use your education to invest in the future of the Ka'ū community.

Applications are available now at Ka'ū High School, Konawaena High School, and Nā'ālehu Elementary School counseling offices, or contact Robin Lamson, Ka'ū Chamber scholarship chairperson at 939-8491.

KA'Ū BUSINESS BRIEFS

Riviera Project Reinvented?

The most recent owners of land where the failed Hawaiian Riviera Resort was planned are talking to local officials and to the press, saying they want to develop part of the 16, 456 acres. The company is called Nani Kahuku Aina, LLC and it owns the property makai of Ocean View and Hawaiian Ranchos Estates. According to the *Hawai'i Tribune Herald*, the owners want to build an airstrip, condominiums, golf courses and homes and plan to meet with Mayor Billy Kenoi. Ka'ū County Council member Guy Enriquez said he takes no stand on the issue. "It will be up to the people."

Chamber on Solid Waste

Ka'ū Chamber of Commerce monthly meeting will be held Tuesday, March 3 at noon at Pāhala Community Center. Solid Waste Management is the topic of discussion. History is another topic.

The Directory is Circulating

The Ka'ū Chamber of Commerce has released The Directory 2009 with business and community resource listings, a calendar and new maps. See Chamber members for copies or call Ken Wicks at 929-9003.

Businesses Needed for Student Intern Program

Hui'ana Internship program is looking for Ka'ū businesses to be employers or mentor sites for the summer 2009 program, which will run from June 9 to July 10. High school interns will work 60 hours with their employer and receive half a credit and invaluable work experience. The program attempts to match student interests and future goals with appropriate

employers.

Businesses are being sought, especially in the Ocean View area, to accommodate students living in the area. Due to lack of public transportation in Ka'ū, many students need a work site close their home, said Hui'ana school site coordinator Jym Duncan.

"We are expecting many more stu-

dents to apply this year because of school requirements to get field work or internship credit before graduation," said Hui'ana program coordinator Paula Thomas.

For more information, contact Jym Duncan at 928-2088 or Paula Thomas at 981-2860, ext. 240 or paulat@hawaii.rr.com.

Credit Union Volunteers Offer Free Tax Help

Volunteers are assisting Ka'ū Federal Credit Union members with income tax preparation at the Ka'ū Federal Credit Union on Tuesdays from 2 to 4:30 p.m., Fridays 3 to 5:30 p.m., and Saturdays 10 a.m. to 2 p.m. Volunteer Income Tax Assistance Program is a free service that is available until Tuesday, April 14.

Certified volunteers are Gwendolyn Sorensen, of Pāhala; Frank Carvelli, of Ocean View; Rollie Jara, of Nā'ālehu; Eulali Jara, of Nā'ālehu. Ola Kochis, of Greensands, is also volunteering to help with administration and site reporting.

Sorenson, a retired ML Macadamia employee, is also a Ka'ū Federal Credit Union board member. Eulali and Kochis both serve on the credit union credit committee. Eulali is a retired County of Hawai'i employee and has been volunteering to help others file their taxes for years. Rollie, retired from the U.S. Navy,

has also been helping seniors with their taxes. He said that he got involved to help the community. Carvelli, also a retiree, served as president and secretary of the Hawaiian Ocean View Estates Road Maintenance Corp.

Volunteers went through six to ten hours of training to become certified.

Bernard Balsis, Ka'ū Credit Union Manager, pointed to Hawai'i Sen. Daniel Akaka's statement that there are millions of dollars of unclaimed low income earned tax credits in the state of Hawai'i. Balsis encouraged people to file their taxes. People who didn't get a stimu-



Volunteer Income Tax Assistance program volunteers Ola Kochis, Rollie Jara, Gwendolyn Sorenson and Frank Carvelli. Missing Eulali Jara. Photo by Nālani Parlin

lus payment this year can still get it by filing a 2008 return.

Hildene Callies, of Ocean View, was one of the first to take advantage of the free service, saying she spent \$100 last year on tax preparation. "This year I couldn't afford to go to a regular tax guy. This is a wonderful service," she said.

No appointment is needed to participate and a list of documents that participants need to bring can be found at any Ka'ū Federal Credit Union branch. These documents include last year's tax return; proof of identity; social security card(s) or Individual Tax Identification Number(s) for all individuals to be listed on return; copies of all W-2, 1098 and 1099 forms; amounts for any other income; child care providers identification number; amounts and dates of estimated or other tax payments; bank documents showing routing and account numbers if requesting direct deposit or debit; and list of expenses: medical-related costs like insurance, pre-

Land Use, cont. from pg. 1

and pasture lands, an abundance of water, and land comprising more than half of Hawai'i Volcanoes National Park.

"Our homes, our town, our livelihoods, and our plans for the future – they all start with our natural resources," said Ron Whitmore, who is the county long-term planner assigned to the Ka'ū Community Development Plan.

The presentation will introduce basic natural resource management principles and practices with specific examples from mauka and makai regions in Ka'ū. A question and answer period will follow the presentation.

For more information, contact Whitmore at 961-8288, ext. 258, or email him at rwhitmore@co.hawaii.hi.us.. Also learn more about the Ka'ū Community Development Plan process at www.kaucdp.info.

scriptions and mileage; educational expenses; job related expenses that were not reimbursed; charitable contributions; real estate taxes and mortgage interests.

"The volunteers have been absolutely fantastic. They are doing this out of the kindness of their hearts," said Balsis.

Rollie J Litteral, PB, ABR, GRI, CIPS, e-PRO, CPS, CCRA, RFS, AHWD
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On the web at <http://RollieLitteral.isanexpert.com>

CALENDAR

March 2009

Ham Radio Operators Potluck Picnic, Sun, March 1, 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.

BUNCO Returns, Sun, March 1. Great fun and prizes for women (and men). Open to all authorized KMC patrons and sponsored guests. Park entrance fees apply. 967-8352.

'Ohana Nite, Mon, March 2, 6:30 p.m., Pāhala Library. Dawn Shibano, 928-2015.

Crusade for Christ, Mon, March 2, 6:30 p.m. in Nā'ālehu and Wed, March 4, 4 p.m. at Pāhala Community Center. Larry Wilkinson, founder of Remnant International, leads this revival. For Nā'ālehu, call Wade Baji at 929-9923; for Pāhala, call Doris Santiago at 928-8095.

Ka'ū Chamber of Commerce meeting, Tue, March 3, noon, Pāhala Community Center. Topics are History and Solid Waste Management. 939-8449 or kauchamber.com.

Art Night at Niaulani, Tue, March 3, 7 p.m., with Joan Snyder, a 2007 MacArthur Fellow whose work has appeared in exhibitions at the New York's Museum of Modern Art in, the Whitney Museum of American Art, Boston's Museum of Fine Arts and the Corcoran Gallery of Art. Volcano Art Center's Niaulani Campus in Volcano Village. Free (calabash donations welcome). 967-8222 or volcanoartcenter.org.

Papier Mache, Wed, March 4 and 18, 2:30 - 4:30 p.m. for grades K-8 at Pāhala Community Center. Register by March 3. Nona, 928-3102.

HOVE Road Maintenance board or directors meeting, Wed, March 4, 4 p.m., HOVE Road maintenance office. 929-9910.

Nā'ālehu Elementary and Intermediate School SCC meeting, Thu, March 5, 3 - 4:30 p.m., room P-7. Davida, 939-2413, ext 231.

Purchase Hunting Licenses Online, Thu, March 5, 4 - 6 p.m., the Ka'ū office of The Nature Conservancy, 95-5600 Mamalahoa Hwy, Suite F, Nā'ālehu. By appointment. To schedule, call 443-5409 or email kpostelli@tnc.org.

Ka'ū Educational 'Ohana Charter School meeting, Thu, March 5, 6 p.m., Discovery Harbour Community Center and Thu, Feb 19, 6 p.m., Ocean View Community Center. All community members, teachers and parents are encouraged to attend. Andre Lang, 929-8732.

Ka 'Ohana O Honu'apo monthly meeting, Thu, March 5, 6 p.m., Hale Honu'apo. If you'd like to volunteer to help with Honu'apo Park maintenance, call Thomas at 929-7630, or with landscape maintenance at Hale Honu'apo, call Eyvonne at 328-2651.

Ocean View Neighborhood Watch meeting, Thu, March 5, 7 p.m., Ocean View Community Center. 939-7033.

Pāhala Methodist Church Yard Sale, Sat, March 7, 8 a.m. - 1 p.m. at the church on Huapala Street. Proceeds will be used to replace the roof. To donate, call 928-8437 (for Pāhala) or 929-7519 (for Nā'ālehu and Ocean View).



Endangered monk seal No. 0043 is getting too friendly for her own good, according to wildlife biologists. Above, she crashes the Ka'alu'alu family picnic of Toru Nakano (left) and his grandchildren, Andrew and Emily Heckman. At right, the seal lands on the beach mat of the late Len Nakano. Anyone seeing the seal can call the Monk Seal hotline at 808-220-7802. Photos courtesy of Toku and Fusai Nakano

Family Mental Illness Support meeting, Sat, March 7, 9 - 10:30 a.m., Nā'ālehu Senior Nutrition Center. 929-7331 or barbarahughes@doh.hawaii.gov.

Sing for Hope Concert, Sat, March 7, 7 p.m. at Pāhala Plantation House. Soprano Amy Shoremount-Obra, pianist Carol Wong and tenor Jon-Michael Ball provide a free public performance after a week of teaching at Ka'ū High School. 928-9811.

Create a Story, Mon/Tue, March 9/10, 2:30 - 4:30 p.m. for grades 2 - 8 at Pāhala Community Center. Register by March 6. Nona, 928-3102.

Friends of Naohulelua Garden Gathering, Tue, March 10 and 24, 8 - 10 a.m. (weather permitting). Educational classes, garden exchange, horticultural exercises and free breakfast at Hana Hou. Dennis, 929-7236.

St. Patrick's Day Activity, Wed, March 11, 2:30 - 4:30 p.m. for grades K-8 at Pāhala Community Center. Register March 2 - 10. Nona, 928-3102.

Ka'ū Community Children's Council meeting, Wed, March 11, 5:30 - 6:30 p.m., Nā'ālehu School, room P-11. Davida, 939-2413, ext 231.

Make a Book, Thu, March 12, 2:30 - 4:30 p.m. for grades 2 - 8 at Pāhala Community Center. Register by March 6. Nona, 928-3102.

Math and Science Night, Thu, March 12, 5:30 - 7 p.m. at Nā'ālehu School gym. Fun learning activities for parents and children. Free chili and rice dinner. 939-2413.

Red Cross Volunteer meeting, Thu, March 12, 7 p.m., H.O.V.E. Road Maintenance Corp. office. For volunteers and those interested in becoming volunteers. Hannah Uribes, 929-9953.

Literary Reading and Talk Story, Fri, March 13, 7 p.m., with Victoria Nalani Kneubuhl, whose published works include *Hawai'i Nei: Island Plays* and *Murder Casts a Shadow*. Her plays have been performed in Hawai'i, on the mainland and have toured to Britain, Asia and the Pacific. Volcano Art Center's Niaulani Campus in Volcano Village. Free (calabash donations welcome). 967-8222 or volcanoartcenter.org.

Ka'ū Coast Cleanup, Sat, March 14, 7:45 a.m. bring sturdy footwear, sun protection, water and lunch, sponsored by Hawai'i Wildlife Fund. 808-575-2046 or <http://wildhawaii.org/>

Atlas Recycling at South Point U-Cart, Sat, March 14, 9 a.m. - 1 p.m.

Playwriting, Sat, March 14, 10 a.m. - 4 p.m. Victoria Nalani Kneubuhl gives an overview of the basic elements of playwriting, including an explanation and discussion of setting, exposition, character, dialogue, scene, and structure. Included are in-class writing exercises and readings and examples from plays. \$65 (financial aid available). 967-8222 or volcanoartcenter.org.

Second 2009 Na Mea Hawai'i Hula Kahiko performance, Sat, March 14, 10:30 - 11:30 a.m. Beamer-Solomon Hālau o Po'ohala, under the direction of kumu hula Hulali Solomon Covington, performs traditional hula and chant outdoors on the hula platform overlooking Kīlauea Crater. Hawaiian crafts demonstrations at Volcano Art Center Gallery from 9:30 a.m. - 2 p.m. Hawai'i Volcanoes National Park. Free (Park entrance fees apply). 967-8222 or volcanoartcenter.org.

Ka'ū Federal Credit Union Annual Meeting, Sat, March 14, 5 p.m. at Nā'ālehu Community Center. Tickets \$7 members, \$12

Seal Crashes Ka'alu'alu Family Picnic



non-members. 929-7334.

Niaulani Forest Work Day, Sun, March 15, 9 a.m. - noon. Enjoy the open air while volunteering to help preserve the beauty and diversity of the native, old growth rainforest at Volcano Art Center's Niaulani Campus in Volcano Village (corner of Kalanikoa & Old Volcano Roads). Free. 967-8222 or volcanoartcenter.org.

People and Land of Kahuku, Sun, March 15, 9:30 a.m. - 12:30 p.m. Kahuku gate (mountain side of Highway 11 near the 70 mile marker) open 9 - 9:30 a.m. This guided, moderately difficult hike traverses 2.5 miles of rugged terrain. Boots, long pants, and raingear are recommended. No need to sign up; four-wheel-drive not required. 985-6011.

Natural Resource Management, Tue, March 17, 6 p.m. at Nā'ālehu Community Center. An introduction to principles and practices with specific examples in Ka'ū. Ron Whitmore, 961-8288, ext. 258 or rwhitmore@co.hawaii.hi.us.

After Dark in the Park: Mauna Loa: The World's Largest Volcano, Tue, March 17, 7 p.m. at Kīlauea Visitor Center Auditorium in Hawai'i Volcanoes National Park. USGS Hawaiian Volcano Observatory volcanologist Frank Trusdell give details on geological research about Mauna Loa's eruptive history and current status. \$1 donation supports Park programs. Park entrance fees apply. 985-6014.

St. Patrick's Day Celebration, Tue, March 17, at Kīlauea Military Camp's Lava Lounge in Hawai'i Volcanoes National Park. Open to all authorized KMC patrons and sponsored guests. Park entrance fees apply. 967-8365.

Nā'ālehu Family Reading Night, Thu, March 19, 5 - 6:30 p.m., Nā'ālehu School cafeteria. Davida, 939-2413 ext 231.

Calendar, cont. from pg. 9

Kick Ice sign waving, Fri, March 20, 2:30 – 4:30 p.m. in front of Nā'ālehu School gym.

Ka'ū High Ensemble Class Talent Show, Fri, March 20, 6:30 p.m. at Ka'ū High gym. A fundraiser for the senior class. \$2 at the door.

Ocean View Community Association Pancake Breakfast, Sat, March 21, 7:30 – 11 a.m., Ocean View Community Center.

Recycling at Nā'ālehu School, Sat, March 21, 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.

Enlightened Revision, Sat, March 21, 9 a.m. – 5 p.m. Tom Peek helps students master the practices of revision and critique, including hands-on practice and small group discussions of their writing. Open to all genres; some previous writing experience is necessary. \$65 (financial aid available). 967-8222 or volcanoartcenter.org.

Subalpine and Alpine Zones Hike, Sat, March 21, 9 a.m. – 5 p.m. Botanist Tim Tunison leads hikers on a five-mile moderate to rigorous cross-country hike. Sponsored by Friends of HVNP. \$50 members, \$65 non-members. 985-7373 or ainahou2@aol.com.

Papa Oli: Hawaiian Chants, Sat, March 21, 10 a.m. – 3 p.m. Loke Kamanu introduces four distinct oli and their backgrounds. \$62 includes chant CD (financial aid available). 967-8222 or volcanoartcenter.org.

Life is for the Birds! Sun, March 22, 9:30 a.m. – 3:30 p.m. Jack Jeffrey, biologist, author, and award-winning wildlife photographer, teaches about Hawai'i's birds. A field trip to Kipuka Puauulu provides an opportunity to identify birds by song and appearance. \$65 (financial aid available). 967-8222 or volcanoartcenter.org.

Family Movie Night, Mon, March 23, 6 p.m., Pāhala Library. Free. Parent/caregiver should accompany children. Dawn Shibano, 928-2015.

After Dark in the Park: Rivers of Lava: Mauna Loa's 1984 Eruption, Tue, March 24, 7 p.m. at Kilauea Visitor Center Auditorium in Hawai'i Volcanoes National Park. Jack Lockwood, former volcanologist at the USGS Hawaiian Volcano Observatory, describes Mauna Loa's most recent eruptions and speculates on the nature of its next eruption. \$1 donation supports Park programs. Park entrance fees apply. 985-6014.

Historical Circle Alliance, Thu, March 26, 10 a.m. at Pāhala Plantation House. Public welcome to tour historic buildings. Lunch featuring farm fresh foods of Ka'ū for \$12. 928-9811.

Ka'ū Community Partnership meeting, Thu, March 26, 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.

Ocean View Community Development Corp. meeting, Thu, March 26, 5:30 p.m., Ocean View Community Center. 939-7033.

Ka'ū Preservation meeting, Thu, March 26, 5:30 p.m., Punalu'u Beach Park Pavilions.

The Return of I'ō and the Rising of Mu, Fri – Sun, March 27 – 29 at Pāhala Plantation House. Teachings and healing sessions presented by Kahuna Lapa'au. 961-3118 or 333-7914.

Poetry Night at Volcano Garden Arts, Fri, March 27, 7 – 9 p.m. Bring your poems or other poet's work to read. Refreshments will be served. No charge, open to the public. 19-3834 Old Volcano Rd. in Volcano Village. 967-7261 or volcanogardenarts@hawaii.rr.com.

17th Annual Spring Dance Concert, Sat, March 28, 7:30 p.m. at Kilauea Military Camp Theater in Hawai'i Volcanoes National Park. Coordinated by Celeste Anderson Staton since its inception, this yearly dance concert features works by Big Island choreographers and dancers. \$13 adults/\$11 seniors 65 and up or children 12 and under (\$2 more at the door). 967-8222 or volcanoartcenter.org.

Kahuku Photo Expedition I, Sat, March 28, 7:30 a.m. – 4 p.m. at Kahuku section of Hawai'i Volcanoes Nat'l Park. Sponsored by Friends of HVNP. \$40 members, \$50 non-members. 985-7373 or ainahou2@aol.com.

Native Plant Identification, Sun, March 29, 9:30 a.m. – 3:30 p.m. Botanist Tim Tunison teaches how to identify common and rare native Hawaiian plants and about their natural history, focusing on the plants and ecology of Niaulani and Kipuka Puauulu. \$60 includes illustrated information packet and educational CD (financial aid available). 967-8222 or volcanoartcenter.org.

Stories from Ka'ū's Kupuna, Mon, March 30, 9 a.m. at Nā'ālehu Senior Nutrition Center. Kupuna share stories about growing up and working during the plantation era. Nālani Parlin, 217-6893 or nparlin@hrc.info.

Exercise and Meditation

Pāhala Pool Schedule: Cassandra, 928-8177 or hawaii-county.com/parks/aquatics.

Bands, Balls and Pilates, Mon, 3:30 – 4:30 p.m., Old Pāhala Clubhouse on Maile Street, with certified instructor Erin Cole. \$8 per session. 640-8473.

Pilates Matwork, Mondays, March 16 - April 27, Beginning: 5:15 - 6:15 p.m.; Intermediate: 6:30 - 7:30 p.m. with UH-Hilo Dance Division head Celeste Anderson Staton. \$72 (financial aid available). 967-8222 or volcanoartcenter.org.

Free Fitness Training, Mon/Wed, 5 – 7 p.m., Ka'ū High weight room. Hettie Rush, 929-8572.

Iyengar Yoga, Mon/Wed/Fri, 10 – 11:30 a.m.; Sat, 5 – 6:30 p.m., Ocean View Community Center. \$8/class or four classes for \$25. Stephanie, 937-7940.

T-Ball and Pitch Ball, Mon – Thu, Pāhala Community Center. Ages 5 – 8. Nona, 928-3102.

Basketball Drills and Conditioning, Tue/Thu through March 19, 3:45 – 5 p.m., Kahuku Park. Ages 9 – 14. Wesley, 929-9113.

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

Beginning and Intermediate Yoga, Tue/Thu, 8:30 – 10 a.m., Noa's Island Massage in Nā'ālehu. Please come 10 min. early. \$10 a class or \$80 for 10 classes. Noa Caiserman, 756-3183.

Exercise For You: Fitness Class, Tue/Thu, 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.

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

985-7545.

Exercise for Energy, Wed, 3:30 – 4:30 p.m., Discovery Harbour Clubhouse. DVDs instruct Pilates, core and more. Free w/donation of non-perishable food. Becky, 345-4334 or konabeck@gmail.com.

Gentle Yoga, Wed, 6:15 – 7:15 p.m., Cooper Center, Volcano. For those who wish to deepen their yoga practice or begin. \$10 a class or \$42 for six-week session. Debra Serrao, 985-7545.

Beginning Argentine Tango, Fri, 7 – 8 p.m., Old Pāhala Clubhouse across from the Pāhala Plantation Store. No partner or experience required. \$7/class or \$48 for eight-week session. Jim, 928-8210.

Weekly & Daily Events & Activities

Abundance, daily, 9 a.m. – 5 p.m. at Volcano Art Center Gallery in Hawai'i Volcanoes National Park. An exhibit of quilts and gourds by Lori Pasco and Michael Harburg. 967-7565 or volcanoartcenter.org.

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

Playgroup, daily, 10 – 11:30 a.m., Wai'ōhinu Park. For any age. Hettie Rush, 929-8572.

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

Weight Watchers meeting, Mon, 6 p.m., Ocean View Community Center. Join at any time. 1-800-651-6000.

Monday Night Madness, 7 - 10 p.m. at Kilauea Military Camp's Recreation Lodge in Hawai'i Volcanoes National Park. Enjoy bowling, virtual surfing and ping-pong for just \$10. Open to all authorized KMC patrons and sponsored guests. Park entrance fees apply.

967-8352.

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 doctor appointments, grocery shopping and to pick up prescriptions. Program is closed on Tue. Dick Hershberger, 989-4140.

Nā'ālehu Community Computer Lab, Mon – Thu, 3 – 7 p.m., Nā'ālehu Community Center. Free use and Internet access. 939-9392.

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

Table Games, Mon – Thu, 3 – 7 p.m., Fri 12:30 – 4:30 p.m., Nā'ālehu Community Center. Richard, 939-2510.

Afternoon Sports and Games, Mon – Thu, 2:30 – 3:30 p.m. for ages 7 – 13 at Kahuku Park. Wesley, 929-9113.

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.

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

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

Tūtū and Me Traveling Preschool, free classes Tue/Thu, 8:30 – 10:30 a.m., Ocean View Community Center; Mon/Wed, Discovery Harbour Community Center. Limited to 50 participants in each area. 929-

Calendar, pg. 15

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KA'Ū TROJAN SPORTS

Volume 6, Number 7

News of Ka'ū School & Community Sporting Events

March, 2009

Larson Places 2nd at BIFF, Represents Ka'ū at Wrestling States

Ka'ū High School senior Jana Larson placed second at the Big Island Interscholastic Federation Wrestling Championships and went on to represent Ka'ū at the Hawai'i High School Athletic Association state tournament on O'ahu for the third time. The tournament was held at the Blaisdell Arena on Feb. 21 and 22.

Wrestling at 125 lbs, Larson lost her first match to Lacey Katakura, of Pearl City High School, but went on to win her second match against Sam Morris, of Maui, with a pin in the second round.

In the second consolation round, Larson faced the number one seed in her division, Rachel Ostovich from Moloka'i High, but lost. Larson said Ostovich was a very strong and tough opponent. Ostovich won her next two matches and ended up in third.

After the tournament Larson had a chance to swim in the big waves at Sunset Beach, visit Pipeline and bodyboard at a local spot on the North Shore. Also attending the competition was Ka'ū High Wrestling Head Coach Gilbert Pollock, Larson's mother Pam Diemert and sister Anjolie Larson.

Entering BIFFs Larson had a 4-1 record. She lost 13-12 in the last few seconds of the championship match. "She is



Ka'ū High's sole female wrestler Jana Larson won second among Big Isle wrestlers.
Photo by John Duntz



Jana Larson, middle, prepares for the state wrestling tournament with Assistant Coach Anthony Akau, left, and Head Coach Gil Sorenson. Photo by Nālanī Parlin

an exceptional athlete and has tremendous stamina," said Coach Pollock.

Larson, who is a standout athlete in multiple sports, said wrestling was the most difficult sport she participated in, but that she enjoyed the intensity of it and the down-to-earth attitudes sported by her opponents.

Other Trojan wrestlers were returnee and team captain Timmy Rence, Kekoa Naboia, Kenny DeCoito and John Flores. Overall the team had a winning 21-18 record.

Wrestling, cont. on pg. 14

Shop at KTA to Raise \$ for Trojan Sports Until March 31

KTA shoppers have until March 31 to raise monies for Ka'ū High athletics through KTA Super Stores S'port Up! program. KTA, along with Hawaiian Airlines and Sports Line, have teamed up for a third straight year for S'port Up!, a six-week promotion to help fund high school athletic programs across the island. This year's Sport Up! theme is "Help Shape the Face of the Future." To date, S'port Up! has assisted high school athletics with over \$100,000 worth of sports equipment and travel.

Anyone can get involved by pur-

chasing participating products from the following vendors: Coca-Cola, Frito Lay, Gatorade, Kellogg's, ConAgra Foods, General Mills, Banana Boat, Hawaiian Sun, Love's, and Procter & Gamble.

Shoppers write the corresponding school code, provided at register, of their favorite school on the back of their receipt and give it to the cashier to accumulate points. At the end of the program, the points are put toward travel and equipment expenses, with each participating school receiving a minimum of \$500 (\$250 for travel, \$250 for equipment).

"S'port Up! is a tremendous help to the high schools, particularly during these rough economic times," said Lyle Crozier, BIFF's Acting Director. "The program will provide a much needed boost to various high school athletic programs at a time when schools are experiencing substantial budget cuts."

"High school athletics helps to build character and also brings the community together," said Tracey Yamane, KTA Super Stores' Marketing Manager. "We are very proud to support the high schools in this way."

Trojan Basketball: Boys Finish 3rd, Girls in 4th

The Ka'ū High basketball boys ended their season with an 8-4 record and tied for third with Pāhoa and St. Joseph's. They lost in the first round of the Big Island Interscholastic Federation play-offs to Kohala, who remained undefeated the entire season. Final score was 47-37. PJ Ramones scored ten points, and Thor Soder added nine.

Leading up to the BIFF's Ka'ū beat HPA 54-39. Ramones led the scoring with

23 points. Ka'ū also lost to Kohala, 90-60 and St. Joseph's 72-65.

Coach Todd Yanagi said he looked forward to next year's season. He thanked coaches Matt Roddy, Ravel Kaupu and Keldon Sakata.

The JV boys placed second with an 8-2 final record.

Girls Place 4th

The Ka'ū High basketball girls qualified for the BIFF play-offs in fourth place

with a 4-4 record. The Trojans lost to HPA 52-28 in the BIFF first round. Amber Pockock led with 11 points.

The ladies completed their season in early February, winning their last game against Pāhoa, 57-50. Pua Kailiawa racked up 28 points, and Pockock scored 21.

The JV girls ended up in first place winning their last season game against the Pāhoa Daggers, 57-21.

SPORTS SHORTS

Boys Volleyball Begins

The Ka'ū High boys volleyball team will host Laupahoehoe, at the Ka'ū High gym for the first season game on Tuesday, March 10 at 6 p.m. The next home game will be Tuesday, March 31 against Pāhoa in the Ka'ū High gym at 6 p.m.

Last year, the team finished in sixth place with a 4-7 record. Coaches are Jonathan and Deanna Navarro.

Golf Gears Up with New Coach

Ka'ū High yearbook and business teacher Kevin Diminyatz will join girls Coach Wilma Roddy, a Ka'ū High social studies teacher, as coach of the boys Trojan golf team. Diminyatz said that interested high school golfers need to make a qualifying score before they can participate in a BIFF game. The first game is Friday, March 6 at Waimea Country Club.

At press time, the team was being formed with practices scheduled at SeaMountain, which allows the team to practice for free.

Sports Shorts cont. on pg. 14

Ka'ū Community Sports & Events Calendar

MARCH, 2009

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KA'U TROJANS

JV Softball

- Mon, March 2, Ka'ū @ Honoka'a, 3 p.m.
- Wed, March 4, Ka'ū @ Kohala, 3 p.m.
- Fri, March 6, Ka'ū @ Konawaena, 3 p.m.

Varsity Softball

- Tue, March 17, Ka'ū vs Kamehameha, 3 p.m.
- Thu, March 19, Ka'ū @ Hilo, 3 p.m.
- Mon, March 23, Ka'ū @ Konawaena, 3 p.m.
- Wed, March 25, Ka'ū vs Kohala, 3 p.m.
- Tue, March 31, Ka'ū @ Kealakehe, 3 p.m.

Varsity Baseball

- Sat, March 14, Ka'ū vs Kohala, 1 p.m.
- Mon, March 16, Ka'ū @ Kea'au, 3 p.m.
- Fri, March 20, Ka'ū vs Waiakea, 3 p.m.
- Thu, March 26, Ka'ū @ Pāhoa, 3 p.m.
- Mon, March 30, Ka'ū vs Kamehameha, 3 p.m.

Boys Volleyball

- Tue, March 10, Ka'ū vs Lahainaluna High, 6 p.m.
- Thu, March 12, Ka'ū @ St. Joseph's, 6 p.m.
- Sat, March 14, Ka'ū @ Waiakea, 10 a.m.
- Sat, March 21, Ka'ū @ Kealakehe, 10 a.m.
- Tue, March 31, Ka'ū vs Pāhoa, 6 p.m.



Brooke Shibuya winds up for the pitch during a JV Softball game. Photo by Taylor Built Construction Co., Inc.

Ka'ū Kids Win at P&R Track Meet

Teams from Pāhala and Nā'ālehu represented Ka'ū at the Hawai'i County Parks & Recreation Track Meet held in Kea'au on Feb. 7. Competitors ages 14 and under came from around the island to participate. At press time, the Junior Trojans, of Pāhala, planned to compete in the Feb. 21 P&R meet at Kea'au and continue on to the Hershey Meet on Saturday, March 14 at Konawaena. At the Hershey Meet competitors can qualify for a National competition. Coach Angie Miyashiro, also the Ka'ū High track and field and cross-country coach, said that the team boasted some "serious potential for qualifiers."

At the Feb. 7 meet the Junior Trojans brought home several medals. Marley Strand-Nicolaisen, an eighth grader, took first in the high jump, triple jump and the long jump. Teammate Kaila Olson, also an eighth grader, placed first in the 200 meter dash and second in the long jump.

The relay team of seventh grader Toni Beck, and sixth graders Kerrilyn Domondon, Denisha Navarro and Leshey Makuakane placed third. Makuakane also won her heat in the 100 meter dash. Navarro said Coach Miyashiro has been teaching them running tips such as "keeping your arms close to your body to go faster."

The youngest Junior Trojan was fifth grader Jamie Beck who competed in the 50 yard dash, the 100 yard dash and the standing long jump.

Other Junior Trojans are eighth-graders Tawanaka Kaupu, Krisann Isomura, Dyciana Cabanilla and Janeane Tadeo, Kristina Padrigo, Janeane Tadeo and Jemy-Ray Palancia. Freshmen Patrick Garcia and Caleb Thomas, on the Ka'ū High Track & Field team, are also competing to gain experience for high school meets, which can be overwhelming for first timers, said Miyashiro.

The team trains every Monday, Tuesday and Thursday at the Ka'ū High field. Assisting Miyashiro is Cristen Navarro.

Nā'ālehu Elem. Sends 13 to P&R Meet

Thirteen students from Nā'ālehu Elementary, led by school P.E. teacher and Nā'ālehu Assembly of God pastor Kevin Brown, also attended the Feb. 7 meet. In the seven to eight year old division, Chaunalisa Velez was first in her heat for the 70 meter and 50 meter dash. She also participated in the standing triple jump. In the 70 meter dash both Tahnee Lee-Kakatu and Kainakoa Broadfoot were first in their respective heats. Lee-Kakatu also tied for second in the 50 meter dash. Broadfoot also ran the 50 meter dash and both he and Lee-Kakatu participated in the softball throw.

Ka'ū Kids, Cont. on pg. 14



Trevor Taylor competes in the standing triple jump as a member of the Nā'ālehu Elementary track & field team.

Photo by Taylor Built Construction Co., Inc.

To be is to do."
-Socrates

"To do is to be."
-Sartre

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Golf

- Fri, March 6, Ka'ū @ Waimea Country Club
- Wed, March 11, Ka'ū @ Hilo Municipal Golf Course
- Mon, March 16, Ka'ū @ Volcano Country Club
- Thu, March 26, Ka'ū @ Hilo Municipal Golf Course

Track & Field

- Sat, March 14, Ka'ū @ Kamehameha, 2 p.m.
- Sat, March 21, Ka'ū @ Konawaena, 9 a.m.

Girls Water Polo

- Wed, March 11, Ka'ū vs. Konawaena @ Kona Community Aquatic Center, 1:30 p.m.
- Sat, March 14, Ka'ū vs. HPA @ Kamehameha, 4:30 p.m.
- Sat, March 21, Ka'ū vs. Hilo @ Kawamoto Pool, 11:30 a.m.
- Wed, March 25, Ka'ū vs. Kealakehe @ Kamehameha, 2:30 p.m.

Judo

- Sat, March 21, Ka'ū @ Waiakea, 9 a.m.
- Sat, March 28, Ka'ū @ Kamehameha, 2 p.m.

Mustang Baseball League

Starting March 1st the Pāhala Sharks, nine to ten year old boys and girls, will play every Sunday in Hilo until May.

Exercise Classes in OV

Certified Fitness Instructor Erin Cole offers an Exercise Interval Class with fitness balls, weights, and Pilates at the Ocean View Community Center on Monday mornings at 8:30 am. Cole also teaches Dance Aerobics there on Thursday evenings at 5 p.m. 640-8473.

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Booster Golf Raises \$6700, Plans for Next Fundraiser

Start polishing those golf balls for the Ka'ū High Athletic Booster Club 2nd annual golf tournament, which will be held in early 2010. After raising \$6700 for the Ka'ū High Athletic Department during the first tournament held in January, organizers have begun planning for next year's event, which will include an exciting golf ball drop. The community is invited to bring in their own golf balls and for a two-dollar fee their name and phone number will be printed on each ball. All of the printed balls will be put into a net. Paul Morris, of Sunshine Helicopters, will donate the use a helicopter to fly over the ninth hole and drop all of the balls. Whichever ball lands closest to the pin will receive a portion of the money collected. Golf ball collection will run all year. Visit the Ka'ū High School office, or call Barbara Koi at 928-2088 or Laurie Strand at 928-2006.

Almost 50 golfers turned out for the January tournament coordinated by Barbara and Roy Koi. Roberts Hawai'i generously donated the use of the Seamount Golf Course at Punalu'u and closed the course for the entire day. Seamount Golf Course employees Steve Hibdon and Allyson Lopez also donated their time to help the event run smoothly.

Ted Geogakiks was the tournament

winner with a low score of 61. Right behind him were Gerald Kosaki and Bob Tiburzi at 64. Coming in fourth and fifth were Allan Hasepe and Paul Morrison scoring 65. Other golfers in the top ten were Rory Koi (67), Felipe Sales (68), Al Barre (68), Matt Roddy (68) and Danny Gravela (68). Low gross winner was Dalen Yamauchi.

Players also competed to see who could get closest to the pin on select holes. Jim De Mello was the winner on hole number five. Hole number nine winner was Allan Demiart. Gerald Kosaki was closest to the pin on hole number 14 and hole 16 went to Craig Shiroma.

The Booster Club gave out several prizes, including a helicopter ride for two, hotel stay at Keauhou Beach Resort, rounds of golf at the Hilton Waikoloa and the Mauna Lani, a luggage set and dinner for two at the Kīlauea Lodge.

Large donors to the event were Paul Morris, of Sunshine Helicopters; Captain Bob's Charters; and Brian Marumoto, a Ka'ū High alumnus. Barbara Koi, who also works in the Ka'ū High and Pāhala Elementary Office, thanked the many volunteers and donors who made the event possible and acknowledged the many volunteer hours husband Roy put into organizing the tournament.

Ka'ū Kids cont. from pg. 13

Standing triple jumpers, ages nine to ten years old, were Aiyana Galletes, Nanea Medeiros and Britney Perry. Galletes and Perry and Chloe Gan ran the 50 meter dash, with Medeiros competing in the 100 meter dash. All four joined to run the 50 meter relay. Gan also competed in the standing long jump.

Competing in the boys nine to ten year old 4 x 50 meter relay were Trevor Taylor, Keoni Alfapada-Bristow, Kaikea Broadfoot, Keali'i Burgo, Chadwick Pajimola and Titan Ault. Competitors in the soft ball throw were Alfapada-Bristow, Boradfoot, Burgo, Pajimola and Ault.

Sports Shorts cont. from pg. 11

Track & Field Trains for First Meet

The Ka'ū High Track & Field team started practice in February for their first meet Saturday, March 14 at the Kame-



Cassandra Beccia, left, and Deisha Davis, far right, coached Ka'ū High swim team members Jana Larson, Alina Davis and Sara Espaniola this season. Coach Davis and Beccia will assist the new water polo team. Water polo season begins in March.

Page 14 March, 2009

Taylor also competed in the standing triple jump and ran the 50 meter dash with Alfapada-Bristow. The 100 meter relay team included Broadfoot, Burgo, Pajimola and Ault.

Chaperones were Minda Brown, Nā'ālehu School Health Aide Shaunda Fujikawa and Diane Druja, who works with Marshallese students at Nā'ālehu School.

Principal Teddy Burgess ordered Nā'ālehu School shirts which served as the team uniform. Coach Brown said the school administration and staff were very supportive of the team.

hameha-Kea'au track at 2 p.m. Among the returnees are juniors Amber Pocock and Jacob Edwards and senior Jana Larson. Last year, Edwards placed second at the state championships in the 110 meter hurdles and the 300 meter hurdles. Larson placed fifth in the 300 meter hurdles. Pocock also qualified for states in two events. "Amber is potentially one of the top hurdlers on the island with Jana," said Assistant Coach Bob Martin.

Ka'ū High P.E. teacher Angie Miyashiro will serve as head coach.

Tennis Takes Off in March

At press time, the Ka'ū High athletic department was searching for a tennis team coach. If no coach is found, the team may have to be cancelled. Look for tennis schedule and updates in the next issue.



Ka'ū scores on Kea'au.

Photo by Taylor Built Construction Co., Inc.

JV Baseball & Softball Slide into Action

Softball has returned to the Ka'ū High roster of teams after a hiatus of more than 20 years. Special Education teacher and former Waiakea softball player Adria Medeiros is coaching JV, with basketball coach and teacher Todd Yanagi heading up the Varsity.

JV lost two games and is half way through its season. Then, Varsity will kick-off with a home game on Saturday, March 14 at 1 p.m.

Twelve girls turned out for JV, which only had one week to practice before their first game. Although they are new to the

Wrestling cont. from pg. 11

Naboa led the team with ten pins. "He has a lot of raw talent," said Pollock. He also noted Flores as being extremely coachable and a fast learner and that DeCoito displayed courage on the mat.

Larson said she learned a lot from Pol-

lock, who wrestled for West Valley Junior College in California. She said appreciated how Pollock would "get down and do all of the training and exercises with with the team. Assistant coaches were Anthony Akau, a former wrestler for Kamehameha Schools, and Kevin Rence.

JV Baseball Beats Pāhoa


The JV baseball team beat Pāhoa 13-3 in February. Callen Koi was the lead hitter, and Dillin Ballo pitched the entire game and 13 strikeouts.

The 11-member team also suffered three losses to HPA and Hilo. Against Kea'au, the Trojans tied the game until the eighth inning, but lost 13-8 in the ninth. Coach Cory Koi said they were only able to practice four times before their first game.

Golfers Dedicate Tournament to Pāhala's Grohs

Some 72 golfers came out to participate in the first annual Earl Grohs Memorial Sweetheart Golf Tournament held in February at Seamount Golf Course. The Sweetheart Tournament, which has been going on for several years, was dedicated to Grohs, a Pāhala resident, who dressed up, sang and danced and really enjoyed himself at the yearly event, said organizer Earl Spires. Participants enjoyed a potluck, prizes and live music following the tournament.

The tournament is just one in a series of weekly tournaments which take place every Thursday between the months of January and March. Spires and his wife Linda have been coordinating it for nine years, but the tournaments have been ongoing since the opening of the Seamount course in the late 1970s, said Spires. The average age for the group is 70 years old with retirees making up 95 percent of the group. "The amazing thing is that we have people in their eighties and are still out playing," said Spires.



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The Ka'ū Calendar

Calendar, cont. from pg. 10
8571.

Volcano Winery Tours, Tue/Thu/Sat, 9:30 – 10 a.m. These tours of the vineyard and tea field are free and open to all ages. Longer tours available for \$25 or \$45 per person. 35 Pi'i Mauna Dr., Volcano. 967-7772 or volcanowinery.com.

Free 'Ukulele, Slack Key and Steel Guitar classes, Wed, 12:30 – 4:30 p.m., Nā'ālehu School gym; Fri, 1 – 5 p.m., Pāhala Boys and Girls Club. Keoki Kahumoku. 935-0463.

Hula in Ocean View, Wed, keiki 4 – 5 p.m., makua 6 – 8 p.m., Halau Tiki on Tiki Dr. at the corner of Princess Kaiulani. Kumu Hula Keala Ching, 939-9602 or 938-4973.

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

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

Quilting Group, Thu, 9:30 a.m. – 4 p.m., Discovery Harbour Community Center. 929-9576.

Women, Infant, Children Services, Fri

(except holidays) at various locations. 965-3030 or 934-3209.

Joy School Preschool Playgroup, Fri, 9:30 – 11:30 a.m., Discovery Harbour Community Center. 929-8732.

Live Entertainment at Hana Hou Restaurant, Fridays, 5:30 – 7:30 p.m. Located across from Nā'ālehu Shopping Center. 929-9717.

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

Volcano Farmers' Market, Sun, 7 – 10 a.m., Cooper Center. Fruits and veggies, swap meet and more.

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, Sat, 6:30 p.m., Cooper Center; Pāhala Group, Wed, 7:30 a.m., Holy Rosary Church; Southern Star Group, Tue, 7:30 p.m., Sacred Heart Church in Nā'ālehu; 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.

The Mobile Care van and dentist, monthly, 8 a.m., Ocean View Community Center. Call 939-7033 for the date.

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KA PEPA VOLCANO

Volume 7, Number 5

The Good News of Ka'ū, Hawai'i

March 2009

Hike Volcano Park's Subalpine & Alpine Zones with Tunison

The Hawai'i Volcanoes Institute invites residents and visitors to spend Saturday, March 21 from 9 a.m. to 5 p.m. walking and learning about a seldom visited part of Volcanoes National Park's wilderness. A primary focus will be identification and natural history of high elevation plants and the ecology of subalpine and alpine zones.

This part of the park is now free of the damaging impact of introduced goats, sheep, and pigs. It also represents a section of the park with very few invasive species. Bird watchers will have the opportunity, above the mosquito and avian malaria zone, to look for 'apapane, 'amakihī and the 'i'iwi. This is the second Institute program led by Tim Tunison, with more than two decades as a botanist and as former Chief of Resource Management at the Park. Since retirement three years ago, he has been teaching classes through the Vol-



On the trail with Tim Tunison hiking into an alpine section of Hawai'i Volcanoes National Park, which is free of pigs, goats and avian malaria. It is home to endangered native birds.

cano Art Center. He said he is excited to share one of his favorite hikes.

This is a moderate to rigorous cross-country hike on sections of primitive trail with a 1000 foot elevation gain. The distance will be about five miles and participants should bring binoculars, raingear, walking stick, sunscreen, camera, hat and lunch. Trail snacks will be provided. Closed toes shoes or boots are required.

Friends of Hawai'i Volcanoes National Park is sponsoring the event through its Hawai'i Volcanoes Institute. The tuition for Friends' members is \$50. For non-members, tuition is \$65. An extensive handout produced by the presenter is included.

To register call the Friends' office at 985-7373 and leave a message, or email enrollment requests to ainahou2@aol.com.

Playwright & Author Kneubuhl Offers Workshop in Volcano

Award-winning Honolulu playwright and author Victoria Nalani Kneubuhl presents programs in Volcano this month. On Friday, March 13, she holds a literary reading and talk-story session at 7 p.m. at Volcano Art Center's Niaulani Campus in Volcano Village at the corner of Kalanikoa and Old Volcano Roads. The event is free, and calabash donations are welcome.

Kneubuhl follows up with a playwriting workshop on Saturday, March 14 from 10 a.m. to 4 p.m. She gives an overview of the basic elements of playwriting, including an explanation and discussion of setting, exposition, character, dialogue, scene, and structure. The day includes in-class writing exercises, plus readings and examples from plays such as Arthur Mill-

er's *A View From the Bridge* and Thornton Wilder's *Our Town*. The workshop fee is \$65, and financial aid is available.

Kneubuhl's published works include the anthology *Hawai'i Nei: Island Plays* and the mystery novel *Murder Casts a Shadow*, and her many plays have been performed in Hawai'i and the continen-

tal U.S. and have toured to Britain, Asia, and the Pacific. She has received both the Hawai'i Award for Literature and the Eliot Cades Award for Literature.

For more information about both events, call 967-8222 or visit www.volcanoartcenter.org.

Painter Snyder Lectures at Volcano Art Center Art Night

Volcano Art Center welcomes painter Joan Snyder to Art Night at Niaulani. She will give a lecture and slide presentation on Tuesday, March 3 at 7 p.m. "Snyder is an accomplished artist whose abstract paintings defy categorization, traverse genres, and have inspired a generation

of emerging artists," said Marsha Hee, VAC's education coordinator.

Over the four decades of her career, the 2007 MacArthur Fellow's body of work has continually evolved in style and form, from her early "stroke" paintings, intense swaths of color painted over pencil-drawn grids, to her more explicitly gestural works rooted in memory, which incorporate text scrawled into the paint or frames, as well as found objects such as herbs, sticks, feathers, mud, and nails. Her work has appeared in numerous solo and group exhibitions at such national venues as the Museum of Modern Art in New York, the Whitney Museum of American Art, Boston's Museum of Fine Arts and the Corcoran Gallery of Art.

This presentation is made possible through fund-



Learn About the 1984 Mauna Loa Eruption

This National Park Service photo shows the red eruption of Mauna Loa in 1984, which will be discussed by vulcanologist Jack Lockwood at After Dark in the Park on Tuesday, March 24 at 7 p.m., Kilauea Visitor Center Auditorium inside Hawai'i Volcanoes National Park.

ing from the Hawai'i Community Foundation and with support from the Art Department at UH-Hilo, where Snyder is a visiting artist. Volcano Art Center's Niaulani Campus is in Volcano Village at

the corner of Kalanikoa and Old Volcano Roads. The event is free, and calabash donations are welcome. For more information, call 967-8222 or visit www.volcanoartcenter.org.

NIAULANI
NATURE WALK
Free Forest Tour in Volcano
Every Monday at 9:30 am

1 hour guided walk on easy 1/7 mile loop trail

Meet at Volcano Art Center's Niaulani Campus
(19-4074 Old Volcano Road at corner of Kalanikoa
in Volcano Village, just off Hwy 11)

Please bring a rain jacket, as walk takes place rain or shine
along a gravel & dirt trail. No advance reservations needed.

VOLCANO ART CENTER
967-8222 • volcanoartcenter.org

KEEPING HEALTHY IN KA'Ū

Volume 6, Number 3

A Journal of Good Health, Food and Fitness

March, 2009



Ambulatory patients (left and right) ready for inaugural run of the new Ka'ū Hospital van. Above are: Ka'ū Hospital Administrator Marilyn Harris, Ka'ū Hospital Charitable Foundation members Israel Goral, Sara Witt, Eleanor Powell, Naomi Yoshida, Wayne Kawachi, Lori Obra, Edna Aguil, Edmund C. Olson Foundation representative Linda Nunes, Father George DeCosta, Ka'ū Hospital Charitable Foundation President Marge Elwell, and Robert Iwamoto Family Rep Roy Pfund. Photos by Nalani Parlin

Year-long Fundraising Nets New Van for Ka'ū Hospital

About 70 people celebrated the arrival of a new 14-passenger Aerotech Ford van at Ka'ū Hospital on Feb. 18. O Ka'ū Kakou led the drive to raise than \$80,000 in less than a year with abundant assistance from Ka'ū Hospital Charitable Foundation and many other community members, said campaign organizer Wayne Kawachi.

The drive began when Kawachi was talking to Bill Peebles last March at Pāhala Town Café. Peebles found two anonymous pledges of \$10,000 each to get the

ball rolling. Another starter came from Ka'alaiki Coffee Shop by Nā'ālehu Ballpark where Sumiko and Donna Hanoa handed over their coffee can with their tips totaling \$377.

The letter writing campaign began with Bradley Westervelt, Edna Agil and Naomi Yoshida from the Hospital Foundation joining in. Elanora Louis went door to door.

More than 100 people donated, with most of the donations coming in small amounts from community members.

Larger donations were made by Roberts of Hawai'i, RNI-NV, Ltd. Partnership and the Olson Family Foundation.

With the van costing \$62,000, it was ordered and fitted to specifications of the hospital to accommodate a gurney, three wheel chairs and access for the handicapped.

Paysha Transportation sponsored free shipping of the van from the mainland.

With nearly \$20,000 raised beyond the cost of the van, \$10,000 respirator has been ordered for the hospital and the

remainder set aside for other hospital needs.

Kawachi said the successful campaign shows that "We can make a difference in the community to make Ka'ū better for everyone."

Hospital administrator Marilyn Harris said the van and many other improvements to Ka'ū Hospital & Rural Health Clinic would be impossible without the support and efforts of the community.

Hospital Van, pg. 23

Intern is Hands-on with X-Ray Technology

Ka'ū High School senior Erika Koi is living her dream of becoming an x-ray technician through an internship at the Ka'ū Hospital. Koi is shadowing x-ray technician Kimberley Salmon as a part of the Hui'ana Internship program. Koi will work 60 hours at the hospital and earn a half-credit, as well as practical work experience in her chosen profession. Salmon is teaching Koi the ins and outs of her job, including anatomy, what x-rays are supposed to look like, developing the film, working

with the x-ray machinery and conducting portable exams, paperwork and the differences between working in a large hospital and a small rural one like Ka'ū. "She will have a chance to see everything that I do here," said Salmon.

Salmon, originally from Waimea, came to Ka'ū from a trauma unit in a large hospital in Albuquerque, NM with a staff of 20 technicians in the x-ray department. In Ka'ū, she is the sole technician. She is on call 24 hours a day for the Ka'ū Hos-

pital Emergency Room and can never be more than 20 minutes away from the E.R.

Salmon pointed to the dramatic difference in pace between a city hospital and a rural one. In New Mexico, she said they did about 100,000 x-rays a year; in Ka'ū, she does about 1,000 annually. Salmon says she enjoys the slow pace of Ka'ū. In Albuquerque she saw about seven to eight patients an hour and did not have time to interact with them. In Ka'ū Salmon does

X-Ray Tech pg. 18



Ka'ū High Intern at Ka'ū Hospital Ka'ū Hospital radiology technician Kimberley Salmon shows Ka'ū High senior Erika Koi the hospital's x-ray machine.

Free Classes on Cancer, Asthma and Diabetes

'Ohana Health Plan is reaching out to Ka'ū with free classes on cancer, asthma and diabetes. The classes will be at noon at Pāhala Assembly of God, 96-2945 Pa'au'au Street on Saturdays, April 25, May 23, Sept. 26 and Nov. 14.

'Ohana Health Plan was selected last year by the state Department of Human Services to service the QUEST Expanded Access (QExA), a new statewide Medicaid program for 37,000 disabled and senior citizens, 65 and older. The new service began in February.

'Ohana is offered by WellCare Health The Ka'ū Calendar

Insurance of Arizona, Inc., a subsidiary of WellCare Health Plans, Inc. (NYSE: WCG), of Tampa, FL. 'Ohana provides primary, acute and long-term care. According to a statement from the company, "'Ohana's philosophy is to place members and their families at the center of the health care continuum. Our model is new to Hawai'i and includes local Hawai'i-based service coordinators to personalize interaction with members. Each member will be matched with an 'Ohana service coordinator who will work directly with the member and multi-disciplinary health care team

to develop a proactive care treatment plan that meets the members' medical and lifestyle needs."

Service coordinators are licensed nurses or experienced professionals such as social workers who are trained in health care management. See www.wellcare.com. Call 443-9294 for more on the classes in Pāhala.

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The Ka'ū Kitchen

The Ka'ū Hospital Charitable Foundation's Ka'ū Cookin' Cookbook Volume 1 has many recipes submitted by community members of the Ka'ū district. The recipes are healthy, easy and won't hit your pocketbook. Some are family recipes past down through generations and most are practical, easy to prepare recipes. One such recipe, Souper Meat'N Potato Pie, was submitted by Barb Beatty of the Red Hat Society and Kalae Quilters.



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

Souper Meat'N Potato Pie by Barb Beatty

1 can Campbell's cream of mushroom soup
1 lb ground beef
¼ cup finely chopped onions
1 egg slightly beaten
¼ cup fine dry bread crumbs
2 tbsp chopped parsley
¼ tsp salt
dash of pepper
2 cups mashed potato
¼ cup shredded mild cheese

Mix thoroughly ½ cup soup, beef, onion, egg, bread crumbs, parsley and seasonings. Press firmly into a 9-inch pie pan. Bake at 350 degrees for 25 minutes, spoon off fat. Frost with potatoes, top with remaining soup and cheese. Bake 10 minutes more until done. Garnish with cooked sliced bacon if desired. Makes one 9-inch meat pie.

SUPPORT KA'Ū'S HOSPITAL & CLINIC



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Ka'ū Hospital & Rural Health Clinic

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Debra Kettleon, MSN Nurse Practitioner,
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Dwight Dow, MD, Emergency Medicine, Board Certified
Cliff Field, MD, Family Medicine, Board Certified
Dr. Sheareen Gedayloo, Family Practice
Dr. Joshua Green, MD, Board Certified in Family Practice
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Make the Coast Healthier on March 14

Debris divas at the dump are Stacey Breining, Megan Lamson, Katie Woollven and Isabel Marlens atop a net pile which they loaded into a Matson Container for recycling recently. The next cleanup of the Ka'ū Coast by the Hawai'i Wildlife Fund will be Saturday, March 14. Meet at Wai'ōhinu Park by 7:45 a.m. with sturdy footwear, sun protection, water, lunch and 4WD vehicles - for those who have them. Hawai'i Wildlife Fund will provide trashbags to collect debris and will provide gloves where needed. Caravan and carpool to the chosen cleanup site.

XRay Tech, cont. from pg. 17

everything from checking in patients, getting them changed to the actual exams.

Being the sole technician can be challenging, as Salmon sometimes needs assistance getting the patient, who may be suffering from pain, in position to take the most accurate x-ray for the doctor. However, she said the hospital staff has always been willing to help out.

To become an x-ray technician, Koi can get either a two-year Associate's degree or a four-year bachelor's, and then receive hands-on training in a hospital. Salmon

said that training techs often practice taking x-rays on phantoms, fake humans with skin. In a working hospital, Koi may also train to do CT scans and MRIs.

Koi said she is grateful for the hands-on experience with Salmon. As a child, Koi said she has several x-rays after breaking her arm, ankle and even some fingers and toes and was always intrigued by the "pictures which showed me what was broken." She said after completing her education, she wants to start off in a small hospital as an x-ray tech and see where it takes her.



Hatters & Quilters Raise Money at Punalu'u

The Red Hat Ladies of Ka'ū and the Kalae Quilters raised more than \$3800 with two days of selling crafts, quilts, baked goods, hot dogs and other foods at Punalu'u Beach Park pavilion in February. They added to their fundraising for Ka'ū Hospital with a spaghetti dinner at Nā'ālehu Community Center and bake and craft sales at the Ka'ū Hospital and the Nā'ālehu Farmers' Market. Left to right are Barb Millers, Barb Beatty, Joann Young, Marla Borg, Maggie Boyer, Linda Davis, Mary Ramsdell, Beverly Velezquez and Nadine Ebert.

Photo by Nālani Parlin

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Farm Bureau Pushes to Restore Ag Irrigation System

The Ka'ū Farm Bureau sent representation and offered testimony to the state legislature late February to support Senate Bill 495. The Ka'ū Farm Bureau has joined many others in an ongoing effort to help restore and enhance agricultural water infrastructure in Ka'ū. That infrastructure, abandoned by the sugar plantations even before their final closure in 1996, consists of more than 30 irrigation tunnels in various states of disrepair in the mountains between Pāhala and Nā'ālehu.

"More than ten years after the collapse of the sugar industry, the economic vacuum left in its wake has yet to be filled in the rural communities of Ka'ū," testified Ka'ū Farm Bureau President Chris Manfredi.

"With its abundance of agricultural lands, Ka'ū is ideally suited for agricultural projects that foster sustainability, food security, disaster preparedness and drought resistance. Investment in irrigation infrastructure projects will stimulate job creation and support job retention by creating

an environment in which agriculture can thrive."

The testimony explained that during the last two years, working with the state Agricultural Development Corp., "a group of energetic farmers, ranchers, landowners and other stakeholders formed an agricultural water co-operative designed to advance the planning, permitting, investment and infrastructure associate with irrigation systems necessary to support agriculture in Ka'ū. Since that time, much progress has

been made in terms of planning and permitting. It is exactly this type of public and private partnership that has made this effort a success to date.

"Investing in irrigation in Ka'ū is an investment in agriculture and makes sense on many levels. It promotes the perpetuation of a traditional lifestyle and social sustainability by offering options for people to work close to where they live. This will serve to help keep families together. Less

Irrigation Restoration, pg. 23

Students Test Water, Learn History & Hula at Honu'apo

Ka 'Ohana O Honu'apo hosted teacher Brooke Nasby's Nā'ālehu Elementary fourth graders in February during a field trip to Honu'apo Park. Ka 'Ohana board members and volunteers set up three stations through which students rotated. Students listened to stories and history of the area, learned a hula noho (sitting hula), engaged in water quality tests and experiments and assisted Woody Gray in completing a mural, which covers an entire pavilion wall.

Gray, who lives above the park, designed the underwater scene, which depicts sea life swimming around the old pier posts and shows a view of the coastline in the background. Students also painted their names and a variety of designs in

bright colors on picnic tables and benches. County worker Angie Avenue said she hoped the children's paintings would deter people from defacing the tables, which she has to re-paint often.



A group of Nā'ālehu fourth-graders take water samples from the Honu'apo pond to test the water quality.



Ka 'Ohana O Honu'apo President John Replogle explains the importance of the pu'u (hills), above Honu'apo to the health of the estuaries. Photos by Nālani Parlin

Ka 'Ohana O Honu'apo president John Replogle explained the importance of the pu'u, or hills above Honu'apo to the health of the estuary. He talked about a Hawaiian cultural philosophy in which plants and animals are considered to be the elders of man. Man is seen as the youngest child of this family. "The mountains and ocean are all connected. We need to protect both. We need to look after animals and plants as our elders," he said.



Lehua Lopez-Mau, Ka 'Ohana O Honu'apo executive director, teaches the students a hula noho to Pupu Hinu Hinu.



Fourth-graders paint a mural at Honu'apo Beach Pavillion designed by Woody Gray.

Hunter Education in April

The state Department of Land and Natural Resources will offer a free hunter education program on Friday, April 24 from 5:30 p.m. to 10 p.m. and Saturday, April 25 from 7 a.m. to 4:30 p.m. at Nā'ālehu School Cafeteria.

To register call 800-353-4868 or 887-6050.

The state recommends the hunting education not only for hunters but also for hikers, campers, backpackers, birdwatchers, shooting sports enthusiasts and other outdoors men and women.

The Hawai'i Hunter Education Program includes the following subjects: Outdoor Responsibility/Ethics, Wildlife Conservation, Wildlife Identification, First Aid and Survival, Firearms Safety, Archery Safety, Muzzle-loading Safety, Hunting Rules and Game Care.

The basic course length is a minimum of 12 hours. Students must attend all course segments before they are allowed to take the 100-question exam. A passing score of 75 percent will result in a certificate, wallet card, window decal and patch being issued to the graduate.

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DAVID MONFORT

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E PILI ANA HO'OMANA

Volume 7, Number 5

The Good News of Ka'ū, Hawai'i

March 2009

New Minister at Pāhala Inspired by Canoe Paddle

Troy P. Gacayan, the new minister of Pāhala Assembly of God, has created a motto to describe the church: "Where the life and love of God Flows." He also has a plan centered around the idea of the canoe paddle.

Gacayan, a Pāhala native, was officially installed in the 300-seat sanctuary as the Pāhala minister on Jan. 18 by Dr. Pastor George Nagato, District Superintendent for all of Hawai'i. This followed Gacayan's certification in 2008 as a minister with the Assemblies of God.

Gacayan lives in Nā'ālehu with his wife, Heather, and children Joah, 5, and Aliyah, nine months. He said that his middle child Sierra "went to be with the Lord newly born."

Gacayan was born and raised in Pāhala. His mother worked at the Pāhala

branch of Bank of Hawai'i. His dad toiled as a diesel mechanic on the cane trucks at the sugar plantation.

The young Gacayan attended school in Ka'ū from K-10 until his mother transferred to BOH in Hilo and they moved to Volcano. He graduated from high school in Hilo where he played basketball. He enlisted in the U.S. Air Force where he served 13 years in Alaska, Arizona and Louisiana.

About seven to eight years into his Air Force career, "I begin sensing a calling from God to return to Ka'ū," said Gacayan. He attended Louisiana Tech and graduated with a BA in Psychology and also completed a two-year program of the Urban Bible Training Center through Global University.

"Once graduating, the Lord made it

clear that it was time to respond to the call of God to return to Ka'ū," he said. During the last six years Gacayan has assisted three previous pastors at Pāhala Assembly of God. He was also employed as a youth social worker with the Family Support Services of West Hawai'i and worked at Nā'ālehu School as a Right Track Teacher, helping underachieving third and fourth graders.

"Now I'm using some of my psychology degree working for the state of Hawai'i Dept. of Health in Nā'ālehu as the Team Leader at Ka'ū Community Mental Health Center, supervising case managers and social workers who service adults with severe and persistent mental illnesses."

In addition to his ministry work, Gacayan



Troy Gacayan with his wife Heather, son Joah and daughter Aliyah at Pāhala Assembly of God.

has coached four basketball youth teams including the Tigers, ages 5-6, the Heat for 12-14-year-old boys and No Sked for 11-13-year-old girls. He said he turned down coaching at Ka'ū High School only because of his heavy schedule.

The Meaning of Paddle

Gacayan said that the Lord has given him a mandate to focus on five aspects that he calls PADL-F. He explained the idea by saying, "A canoe cannot move forward or progress against the tide or steer with the tide without a paddle."

The P stands for Prayer, with Tuesday prayer meetings at Pāhala Assembly of God at 6:30p.m. The A stands for Administration of the ministry, with clear policies, procedures, expectations and guidance both within the church and with government laws. The D stands for Discipleship, with a training program, books and lessons entitled *Basic Foundations for Victorious Living*, and the creation of a Resource Center at Pāhala Assembly of God. The L stands for Leadership: "We intend on developing solid Christian Leadership that will not compromise but uphold, live, and reproduce godly leaders," said Gacayan.

The F stands for Fellowship, Family and Forever, as well as First Friday of each month. First Friday Family Fellowship Fun Nights start at 6:30 p.m. to foster healthy, strong families within the church and abroad, he said.

The January First Friday after New Year's weekend was held in the Fellowship Educational Wing with shave ice, roasted marshmallows and smores for the kids, along with freshly grilled cheeseburgers and fries with all the toppings. There was a pot blessing with pool tables, ping-pong and Wii bowling on a big screen. The first

Friday of February was held at Kīlauea Military Camp, where members bowled and enjoyed pizza. About 30 attended, their ages ranging from 8 months to 60 years.

The March First Friday will be Loco Moco Night at the church, with ping-pong and pool tournaments. Another March event will be a baptism service at Punalu'u followed by a barbecue luncheon.

Anyone can read sermon samples from Pāhala Assembly of God at light-caster.podbean.com. Service times in the sanctuary, located at 96-2945 Pa'a'au Street, are Sundays at 10 a.m., followed by lunch. The Tuesday prayer meetings at 6:30 p.m. are open to anyone in need of prayer or wanting to pray for the needs of the community. Thursdays start at 6:30 p.m. with Youth Night combined with Women's Hula Ministry.

Third Sundays feature a 7:30 a.m. Men's Ministry Breakfast. Sundays offer the 1 p.m. sewing ministry, when sewing teachers instruct the young and the elderly to make clothes and mend or hem those needing some stitching.

For more information call Gacayan at 443-9294.

GUIDE TO KA'Ū CHURCHES

VOLCANO

- New Hope Christian Fellowship967-7129
- Volcano Assembly of God.....967-8191
- Kīlauea Military Camp Chapel967-8333, Protestant - 8am
- Catholic11:15 am, Sundays

PĀHALA

- Assembly of God.....928-0608
- Holy Rosary.....928-8208
- Pāhala Bible Baptist Mission928-8240
- Pāhala Hongwanji928-8254
- The Universe Story, celebrating the science of the cosmic genesis from creation of galaxies and the origination of Earth to the development of self-reflective consciousness. Meditation on the creation story that everyone holds in common, which is being revealed through modern technology. See thegreatstory.org. Monthly meetings928-0151
- Wood Valley Tibetan Buddhist Temple & Retreat928-8539

NĀ'ĀLEHU

- Assembly of God.....929-7278
- Iglesia Ni Cristo929-9173
- Jehovah's Witnesses929-7602
- Kauaha'ao Church.....929-9997
- Latter Day Saints.....929-7123
- Light House Baptist.....939-8536
- Nā'ālehu Hongwanji Buddhist Temple - 95-5693 Mamalahoa Hwy., Nā'ālehu, HI 96772
- Sacred Heart.....929-7474
- United Methodist.....929-9949
- Christian Church Thy Word Ministry meets in Nā'ālehu Hongwanji, Sundays 10 a.m.936-9114.

OCEAN VIEW

- Kahuku UCC.....929-8630
- Kona Baptist Mission.....322-3355
- OV Evangelical Community Church939-9089
- 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.

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Lesnett Named Minister at Nā'ālehu Methodist Church

Theodore (Ted) Lesnett has been named minister of Nā'ālehu Methodist Church. The Hilo resident said he is spending about 25 percent of his time in Ka'ū. He is also building and managing a 36-acre Methodist camp mauka of



Lesnett, new minister for Nā'ālehu Methodist.

Pa'auilo in the Hamakua district.

Lesnett, the longest-serving elder in Hawai'i's United Methodist Church, received his Doctorate in New Testament Studies from Claremont School of Theology before com-

ing to Hawai'i in 1972. He has served churches on Kaua'i as well as in Kohala and Honoka'a. In the 1970s, he was interim minister in Nā'ālehu for four months and has continued his long relationship with Ka'ū.

Lesnett serves the community in other capacities, as well. He is a public accountant and, as a chaplain for the police department for 18 years, "I can be

found working with the beat police, riding in their cars or driving a Blue and White around the island when on duty," he said.

His wife, Carolyn, is the nurse practitioner in charge of the Health Center at UH-Hilo. They have three grown children. He can be reached at Lesnett@hawaii.rr.com.

Jews for Jesus Presents *Christ in the Passover*

What do the Jewish Passover and Jesus' Last Supper have in common? David Garrett, of the evangelistic agency Jews for Jesus, answers that question in a presentation called *Christ in the Passover* at the Ocean View Evangelical Community Church on Tuesday, April 7 at 7 p.m. "Using a visual display of traditional Passover accoutrements, the presentation enhances the Christian's understanding and appreciation of the Jewish background of the Christian Communion," said church representative Sharon Moore-Fisher. Jews for Jesus has made this presentation at over 5,000 churches.

A graduate of Concordia University

Chicago, Garrett, a Gentile believer in Jesus, became involved with Jews for Jesus in 1975, two years after the organization was incorporated. "As I met people from Jews for Jesus and began reading their literature, I could see that they are on the cutting edge of evangelism. I knew I wanted to have a part in that," he said.

Jews for Jesus was founded in 1973 by Moishe Rosen, who wrote the *Christ in the Passover* presentation. He believes that some of the most important elements of Christian doctrine, such as the Trinity, the principle of substitutionary atonement and salvation through a personal relationship with the Messiah are implied

in the Seder (Passover feast) as observed by Orthodox Jews. "The *Christ in the Passover* presentation is one way Jews for Jesus can help churches appreciate the Jewish roots of the Christian faith," he said.

Garrett said that, to himself and other Jews for Jesus staff, "the objective evidence of the Hebrew Bible and the New Testament, and the transformation in our own lives provide ample evidence that Jesus was who he claimed to be – the Jewish Messiah."

Garrett will be available to answer questions after the presentation. For more information, call 939-8089.

Yard Sale to Raise Funds to Replace Church Roof

A fundraiser to replace the roof of Nā'ālehu Methodist Church will be held at Pāhala Methodist Church on Huapala Street on Saturday, March 7 from 8 a.m. to 1 p.m.

The huge yard sale will include plants, fruit trees, baked goods, books, clothing and household items. Hot dogs will be on sale.

People in Pāhala who would like to donate can call Kazu and Joyce Sue-nobu at 928-8437. People in Nā'ālehu and Ocean View can call Lucile Walker at 929-7519.

Credit Union, cont. from pg. 1

vices to best fit the needs of our community. Depending on those needs, desires and our ability, we could once again re-establish in-person transaction services in Pāhala and expand them in Ocean View," Balsis said.

Low Rates for Loans

KFCU has over \$3 million in adjustable rate loans on its books and members receive some of the lowest interest rates ever. While this is a terrific member benefit, the lower interest rate means a reduction of about \$5,500 per month in interest income to the Credit Union, Balsis explained. "Nevertheless, we are committed to a Certificate of Deposit program that competes with banks around the country. We continue to pay more interest to members than many financial institutions."

The KFCU investment portfolio shows an average rate of return of 2.5 percent as compared to 4 percent a year ago. This further reduces income by about \$3,750 per month.

It is the interest on loans and investments, along with small fees for some services, that fund the staff and other operational costs. This lowering of income is beyond the control of Ka'ū FCU, said Balsis. "It forces us to become more efficient, centralize operations and implement more interactive technologies to serve all members."

Helping KFCU Members in Down Times

Balsis said that KFCU remains in a strong position to continue to make loans to the Ka'ū community, while being prudent in qualifying borrowers. "We aim to protect our member savings during the

Crusade for Christ in Nā'ālehu, March 2 & Pāhala, March 4

A Crusade for Christ will be held on Monday, March 2 beginning at 6:30 p.m. at the home of Alicia and Jarren Sukamoto in Nā'ālehu, and on Wednesday, March 4, beginning at 4 p.m. at Pāhala Community Center.

The revival will be led by Larry Wilkinson, founder of Remnant International, a non-denominational, charismatic ministry headquartered in Salem, Oregon. Wilkinson also founded Resurrection Life Fellowship and has led missionary evangelism teams into Africa and Asia.

current economic downturn." Impacting lending practices are decreasing property values, which creates less equity to secure loans. Another worry is rising unemployment. People laid off from jobs often find themselves in the position of earning inadequate income to service their loans, Balsis explained.

When members find themselves in financial difficulty, the Credit Union helps them through a budgeting process called Balance Pro (www.balancepro.org). Once they have completed credit counseling and have firmed up their budget, the Credit Union works to refinance loans to better match their cash flow.

"We refinance loans with longer terms to stretch out payments, making those payments smaller. Because the terms sometimes get quite long, loans will mature in two to four years, at which time we can reassess the borrowers situation rewrite the loan again, closer to the original terms," Balsis explained. "We are doing this for any loans at the Credit Union, where the borrower makes the effort."

According to Wilkinson, the purposes of his ministry include:

- *To break new ground in revival and to help establish quality leadership nationally and internationally;

- *To serve as a watchman through discernment and the prophetic giftings, enabled by pulpit and media ministry;

- *To glorify Jesus and mankind, blessed through the power ministry of salvation, baptism in the Holy Spirit, healing and deliverance through revival



Crusader for Christ Larry Wilkinson

crusades and a counseling-inner healing-deliverance center in Salem.

*To establish God's people in the whole Word of God by drawing from the scriptural strengths of each Christian organization.

For more information, call Doris Santia-

go at 928-8095 in Pāhala and Wade Baji at 929-9923 in Nā'ālehu.

He said the Credit Union is asking members who have heard they may be laid off to contact the loan department immediately to begin the process, "before the real cash flow problems hit them. Being proactive is necessary to properly assist the members afford their situation and maintain a good credit history they will need when the economy improves."

What does it Cost to Operate?

Because KFCU and other credit unions are owned by their members as not-for-profit entities, they are very highly regulated. The cost of regulation includes adhering to the Patriot Act passed by the U.S. Congress shortly after 9-11. Ka'ū FCU spends over \$5,000 per month to meet new requirements of the security rules enacted by the Patriot Act, said Balsis.

He said that the regulatory environment continues to increase demands on credit unions. Ka'ū FCU has installed security systems, special safes, additional telephone lines, Internet service and procedures to increase cash handling se-

curity. Money is transported by armored vehicles.

How Financially Strong is the Ka'ū Credit Union?

Ka'ū FCU has a capital ratio over 10 percent, as of February 2009. "This is excellent," said Balsis. "Our regulator, the National Credit Union Administration, has set 7 percent as a target to be well capitalized. Ka'ū FCU surpasses that expectation."

With cash flow from our loan and investment income temporarily in decline, the centralization and streamlining of operations will enable KFCU to maintain capital strength and ensure Ka'ū FCU remains sustainable for another 70 years to serve the people of Ka'ū, Balsis predicted. "By centralizing, your money is being protected."

Ka'ū Federal Credit Union is a federally insured financial institution. The National Credit Union Administration provides insurance on deposits up to \$250,000 per individual account owner.

Stars over Ka'ū March 2009

by Lew Cook

Venus speeds down the skies in late March on its way to becoming a morning star. Look for Saturn in the east about this chart time, 9 p.m. on March 15 (10 p.m. on the first and 8 p.m. on the 28th).

The late winter stars are overhead in Ka'ū about this time. Gemini is overhead with the stick figures holding hands. At the western foot of the western twin, there is a small cluster of stars termed Messier 35 (M35).

Charles Messier was a French astronomer who hunted comets and made a list of 103 objects which could be mistaken for them to aid comet hunters. Nowadays, there are some amateurs who pride themselves on being able to see ALL of the Messier objects in a single, very busy night. Many of them can be seen on a clear night over Ka'ū.

M35 is an open cluster of several hundred stars best viewed through binoculars (7x50 would be best), although it can be glimpsed in dark skies with dark-adapted eyes without any aid. If you look at it through a telescope of 6-inch size (diameter of the mirror), look to the southwest of M35 about half the diameter of the moon for another fainter (because it is five times

further than M35) open cluster, NGC 2158. It is also older, as the blue stars are absent, having grown old and evolved. Just as it is in human life, if you live in the "fast lane," you burn out sooner. It has more stars than M35, but we see them as fainter because they are further away.

Just overhead now is the constellation Cancer, the Crab. Although it is not shown on the sky map, it lies at the front foot of Leo to its east and the bright stars of the twins to the northwest. While it is composed of faint stars, in the center of the constellation is Praesepe, or M44. Also an open cluster, it has been described as "the Beehive," with many golden stars. Check it out!

Date	Sunrise	Sunset
Mar. 7	6:36 a.m.	6:30 p.m.
Mar. 14	6:31 a.m.	6:32 p.m.
Mar. 21	6:25 a.m.	6:33 p.m.
Mar. 28	6:19 a.m.	6:35 p.m.

First Quarter Moon	Mar. 03
Full Moon	Mar. 10
Last Quarter Moon	Mar. 18
New Moon	Mar. 26
First Quarter Moon	Apr. 02

Credit Union, cont. from pg. 21

History of KFCU

Ka'ū FCU was first chartered in 1938 as the Hutchison Mill Federal Credit Union and served the employees of the Hutchison Mill Sugar Company located in Nā'ālehu. As sugar companies in Ka'ū merged, the credit union accepted additional sugar workers. In the 1960s the name changed to the Nā'ālehu Federal Credit Union. The growing membership also changed its charter from an employee credit union to a community-based credit union, evolving the name in the mid 1960s to Ka'ū Federal Credit Union.

KFCU Annual Meeting

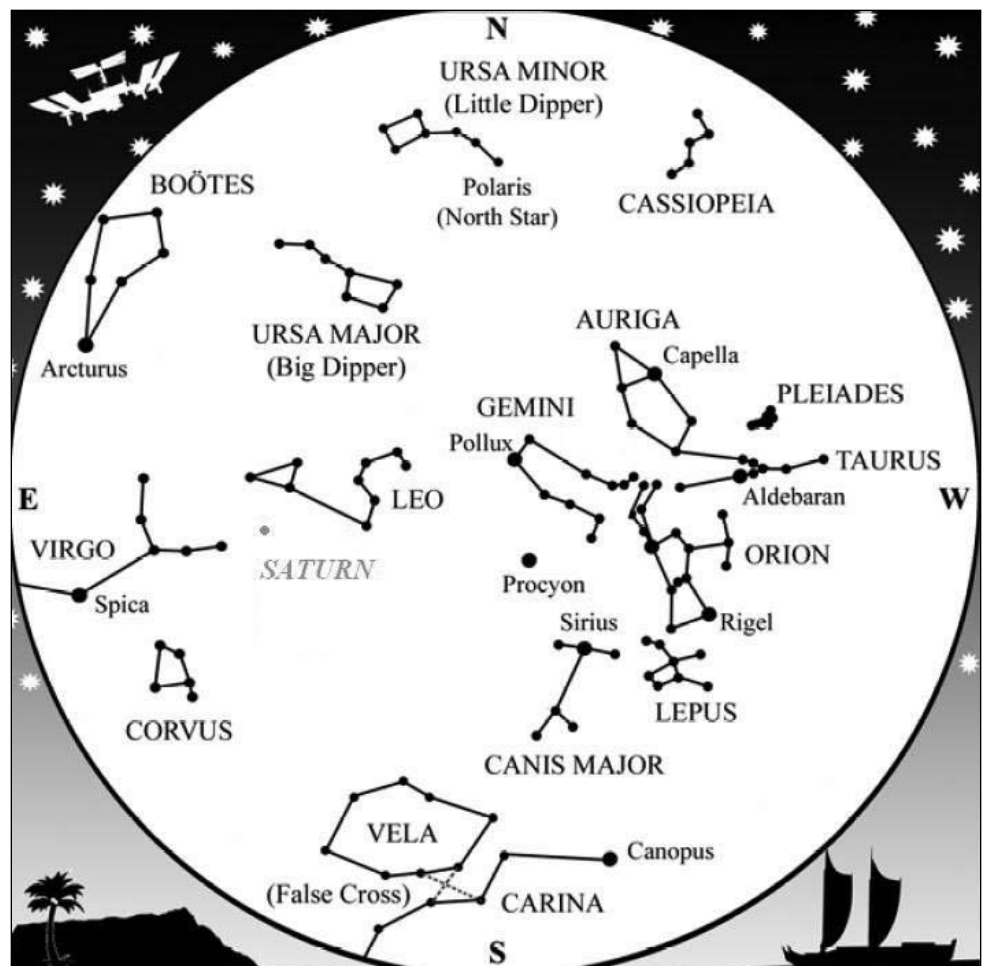
The Ka'ū Federal Credit Union's 71st Annual Dinner Meeting will be held on Saturday, March 14 at 5 p.m. at Nā'ālehu Clubhouse. The cost is \$7 per member and \$12 per non-member and includes a steak dinner. Tickets are available at the Credit Union and from board members.

Obon Movement, cont. from pg. 24

on Maile Street. The first class starts at 1 p.m., the second at 2 p.m. and the last at 3 p.m. Students are advised to bring towels and water bottles. No shoes will be allowed inside the building. Loose clothing is preferred. There is no age limit, but children under 12 must have an adult sponsor. (Classes are free, but donations gladly accepted, and tax deductible.)

Ka'ū Main Street is trying to bring back historical events, and "the bon dance will help bring us together again," said the organization's president Marge Elwell. Proceeds from this event will help replace doors on the temple. For more information call 929-7236 or e-mail delwell@hawaii.rr.com.

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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

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

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PUAKŌ Transfer Station (Sun. Only)

WAIMEA Transfer Station (Closed Tue. & Thurs.)

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HILO 30 Maka`ala St. M-F, 8am-5pm; Sat-Sun, 8am-3pm;

NEW! Puainako Ave. M-F, 8am-4pm; Sat, 8am-2pm

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HILO 1260 Kilauea St.; Open Daily, 9am-5pm; (Closed 12:30-1:30pm);

New! 111 Puainako Ave; Tu-Sat, 9am-5pm; (Closed 12:30-1:30pm)

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Containers must be empty and sorted by material type.

For more information visit www.hi5deposit.com or call 961-8527 or 961-8549.

Ka'ū Federal Credit Union

Annual Meeting

Saturday, March 14

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Hospital Van, cont. from pg. 17

Father George DeCosta, of Volcano, performed the van blessing and Guy DeSa took the hospital's ambulatory long-term care residents on the van's inaugural ride. Ka'u Hospital employee Ti Chun and Pat Inouye, of Volcano, played music for the van celebration. Inouye was so moved by

the speeches given at the ceremony and the many donors that made the van possible, he pledged to donate \$500 in memory of his wife Leilani Inouye towards the gas for the van. He challenged others to contribute towards matching his donation which could be used for van maintenance or other related costs.

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Irrigation Restoration, cont. from pg. 19

travel means more family time, improved quality of life and less strain on public infrastructure, including roadways and law enforcement. Additionally, the workforce receives more value from their labor; keeping more of what they earn by spending less money on fuel and travel related expenses," the Farm Bureau testimony stated.

The bill itself calls for the repair of agricultural irrigation systems throughout the state, stating that "a reliable irrigation system is the lifeblood of Hawai'i's agricultural industry. To ensure that Hawai'i's

crops receive a steady and dependable supply of water, sufficient funding is needed to maintain and improve Hawai'i's irrigation systems."

It authorizes the state director of finance to issue general obligation bonds to fund capital improvement projects for irrigation systems throughout the state, and would provide for salaries for an additional 16 employees of the state Agricultural Resource Management Division for the repair, maintenance, and support of irrigation systems.

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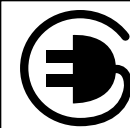
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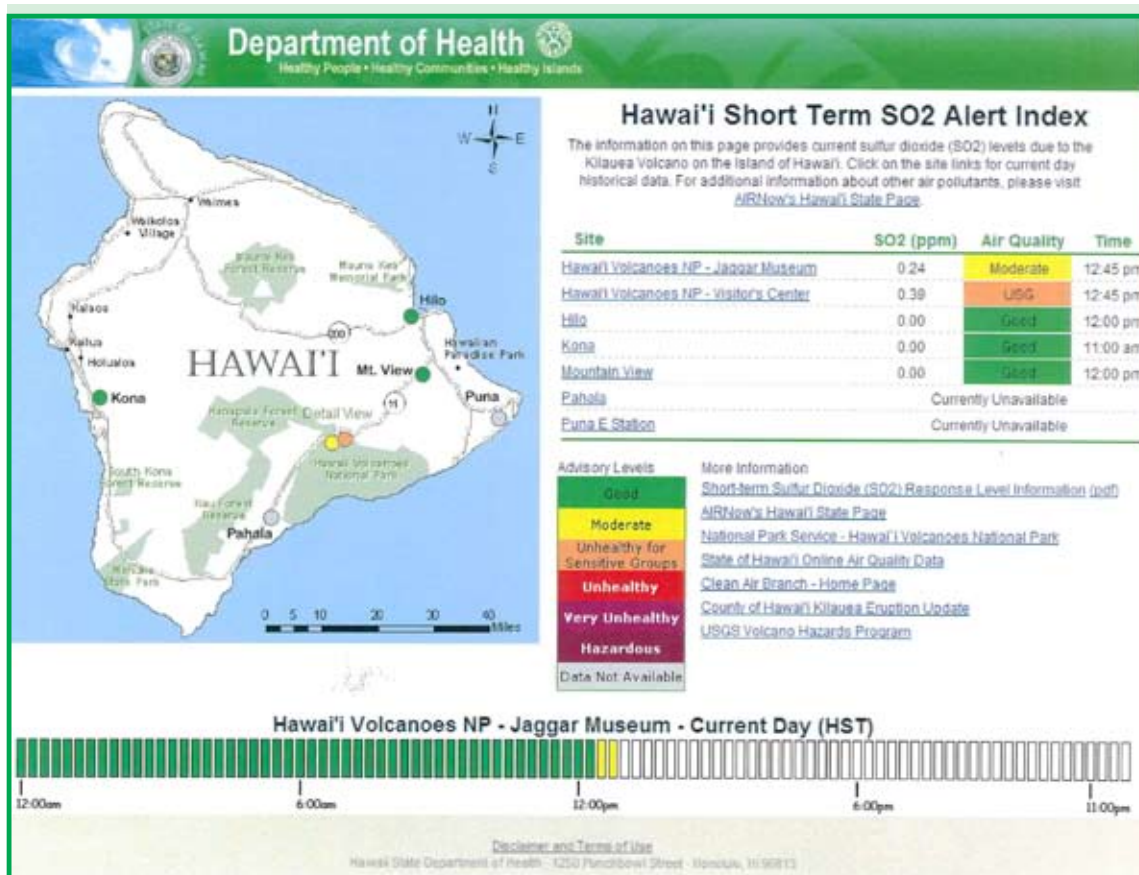
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Current Air Quality Alerts Now Online to Monitor SO₂ Emissions

The new Hawai'i Short Term SO₂ Alert Index can be seen 24 hours a day online at www.hi-so2index.info. The Web site, sponsored by the state Department of Health, provides current sulfur dioxide levels created by emissions from Kilauea Volcano. The map of Hawai'i Island shows air quality in Hilo, Mt. View, Hawai'i Volcanoes National Park, Pāhala and Kona. Clicking on the name of one of the towns brings up the air quality measured every 15 minutes throughout the day and night.

The Web site displays the color-coded description of air quality from Good to Moderate, Unhealthy for Sensitive Groups, to Unhealthy, Very Unhealthy and Hazardous. Air quality can change in a matter of minutes, with winds bringing in the SO₂ and winds carrying it away.

The Web sites also links to other air quality sites showing other measures such as particulates in the air.

High elevation SO₂ alerts have been less frequent and less severe in 2009 than in the months following the beginning of the volcanic emissions event in 2008. Moderate alert levels took place this year in Pāhala on Feb. 2 and Jan. 21 with readings of .16 ppm, and Jan. 13 with readings of .18 ppm.

There was one SO₂ alert in December, six in November, two in October, none in September, nine in August, nine in July, three in June, one in May, and eight in April. The highest readings were .31 ppm, June 7 and Aug. 13, and .28 ppm, Nov. 28, rated as Moderate, during which times there were health concerns for some people.

Obon Movement Classes & Dance Come Back to Ka'ū

For the first time in more than a decade a bon dance will be held in Ka'ū. The event will take place at Nā'ālehu Hongwanji on May 23, with classes leading up to the celebration every Friday from May 1 through May 16 at the Old Pāhala Clubhouse on Maile Street in Pāhala.

Every summer in Hawai'i, Obon rituals are celebrated with dancers, drummers and singers moving each weekend from one Buddhist temple to another around the island. Originally brought from Japan by immigrants, Obon is comprised of rituals to celebrate and honor spirits of the departed ancestors, similar to the Hispanic Day of the Dead.

Obon has become synonymous with the bon dance in Hawai'i. Generations of Japanese Americans, as well as other ethnic groups, participate in an evening around a yagura tower, dancing to pre-recorded or live music.

Although maintaining much of its religious connotation, the bon dance is also a joyous time for people of different religions as they stop for a moment to revere the ones who went before them.

On May 23, at the Nā'ālehu Hongwanji temple, food and craft booths will be open at 3 p.m. There will be guided tours of the temple by members of the

Hongwanji. Ceremonial opening will be at 6 p.m. with dancing until 9 p.m.

Local enthusiasts will be joined by dancers from the Hilo Bon Dance Club with Leonard Chow accompanying on his taiko drums. The first 100 people will receive a free head scarf. Floating lanterns will be available for purchase and at 9 p.m. The bagpipes will play *Amazing Grace* and the lanterns will fly away.

For vendors, booths for crafts will cost \$25. Food booths will cost \$50. Everyone is invited. There is no admission charge, and the event will be alcohol and

drug free.

Bon Dance Classes Start May 1

Bon dance classes with Jane Heit will start Friday, May 1 and continue every Friday through May 16 at the Old Pāhala Club House

Obon Movement, pg. 22

ROHR CONSTRUCTION #BC 26818

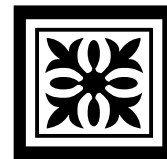
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Minutes from Punalu'u Black Sand Beach & Volcanoes National Park
Retreats, Conferences, Reunions, Workshops, Weddings Welcome



Authentic Historic Homes from the Early 1900s
1, 2, 3, 4 & 7 bedrooms with kitchens

928-9811 mahalo@aloha.net, www.pahala-hawaii.com
As Seen in *National Geographic Traveler Magazine*

Open 7:30 everyday

Monday through Thursday until 8 PM

- **Mon-Wed Pizza after 4 PM**
- **Tues-Thurs 2-4-1 Locos**
- **Thursday Mejico Night, Ole!**

Saturday and Sunday close at sundown.

