

Big Island Weekly

MAY 2, 2012

FREE



DEFINING happiness

Connections Public Charter School's twelfth birthday celebration includes a special filming of "Project Happiness" 3

Connections High school band, Tribe Nation



J Walk the Big Island brings into focus a rising Big Island talent 6



Annual Ka'ū Coffee Festival to be celebrated May 5-13 with entertainment, education and lots of coffee 12



Cinco de Mayo also marks the celebration of Herb Day with activities worldwide, including Puna 16

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KA'IKENA

GETTING A NEW PERSPECTIVE

If you let yourself get caught up in the daily grind it can be easy to see all the bad in the world, but sometimes it is important to put all that aside and take a good hard look around. You may be surprised at all the good you will find.

In a single evening in North Hawaii, volunteers were hard at work at a variety of events; two of which I was fortunate enough to attend. As a fundraiser for the Kohala Hospital, volunteers were in high gear as they set up tents, tables, a silent auction and a whole lot of food for a fundraiser concert and dinner at Kahua Ranch. As the sold-out event moved along steadily, a team of hard working volunteers organized, announced, prepared, served and cleaned, all in an effort to make the event go off without a hitch. I was honored to be a part of the entertainment, singing with international country music star and current Kohala resident, Paul Nash. The event not only sold out, but the live auction was a huge success, pushing the fundraising total just a little closer to the \$1 million+ goal. The event, hosted but the Kohala Hospital Charitable Foundation, will help improve the services available at Kohala Hospital. Hearing stories of how the small community hospital has saved lives in that remote part of the island was inspiring and made it easy to see why so many volunteers were eager to support the cause.

After the dinner and dancing at Kahua Ranch, I stopped by the Relay For Life of Waimea, a fundraiser for the American Cancer Society. Upon arrival I found an entire community camped out across the sprawling Waimea park grounds, all volunteering their time in the fight against cancer. There was a silent auction, on-site fundraising which included games, toys, food and more. The energy was flowing, and although it was an emotional evening, the town was alive and buzzing as teams rounded the track and celebrated those who have been touched by and lost to cancer.

There were probably many other fundraising events that occurred all around the island over the weekend, and it all happens because of the volunteers who give their time and attention to a cause they feel passionate about. When you take a minute to stop and look around, you will notice the efforts of those who are doing what they can to improve and change the lives of others.

If you want to get involved as a volunteer, there is always someone, somewhere who needs your help. It isn't even a matter of money; giving your time can be just as valuable. What is your passion? Helping keiki? Maybe the elderly or the homeless? Maybe you have a personal connection to one of the health organizations on the island? There is plenty of opportunity to pitch in. Instead of looking around and seeing all the negative — tight budgets, low wages, no jobs, high gas prices — you might instead notice the good — the volunteers, fundraisers, the communities coming together with a common goal. Then you can decide if you want to feed the negative or support the positive and do what you can to bring about a positive change in the lives of others. There is always a way. You just need to be open to it.



Photo by Lisa Chady

What do you think? Tell us at www.facebook.com/biweekly

Yisa Var

Editor, Big Island Weekly

For comments or questions, e-mail the editor at yvar@bigislandweekly.com

Shaka & Stink Eye FOR THE WEEK



To the many new small businesses that are popping up around the island to fill a need in our communities. Hopefully these quaint businesses will survive despite a tough economy. Providing more locations to buy local is a good way to keep the money on island.

To people who use our highways as an ashtray by throwing cigarettes our the car window. If you are a smoker, please keep your butts to yourself. Extinguish your smoke and properly dispose of the rubbish.



Pardon, our mistake

If we missed something, generally screwed up, spelled your name wrong or made any other catastrophic error, send your corrections to editor@bigislandweekly.com.

the water has gotten.....Deeper...
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Big Island Weekly
BBQ WEEK IN HILO HAWAII
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Connections Public Charter School celebrates its twelfth year

By LISA CHALY

Inka kids, dad and translator outside the Kress building that houses Connections K-8 grades.

From the Hilo Bayfront beach clean up



“Connections was started by dedicated teachers at Mountain View as a school-within-a-school because they wanted to have more flexibility and creativity to serve the kids.”
— John Thatcher, Principal of Connections.



What is lasting happiness? For millennia, people have been asking this simple, yet profound question. By virtue of educating the youth to discover their own answer, Connections Public Charter School (CPCS) has chosen to focus on ‘Happiness’ as the theme for Mental Health Month in May. As a part of raising awareness for this month’s theme and welcoming joy throughout the community, CPCS cordially invites families, friends, and the general public to their 12th Birthday Celebration Fundraiser on Saturday, May 5, from 6 p.m. to 10 p.m. at the Imiloa Astronomy Center’s Moanahoku room. This exciting celebration will feature the blessings and hilarious “Edutainment” show written and performed by Hawaiian Kahu, M. Kalani Souza. There will also be a brief history of the school given by Principal John Thatcher and a screening of the film “Project Happiness,” with filmmaker and producer Randy Taran. Besides being a way to raise vital funds for the school, this evening also helps to celebrate happiness with the community and bring insight to what it means to be happy.

“The question ‘What is lasting happiness?’ is a deep one,” admits Elizabeth

Jenkins, Licensed Marriage and Family Therapist and co-coordinator for this event. “The answer is also deep and takes time to unfold especially in a culture such as ours that is based on immediate gratification on the material level and very little real happiness as a society.” She thinks for a moment, then adds, “I have spent a lot of time in Peru and I find that the older cultures, such as the Incas and Tibetans, have a tradition of happiness based in cultural principles that we lack in Western culture; much less material wealth, yet a much higher degree of happiness. So, I think it is really relevant to ask the question now in the face of our economic, ecologic, and spiritual crisis that we are currently facing.”

Elizabeth continues, “As a psychotherapist for 25 years, I feel that true happiness is what it is really all about. I think it’s a great question for people to ask and the freedom for the pursuit of it is what our county is based on. I think we need to educate our kids to think in terms of long-term happiness, long-term sustainability, and meaningful lives. These kids need to start finding their own answers to these questions if they are to become the leaders of tomorrow.”

Unfortunately, depression is the leading disability in the world, according

to the World Health Organization. Suicides relating to depression are the third leading cause of death in youth and without early intervention the numbers can be staggering. Coping with depression can be very difficult for families with teens, which is why one mom began a proactive response to her own daughter’s cry for help. Randy Taran, filmmaker and producer of “Project Happiness,” started a journey to make a difference in the world and has touched the lives of millions in the process. The award winning feature-length documentary film focuses on four teens from Santa Cruz, California, who face their own personal obstacles to happiness: loss, alienation and the everyday challenges of being a teenager passing into adulthood. Their quest brings them face-to-face in India with students from

▶ Cont. Page 4



Cyril Pahinui with Grade 6 ukulele class

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Connections

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the Tibetan Children's Village in Dharamasala, India and the Dominion Heritage Academy in Jos, Nigeria. Together they prepare for a rare private interview with the Dalai Lama and what they discover throughout their journey uncovers the potential for lasting happiness in all of us.

As part of the Connections Public Charter School 12th Birthday Celebration, "Project Happiness" will have its first screening in Hawaii. CPCS is also proud to be sharing with their students the curriculum based on this film that emphasizes personal development through mindful learning, creative expression, conflict transformation, and more. It is all part of empowering kids and families to create more meaningful lives, which is something CPCS has aimed for since their inception 12 years ago. "Connections was started by dedicated teachers at Mountain View as a school-within-a-school because they wanted to have more flexibility and creativity to serve the kids," shares John Thatcher, Principal of Connections. "We started as a charter school because we were going to be shut down as a 'within-school' by the DOE. We saw it as our only hope of keeping our program alive."

To this day, Connections has stayed true to their original intent. With constructivist principles at the foundation of the school's beliefs, students are encouraged to take responsibility for their own education. Teachers are guides and mentors for students, modeling adult behaviors and ways of learning and interacting in adult society. Knowledge is seen as neither passively received nor mechanically reproduced since individuals create their own interpretations, ways of organizing information, and approaches to problem solving within a social context. In this way, students feel comfortable expressing ideas that might make them feel vulnerable in other settings. Classes, workshops, projects and activities address individual learner needs and learning styles within a framework of Hawaii's educational standards. The school also strives to be environmentally friendly and plans to construct a "green school," envisioning the new campus, located on 30 acres up Kaumana Drive, to become a model of sustainable development and design. The facility's design will incorporate ways to reduce the school's carbon footprint, use alternative energy sources, and integrate new water management technologies, wherever feasible.

Of course, everything has a price and that is why CPCS truly appreciates financial support from the community. Principal Thatcher explains about their upcoming celebration fundraiser, "We will use the profit (if any) to offset expenses incurred due to lack of equitable funding. While other public (DOE) schools are funded to the tune of \$12,000 to \$15,000 per pupil, we are operating with about \$5,600 per pupil this year. Charter schools in Hawaii have seen their funding decreased by 33 percent since 2007." Adding to this, Elizabeth Jenkins says, "This is the really disturbing part about our educational system here in Hawaii. As a parent, it is amazing to see how Charter Schools on the Big Island can do three times the job of educating our kids with one-third of the money. It's truly unfair and should be illegal, but it's the way it is and makes me feel even more dedicated to Connections and all the charter school 'ohana of our state."

For the students, teachers, and parents at CPCS, it



Q'ero Priest, dad of two of the exchange students demonstrating a traditional Q'ero Song, beginning by blowing the PUTUTU--called PUU in Hawaiian.

is more than just a school; it is a family. Please join the ohana of Connections Public Charter School as they celebrate their 12th Birthday on Saturday, May 5, from 6 p.m. to 10 p.m., at the Imiloa Astronomy Center in the Moanahoku room. There will be a blessing and "Edutainment" show by M. Kalani Souza, as well as a screening of "Project Happiness." Delicious birthday cake from the Short N Sweet Bakery will also be served. Don't miss out on this wonderful opportunity to celebrate happiness in the community and to support Connections Public Charter School, a free school for all children, grades K-12. Tickets for this fundraiser are a suggested donation of \$25 pre-sale and \$35 at the door; all ticket donations are tax-deductible. For more information call 961-3664 or visit www.connectionscharterschool.org



Juan Apaza, dad of two exchange students, shares what life is like for kids in the High Andes with 2nd graders at Connections.



Connections is special because of the "makery program," music programs, and dedication to intercultural exchange as a vital part of the learning process.



Fundraiser is going to the dogs — and cats

BIG ISLAND WEEKLY

Tickets for Hawaii Island Humane Society's 16th Annual Tropical Paws benefit event coming up on Friday, May 11, are now on sale.

Tickets can be purchased from HIHS's Kona Shelter, Waimea Shelter or securely online at HIHS.org via PayPal. Cost is \$100 per person or \$1,500 for a reserved table of ten. The "pawsitively pawsome" affair begins at 6 p.m. at the elegant Four Seasons Hualalai Resort.

Noted for its abundant silent and live auctions, Four Seasons-style buffet dinner, live entertainment and dancing, Tropical Paws has become "the" not-to-be-missed party of the year.

Auction donations include a Koa Rocking Chair fashioned by woodworker Stan Gallaher, a catered party at the new Lava Lava Beach Club, a Waikoloa Resort Stay & Play Package, a handmade Hawaiian quilt, dining, island activities, a Hilo B&B package, artwork, jewelry and more.

Funds raised at Tropical Paws help support Hawaii Island Humane Society's education and spay/neuter funds and continued development of plans for the new Animal Community Center.

Visit www.HIHS.org or please call 808-329-8002 for opportunities regarding auction donations and event sponsorships.



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County

TROUBLESHOOTER

Dear Troubleshooter,
Could you please send me any information on laws regarding longboard skateboards?

Signed
Young Shredder

Aloha Young,

The laws regarding skateboards is quite interesting and rather than interpret it, here it is as it appears in the Hawaii County Code:

Section 24-4. Use of coasters, roller skates, roller blades, skateboards, and other similar devices prohibited.

(a) No person shall ride a coaster, roller skates, roller blades, skateboard, or any similar device upon any roadway except while crossing a street in a crosswalk and when so crossing such person shall be granted all of the rights and shall be subject to all of the duties applicable to pedestrians.

(b) No person shall ride a

coaster, roller skates, roller blades, skateboard, or any similar device upon any sidewalk or sidewalk area, except upon a permanent or temporary driveway specifically designated and authorized for such use, in the following designated locations:

(1) Within the downtown Hilo commercial area bounded by the Wailuku River on the west; Hilo Bay on the north; twenty feet east of the eastern most boundary of Ponahawai Street (this boundary shall also continue in a northerly direction, from the point twenty feet east of the Ponahawai Street and Kamehameha Avenue intersection, across Kamehameha Avenue, through Bayfront Park and the Hawai'i Belt Road, to Hilo Bay) on the east; and twenty feet south of the southern most boundary of Kapiolani and Kaiulani Streets on the south (including the portion of Waianuenue Avenue which is contiguous to Kapiolani and Kaiulani Streets).

Section 24-4.1. Penalties.

Section 24-5. Obedience to traffic laws required.

Any person who violates any provision of this section shall upon conviction be subject to a fine of not more than \$25 for a first conviction; not more than \$50 for a second conviction; and not more than \$75 for a third or subsequent conviction. Upon the third conviction of a violation of any provision of this section, the Court shall order the confiscation of the coaster, roller skates, roller blades, skateboard, or similar device used in the subsequent violation.

Essentially, I read this to mean that you are a pedestrian and can ride any type of skateboard,

longboard or otherwise, safely on any public sidewalk area in the County of Hawaii except in the area designated above, which is downtown Hilo, and you cannot ride on any public road, except to safely cross a street. The above laws do not apply to private property. For private property, please ask the owner.

Also, there are rules at skateboard parks (these rules are posted) as well as a bill in the legislature which would require 16 and younger to

wear helmets while riding skateboards.

Have fun, obey the law, and be careful!

Troubleshooter items are taken from complaints made to county departments and the office of Mayor Billy Kenoi. To make a complaint, call 961-8223.



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The Big Island



By J WALK SMITH

J
W
A
L
K

Justin Chittams, *Rising Star*

Photo by J Walk Smith



When the performer did the James Brown split, the crowd went nuts. One of the many show-stopping moments during the recent UH Hilo production of "Hairspray" was when William Justin Chittams, who goes by his middle name, performed this extremely difficult dance move; it was just icing on the cake because he'd already caught the audience's attention with his singing voice and overall performance. The amazing theatrical production is over, but you still have a chance to see this rising star. He says he is not planning to leave the Big Island anytime soon, but you should be made aware of him so you can say, "I knew him when..."

Justin has been on the Big Island since August of 2008. He is from Washington D.C. and says that he's able to walk to the Capitol from his house there. What brought him to the Big Island? Since before high school, he was always interested in marine science. He says that he used to watch the discovery channel all the time, and then when he was in high school he got an internship at National Geographic. Eventually he was led here to study marine science. After two years in that field, he did something most college students do: He changed his major.

Chittams says that when he came here, even as a freshman, he was taking music classes just for fun. "I've been playing music my whole life and after those two years of marine science, I decided to just switch and do music because I love doing it, and why not try to get a job doing something that you love to do."

Chittams' two main instruments are the drums and the trombone. He's been playing both for about fifteen years. He is in a band called N.Y.R., which is a three piece power trio of bass, guitar, and drums. He says you can hear them play at the Hilo Town Tavern, and that in the past they've backed such performers as Brittini Paiva.

Justin says that what he'd really like to be is a touring musician, "I don't need to be in the limelight. I don't need to be the guy to give everybody autographs but I just want to be able to make a living playing music. Touring around the world would be great."

He's grateful for the music department at UH Hilo. "It's not a big program; I can really ask teachers to help me. It's a tight-knit community." Such a community reaches beyond the boundaries of campus. Chittams loves that he has opportunities to play gigs with his teachers outside of the classroom. He highlights that such interaction helps nurture his talents and helps foster more of a technical ability in his music.

If you saw him perform in Hairspray, as the character Seaweed J. Stubbs, you would have thought he'd been acting for years, maybe professionally. Though, in reality he has little acting experience and says he is not a good dancer. "Mainly I've just been playing in the pit for shows." For Hairspray, he wasn't going to audition because, with his job and with school, he didn't feel that he had the time. He says that he went to the audition just to watch. "At the very last minute, people said do it, and so I said, 'all right.' So, I went up and I auditioned." Obviously, he got the part.

Though, he says he is not a good dancer, "I kind of didn't get my act together when it came to the dancing till about maybe a week or two weeks before the show, you know because I was so mechanical." He knew in his heart that one of the dance numbers in the production needed that James Brown split. "I'm sitting down and thinking, I don't even know how to do a James Brown split, so I get some of the dance majors at UH to help me actually figure out my dance moves for that scene because I didn't know what I was doing and then I tell them, 'Look, I



Photos of "Hairspray" courtesy of Christian James Photography

J Walk

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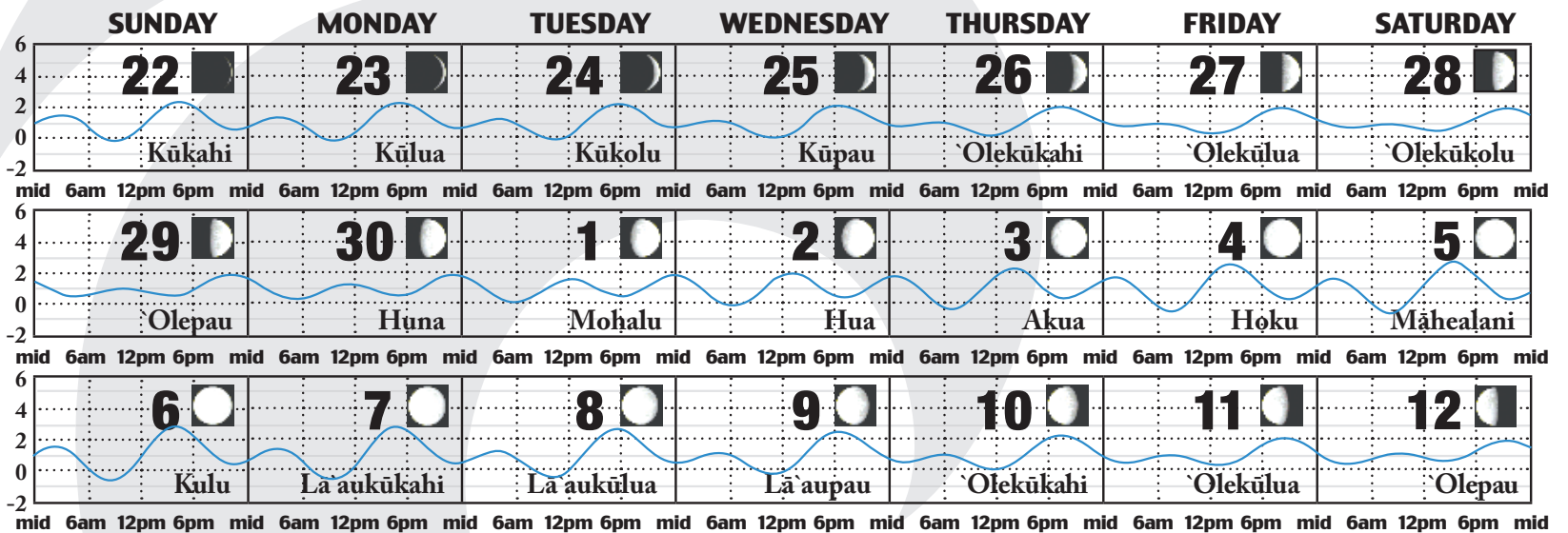
need to do the James Brown split.' They agree but they don't know how to do it either. So finally I get over my fear of dancing with other people and I just try it, and I did it and I was like, okay how did I do that? I don't know how I did it, but it worked."

Chittams says that when he thinks about the mechanics of that move he has no idea how he does it, "All I know is after the show I have to go get my knee checked out for hitting it on the ground so many times. I just think that move kind of helped in that song; I just thought it was really cool."

To find out more about Justin Chittams, please visit www.jwalk-smith.com.

TIDE calendar

APRIL-MAY



Big Island Weekly SURF REPORT

Surf will be on the decline on all shores for most of the week with a S-SW showing up early next week. Northern shores will have a few chest high waves till around Friday, May 4, from a declining NE swell, and then we won't see much surf until later next week. The western shores will be flat for the week, but will see a bit of wrap from the next S-SW around Monday, May 7. Southern shores will start to see some forerunners as early as Saturday with the peak of the swell expected on Tuesday. Keep the fingers crossed for some overhead+ surf from that swell as it is still building. Eastern shores will be getting some chest high surf for most of the week from the light-moderate trade winds that will be blowing through next week. A new larger S-SW is expected later next week, so check back for more on that. Have fun in the surf and don't forget to help do your part to keep our ocean and coastlines clean.

Date	North	West	South	East	Winds
May 2	1-3 ft. +	0-2 ft.	0-2 ft.	1-3 ft. +	E-NE 10-20
May 3	1-3 ft. +	0-1 ft.	0-2 ft. +	1-3 ft. +	E-NE 10-20
May 4	1-3 ft.	0-1 ft.	1-2 ft.	1-3 ft. +	E-NE 10-20
May 5	1-2 ft.	0-1 ft.	1-3 ft.	1-3 ft.	E-NE 10-15
May 6	1-2 ft.	0-2 ft.	1-3 ft. +	1-3 ft.	E-NE 10-15
May 7	1-2 ft. +	1-2 ft.	2-3 ft. +	1-3 ft. +	E-NE 10-20
May 8	1-2 ft. +	1-2 ft.	2-3 ft. +	1-3 ft. +	E-NE 10-20



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Big Island Weekly

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(Cd and t-shirt sales to benefit Kona Montessori Art Program)

WALALA

Sessions with Mākela



Uncle Pi`i and keiki identify the junior honu (far right). Helping the honu survive (below & bottom).

Ka Honu

Photos courtesy of Mākela M. Bruno-Kidani

Ka Honu – He Ho’okele Nui

Aloha e nā makamaka ē! Ua pōmaika’i ko’u hele pū ‘ana me ka papa ‘elua a Mr. Barretto o ke kula ‘o Pa’auilo i ka huaka’i le’ale’a. ‘O ka mua o ko lākou wahi kipa, ‘o ia ho’i ka hōkele ‘o Mauna Lani Bay no ke kipa ‘ana i nā honu. Ma laila i noho ai me ‘anakala Kaniela Akaka, ke kahu o ka hanana mo’omeheu, nāna i ho’okipa maika’i i nā keiki maka hoihoi. Ua pā mai ka lā ma Kalāhuipua’a, a ‘olu’olu ho’i no ia huaka’i ‘ana.

A laila, ua hō’ike ‘o anakala Kaniela i nā keiki i nā honu. Ma kahi o ka loko i’a, ua pāhāna a’ela ‘o ‘Anakala Pi’i Lā’eha ma kāna hana ma’amau o ke kakahiaka. He mea nui loa kāna hana mālama loko i’a o Kalāhuipua’a. Ua mālama lākou i nā honu mai ka MH 1989. Mālama ‘ia a palekana ‘ia ma laila a ho’oku’u ‘ia aku i ke kai ke ulu a’e nā honu me ka ikaika.

I nā Po’akolu a pau, hana ‘o ‘Anakala Pi’i mā me nā honu ma ke ‘ano he mau kauka honu. Ana ‘ia ko lākou nui a me ke kaumaha. Ho’oma’ema’e ‘ia nā makauli’i. Nānā pū ‘ia ‘o loko o ka waha no ka ‘ike ‘ana i ke olakino maika’i ma ka ‘ākala pono o ke alelo, a nānā inā loa’a kekahi mau mea i pa’a i loko. Ua hoihoi nā keiki i ka ‘ike maka ‘ana i nā honu nani nō!

Mea maila ‘o ‘anakala Kaniela, he mea kūikawā nō ho’i nā honu no ka mea, he mau ho’okele nui lākou e like me nā ho’okele nui ho’i o ka po’e holowa’a. I ko nā honu hānau ‘ia ‘ana, ‘o kā lākou hana mua, ‘o ia ka ha’alele i ka pūnana a hele pololei i kai. A laila, ke ulu a’e a mākaukau no ka mālama ‘ana i ko lākou pūnana pono’i, ho’i loa lākou i kahi i hānau ‘ia. Maopopo wale lākou pehea e hele ai i laila, ‘a’ole i poina ma loko o nā makahiki lō’ihi i ‘ike ‘ole i ko lākou wahi hānau. He mau ho’okele nui nō ho’i nā honu.

Mea mai ‘o Kaniela, ‘o ka hua’ōlelo “honu”, ua like me ka hua’ōlelo ‘o “honua”. ‘Oiai no ka honua ka honu, he ikaika loa kēia pilina. ‘O ia ke kumu o ka maika’i o ko lākou ho’okele ‘ana. ‘Ōlelo mai ‘o ‘Anakala Pi’i, “hiki nō ke maopopo no hea mai ka honu, no ka mea mālama nā honu i ko lākou mau pūnana ma ka ‘aina a no laila, no ka ‘aina nō nā honu ‘oiai noho ma ke kai.” Ma mua loa ‘o ia mau honu he mau honu o ka ‘aina. Ua pākele kekahi mau honu a hele i kai a ua lilo ke kai ‘o ia ko lākou wahi noho. A, ua ulu a ‘oko’a nā honu o ke kai mai nā honu o ka ‘aina.

No laila, inā ‘a’ohe āu hana ma ke kakahiaka o nā Po’akolu, e kipa i nā honu ma ka hōkele ‘o Mauna Lani. Aia ana nā honu me ‘anakala Pi’i mā ma ka mau’u ma kahi o ka loko i’a. Ua hau’oli ho’i nā keiki i ka ‘ike ‘ana i kēia hana a lākou a ua a’o ‘ia nā mea he nui e pili ana i ka honu. E heluhelu i kēia mo’olelo ma kēia i pukana a’e e pili ana i kahi ‘elua a nā keiki i kipa ai. A hui hou nō me ke aloha!

Na’u nō,
na Mākela M. Bruno-Kidani, MFT



The Hawaiian Green Sea Turtle – Great Navigator

Aloha everyone! Last week, I was extremely lucky to tag along with the Pa’auilo School second graders and teacher Mr. Barretto on one of their fun excursions. Their first destination was the Mauna Lani Bay Hotel to visit the honu. There, they met with uncle Kaniela Akaka, Director of Cultural Affairs, who graciously hosted the excited children. The sun blessed the land of Kalāhuipua’a, making for a wonderful journey.



Uncle Kaniela then guided the children to the “honu,” the Hawaiian green sea turtle. Aside the fishpond, uncle Pi’i Lā’eha was already busy doing his morning rounds. Uncle Pi’i has a vital responsibility as caretaker for the fishponds of Kalāhuipua’a. They have been raising honu since 1989. These honu are cared for and protected until they are strong and ready to be released into the wild.

Every Wednesday morning, the honu in their care gets a “doctor visit” from uncle Pi’i. The honu are measured and weighed. Their turtle shells, called carapaces or “makauli’i,” are cleaned and polished. Uncle Pi’i even does a mouth check to make sure that they are healthy by looking at their tongues to make sure it’s the right color of pink and helping to remove any obstacles in the honu’s mouths. The children were so excited to see the honu up close!

Uncle Kaniela shared that the honu is special because they are considered to be great navigators like the great voyaging navigators who traveled afar by canoe. When the honu are born, they immediately leave their nests on shore and head for the ocean by instinct. When they are ready to lay eggs of

their own, they travel back to where they were born. They never forget where they came from, which is amazing since they’ve only been there since birth. For this, they are great navigators.

Uncle Kaniela shared that the word “honu” comes from the word “honua,” which means earth or land. Since the honu is actually from the land, this connection is very strong, hence their great internal navigation skill. Uncle Pi’i shared, “Honu lay their eggs on land, that’s how we know that they are from the land and not the ocean.” Long ago, the turtles were all part of one land species. Some migrated to the ocean to protect themselves and the ocean became their home. These turtles evolved to what we know of as the honu today.

If you don’t have anything to do on a Wednesday morning, be sure to visit the honu at Mauna Lani Bay Hotel. They’ll be on the grass next to the fishponds with uncle Pi’i. The children were happy and excited to learn so much about the honu. Stay tuned for the upcoming article about where these bright second graders went on next during this fun and exciting journey. Until next time...aloha!

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WEEK OF MAY 2, 2012

ROB BREZSNY

ASTROLOGY

Aries

[MARCH 21–APRIL 19] On the one hand, you're facing a sticky dilemma that you may never be able to change no matter how hard you try. On the other hand, you are engaged with an interesting challenge that may very well be possible to resolve. Do you know which is which? Now would be an excellent time to make sure you do. It would be foolish to keep working on untying a hopelessly twisted knot when there is another puzzle that will respond to your love and intelligence. Go where you're wanted.

Taurus

[APRIL 20–MAY 20] From an astrological perspective, it's the New Year season; you're beginning a fresh cycle. How would you like to celebrate? You could make a few resolutions — maybe pledge to wean yourself from a wasteful habit or self-sabotaging vice. You could also invite the universe to show you what you don't even realize you need to know. What might also be interesting would be to compose a list of the good hab-

its you will promise to cultivate, and the ingenious breakthroughs you will work toward, and the shiny yet gritty dreams you will court and woo.

Gemini

[MAY 21–JUNE 20] "My father-in-law was convinced that his sheepdogs picked up his thoughts telepathically," writes Richard Webster in his article "Psychic Animals." He needed only to think what he wanted his dogs to do, and they would immediately do it. He had to be careful not to think too far ahead, as his dogs would act on the thought he was thinking at the time." To this I'd add that there is a wealth of other anecdotal evidence, as well as some scientific research, suggesting that dogs respond to unspoken commands. I happen to believe that the human animal is also capable of picking up thoughts that aren't said aloud. And I suspect that you're in a phase when it will be especially important to take that into account. Be discerning about what you imagine, because it could end up in the mind of someone you know!

Cancer

[JUNE 21–JULY 22] Your right brain and left brain have rarely been on such close speaking terms as they are right now. Your genitals and your heart seem to be in a good collaborative groove as well. Even your past and your future are mostly in agreement about how you should proceed in the present. To what do we owe the pleasure of this rather dramatic movement toward integration? Here's one theory: You're being rewarded for the hard work you have done to take good care of yourself.

Leo

[JULY 23–AUG 22] A South African biologist was intrigued to discover an interesting fact about the rodent known as the elephant shrew: It much prefers to slurp the nectar of pagoda lilies than to nibble on peanut butter mixed with apples and rolled oats. The biologist

didn't investigate whether mountain goats would rather eat grasses and rushes than ice cream sundaes or whether lions like fresh-killed antelopes better than Caesar salad, but I'm pretty sure they do. In a related subject, Leo, I hope that in the coming weeks you will seek to feed yourself exclusively with the images, sounds, stories, and food that truly satisfy your primal hunger rather than the stuff that other people like or think you should like.

Virgo

[AUG 23–SEPT 22] There are only a very few people whose ancestors were not immigrants. They live in Africa, where homo sapiens got its start. As for the rest of us, our forbears wandered away from their original home and spread out over the rest of the planet. We all came from somewhere else! This is true on many other levels, as well. In accordance with the astrological omens, I invite you Virgos to get in touch with your inner immigrant this week. It's an excellent time to acknowledge and celebrate the fact that you are nowhere near where you started from, whether you gauge that psychologically, spiritually, or literally.

Libra

[SEPT 23–OCT 22] "When I'm good, I'm very good," said Hollywood's original siren, Mae West, "but when I'm bad I'm better." I think that assertion might at times make sense coming out of your lips in the next two weeks. But I'd like to offer a variation that could also serve you well. It's articulated by my reader Sarah Edelman, who says, "When I'm good, I'm very good, but when I'm batty, I'm better." Consider trying out both of these attitudes, Libra, as you navigate your way through the mysterious and sometimes unruly fun that's headed your way.

Scorpio

[OCT 23–NOV 21] The Weekly World News, my favorite source of fake news, reported on a major development in the art world: An archaeologist found the lost arms of the famous Venus de Milo statue. They were languishing in a cellar in Southern Croatia. Hallelujah! Since her discovery in 1820, the goddess of love and beauty has been incomplete. Will the Louvre Museum in Paris, where she is displayed, allow her to be joined by her original appendages and made whole again? Let's not concern ourselves now with that question. Instead, please turn your attention to a more immediate concern: the strong possibility that you will soon experience a comparable development, the rediscovery of and reunification with a missing part of you.

Sagittarius

[NOV 22–DEC 21] Seventeenth-century physicians sometimes advised their patients to consume tobacco as a way to alleviate a number of different maladies, from toothaches to arthritis. A few doctors continued recommending cigarettes as health aids into the 1950s. This bit of history may be useful to keep in mind, Sagittarius. You're in a phase when you're likely to have success in hunting down remedies for complaints of both a physical and psychological nature. But you should be cautious about relying on conventional wisdom, just in case some of it resembles the idea that cigarettes are good for you. And always double check to make sure that the cures aren't worse than what they are supposed to fix.

Capricorn

[DEC 22–JAN 19] Outer space isn't really that far away. As astronomer Fred Hoyle used to say, you'd get there in an hour if you could drive a car straight up. I think there's a comparable situation in your own life, Capricorn. You've got an inflated notion of how

distant a certain goal is, and that's inhibiting you from getting totally serious about achieving it. I'm not saying that the destination would be a breeze to get to. My point is that it's closer than it seems.

Aquarius

[JAN 20–FEB 18] When most Westerners hear the word "milk," they surmise it has something to do with cows. But the fact is that humans drink milk collected from sheep, goats, camels, yaks, mares, llamas, and reindeer. And many grocery stores now stock milk made from soybeans, rice, almonds, coconut, hemp, and oats. I'm wondering if maybe it's a good time for you to initiate a comparable diversification, Aquarius. You shouldn't necessarily give up the primal sources of nourishment you have been depending on. Just consider the possibility that it might be fun and healthy for you to seek sustenance from some unconventional or unexpected sources.

Pisces

[FEB 19–MAR 20] You wouldn't want to play a game of darts with an inflatable dartboard, right? If you were a smoker, you'd have little interest in a fireproof cigarette. And while a mesh umbrella might look stylish, you wouldn't be foolish enough to expect it to keep the rain out. In the spirit of these truisms, Pisces, I suggest you closely examine any strategy you're considering to see if it has a built-in contradiction. Certain ideas being presented to you — perhaps even arising from your own subconscious mind — may be inherently impractical to use in the real world.

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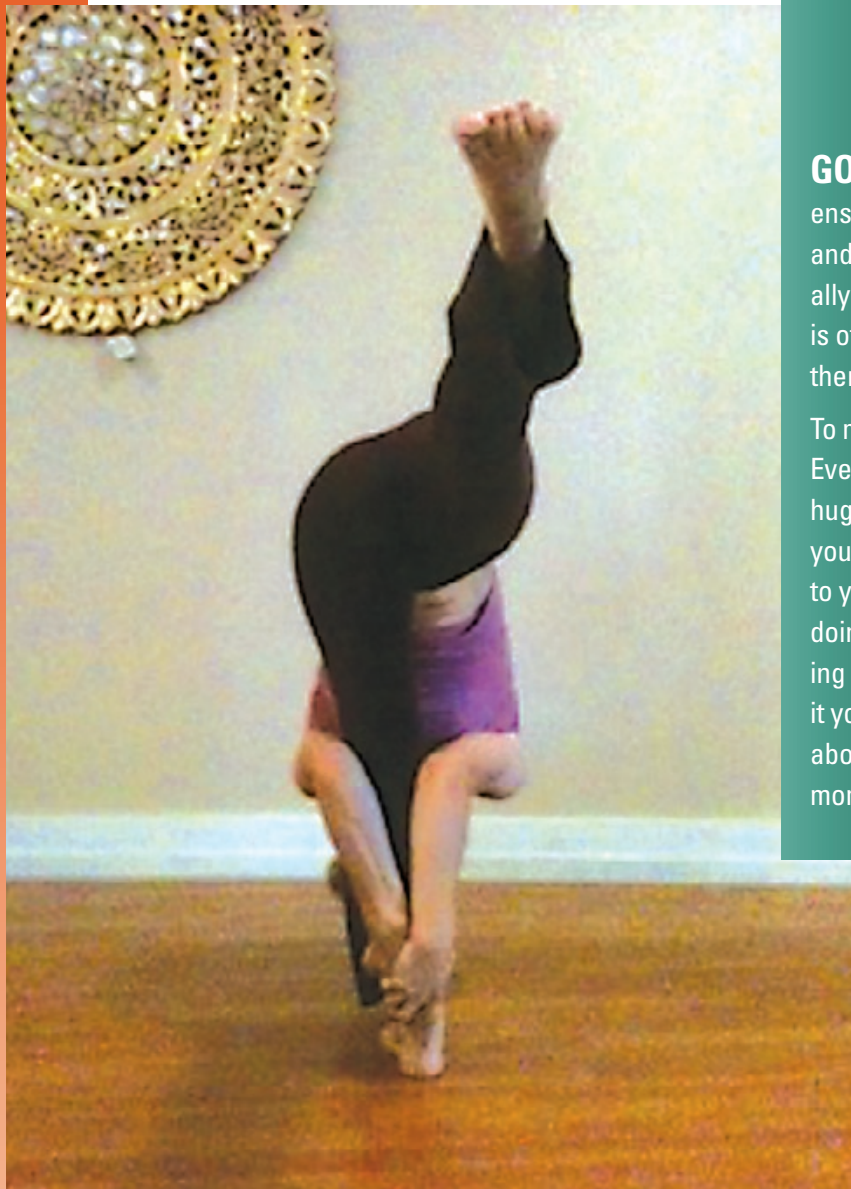
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Yoga Asana of the Week

By **KATRINA YODER**



Standing Splits

GOOD FOR BODY AND SOUL Standing splits simultaneously strengthens and stretches your legs. This hip opener will test the limits of your strength and flexibility. Even though it requires more effort than a regular splits, it is actually more accessible because you have a greater range of motion when one foot is off the floor. This bigger range of motion requires more effort in stabilizing, therefore strengthening the muscles.

To make this pose possible you have to concentrate on the stability in both legs. Even the one that is not touching the floor. You create stability in your body by hugging your muscles to the bones. This gives a clearer awareness of where your legs are in space and how to move them. The adherence of your muscles to your bones is directly related to the amount of focus you have in what you are doing. You are stabilizing your mind to find more freedom in your action. Standing splits will teach you how to put more of yourself into your pose, because if you lose focus for just one breath, then your falling out of it. Make this pose about mind strength. Stay focused with every breath, secure yourself to the moment, testing the range of motion in your life.

Asana of the week Disclaimer: Consult your doctor before beginning any new exercise regimen. Not all exercises are suitable for everyone. To avoid injury, never force or strain yourself to achieve a pose. Any liability, loss or damage in connection with the Asana of the Week, including but not limited to any liability, loss or damage arising from the performance of the exercises demonstrated here, or any advice or information provided is expressly disclaimed.

GENERAL FORM OF STANDING SPLITS

- 1) Start in a forward fold. Feet hip-width apart and pointing straight ahead. If you can't reach the floor, bend your knees until you can.
- 2) Balance on your left leg as you take your right leg up to the sky.
- 3) Walk your hands back so your fingers line up with your toes. And bow your head in.
- 4) Hug your muscles to your bones as you reach through both legs.
- 5) Challenge your balance by taking one hand to hold the back of your left leg. Maybe take both hands to your leg.
- 6) Hold for five breaths. Then switch sides.

COMMON MISALIGNMENTS

- 1) Standing leg is hyper extended. This means you are pushing the knee back to straighten the leg. Hyper extension happens because there is not enough stability in the lower leg. To stabilize the knee, bend it a little. When you bend the knee the low leg muscles fire up, creating more stability. Keep that same tone in the muscles as you stretch the leg straight again.
- 2) Keep your lifted leg active. Spread the toes, and hug the muscles to the bones. This is the action that allows you to keep reaching up through the ball of the foot.

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Big Island

BROADWAY BEAT

By SUZI BOND



Big Island Broadway Beat wants to congratulate the University of Hawai'i at Hilo Performing Arts Center (UHHPAC) on the very successful production of the popular musical comedy "Hairspray." The show played to sold-out houses on their final weekend. Excellent job done by all involved! Also a shout out to all involved with Parker School Dramatiques' "Guys and Dolls." There were nearly 60 students between the 6th and 12th grade involved in this production. A new crop of young people involved in theater is always a good thing.

Congratulations also go out to the Aloha Performing Arts Company (APAC) on their opening of their new adaptation of William Shakespeare's "The Tempest," by guest director Susie Burke. The new

adaptation takes place on an island in the Indian Ocean in the early 16th century, during the time of the great Portuguese era of exploration and conquest. The show is a sight to see and the entire cast does an amazing job. APAC's Artistic Director Jerry Tracy as Prospero and David Payne as Caliban, lead a very talented cast which includes Mia Kriebel, Felicity Johnson, David Lauzon, Robin O'Hara, Cathy Riehle, Alec Lugo, Nora Frank, Heather Lawrence, Saffron Datta, Kaytee Turner, Sarah Bellatti, Laurie Wilson, Roxanne Fox and John Holliday. "The Tempest," runs through May 12, Fridays and Saturdays at 7:30 p.m. and Sundays 2:30 p.m. at the Aloha Theatre. For more information, call 322-9924 or visit apachawaii.org.

On Wednesday, May 2 at 7:30 p.m., "Great Leaps" will be held, which is UHH Performing Arts Department's traditional end of semester dance concert. The concert encompasses dancers from the UH Hilo ballet, jazz, modern and Dance Ensemble classes dancing the classics from the ballet Coppellia to a modern musical theatre excerpt from "Hairspray." HCC dance classes, taught by Annie Bunker, will feature two classes of Aerial Dance and a modern/jazz class contribution. Senior dancer, Shane Emerson, will present choreography with breakdancing and athletic vigor. Dori Yamada choreographs for a group of advanced dancers in their last semester at UH Hilo showcasing their talents. For more information, contact artsctr@hawaii.edu or call 974-7310.

The Hilo Community Players announce auditions for the 35th annual production of Shakespeare in the Park, "Richard III," directed by Jackie Pualani Johnson, co-founder of the outdoor offerings and drama professor at UH Hilo. Auditions will be held on Friday, May 4, at 7 p.m. and

Saturday, May 5, at 10 a.m. at the East Hawai'i Cultural Center Annex. The play centers on Shakespeare's notorious Duke of Gloucester, the deformed, manipulative villain who rises to power in England in the late 1400s, to become Richard III. There are substantial roles for women: Elizabeth, Queen of King Edward IV; Margaret, Widow of King Henry VI; Duchess of York, Mother to King Edward IV; Lady Anne, Widow of Edward Prince of Wales, and a young Daughter of Clarence [Margaret Plantagenet]. Several children are needed to create the roles of princes and princesses, along with at least 25 male actors. Parents who are interested in having their children participate should bring their children at noon on Saturday, May 5, to the East Hawai'i Cultural Center Annex to meet the director and discuss the anticipated commitment. For further information, contact: jjjohnso@hawaii.edu. Show dates are the first three weekends in July.

APAC will hold auditions for its next production, "Schoolhouse Rock Live! Jr.," one of the musical

theatre's brightest and most innovative shows. Auditions are at 6:30 p.m. Sunday and Monday, May 6 and 7. The production team will be casting 30 young people between the ages of 6 and 18. Those auditioning will be asked to read from the script, and will be taught part of the song "Conjunction Junction" from the show, and will also learn a short dance routine to the number, so comfortable clothes and closed shoes should be worn. APAC's production directed by Sue Boyum and choreographed by David A. Payne, will be performed June 15 through 24 at the Aloha Theatre in Kainaliu. For more information, call 322-9924.

Hualalai Academy presents "Seussical, Jr.," its Middle and High School musical production. The performances will be at the Aloha Theater in Kainaliu on Thursday and Friday, May 17 & 18 at 7 p.m. For more information, call 322-9924 or visit apachawaii.org.

Please support the arts! If you would like your event mentioned, e-mail kden73@aol.com.



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Enjoy a different kind of brew at the upcoming Coffee Fest

By HADLEY CATALANO

For the past six years baristas across the country have been introducing a new bean into their daily brews. The sought-after beans from the Big Island's Ka'u district are desired for their characteristically deep flavors, and have, on the international market, been recognized as the newest gourmet addition to the elite Hawaiian coffee family pedigree.

It's no surprise that the well-preserved land of Ka'u, with its seasonally sunny mornings and misty afternoons has produced a bean — hand-picked and sun-dried from small hillside and valley farms — that is on the rise to the top of the global coffee ladder. The dedication of the southern farmers and local support of the community has helped the coffee reach its increasingly distinguished status.

In honor, promotion, and in encouragement of the continued production of Ka'u's increasingly popular agricultural crop, community organizers will be hosting the 4th Annual Ka'u Coffee Festival, May 5-13.

"Our event has grown every year in popularity," Chris Manfredi, festival organizer said, who is expecting anywhere from 1,500-3,000 guests to traverse through the two-weekend long festival. "The community looks forward to it every year."

This year the public will have more to anticipate, with the inclusion of three new events in addition to the main stage event, the Ka'u Coffee Festival Ho'olaule'a. Kicking off the celebration will be the "Ka'u Farmer's Table: A Feast for the Senses," hosted by Kalaekilohana

Bed and Breakfast on South Point Rd. on Saturday, May 5 from 5-9 p.m. (Reservations required, contact Kalaekilohana at 939-8052.)

The intimate evening, featuring the music of world-renowned music of Robert Cazimero, will be a host of localvore culinary creations. The five-course gourmet meal and coffee dessert bar will be prepared by the team of Mi's Italian Bistro executive chef Morgan Starr and Pastry Chef Patty Fujimoto of Hana Hou Restaurant. The fare will include locally sourced ingredients in menu items such as ahi tartare with avocado on crispy toasted focaccia; pineapple and shoyu braised Ka'u Short Ribs served with Ka'u coffee infused demi glace; and finished with a Ka'u coffee ice cream and Madeleines.

Kenny Joyce, co-owner of Kalaekilohana and "Farmer's Table" organizer explained that the "Feast for the Senses" is the latest addition to the Ka'u Coffee Festival and it was designed to introduce an elegant evening to complement the festival's daytime activities." Joyce continued, adding that he is excited about the opportunity to bring epicurean food and top end musical talent to an area absent in both diverse restaurants and performance space.

Following the elegant evening will be the "Triple C Recipe Contest" hosted by the new Ka'u Coffee Mill, located on Wood Valley Rd. in Pahala on Sunday, May 6 at 2 p.m. The three "C"s stand for cookies, candies and crackers, the bases of which the treats, made with Ka'u coffee, will be categorized. Judges include local chef Brad Hirata and

guests can sample the goods while entrants strive to have their delicious "C" become the next signature Ka'u Coffee Mill product. The grand prize winner will receive \$500, among smaller category prizes.

The third event of the Ka'u Coffee Festival, on the following weekend, will be the free family friendly main attraction, the "Ka'u Coffee Festival Ho'olaule'a," featuring the "Ka'u Coffee Experience," held on Saturday, May 12 in Pahala from 9 a.m. - 4 p.m. This year, there will be a free shuttle service from Hilo to Pahala and back, as well as give away prizes from the Festival's newest sponsor, Hilo Hatties.

The day-long, coffee-focused ho'olaule'a will offer live entertainment from Cyril Pahinui, Keoki and Moses Kahumoku, and many others; hula, local food, crafts and farm and mill tours. The "Coffee Experience" will, for a small fee, allow attendees to sample Ka'u coffees prepared in a wide variety of brewing methods and the opportunity to speak with 2011 U.S. Barista Champion Pete Licata.

Capping the event will be the "Ka'u Coffee College," on Sunday, May 13, 9 a.m.-12 noon. Returning to the Pahala Community Center this reverse trade mission and educational series will bring a number of notable speakers in to discuss coffee related matters. According to Manfredi, Jeff Taylor, co-founder of PT's Coffee Roasting Company; Anthony Carroll, manager of Coffee Quality for Starbucks; and Dr. Robert Hollingsworth, research entomologist with the USDA-Agriculture Research Service, will share strategies for optimizing the cost effectiveness of con-



Photo by Fern Gavelek

"Ka'u coffee has turned the corner on the global stage, in name recognition and brand awareness," Manfredi explained. "And we're witnessing the dawn of a new and exciting coffee culture here in Ka'u."

trolling coffee berry borer.

The Ka'u Coffee Festival — whose mission is to bring awareness to Ka'u and it's growers as a world class coffee growing region — has been attracting the attention of coffee enthusiasts and industry representatives. "Ka'u coffee has turned the corner on the global stage, in name recognition and brand awareness," Manfredi explained. "And we're witnessing the dawn of a new and exciting coffee culture here in Ka'u."

He went on to list the various awards and acknowledgment that have been bestowed upon the coffee within the last year, counting inclusion in Starbucks' ultra premiere reserve line of specialty coffees and including Licata's U.S. Barista Championship winning Hawaiian blend.

But the most noteworthy accolade came recently for the upstart coffee origin. The Specialty Coffee Association of America (SCAA) in mid-April awarded ten specialty coffees with the "Coffee of the Year" distinction at the 2012 Coffee of the Year Competition, 250 entries representing 26 countries. Out of the ten winners, the SCAA and Roasters Guild named three Ka'u coffees winners. They were Will and Grace Tabios of The Rising Sun; Francis and Trinidad Marques of Ali'i Hawaiian Hula Hands Coffee; and

Lorie Obra of Rusty's Hawaiian. With an increase of global awards, a growing interest of young professions in Ka'u (like Licata's recent move to the district) and the partnership of local business helping to expand the ho'olaule'a, the mission of the Ka'u Coffee Festival is well on its way to making a lasting impression in the cups of coffee drinkers the world over.

Visit kaucoffeefest.com, www.kaucoffeemill.com or www.kau-hawaii.com more information.



Photo by Fern Gavelek



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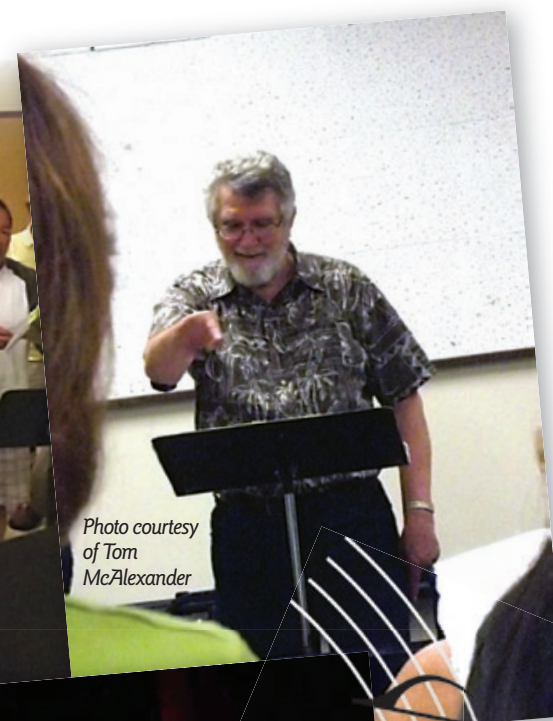
There is music in the air

By SUZI BOND

Photo courtesy of Tom McAlexander



Photo courtesy of Tom McAlexander



It is spring. There is music in the air and concerts everywhere. Ranging from choral concerts to jazz and band concerts, there is a little something for everyone. Starting with the “Cinco De Mayo” at UHH to “What’s in a Name” in Waimea, there are concerts all around the island.

First is “Cinco De Mayo” the UHH Performing Arts Department, end-of-semester UH Hilo Jazz Orchestra Concert on Cinco De Mayo, Saturday, May 5, at 7:30 p.m. in the Performing Arts Center. The Jazz Orchestra is comprised of UH Hilo students and under the direction of Trever Veilleux. This semester’s evening of live rock-jazz-soul music includes performances of music by such diverse artists as Stevie Wonder, Miles Davis, Frank Zappa, Steely Dan, and more. This concert has grown in popularity over the last few years. Admission is free, donations are welcome, and the public is encouraged to attend. For more information go to artscenter.uhh.hawaii.edu.

George Frideric Handel’s masterpiece The Messiah - Parts II and III will be performed by the 55-voice Hilo Community Chorus, under the direction of Music Director Tom McAlexander. The performance will be on Sunday, May 6, at 3 p.m. at the Palace Theater. Soloists

for this event are Kau`i Trainer, soprano; Gerdine Markus, alto; Pedro Ka`awaloa, tenor; from Hilo and Leslie “Buz” Tennent, bass, from Honolulu. Tennent is internationally recognized as a versatile performing artist equally at home in opera, oratorio, musical theater, and recitals. Accompanying the chorus and soloists will be Walter Greenwood on the Palace organ and Rick Mazurowski playing the continuo parts. On certain choruses and arias they will be joined by Armando Mendoza and Claton Mine on trumpets. This concert, sponsored by the Palace Theater and the Hilo Community Chorus, is a fund-raiser for the Palace. Tick-

ets are \$10 in advance/\$12 at the door. Outlets for tickets are Basically Books, The Most Irresistible Shop in Hilo, and the Palace box office (934-7010). You may also purchase tickets from Chorus members. This is a fund raiser for the Palace.

On Tuesday May, 8 at 7 p.m., the Hilo High School Ambassadors will present “Donde Esta La Fiesta?” The performance will be at the Hilo High School Auditorium. The concert features musicians and vocalists performing some known music and some of their own compositions. Admission is \$2 for students and \$5 adults at the door and from Ambassador members.

Also on May 8, the Kapili Choir

under the direction of Matt Howell will present a “Concert on Kilauea” at the Kilauea Visitors Center Auditorium in Hawaii Volcanoes National Park at 7 p.m. The University Chorus will perform folk songs from around the world including the US, Brittan, China, Japan, and Jamaica. The Kapili Choir is the premier vocal ensemble of the University of Hawaii Hilo campus. They will be performing an eclectic blend of gospel, early American and contemporary Hawaiian choral arrangements. The program is co-sponsored by Hawai’i Pacific Parks Association. For information, call (808) 985-6011.

The annual Spring Band Festival will be held at the Civic Auditorium

on May 12. The festival features middle and high school bands performing for an adjudicator. The festival starts at 4 p.m. with the middle school bands performing. The high school bands start at 6 p.m.

On Sunday, May 20, the Kona Music Society presents its 22nd Annual Spring Concert, “Moonlit Serenade,” featuring Morten Lauridsen’s “Lux Aeterna.” The performance will be at 4 p.m. at the King Kamehameha Hotel. The chorus and orchestra is under the direction of Susan McCreary Duprey. There will also be selections by the KMS Youth Chorus. Tickets are \$20 adults and \$5 for children and are available at Kona Stories and Kona Bay Books. For more information call 334-9880 or

visit www.konamusicociety.org.

Waimea Community Chorus’ Annual Spring Concert is on June 9 & 10 at Kahilu Theatre. “What’s in a Name?” is a tribute to songs incorporating names into their song title. Show times are Saturday at 7:30 p.m. and Sunday at 3 p.m. Ticket prices are available from the chorus, Waimea General Store, Without Boundaries, Suite Possibilities (in Kona), or at the door. For information call 885-5818 or 938-3062 or visit www.waimeacommunity-theatre.com.

There are also concerts by the Hilo County Band, Kanilehua Chorale, the Hilo High School Viking Band (May 11 at 7 p.m.), and many other school events. Take some time to go enjoy some music.



Music legends HAPA

headline at VAC spring concert series

BIG ISLAND WEEKLY

Volcano Art Center's Spring Concert Series continues on Saturday, May 12 with HAPA, "A Celebration of Lo'ea Hula Charles Kauhi Ka'upu," in a concert to celebrate the life of one of Hawaii's great Chanters. Surrounded by the lush forest and Halemaumau, Kilauea Military Camp's Kilauea Theater will be the place to be with unforgettable performances by Barry and Ron as they celebrate their "music brother".

Guests are invited to come at 6:30 p.m. to join in chant and dance before the performance according to Volcano Art Center CEO Tanya Aynessazian. "Sharing the arts and celebrating Hawaii's musicians is our mission. We believe in keeping art accessible and affordable for all, but as I have said in the past it's the generous donations from our community that bring these great concerts to Volcano."

"We are so excited to have Barry and Ron of HAPA performing and honoring the great art of Ol'i," stated Concerts Coordinator David Wallerstein. "Charles' expertise in' oli, the ancient art of Polynesian chant, is something that we want to celebrate with our elders and pass on to our keiki at Volcano Art Center. Also part of our mission at VAC is to celebrate the Big Island's own musicians and we have Tiana Malone opening the show. Tiana has won a Big Island Music Award for her CD Single, "Rise to the Thoughts". I promise a special and moving evening for all that join us."

Wallerstein stated that he expects HAPA and Tiana to sell out again, adding "we hope this wonderful evening will ignite a passion for music in all who attend and maybe inspire a few donations for this beautiful Polynesian art and Volcano Art Center."

From HAPA's humble beginnings when their self titled critically acclaimed album HAPA which captured all six Na Hoku Hanohano (Hawaii's grammys) awards for which it was nominated. To today with the incredible line-up of Barry Flanagan and Ron Kuala'au, HAPA's brilliant artistry, musicianship and creativity affirms HAPA's place among the greatest musicians of Hawaiian Music.

HAPA's music evokes a place that many people at different times have referred to as heavenly. The overriding quality of their music is one of beauty and serenity, found in the majestic tones of oli (chant), mele (song), the elegant moments of the sacred dance known as Hula, and the exhilarating sounds of virtuoso slack key guitar.

The groups ground breaking music has established them as one of the most internationally recognized names in Hawaiian music since their debut release, with sold out shows from Honolulu, to Tokyo to New York...and again Volcano.

The concert with HAPA will begin at 7 p.m. with \$35 tickets available for advance purchase at Volcano Art Center's Niaulani Campus, at VAC Art Gallery or online at www.volcanoartcenter.org. For more information, contact David at (808) 967-8222 or concerts@volcanoartcenter.com.

"We believe in keeping art accessible and affordable for all, but as I have said in the past it's the generous donations from our community that bring these great concerts to Volcano."



Photos Courtesy of the Volcano Art Center

Holistic

By DIANE KOERNER

APPROACH

Experience Healing for the SOUL, MIND AND BODY

Acclaimed author and healer Dr. Zhi Gang Sha

Anneka Emily Keck will offer a free evening of Divine Healing Hands Blessings on May 3.

What is the secret to healing? "Heal the soul first, then healing of the mind and body will follow," answered Dr. Zhi Gang Sha in his book, Soul Mind Body Medicine.

As a doctor trained in both Western and traditional Chinese medicine, Dr. Sha felt that mind-body practices were a step forward, but neglected the most important factor, the soul. "The soul has consciousness, intelligence, and creativity. It also has the power to heal and bless," said Dr. Sha.

To achieve his three missions - to teach healing and empowerment, to teach soul wisdom, and to offer universal service - Dr. Sha incorporated all his medical training with ancient energy and spiritual healing secrets into Soul Mind Body Medicine®.

When Dr. Sha gave a presentation at the Aloha Theater in 2006, he shared his healing technique called Divine Healing Hands. I personally received transmission of Divine Healing Hands and feel it has added a deeper dimension to hands-on healing for myself and others. Dr. Sha taught,

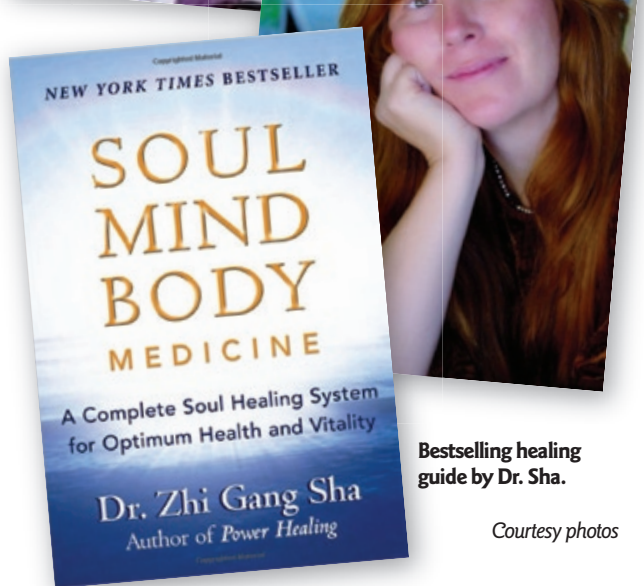
"I have the power to heal myself.

You have the power to heal yourself.

Together we have the power to heal the world."

You can experience a free Introduction to Divine Healing Hands with Anneka Emily Keck, a Certified Soul Healing Teacher and Healer, on Thursday, May 3, from 5:30 to 7 p.m. at There's No Place Like Om Yoga Studio in Waimea.

Keck will offer Soul Healing Blessings for your physical body, emotion-



Bestselling healing guide by Dr. Sha.

Courtesy photos

al body, mental body and spiritual body. She will also explain how you can become empowered with the ability to heal yourself, your family, community and humanity.

"Divine Healing Hands carry Divine frequency and vibration that can transform health, relationships, finances, intelligence and every aspect of all life," said Keck. "They are a special transmission of service offered to humanity during these challenging times through Dr. Sha."

Keck's path to becoming a Divine Healing Hands Soul Healer began in 1989 after suffering a traumatic assault.

"In my quest for healing," said Keck, "I met Dr. & Master Sha and immediately saw his extraordinary level of skill in synthesizing different healing modalities as well as his ability to connect directly to the Divine.

In my experience, Soul Healing is the most powerful and effective form of healing that exists on the planet at this time. With Divine Healing Hands, I can fulfill my dream to also help others through their suffering and into love and joy."

Keck invites all to come and experience Divine Healing Hands and learn about the Divine Healing Hands Training Program.

For those interested in becoming practitioners like Keck, she will provide information on upcoming trainings, in which you will receive the Divine Healing Hands Transmission that empowers you to offer Soul Healing Blessings for oneself and other individuals and groups, in person or remotely.

For more information, contact Anneka Keck at 640-7208 or e-mail annekak@hotmail.com.





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 61-3616 Kawaihae Road 808.882.7771

Friday June 1st - 6PM - 9PM (Limited Seating)
 VIP Jazz & Blues Hawaiian Dinner at the Mauna Kea Beach Hotel.
 62-100 Mauna Kea Beach Dr. 808-882-5810

Saturday June 2nd - 4PM - 9PM
 Festival Day, Oceanfront at Mauna Kea Beach Hotel.
 62-100 Mauna Kea Beach Dr. 808-882-5810

Sunday June 3rd - 11:30AM - 2PM
 Sunday Jazz Brunch at Manta Restaurant Mauna Kea Beach Hotel.
 62-100 Mauna Kea Beach Dr. 808-882-5810

Sunday June 3rd - 1PM
 Meet the Musicians at a 9 Hole Jazz & Blues Golf Tournament, at the Mauna Kea Golf Course. Tournament begins at 1PM. Call (808) 882.5400 for more information, or go to: www.maunakeagolf.com






















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Healthful Herbalist



By BARBARA FAHS

Celebrate the World of Herbs on May 5

Herbs are all around us. At the farmers markets, in grocery stores, as weeds in our lawns. This year, May 5 marks more than Cinco de Mayo. For the seventh year, the American Botanical Council is joining forces with other organizations to sponsor HerbDay. It's meant to be a celebration to raise public awareness about the significance of herbs in our lives and the many ways they can be used safely and creatively for health, beauty and culinary enjoyment.

Coast to Coast Events - and Hawaii!

Around the country, public educational events will take place that aim to teach and enlighten about the importance of herbs and herbalism. From Portland, Oregon to Albuquerque, New Mexico, over to Montana and Asheville, North Carolina, herb festivals, guided walks and other festivities will be held on May 5. According to an American Botanical Council press release, "Herbs are essential components of everything from dietary supplements to incredible cuisine, beautiful gardens, effective personal care, and vital nutrients... HerbDay events include lectures and workshops, herb walks, in-store cooking demonstrations, presentations by herbal product companies and herbal-themed children's activities."

When I saw the list of events, there was a glaring absence of events in our home state. No longer! Hi'iaka's Healing Herb Garden is sponsoring a free garden party from noon until 5 p.m. that day. I'll be leading free garden tours and pouring fresh iced tea, made with all plants from the garden.



The Many Uses of Herbs

One of the major purposes of HerbDay is to let more people know about the use of herbs in food, beverages, medicine, beauty products and crafts, along with the art of growing and gardening with herbs. It's a grassroots movement that aims to celebrate herbs year-round, not just on this one day. According to the HerbDay website, "events are held at retail stores, botanical gardens and parks throughout North America and around the world. HerbDay is decentralized in that hosting venues have significant autonomy in developing activities and designing their own site-specific events."

"HerbDay events will enable many people to discover reliable herbal resources in their own communities, including herbalists and other experts who can help in making informed choices to improve and maintain their health," reported Mark Blumenthal, founder and executive director of the American Botanical Council.

Gayle Engels is the Special Projects Director for the American Botanical Council. She wrote to me, "Interest in herbs and their uses is growing, as witnessed by steady growth in a number of areas. Sales of herbal dietary supplements have increased every year since 2003... Herbal schools have seen increased matriculation in recent years and a much wider selection of herbs is available in plant nurseries across the country."

Impressive List of Sponsors

The HerbDay Coalition includes five nonprofit organizations that are devoted to raising awareness of the significance of herbs. They are the American Botanical Council (www.herbalgram.org), United Plant Savers, the American Herbal Products Association, the American Herbal Pharmacopoeia and the American Herbalists Guild. Partners include Bastyr University, the Herb Society of America, Natural Products Association, International Herb Association, United States Botanical Garden, Tai Sophia Institute and American College of Healthcare Sciences. Supporters also include corporate sponsors, such as VitaminWorld and GNC Live Well.



Photos courtesy of Barbara Fahs



FREE HerbDay Garden Party IN HAWAIIAN PARADISE PARK

Celebrate International Herb Day on May 5 from noon until 5:00. Free garden tours and herbal tea. No need to RSVP - just come!

15-1667 2nd Ave. (Aloe), Hawaiian Paradise Park (between Keaau and Pahoa and Paradise Drive and Kaloli)

Contact: Barbara Fahs, 966-5956

Barbara Fahs is the owner and creator of Hi'iaka's Healing Herb Garden, LLC in Kea'au and author of the book "Super Simple Guide to Creating Hawaiian Gardens." Read her articles at gardenguides.com, eHow.com and her website at hiiakas.com.

Follow "The Healthful Herbalist" at [Facebook.com/HealthfulHerbalist](https://www.facebook.com/HealthfulHerbalist).

More Info:

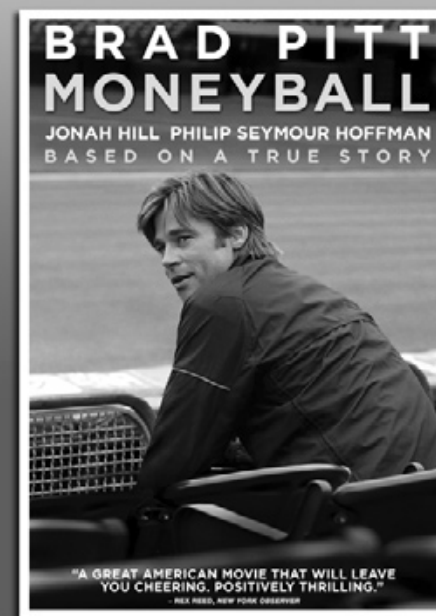
Herb Day site: www.herbdaysite.org/index.php

Twitter @HerbDay2012

www.facebook.com/pages/HerbDay/316534795028744

American Botanical Council: www.herbalgram.org

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EAT ATE

FEATURED CHEF:
Kanthaporn Graf

Chef Kanthaporn Graf comes from Bangkok, Thailand, and has lived on the Big Island for almost ten years with her husband, Tom Graf. In Hilo town we are so fortunate that she has created the cheery restaurant, Thai Smile and a lunch wagon by the same name at the Hilo farmer's markets and the Maku'u market. Her food is fresh and delicious and it was a joy to sit down and have her answer our Eat Ate 808 questions:



1. Pot Luck, what would you bring? Spring rolls and curry, any kind of curry. Also, some soup, like a Tom Kha Gai, a coconut soup with the taste from kafir lime leaves, lemon grass, and galangal.

2. Were either of your parents good cooks? My mom was a really good cook! All of my life I saw her cook. She made her own curry paste and everything and I learned how to make it from her.

3. Do you cook any of the things you grew up eating? Yes, I cook by the way I used to eat, with that taste. I use no recipe, but I cook knowing the taste.

4. When did you start enjoying cooking? I started to cook when I married and would always ask my mom, "Mom, I'm gonna make this food, how do I do it?" She would say, "Do you remember what I taught you before: Do it yourself!" (She says with a laugh) Then, when I moved here I thought, "What am I going to do? What career am I going to have?" So, I started my business with a lunch wagon. I started small to make sure people liked my food.

5. How do you incorporate locally grown ingredients into your dishes? We use vegetables from the local grow, almost all of them. Our beef is from the Big Island. The herbs are from my garden and the eggs are from my chickens.

6. How would you describe your point of view or philosophy around food and cooking? When I make food for somebody I make it from my heart. I never make the food because I have to make it. When I cook for my husband, daughter, friend, or customer it's the same way. Honestly I care a lot about people and food so it is coming from my heart and with love.

7. What makes you unique as a chef, do you have a personal style? It's simple, my personal style is the way that I eat: The taste that I eat and I like. The food I want to eat is healthy, with fresh vegetables; that is the way that I eat and feed my family, so this is the way I cook.

8. What dish could you eat day after day and continue to enjoy? We have many kinds of what we call Nam Prik. (It is a dip for dipping vegetables in.) Some kinds are stinky, my husband calls "Stinky fish" (she says with a big laugh), some have shrimp paste, or pork. I can eat Nam Prik everyday. It's very good, healthy. There's many healthy herbs in it, like garlic, cilantro, and more.

9. What interesting things do you see happening right now in the restaurant industry, locally or around the country; what has changed in the customers or in the customers or in the culture of dining out? I think restaurants are now having the problem with ingredients

being too expensive. Thai food has many ingredients: Everything coming from Thailand is expensive. Everywhere coconut milk is expensive; the cost is up three times; it's too much. Some restaurants are forced to cut ingredients out of dishes. Right now, I know my cost is high but I try to not cut any ingredients. I try to cook with all of the ingredients.

10. Other than cooking, what are your hobbies, passions, or pursuits? Gardening.

When I have time off from cooking, I garden here behind the restaurant. The garden is organic. We have chickens too, fed on the organic vegetables.

11. How have you grown during your career: How are you different now than five or ten years ago? Ten years ago, I was living in Bangkok and working at a hotel. All my life I have served people. At the hotel I was a manager doing the banquets, weddings, parties, seminars, working with the chefs, and more. I did this for over ten years and really enjoyed it. With this food business I am still doing something that I love.

12. Guilty pleasures: What food do you like that you are embarrassed by? I like to eat healthy food but sometimes I feel like I want to eat junk food. It doesn't hurt, you know? Seven days a week I try to eat healthy food, but sometimes I am so tired that I'll eat saimin, cup of noodles, just put the water in and that is my food. I don't feel shame.

Anything that makes you happy doesn't hurt you so much. You know what's going to hurt yourself, right? You know by yourself already. Nobody needs to tell you. If you think it's good, just eat it!

13. Last Supper: What would you choose to eat for your final meal? It's hard to tell right now. I love fruit and vegetables. Maybe some kind of fruit I have never tried before in my life, but right now I don't know what that is.

14. Will you share a simple recipe or a cooking tip? I cook with no recipe, but if somebody comes and asks me I will tell them how to do it. Trust your tongue. Your tongue is going to tell you what taste you are going to like. I am picky when I am cooking so sometimes it's hard for somebody else to do it, because this is from my mom.

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Details: Featuring Live Music by "MAMO" & Friends, Hawaiian, contemporary, ballads, and classics. Tourists welcome. Kick off your weekend. Enjoy a nice show early. Happy hour prices until 6 p.m. No cover.
Contact: For Bookings or Private Parties Call Mike James (808) 965-1133

OPEN MIC NIGHT AT BLACK ROCK CAFE

Where: Black Rock Cafe in Pahoia
When: Ongoing every Tuesday 7 p.m. - 10:30 p.m.
Details: Open Mic Tuesdays at Black Rock Cafe in Pahoia every Tuesday night. NO cover. Backline provided. Musicians welcome!
Contact: (808) 965-1177

THURSDAY LATIN SALSA NIGHTS

Where: Remixx Lounge King Kamehameha Mall, Kailua-Kona
When: 7 p.m. - 12 a.m. Every Thurs.
Details: Every Thursday for seven years! Hot Latin Salsa under the stars. Great location, nice stage, covered patio, beautiful

new lounge area, air-conditioned bar. Salsa lessons from 7 p.m. DJ Salsa Rick from 8:30 p.m. Come & shake the hips & feel the beat!

JAM NIGHT FRIDAYS

Where: Ma's Kava Stop in Kailiuli
When: 6 p.m. - 10 p.m. every Friday
Details: Come join us every Friday evening for a night full of music and fun. Bring your instrument, talent and friends and enjoy the company of fellow musicians.
Contact: Maka (808) 322-2228

PAHOA'S JAM WITH SAM

Where: Pahoia Village Cafe
When: 6 p.m. Thursdays Ongoing
Details: Full Band Jams Hosted by Sam Lightning & Friends Ongoing every Thursday 8 p.m. - Close. No cover. Full bar.
Contact: Sam Lightning (808) 965-1169

WAIMEA COUNTRY CLUB BAR- KARAOKE THURSDAY NIGHTS

Where: Kamuela
When: 6 p.m. Every Thursday night
Contact: Waimea Country Club - Noa (808) 885-8777 or nenebird33@yahoo.com

HUMPDAY HAPPY HOUR WITH JIM MAJOR

Where: Lighthouse Delicatessen,

Downtown Hawi
When: 4 p.m. every Wednesday
Details: Jim Major plays live music at pau hana at Lighthouse Delicatessen in Downtown Hawi!
Drink & Food Specials!
Contact: Chris Scelza (808) 889-5757 or marci.elizondo@gmail.com

FRIDAY PAU HANA - LIVE MUSIC

Where: Lighthouse Delicatessen, Downtown Hawi
When: 4 p.m. to 7 p.m.
Details: Live music, drink & food specials from 4 p.m. to 7 p.m.
Contact: Chris Scelza (808) 889-5757 or marci.elizondo@gmail.com

WEDNESDAY NIGHT DINNER MUSIC WITH BUB PRATT

Where: Hilo Burger Joint
When: 7 p.m. every Wednesday
Details: Recently relocated from Seattle, Bub Pratt has been entertaining audiences in the North West for over a decade. Wednesday night's at the Hilo Burger Joint you can catch his Solo Circus Sideshow. Enjoy a burger, a beer & Pratt's selection of popular music since the advent of the photographic record.
Contact: Bub Pratt 206.276.2849 bubpratt@yahoo.com

LE MAGIC FIRST FRIDAYS

Where: Le Magic Pan, 776 Kilauea Avenue, Hilo
When: 6 p.m. first Fridays
Details: Please join us every first Friday. Classic jazz and blues with Elena Welch - vocals, Alex Evans - piano and Jerry Dicey on bass. Authentic French crepes, nice wine list and a Magic Show Intermezzo.
Contact: Elena Welch (808) 982-8418 elena@elenawelch.com

INSTRUMENTAL JAZZ WITH "JAZZ x2"

Where: Hokulani's Steak House, Kea'au Shopping Center
When: 6 p.m. every Monday
Details: Enjoy a relaxing mix of instrumental music from the guitar/bass duo of "Jazz x2" with your dinner and full bar! No cover charge/All ages welcome. Ongoing - Every Monday. www.ReverbNation.com/JazzX2
Contact: Hokulani's Steak House 966-5560 Jazzx2Info@aol.com

INSTRUMENTAL JAZZ WITH "JAZZ x2"

Where: Cafe Pesto, 308 Kamehameha Ave, Hilo
When: 5 p.m. every Sunday
Details: Enjoy a relaxing mix of

instrumental music from the guitar/bass duo of "Jazz x2" with your dinner and full bar! No cover charge/All ages welcome. www.ReverbNation.com/JazzX2
Contact: Cafe Pesto 969-6640 Jazzx2Info@aol.com

MUSIC TO GET YA MOVIN'

Where: Hilo Town Tavern
168 Keawe St., Hilo
When: 6 p.m. second Friday and fourth Saturday
Details: Live music with Jazz Mele at the tavern every second Friday and fourth Saturday of the month. Vintage jazz, swing, boogie woogie, jump blues, Latin. No cover. Pizza, burgers, full bar, dancing - fun! Lou Ann Gurney vocals, Brian Schwery guitar, Robin Jensen sax, John Parker bass, Bruce David drums.
Contact: Hilo Town Tavern 935-2171 lagsings@mac.com

SPICY SATURDAY EVENING JAZZ SERENADE

When: New Chaing Mai, 110 Kalakaua Street, Hilo
When: 6 p.m. first and third Saturday
Details: Elena Welch - vocals and Clem Low - piano. Classic jazz and

► Cont. Page 19

PICK OF THE WEEK

Puna Blues Band - Cinco De Mayo Fiesta

Where: Alibi Tavern, Keaau (on the right as you enter J&J parking lot)
When: 8 p.m. Saturday, May 5

Details: The Puna Blues Band will play its wide variety of blues and R&B for your dancing and groovin' pleasure. Get there early for da ono grinds. No cover. Contact: Alibi Tavern 966-6133 punabluesband@yahoo.com

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SATURDAY, MAY 12 AKEBONO THEATER Doors: 7pm • Show: 8pm
SUNDAY, MAY 13 ROYAL KONA RESORT Doors: 6pm • Show: 7pm
WED, MAY 16 HONOKAA PEOPLES THEATER Doors: 7pm • Show: 7:30pm

ARTIST INFO, VIDEO & TICKETS AT LAZARBEAR.COM
CONCERT INFO HOTLINE 808.896.4845

Tickets also at: Sound Wave Music-Kona • Kiernan Music-Old Town Kailiuli • Taro Patch Gifts - Honokaa Music Exchange -Waimea • Music Exchange-Hilo • The Palace Theater - Box Office-Hilo • Akebono - Pahoia CD Wizard-Hilo • Royal Kona Resort-Front Desk (Ticket & Room Pkgs only 329-3111.)-Kona



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Announcements
10

I've paid record local prices for valuables. Buying old coins, jewelry, tokens, paintings and jade. Don **969-1881** or **938-8744**

AFFORDABLE HIGH-SPEED INTERNET FREE

Equipment & Installation NO contract or upfront cost Call **968-8874** Tropical Satellite

EPA RRP RENOVATOR
EPA Repair, Renovator and Painting certified training in Kailua-Kona May 25th, 2012 at King Kam (Marriott Courtyard). Please call (509)378-0440 for more information.

Business for Sale
80

FULL SERVICE AUTO REPAIR BUSINESS
Established in 1992, currently operating at \$300,000 gross profit per year. Asking \$300,000. Turnkey. 443-3923

SANDWICH Shop, Kailua Kona. Certified kitchen. Please call 896-2127

IT'S YOUR RESPONSIBILITY

Please Check Your Ad, Run Dates & Classification For Errors on the first run date!!!

Business Opportunities
90

AVON BUY OR SELL
\$10 Starts Your Business. Call Cathy 776-1268, 345-8489

Earn Extra \$\$\$ Immediately! P/T - Temp

Deliver the new telephone directories in Hilo & Kona. FT/ PT, work your own hours, quick pay, must be 18 years+, have driver's license & insured vehicle. CALL TODAY - START TODAY (888)681-6909

Vendors Wanted MOTHER'S DAY Craft Fair May 11-13
Call Prince Kuhio Plaza 959-3555

Help Wanted
100

ACCOUNT MANAGER
Distribution company needs a self motivated route sales person. Primary accounts in Kona & territory is islandwide. 2+ yrs territory/ route sales experience required. Must be able to work independently, produce results, have reliable transportation & acceptable driving record. jobs@hi-employment.com

Help Wanted
100

APS HEALTHCARE
APS Healthcare is expanding and we are seeking qualified candidates for the following FT positions for our Hilo and Kona locations:

RN Team Leaders
RN Care Managers
LSW/ LCSW Care Managers
Care Coordinators

APS Healthcare Job Fair Thursday, May 3rd, 2012 10:00am - 2:30pm
Hawaii Innovation Center in Hilo (HICH) Conference Room 117 Keawe Street
Entrance to HICH is from Kalakaua Street (one way) Street Parking is available

Email: inavarro@apshealthcare.com

Apply Online: www.apshealthcare.com

Become a Certified Nursing Assistant
Begin a new career as a Certified Nursing Assistant. Sweetwater Health Education is enrolling students into the May 7th - June 22 class in Kona area. Day and evening classes available. Free blood pressure cuff, stethoscope, gait belt. High student pass rate, lowest tuition on the Island. **Phlebotomy Course beginning May 5th.** For further information, contact **808-961-3338** sweetwaterhealth@yahoo.com

Help Wanted
100

ALOHA SECURITY:
Islandwide Openings! Traffic Control. Patrol driver- Hilo. **Criminal abstract, pre-employment drug test, driver's license, vehicle & phone required.**

ASE AUTOMOTIVE TECHNICIAN

Lex Brodie's Tire Co. -Hilo has an immediate opening for an F/T Technician who is skilled in front suspension and alignment. Pay is commensurate with work experience. Please call **961-6001** to set up an appointment.

Group Home Manager (Oahu, Maui, Kauai & Kona, Hawaii)
Established, local non-profit company is seeking energetic, motivated persons interested in managing group homes for special needs consumers. Benefits include free room & utilities, medical, dental, vision, vacation and paid holidays. Experience in working with disabled persons and basic home repair and maintenance is highly desirable. Commitment to providing life skills training with respect, compassion and excellence is a must. High School diploma or GED, valid HI drivers license and clean driving record required. Send resume with cover letter & position title to: Steadfast Housing Development Corporation, 677 Ala Moana Blvd, #713, HNL, HI, 96813 ; Fax 599-1821; Email: hr-response@steadfast-hawaii.org.

Help Wanted
100

HAWI Newspaper Carrier Needed-

Hawaii Tribune-Herald is looking for an independent contractor newspaper delivery carrier to pick up newspapers in Waimea and make early morning deliveries to homes and single copy locations in the Hawi and Kapaau areas. The ideal candidate will have good running vehicles that are properly licensed and insured, a clean driving abstract, a valid driver license, a social security card and must be available for morning deliveries between 2:30am and 5:30am. If you think you qualify and are interested, please contact **Tommy Hanohano** at **930-7317**.

Hawi Newspaper Carrier Wanted

Hawaii Tribune-Herald is looking for an independent contractor newspaper delivery carrier to pick up newspapers in Waimea and make early morning deliveries to homes and single copy locations in the Hawi and Kapaau areas. The ideal candidate will have good running vehicles that are properly licensed and insured, a clean driving abstract, a valid driver's license, a social security card and must be available for morning deliveries between 2:30 a.m. and 5:30 a.m. If you think you qualify and are interested please contact Tommy Hanohano at 930-7317

Help Wanted
100

CONSTRUCTION PROJECT ADMINISTRATIVE ASSISTANT
Assist in managing various projects. **Must have 3 years administrative experience with commercial General Contractor. Proficient in Excel & Word. Use of Master Builder preferred.**
Apply in person: GW Construction 16-212 Melekahiwa Pl. Shipman Business Park **NO PHONE CALLS**

MA, LPN, or RN

MD/ ND Waimea medical practice opening in June seeking PT and FT employees to serve as support staff. Medical training and experience necessary, as duties include patient care and triage as well as referrals and prior authorizations. An understanding of and enthusiasm for naturopathic medicine highly valued. Efficiency, team spirit, sound judgment, and desire to serve patients with kindness are essential. \$14- \$20/ hour plus benefits negotiable. Please send Cover letter and 3 references. resume@drmichellesuber.com

MASTER CUTS \$1000 Hire On Bonus. Highest Paying Salon in Hilo. Great benefits, retirement, fun team. Apply online at: www.mastercutscareers.com silkroad.com or call **Leshem 959-9995**

We Work for You!



I S L A N D W I D E

Hawaii **Tribune Herald**
935-6619
www.hawaii-tribune-herald.com

Kama'aina Shopper
Westside Weekly

West Hawaii Today
329-5585
www.westhawaii.com

North Hawaii News
Big Island Weekly

C L A S S I F I E D

Help Wanted
100

Now Accepting Applications for Part-time Janitorial. Reliable car & cell phone required. Flexible days & nights. Call for application 936-9343.

Now Hiring! PT & FT permanent Sales & Account reps. Must have excellent communication & computer skills, experience in Sales or Accounting. Excellent pay & benefits. Email resume to: hiring@starcore.org

West Hawaii Today

Position:
Outside
Advertising Consultant

We utilize a strategic blend of West Hawaii Today publications, affiliates, digital solutions, and creative services to help clients strengthen their brands and consistently grow revenue.

We are seeking a passionate, hardworking and self-motivated Advertising Consultant with advertising experience preferred. The Consultant will be expected to learn and understand clients' business, marketing dynamics and industry trends. Must be able to work in fast paced deadline, sales driven environment. Have attention to detail and possess excellent communication, problem solving, organizational and presentation skills.

Compensation & Benefits
Competitive base salary and performance based income. 100% medical, dental & vision coverage for you and your immediate family 401 (k). Mileage reimbursement The Club in Kona corporate discount program

Send your cover letter and resume to:
Leah Mahi:
lmahi@westhawaii.com

PT/FT - KONA AIRPORT
Aloha Contract Services seeking Ramp Agents. Energetic, motivated individuals (will train). Valid drivers license required. Contact: Gloria 331-8323

Residential Property Manager
Full time position. Must have Hawaii RE License. Experience preferred. resrentpm@gmail.com

Help Wanted
100

SALES REP- Island Essence Bath and Body Products is expanding and needs sales reps. Natural, organic, made on Maui. Existing accounts provided. Sales experience req. Generous commission. Send resume: blue@islandessence.com

We are a Large Commercial Contractor. Now hiring Project Managers and Project Superintendents here on the Big Island. Send resume to: BB#120 C/O WHT P.O. Box 789 Kailua-Kona, HI 96740

Employment Info
110

FULL-TIME AND PART-TIME SALES ASSOCIATES, & ASSISTANT MANAGER

Crazy Shirts is looking for sales associates in our Waikoloa and Kailua-Kona Stores. Have fun at work while driving sales and providing excellent customer service. Excellent benefits and flexible scheduling available. **Please apply in person at any Crazy Shirts Store.**

Situations Wanted
120

VETERINARIAN

available for relief work, day/ week/ month, licensed in Hawaii, 20 years' experience. (562)313-0784 meredithkennedy66@gmail.com

Instruction
180

HAWAII INSTITUTE OF HEALTHCARE & TRAINING SERVICES (HIHTS)

Offers the following Professional Training Program:
Nurse Assistant Training
Administrative Medical Assistant
Phlebotomy Technician
Medical Billing/ Coding

Enrollment Going On:
Please call 933-1295/ 933-1266



www.hihts.net

Services Offered
190

A+ SERVICES CAN

"CLEAN IT UP!!!"
Pressure Washing, Painting, Remodel, Gazebos & MORE! Great references. **938-8579** to \$1,000

Services Offered
190

AFFORDABLE TREE CARE

Karl Johnson
Certified Tree Worker #2038C
10% Discount with Ad!
Extra 10% Senior Discount
782-6426
TreeSpecialistFbi@gmail.com

ASPHALT PAVING
Driveways/ Parking Lots
Concrete Work
Asphalt Sealing
Rockwalls
License# ABC-29665
960-6339 or 938-7644

DESIGNS, PLANS & PERMITS
Home & Commercial
Licensed Architect
Islandwide Service
Reasonable Fees
First hour free in office
33 years experience
808-329-5565

Marine Surveyor
Vessel Condition and Valuation, Vessel Damage Claims, Container Pre Shipping, Container Cargo Damage Claims. 47 years experience. Ron Baptista 808-968-0954

Publish Your Family History as a Book! Mother's/ Father's Day Gift Certificates.
www.leslielang.com/
personal-historian
964-1494

SHIPMAN SELF STORAGE RECYCLING
We buy used: Batteries Alternators, Starters, Catalytic Convertors, Aluminum Rims, Aluminum Radiators Located B9. **333-2697, 699-4377**

YARD SERVICE
Reasonable rates.
*Weeding
*Weed wacking/ Mowing
*Trimming
*General Labor
936-8000

Items for Sale
200

99.9% PURE WATER FROM AIR!
Stop buying bottled water or having it delivered. The "dew-pointe" DK-11 atmospheric water system produces 2 to 4 gallons pure water every 24 hours at less than 20 cents a gallon. "Why buy milk, when you have the cow AT HOME!" Only \$1,695 + shipping. Call (775)990-9845 or visit our website at: www.aws-h2o.com

Items for Sale
200

3 commercial well tanks, 528 gallons each, 125 PSI. Includes pump, built in '91, excellent condition, \$5000/ negotiable, you remove/ haul. 323-3455

BATTING CAGE
New, complete in box, \$950.
ROLL AWAY BEDS (6)
Twin, 4" wheels, \$95 each. 2 or more \$85 each. 885-6211

Big Island Container Sales & Rentals New & used 20' & 40' storage containers, offices. Available in Hilo. Visa/ Mastercard 960-1058

EMPTY SNAP-ON TOOL BOX
2'Wx55"Lx39"H,
11 drawer, black,
\$2,800
Call 854-4160

HYPERBARIC CHAMBER
Portable chamber, Vitaeris 320. \$16,600. 808-854-4243

Island Liquidations & Loans. Biggest Pawn Shop in Hawaii!
Furn., Electronics, Tools, Jewelry, Sporting Goods & more. **830 Kilauea, Hilo.**

Maple Gretsch drums 24" Kick, 18x18 floor tom 14/15 rack toms and snare. Goes on a Tama rack system. No Cymbals \$2,000. Sony XV -AL100 edit studio (analog) \$50. Photo studio backdrops \$50 each Quantum Turbo Flash with Battery Pack \$400. LPL VCCE Black and White Enlarger with easels, trays, lenses and negative holders, 2 dryers \$500. Call 331-8194

REFURBISHED:
Generators, Tommy Lift Gate, Rider Mowers, Restaurant Equipment, Appliances, Compost Toilets, Gas Refrigerators, Solar Panels, Tankless Gas Hot Water Heaters.
Credit Cards Okay.
(808)652-0551/ tashimart.com

SHUFFLEBOARD
Electric scoreboard, 21', laminated, upholstered cradle, immaculate, accessories. New cost \$6,500. Sell for \$4,000. "Fun for the whole family"
ANTIQU GE REFRIGERATOR
1929 first year built electric, working condition, \$1,500. Waimea, 885-6211

Items for Sale
200

SOLARMAN
Best prices!!
Solar Panels, Inverters, Batteries, Water Pumps/ Heaters, Yamaha Generators, Net Metering Systems, Etc.... **982-5708**

WEDDING GOWNS \$200 each
LOVE & LACE INVENTORY
Sizes 4 - 16
Prom/Tuxedo Rentals \$59.95 to \$69.95
Call 935-0081 ext. 0

Items Wanted
201

BUYING!
collector coins, bullion, gold & silver **JEWELRY** used, broken, unmatched gold, platinum **Paying CASH**
Free Appraisal!
966-8784

BUYING!!
US, Foreign Coins & Currency
Traveling Islandwide
FREE appraisal!
Paying CASH!
756-3806

DON'T GET RIPPED!
We Pay the HIGHEST PRICES Guaranteed
For Your Precious Metals, Gold, Silver, Platinum, Jewelry, Coins, Bullion
Call For Our Daily Quotes
We'll Beat any other offers
47 years in business!
BIG ISLAND COIN
148 Mamo downtown Hilo
Doug or Tim 935-6398

Items Wanted
201

I've paid record local prices for valuables. Buying old coins, jewelry, tokens, paintings and jade. Don **969-1881 or 938-8744**

En route to Hilo? FREE Coin Evaluation at Antiques & Coins
191 Kilauea Ave.
10 am - 3:30 pm

Computers/Electronics
205

Lost:
Red Lumix Digital camera. We were all over the Island so not sure where last seen, Has all my photos of our family vacation, so if you have found it please email me for reward and return address. Lost between 3/18/12--3/26/12 **gigicottage@att.net or 660-596-5019**

Bargain Basket
206

FULL size crock pot \$15; table lamp with dimmer mode \$18; golf clubs and bag \$58. Hilo, (541) 963-7636

Furniture
220

VINTAGE MAHOGANY SOFA
and 2 arm chairs, heavy thick wood professionally refinished, **\$1600/ best offer 982-6321.**

Antiques
240

BUYING!
collector coins, bullion, gold & silver **JEWELRY** used, broken, unmatched gold, platinum **Paying CASH**
Free Appraisal!
966-8784

Pets
250

AKC Boxer Puppies
AKC Boxer puppies for sale. \$1,200. Puppies make 6 weeks old on 5/08/12. Call or text 937-3998

Classified

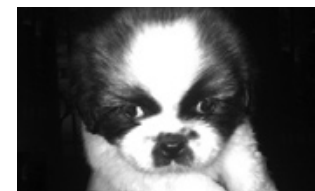
Big Island Weekly

(808) 329-5585

Pets
250



AKC Standard Poodles
RED puppies, 2 males, 2 females available now. Parents health tested. Fine pedigree. Calm temperaments. Great companions. \$750.
konapoodles.com, 322-9445



AKC TIBETAN SPANIELS
7 weeks, vet checked, \$1000 & up. Cute, cute, cute!
936-4104 or 985-7377

CHIHUAHUA TERRIERS
2 months old, males & females, \$100 each.
808-936-5422

FOX/ TERRIER/ POM PUPPIES
5 weeks, 3 males
960-4924

HEELER MIX PUPS
10 weeks, first shots.
Call 937-5981

Pets
250

Olde English Bulldogge
Puppies Born 2-19-12, Asking \$1,200/ Best Offer Interested, Call **960-1624 or 238-0949** See Pictures at www.bulldoggesontherock.com

PURE bred Shitzu's for sale, MALES/FE-MALES \$500 each. No papers, 14 weeks old, All shots. **895-6575**

Livestock
260

4 HORSE TRAILER ALUMINUM

Goose neck, tack room, 4 stalls, slider & drop-down windows, ramp. \$13,900/ offer **896-6924**

HORSES FOR SALE
One Filly (6 Years) and 1 small Gelding (12 years) Owners are moving and need to sell! \$2500 for both. **808-756-5808**

Machinery/Equip.
280

Diesel/ Gas Used GENERATORS Hilo Surplus Store

148 Mamo St. DOWNTOWN HILO
935-6398

Machinery/Equip.
280

REFURBISHED: Generators, Tommy Lift Gate, Rider Mowers, Restaurant Equipment, Appliances, Compost Toilets, Gas Refrigerators, Solar Panels, Tankless Gas Hot Water Heaters. Credit Cards Okay. (808)652-0551/ tashimart.com

Building Supplies
310

FIRE BRICKS & Refractory Cement INFRARED SAUNAS Big Green Egg GRILLS FIREPLACE & HOME CENTER 961-5646 256 Kamehameha Downtown Hilo - Since 1979 www.fireplacehawaii.com

Art & Collectibles
350

DON'T GET RIPPED!

We Pay the HIGHEST PRICES Guaranteed For Your Precious Metals, Gold, Silver, Platinum, Jewelry, Coins, Bullion

Call For Our Daily Quotes **We'll Beat any other offers**

47 years in business! BIG ISLAND COIN
148 Mamo downtown Hilo
Doug or Tim 935-6398

En route to Hilo? FREE Coin Evaluation at Antiques & Coins 191 Kilauea Ave. 10 am - 3:30 pm

Apts/Condos for Rent
420

\$58- \$49- \$28 SPECIALS
Daily- Weekly- Monthly Oceanfront Studios Beautiful "Hilo Bay" Kitchenettes- Pool- WIFI Excellent Environment **(808)934-7277**

Apts/Condos for Rent
420

3/2.5 WAIKOLOA COLONY VILLAS.
Beautifully Decorated, luxury, ultra-modern, Italian furnishings and art throughout. Pool, spa, tennis; lanai, garage, ocean/ golf views. \$2,200 (long-term). **858-472-0200/ 858-472-0300 hklonoffcohen@ucsd.edu**

Hilo- Studios for rent

Walking/ biking distance to UH and downtown Hilo. All utilities included. Recently renovated. **(808)292-9784**

Houses for Rent
440

Waimea- Pleasant Acres, 3/3, recently renovated inside. Duplex. Carport, water and basic yard maintenance included. No smoking inside. No pets. Lease preferred. Credit check required. **\$990 per month. 895-8971**

Bus. Prop. for Rent
460

A&A STORAGE NEAR PIER
LOWEST PRICES IN TOWN
Items, Equipment, Vehicle
935-8338.

Warehouse for rent
3000 ft. warehouse with 3 phase electric, paved for forklift use and studio apt. Capt. Cook area. All utilities available. \$1500 mo. **938-4739**

Vacation Rentals
520

\$58- \$49- \$28 SPECIALS
Daily- Weekly- Monthly Oceanfront Studios Beautiful "Hilo Bay" Kitchenettes- Pool- WIFI Excellent Environment **(808)934-7277**

BEAUTIFUL OCEAN FRONT STUDIO
Furnished, Kitchenette, Cable, Pool.
\$35/ Daily, \$250/ Weekly, \$700/ Monthly. (808)961-6276 or 896-0995

OCEAN FRONT OCEAN FRONT
Ocean Front Vacation Rentals

★ Spring Specials 2 Ocean Front Rentals ★

Full furnished newly remodeled, TV, WI-FI, Pool, Beach access. 1/2 mile from town. Call @ Tel: **808-640-8588** Ask for Pat Email: rentinkona@gmail.com

Vacation Rentals
520

HILO/ PAHOA
1- 3 Bedroom Complete Kitchenette, Turnkey, \$49.50 daily \$850 up monthly
Information? www.islandparadisenn.com 1-808-990-0234

Lots & Acreage - General
600

\$1 down, \$422 monthly: 1 acre in HPP on 9th or 10th & 1 acre in **Leilani Estates** on Hookupu; Ocean View lot in **Discovery Harbour** on Kaulua Circle. Photos at NoBlizzards.com **480-466-1946** No credit check. Ready to build your home!

Nanawale Subdivision \$200/ month. Call 808-640-5522, 640-0048

Owner Financing
Low down payment
Hawaii Ocean View Estates
1 acre lots
Many to choose from
hovelots@hotmail.com
214-797-8055

Homes for Sale
620

2/1 with enclosed garage, spacious lot. Hawi. \$310,000.
Chelsey K. Dickson, R(S). Hawaii Brokers. 808-960-4697

5BD/4BA in 25 ACRES!
With ocean views, fish pond, 2432 Sq. Ft., granite counters, stainless steel appliances, \$599K, MLS#247666, MUST SEE! Marleni Wohlschlagel, RS Hank Correa Realty, LLC **808-756-5808**

REDUCED FOR QUICK SALE Fully furnished 4 bedrooms, 2 bath home on 67 Hokulani St. \$290,000. In between Waiakea High School & Kaumana Elementary. **Close to everything in Hilo. Call 808-640-7474**

Foreign Autos
820

2000 Jaguar XJ8
4 door, VP, good, 155,000 miles, Automatic, dark green interior, A/C, Alloy Wheels, Leather, Sunroof, engine not running, \$1600.

Foreign Autos
820

1999 HONDA CIVIC Si
Blue, VTEC, 5 Speed, A/C, 1 Owner, Dealer Serviced. \$6,000. **Call Rick 964-5884.**

2005 KIA SPECTRA 5 HATCHBACK
Automatic, All Power, Sunroof, CD Player, 4 Cylinder, 93K Low Miles, Blue, Excellent Condition. **\$6,500. 937-4007.**

4-Wheel Drive
840

1998 Dodge Durango, Automatic, 1 owner, good condition. 171K, runs great, \$3000 obo. **509-539-9621 or 760-533-1734**

2005 Ford F-150 Super Crew, FX4, automatic, AC, camper, CD, all power, 31,000 miles, 4x4, salvage title, great condition, \$14,000. Call 938-6348

2007 Toyota Tundra 4x4, 4 door, 8 ft. bed, A/C, 6 disc changer, premium wheels with new tires, low mileage, \$23,000. **(808) 960-2912**

SUVs
860

2002 Honda CRV Ex, 4wd, good condition, clean, new tires, grey color, 114,000 miles, \$8,900/ offer. **323-9850**

Trucks & Vans
880

1999 SILVERADO 1500-
6-cylinder, automatic, longbed, good running, new tires, \$3500.

2003 Volkswagen Eurovan, original owner, meticulously maintained, excellent condition, techno electric blue, sunroof, 70K miles, new tires and brakes, extras. Was \$34,000 new. Sell \$15,000. **Waimea, (808) 640-7324**

2004 Chevy Van Express 2500, \$4,500. **(808) 960-2912**

Auto Parts
960

FREE HAULING of junk cars and scrap metal!
JYD Towing. 324-4869

Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

7			4			6	8
1	2	5			9	4	
	8	7					
			5		4	7	
5		8	3				1
	6	3	7				
				5		8	
	4	1		6		5	9
2	5		9				6

ISLAND NATURALS



Market & Deli

BIG ISLAND GROWN - LOCALLY OWNED

Open Seven Days a Week for Breakfast, Lunch and Dinner

Celebrate...



FOUR CONVENIENT LOCATIONS

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Hilo Shopping Center
1221 Kilauea Ave.
935-5533

KAILUA-KONA
Old Industrial Area
74-5487 Kaiwi St.
326-1122

KEALAKEKUA
Mango Court
79-7460 Mamalahoa Hwy.
930-7550

PAHOA
Downtown
965-8322

www.islandnaturals.com

Wallaby
Organic Yogurt
6 oz Lowfat Varieties
99¢

Uniquely creamy, supremely smooth Australian-style yogurt.

C20
Coconut Water
17.5 oz Cans
\$1⁷⁹

100% Coconut Water with amazing nutritional properties to help keep your body in top condition.

Garden Of Eatin'
Mini Tortilla Chips
7.5 oz Varieties
\$1⁹⁹

Great for dipping or as a healthy snack anytime.

Beer & Wine
20% OFF
Every Friday!
Some items excluded.

Brown Cow
Yogurt
6 oz Varieties
99¢

The highest-quality ingredients, including American Humane Certified California cow milk.

Pacific
Hemp Milk
32 oz Varieties
\$3⁶⁹

A unique, slightly nutty flavor and a creamy texture.

Barbara's
Puffins Cereal
9-10.5 oz Boxes
\$4⁵⁹

Great-tasting cereals that always include all natural, wholesome ingredients.

Bob's Red Mill
Natural Flaxseed
Selected 16-24 oz Bags
\$2⁹⁹

High in fiber, Omega 3 fatty acids, and natural antioxidants.

Alvarado Street
Breads
\$3⁹⁹

Choose from Barley or Salt-Free Multigrain

Equal Exchange
Organic Chocolate
3.5 oz Bars
\$3⁹⁹

ALSO ON SALE!
Equal Exchange Teas

Mt. Vikos
Halloumi Cheese
8 oz Packages
\$7⁹⁹

Handmade from fresh sheep's milk.

Lundberg
Rice Chips
6 oz Bags
\$2⁸⁹

Choose from Sesame Seaweed or Sea Salt

Rudi's
Hot Dog Buns
5.5 oz Varieties
\$3⁶⁹

Organic
Healthy buns for your favorite dogs!

Yves
Tofu Hot Dogs
12 oz Packages
\$3⁹⁹

Meatless, made with a special blend of spices and natural hickory smoke.

Woodstock Farms
Organic Ketchup
20 oz Upside Down Bottles
\$3⁹⁹

ALSO ON SALE!
Woodstock Farms Pickles

Annie Chun's
Seaweed Snacks
.35 oz Varieties
\$1³⁹

ALSO ON SALE!
Annie Chun's Ramen House Noodles **\$1⁷⁹**

Chocolove
Natural Chocolate
3.2 oz Bars
\$2⁶⁹

One bite and you'll fall in love. Each bar contains a love poem.

Dr. Bronners
Coconut Oil
14 oz Varieties
\$9⁹⁹

Food For Life
Ezekiel Bread
24 oz Sesame Loaves
\$4²⁹

ALSO ON SALE!
Food For Life Raisin Bread and Tortillas

So Delicious
Frozen Soy Dessert
Pint
\$4⁸⁹

Available in Purely Decadent Varieties

Westbrae
Organic Beans
25 oz Cans
\$2⁹⁹

Versatile, convenient and nutritious.

Barbara's
Fig Bars
12 oz Varieties
\$4⁷⁹

Seventh Generation
Toilet Tissue
12 pk/300 sheets per roll
\$9⁹⁹

Recycled paper. No scents/dyes. Whitened without chemicals.

ISLAND NATURALS - YOUR BODY CARE & SUPPLEMENT SPECIALISTS!

Alba
Botanical Hawaiian
20% OFF
All Products

Vega One
All-In-One Nutritional Shake
20% OFF
All Flavors!

50% Daily intake of vitamins & minerals, 15g protein, 6g fiber, and 1.5g omega-3

Paradise Herbs
25% OFF
All Products

Grown where they are indigenous. No chemical fertilizers, pesticides or preservatives.

Stahlbush Island Farms
Green Peas
10 oz Bags
\$2⁵⁹

Grown in the Northwest, earth friendly agriculture. 100% natural.

Rincon Family Farms
Local Strawberries
Selected Baskets
\$5⁵⁹

Grown fresh in Waimea. Large, plump, and sweet.

Sale prices good from 5/1/12 to 5/31/12. No rain checks. Quantities may be limited to stock on hand. All items may not be available at every location.