

for

# KAUAI

perpetuating the culture of the island

FREE  
FREE  
FREE



**Hānai Market**  
Straight from the farm  
page 20



**Whiskers Resort**  
A true pet hotel and spa  
page 28

**Cultural  
Festivals**  
page 6

**Special 4-Page  
Real Estate Section**  
page 16



## The Hawaiian Poi Dog

The Hawaiian poi dog, or 'ilio, was brought to Hawai'i by early Polynesian seafarers. For centuries, the poi dog was as an important food source, besides serving religious and cultural purposes. Story page 8



ALL LOCAL • ALL COMMUNITY • ALL KAUAI

# IN FOCUS

## Walk to End Alzheimer's

by Léo Azambuja

About 200 people from more than 20 teams raised roughly \$40,000 for the fight against Alzheimer's disease during the 2017 Walk to End Alzheimer's Aug. 12 at Kapa'a Beach Park. The event included a three-mile walk, a hearty lunch served for all participants and a silent auction.

The sixth-leading cause of death in the United States, Alzheimer's is the only cause of death in the top 10 in America that cannot be prevented, cured or slowed. Almost two-thirds of Americans with Alzheimer's are women, and one in three seniors dies with Alzheimer's or another dementia.

In the U.S., someone develops Alzheimer's every 66 seconds, and this year alone, the disease will cost the U.S. \$259 billion, a figure expected to rise to more than \$1 trillion by 2050.

Visit [act.alz.org](http://act.alz.org) for more information



Lupe Silva



Cece Caldwell, left and Nadine Nakamura



Danielle Taylor and Kai Taylor



Left to right, Tracy Cristobal, Lee Sugita, Julie Anderson, Sophia Anderson, Steve Anderson and Carol Cristobal



Felicia Cowden



Left to right, Brooke Kanna, Shar Kanna and Mari Kanna



Event organizer Laurel Coleman, MD



Left to right, Ben Schall, Susan Woolway and Kathie Taylor



Liedeke Bulder

# got ads

Want to advertise?  
For more information call Barbara at:

808-652-2802

or

[barbara@forkauaionline.com](mailto:barbara@forkauaionline.com)



# Dogs on the Path

By Tommy Noyes

Dog walkers are some of Ke Ala Hele Makalae's most dedicated users, perhaps because dogs are always ready and willing to go for a walk regardless of the weather.

A decade ago, as the path along the Kapa'a and Kealia coast was being built, it was uncertain whether or not dogs would be allowed.

## Community

During construction, the path was under the control of the Department of Public Works which had no restrictions regarding dogs or other animals, but when construction was finished, management of Ke Ala Hele Makalae was transferred to the Department of Parks and Recreation. At that point, path users were (and are currently) subject to a different set of regulations that control park activities.

In 2008, emotionally charged discussions to sort out this issue swirled in the Kaua'i County Council. Local ordinances prohibited animals in county parks, and those ordinances would prohibit dogs from the new path unless amended.

Opponents of dogs on the path warned of bad mannered dogs fighting each other and intimidating or biting path users, and cited health hazards from feces.

Supporters of dog walking pointed out that elsewhere dog walking on comparable shared use paths is allowed without significant problems, it is totally legal and common practice to walk leashed dogs

on residential streets and urban sidewalks, and the dog droppings issue is manageable.

After an 18-month long trial period conducted within a limited section of Ke Ala Hele Makalae, findings were presented to the council. The ordinances were amended and took effect in June 2010 to allow dogs on most of Ke Ala Hele Makalae, subject to the restrictions listed below.

Leashed dogs may be on Ke Ala Hele Makalae (the Eastside's shared-use coastal path).

Dogs may be walked on the path in Lydgate Park, except for the portion of path paralleling the beach and Nalu Drive up to the swimming ponds.

Dogs may be on the paved portion of the path plus six feet on either side; in toilets, picnic pavilions, and rest stations; and led directly from trailhead parking facilities to the path. Dogs are not allowed in other areas of county parks, unless specifically designated.

The dog handler must be in control of their dog at all times, but there is no minimum age requirement for dog handler. It is not allowed to leave a tied up dog unattended.

Two dogs per handler is the maximum.

Dog handlers must have a poop bag in evidence. The Kaua'i Humane Society worked with the Department of Parks and Recreation, donating and installing several dispensers for biodegradable poop bags.

Dog handlers must remove and dispose of dogs' feces.

Dogs must be licensed.

The maximum leash length is six feet, and extendable leashes are not allowed.

Dog handlers must leave the path area if their dog gets aggressive.



Cheryl and Joy Claypoole were glad to meet Dianne Kennedy on the path – they both own Old English Sheep Dogs. Path Ambassador Thomas Noyes and Kaua'i Humane Society volunteer Randy Blake approached the dog owners to be sure they had poop bags and were complying with the county's requirements.

Today, dog walkers deserve our admiration for practicing good etiquette on Ke Ala Hele Makalae. There are no droppings in sight, the dogs are well socialized, and dog walking is one more good reason to enjoy Ke Ala Hele Makalae every day.



• Tommy Noyes is Kaua'i Path's executive director, a League of American Bicyclists Certified Instructor and active with the Kaua'i Medical Reserve Corps.

It's like  
**YOU GET PAID**  
to bank here.

<b>3.25%</b> APY*	<b>0.02%</b> APY*
on balances up to \$10,000 if qualifications are met	on all balances if qualifications are not met

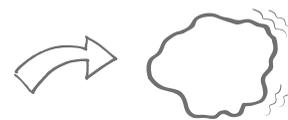
### Try free **Kasasa**® checking.

- Earn really high rates, paid each month
- Get refunds on ATM fees, nationwide\*
- No monthly service fees, ever
- No minimum balance to earn your rewards



Ask for **Kasasa**®

Kasasa® on  
**KAUAI**



### It's easy to earn your rewards...

Just do the following activities and transactions in your Kasasa Cash account each monthly qualification cycle:

- Have at least 10 debit card purchases post and settle
- Have at least 1 automatic payment (ACH) or bill pay transaction post and settle
- Be enrolled and review eStatement notice

### Don't worry if you come up short.

Your account is always free. You even earn our base dividend rate. Plus, you can still earn a higher rate & refunds on ATM fees the very next cycle.

### Plus, add free **Kasasa Saver**®.

An automatic way to set cash aside.

Go to [www.kasasa.com/kcfcu](http://www.kasasa.com/kcfcu)

\* APY = Annual Percentage Yield. APYs accurate as of 10/1/2015. Rates may change after the account is opened. Minimum to open Kasasa Cash is \$25.00. If qualifications are met within each monthly qualification cycle: (1) Domestic ATM fees incurred during qualification cycle will be reimbursed up to \$25.00 (\$4.99 per single transaction) and credited to account on the last day of monthly statement cycle; (2) balances up to \$10,000 receive APY of 3.25%; and (3) balances over \$10,000 earn 0.30% dividend rate on the portion of the balance over \$10,000, resulting in 3.25% - 0.50% APY depending on the balance. If qualifications are not met on Kasasa Cash all balances earn 0.02% APY. Qualifying transactions must post to and settle to the Kasasa Cash account during monthly qualification cycle. Transactions may take one or more banking days from the date transaction was made to post to and settle to the account. ATM-processed transactions do not count towards qualifying debit card transactions. "Monthly Qualification Cycle" means a period beginning the day after the close of the previous qualifying cycle through the 2nd to the last business day prior to the close of the current statement cycle. The advertised Kasasa Cash APY is based on compounding dividends. Limit one account per SSN. ATM receipt must be presented for reimbursement of an individual ATM fee of \$5.00 or higher. Kasasa and Kasasa Cash are trademarks of BancVue, Ltd., registered in the U.S.A.



On the cover: Kaua'i Humane Society Executive Director Scott Pisani, left, is seen here with KHS Animal Care Supervisor Benjamin Osorno and two shelter dogs; Mocha, in the back, and Byron, on the ground.

**CONTENTS**

Community: Dogs on the Path ..... 3  
 Cultural Festivals ..... 6  
 Cover Story: Poi Dogs..... 8  
 Health & Wellness: Micronutrients..... 10  
 Mālamalama: Aloha ..... 15  
 Real Estate ..... 16  
 Kau Kau: Hānai ..... 20  
 Akeakamai: Healthy Streams ..... 26  
 Hawai'i Wisdom ..... 27  
 Biz: Whiskers Resort ..... 28  
 Kaua'i Business Marketplace Directory .. 29  
 Calendar ..... 30  
 Kumu Haumana: Hardwood ..... 31

**SALES & MARKETING**

**Director Of Sales & Marketing**

Barbara Bennett 808-652-2802  
 barbara@forkauaionline.com

**Sales & Marketing Consultant**

Jade Moss • 808-255-3094  
 jade@forkauaionline.com

**EDITOR IN CHIEF**

Léo Azambuja  
 editor@forkauaionline.com

**CONTRIBUTING WRITERS**

Tommy Noyes, Ruby Pap, Anni Caporuscio  
 Jan TenBruggencate  
 Benjhamin Koenigsberg, Virginia Beck

**ART & LAYOUT**

Carrie Johnson  
 Andarta Design • design@andarta.com

**SOCIAL MEDIA COORDINATOR**

Honey Hunter  
 calendar@forkauaionline.com

**Published by Kaua'i Management Group**

Founder For Kaua'i Newspaper and Magazine  
 Barbara Bennett 808-652-2802  
 For Kaua'i Newspaper  
 PO Box 956, Waimea, HI 96796

# Be a Winner for Life, Save a Dog or a Cat

By Léo Azambuja

As I sit down to write this, my three dogs are safe asleep under my roof. In the morning, they'll go back to their backyard (it's really theirs), where they run and play freely all day, terrorizing every dog and pickup truck going down the street. They get two meals a day, treats and more love than I ever got from anyone but my parents.

## Editor's Notes

But they are the lucky ones. Many dogs and cats on Kaua'i live a miserable life as stray or abandoned animals.

In 2016 alone, the Kaua'i Humane Society took 1,238 dogs and 1,771 cats for a total of 2,999 animals picked up or surrendered. Almost half of them were euthanized, including 283 dogs and 1,168 cats. The rest was returned to their owners, adopted out or transferred to Mainland shelters.

While the statistics can be depressive, the good news is the sharp decline in the numbers of animals euthanized compared to only a few years ago. In 2012, KHS euthanized 951 dogs and 2,524 cats.

To be sure, adoption numbers have been falling steadily in the last five years, but the numbers of animals picked up or surrendered have also been falling. In 2012, KHS took in a combined 5,717 cats and dogs.

In 2012, I asked former KHS Executive Director Shannon Blizzard what would take for Kaua'i to have a no-kill shelter. I knew that before Shannon came to Kaua'i, she had worked in a large no-kill shelter in Arizona. At KHS, Shannon had boosted or created programs increasing cat and dog adoptions. So I expected her answer to be a rundown of different potential programs by KHS.

Instead, Shannon somewhat shared the burden with the community. First, she said, we have to have a no-kill community, with their cooperation



Licorice was a foster dog from the Kaua'i Humane Society. When they called me back to return him to the shelter, we decided to keep him. I became a "failed foster."

in stronger spay and neuter efforts. Fair enough, I thought. We can and should become part of the solution.

Last month, I had a chat with current KHS Executive Director Scott Pisani. At some point, I asked him the same question I had asked Shannon, half-expecting a similar answer. But rather than pointing fingers, Scott called upon the community to participate in the discussion.

First and foremost, Scott said, a "no-kill shelter" is both divisive and misleading – no-kill shelters are allowed a certain percentage of animals to be euthanized and still keep their title of no-kill shelter.

Scott said a better way of approaching the issue was asking which animals have an appropriate behavior and should be given a chance to live in our community. It was more a matter of the community coming together and deciding what is acceptable.

For example, he said, what would the community want for an aggressive dog? Would it be more acceptable for the dog to live the rest of its life in a kennel or should it be humanely euthanized. Those are tough choices, he said, but it's something that has to be discussed by the community.

Ultimately, the goal of KHS is to focus on their progress to save more cats and dogs, to try to adopt out more animals that can be adopted, animals that are not being euthanized.

I think Scott is taking KHS into the right direction. The fostering program has anywhere between 50 to 100 animals out in the community at any given time, directly increasing adoptions and indirectly increasing the shelter's capacity by a large margin. Some families have fostered more than 100 animals, and there are many "failed fosters," where families end up adopting an animal after fostering it. I can relate, my mighty Chihuahua, Licorice, was a failed foster dog.

Other programs allowing dogs to be taken out for a day, overnight or during extended holidays have also resulted in happy tales and tails, and increased adoptions.

Unfortunately for stray cats, they are hit the hardest. For most feral cats, there's nothing to do but to euthanize them, Scott said. Only 100 cats taken by KHS last year were owner-surrendered. The remaining 1,661 cats were strays, and only 148 were returned to their owners. KHS was able to adopt 339 cats and transfer another 96 to the Mainland. Still, 1,168 cats were euthanized.

KHS depends on our support, either by volunteering, fostering, money donations or in any other way. For cat and dog owners, micro-chipping is the best way to reunite with a runaway.

If you can save just one life, you are already a winner for life, pun intended.

Advertising Opportunities in  
 for **Kaua'i** newspaper  
 for October

**Home & Garden**

anything to do with house & home  
 let your business shine in this  
 special section

space is limited, call or email now!

Barbara Bennett  
 808-652-2802 • barbara@forkauaionline.com  
 or  
 Jade Moss  
 808-255-3094 • jade@forkauaionline.com

Win a Trip for Two to

# Las Vegas

*Includes*

- ✓ Transportation When You Arrive
- ✓ Free Hotel Stay
- ✓ Meals

The winner will be announced at King Auto with a photo-op by For Kaua'i Newspaper

## Honda SALES EVENT



2017 Honda  
**Fit** CVT LX

4330 Kukui Grove St, Lihue  
877. 583.1449  
[www.kingautocenter.com](http://www.kingautocenter.com)

**\$139**  
per month  
for 36 months

**\$2,399**  
due at signing



Includes down payment with no security deposit. Excludes taxes, title and either dealer fees or documentary service fee. For well-qualified lessees.



**DON'T MISS YOUR CHANCE TO WIN!  
DROP BY KING AUTO & SIGN UP TODAY  
4330 KUKUI GROVE ST, LIHUE**

**877. 583.1449**

**[www.kingautocenter.com](http://www.kingautocenter.com)**

# Cultural Festivals of Kaua'i



## Bridge of Peace Festival



**Community Peace Building Event**

**SEPTEMBER 16TH, 2017 10 AM — 4 PM**

**KAUAI VETERANS CENTER 3215 KAPULE HWY LIHUE**

**Ancient Imperial Court Music:** Hawaii Gagaku Society

**Taiko Drum:** Aki Conquest and Joyful Noise

**Compassion Education:** Hiroshima Peace Art Exhibition

**Storytelling:** The Origins of Ancient Japan Kojiki

**Asian Products, Kauai Vendors, Music & More Fun!**

**635-7127 [www.elcantarefoundation.org](http://www.elcantarefoundation.org)**

**Admission Free**

**All Ages**



## RICE STREET BLOCK PARTY SEPT 23

*a family focused event that brings our community together on Rice Street to experience art, culture, food, history, shopping, and entertainment*

**Kalena Park – All day  
Block Party – 5-9pm**

**Makana with special guest Estrella perform at  
7:30 – 8:30pm on the stage at Rice & Kalena**

**FREE**

**Rice Shopping Center to Kalena Street, Kalena Park**



Kauai Japanese  
Cultural Society  
*Presents*

# MATSURI KAUAI

October 7, 2017, Saturday

9:00 AM – 3:00 PM

KAUAI MEMORIAL CONVENTION HALL

Oshie, Martial Arts, Dancing, Kusakizome, Mochi Pounding, Drumming, Crafts, Ikebana, Bonsai, Tea Ceremony and more

For more info or auxiliary assistance or support contact 822-5353, Pearl Shimizu or email [pkgshim3@hawaiiantel.net](mailto:pkgshim3@hawaiiantel.net) at least 7 seven days before the event.



## GET READY FOR THE 21st COCONUT FESTIVAL

**Saturday Oct 7<sup>th</sup> and Sunday Oct 8<sup>th</sup>**

**Cultural Exhibits; Crafts & Cooking Demonstrations**

Calling all fun-lovin' people: Coconut Festival is back! This time with more fun, kids games, and great stuff to buy. Amazing performances and so much more. It's your chance to have fun, and learn things about the Hawaiian culture at the same time. Sat. Oct 7<sup>th</sup> and Sun. Oct 8<sup>th</sup>, at the Kapaa Beach Park. We'll see you there!

Saturday - 9:00a.m. to 5:00p.m.  
Sunday - 10:00a.m. to 4:00p.m.

The Kapaa Business Association Presents:  
**The 21st annual COCONUT FESTIVAL**  
Kapaa Kauai 2017

For more information visit <http://www.kbakauai.org>



HAWAII TOURISM  
AUTHORITY



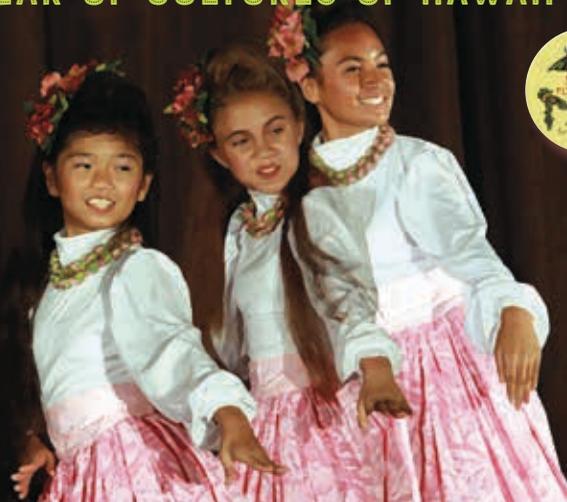
## MĀLIE FOUNDATION PRESENTS: KAUAI MOKIHANA FESTIVAL

SEPTEMBER 24-30, 2017

**NĀ MO'OMEHEU O HAWAII NEI**  
YEAR OF CULTURES OF HAWAII



Photo © 2016 Joe Olivas



### SCHEDULE OF EVENTS

#### SUNDAY, SEPT 24

Kapa'a First Hawaiian Church-Service 10 am

#### MONDAY, SEPT 25

Kauai Composer's Contest and Concert  
Waimea Theatre | 7 pm

#### TUESDAY, SEPT 26

"Eo, E Lili'u" Children's/Youth Music Competition  
Kauai War Memorial | 9 am

#### TUESDAY, SEPT 26

Māori, the Indigenous People of Aotearoa  
Kanuikapono Charter School | 5 pm

#### WEDNESDAY, SEPT 27

Ka Mea 'Ai Pono - Ethnic Healthy Living  
Ho'ōla Lāhui Fitness Center, Līhu'e | 6:30 pm

#### THURSDAY, SEPT 28

Solo/Group Kahiko Nei Hula Competition  
Kauai War Memorial | 6 pm

#### FRIDAY, SEPT 29

Nā Lei Pua 'Ole - Flowerless Lei Contest  
Kauai War Memorial | 10 am

#### FRIDAY, SEPT 29

Group Auana Hula Competition  
Kauai War Memorial | 6 pm

#### SATURDAY, SEPT 30

Solo Auana Hula Competition  
Kauai War Memorial | 12 noon

TICKETS:  
\$20/ADVANCE  
& \$25/DOOR  
FOR TICKETS  
CALL IWA 652-4497  
TICKET OUTLETS:  
VICKY'S FABRICS,  
SCOTTY'S MUSIC &  
KAUAI MUSIC  
& SOUND

Food &  
Craft Fair  
Thurs 10-9  
Fri 10-9  
Sat 10-4

FOR TICKETS:  
Call (808) 652-4497  
[www.maliefoundation.org](http://www.maliefoundation.org)

For individuals requiring an auxiliary aid or additional support to participate call Maka Herrod at 808-651-1868 seven (7) working days before the event.

Events sponsored in part by: Hawaii Tourism Authority, Grand Pacific Resort Management, A&B Foundation, Hawaii Community Foundation, Kukui'ula Development, Lili'uokalani Trust, Hawaiian Airlines, COK Office of Economic Development

# The Hawaiian Poi Dog

By Léo Azambuja

The Hawaiian poi dog, or 'ilio, was brought to Hawai'i by early Polynesian settlers. For centuries, it was as an important food source, besides being used for religious and cultural purposes.

After Westerners started moving to Hawai'i in the early 19<sup>th</sup> century, the poi dog mixed with other breeds, contributing to its disappearance by the early 20<sup>th</sup> century. Though some of the Hawaiian poi dog's genetic traits may have carried on, it has been long considered an extinct breed.

"As far as that goes – characteristics of the poi dog – I think there might be some, still today... like the flatness of the head in certain dogs," said Benjamin Osorno, animal care supervisor at Kaua'i Humane Society. "I see that once in a while in the shelter, there are a couple



'Hawaiian Girl with Dog,' painting by John Mix Stanley, circa 1849.

nature," though this may be because they were fed and left to herd with hogs. He wrote he did not remember one instance in which a dog was made a companion.

"Indeed, the custom of eating them is insuperable bar to their admission into society," King wrote.

Similar to other dog breeds kept by indigenous people throughout Polynesia, the Hawaiian poi dog wasn't much of a barker, rather, it had a distinctive howl. And like other dog races in Polynesia, the Hawaiian poi dog is believed to have been related to the earliest domesticated dogs.

The term "poi dog" stuck after Westerners saw Hawaiians feeding their dogs mainly with poi and sweet potato. The dogs likely had a flat head because the food they were fed – poi, sweet potato and perhaps breadfruit too – didn't require much chewing.

Today, the term "poi dog" is liberally used in Hawai'i to describe most mutts, but the Hawaiian poi dog was a distinct dog breed that played

(dogs) here that possibly are direct descendants of the ancient Hawaiian poi dog."

Sometime between 300 and 800 A.D., Polynesian seafarers first arrived in Hawai'i. Alongside pigs, chickens, rats and a couple dozen plant species, those first Hawaiians also brought a small dog. At its best description, this sluggish, dim-witted dog had short legs, a potbelly, pointed ears and a flat head.

Lt. James King, who served under Capt. James Cook, wrote in 1779 that the Hawaiian dog was the same species of dogs he had seen in Tahiti, "having short crooked legs, long backs, and prickly ears." Ancient Hawaiian petroglyphs later found on the Big Island and on O'ahu match that description.

King added the dogs were "exceedingly sluggish in their

a vital part in old Hawai'i's daily life, religion and cultural practices.

Hawaiians had different names for dogs of different colors; a red poi dog was called an 'ilio i'i, whereas a light brown dog with green eyes was called an 'ilio apowai, according to the late historian Mary Kawena Pukui. An old Hawaiian legend describes a brindle dog as the pet of a mo'o, or lizard, woman. For that reason, brindle dogs were called 'ilio mo'o, or lizard dogs, and were superstitiously looked upon by Hawaiians.

The poi dog was an important part of Hawaiians' food supply. When dogs would reach two years old, they were ready to be eaten. Hawaiians would strangle, skin and clean the dogs before placing them in an imu, or underground oven, to be baked for about 45 minutes.

The kapu system forbade women to eat pork, so the dog became one of the preferred staples of the ruling class, especially among the women. Dogs were also one of the favorite foods in large feasts. One account by the Rev. William Ellis in the 1820s describes a feast where dogs – about 200 of them – were the main meat dish.

Cook's journals describe leg ornaments made with dog teeth and worn just above the calf by male hula dancers. Those ornaments were made of nettings about nine-inches-deep, and covered with canine teeth of dogs. The dancers would wrap those ornaments around each leg, with some ornaments having teeth from more than 300 dogs. Since the ornaments were used in pairs, a hula dancer could be carrying teeth from more than 600 dogs.

Among many old Hawaiian tales featuring dogs, Puapua-lenalena was a mythological dog-god from Kaua'i and Ni'ihau. There is also the tale of Kū-'ilio-loa, a giant man-dog killed by a demigod named Kama-pua'a and torn apart by another demigod named Kaulu, resulting in today's smaller dogs.

The dogs were considered spiritual protectors of children. It was common for a puppy to be given to a newborn, and some say the mother would also breastfeed the puppy to stimulate the animal's protective instincts. If the child died, the puppy would be killed and buried with the child, perhaps to protect the child's spirit. If the child outlived the puppy, its teeth would be placed in a necklace worn by the child as protection.

Dogs also added teeth – literally – to the unification of the Hawaiian Islands by Kamehameha the Great. Just before Big Island ali'i Kalani'ōpu'u died in the late 18<sup>th</sup> century, he gave control of



Detail of 'Vue de Honolulu. Iles Sandwich,' drawing by Barthélémy Lauvergne, circa 1836, showing a spotted dog with prick ears and a long tail.



A happy dog at Kaua'i Humane Society.



A female dog in 1969, from a discontinued program at Honolulu Zoo to recreate the Hawaiian poi dog.

the island to his son, Kīwalaʻō. To his nephew, Kalaniʻōpuʻu gave the guardianship of war god Kūkaʻilimoku, an image made of twine work covered with red, yellow and black feathers, with eyes of mother of pearl and a mouth decorated with 94 dog teeth.

The outcome was a war between cousins soon after Kalaniʻōpuʻu's death. After defeating his cousin, Kamehameha went on with his plans to conquer the entire archipelago. In 1810, Kauaʻi King Kaumualiʻi agreed to rule Kauaʻi as a vassal king to Kamehameha, consolidating the entire archipelago under one ruler.

British Royal College of Surgeons fellow F. D. Bennett travelled the world studying whales between 1833 and 1836. He was one of the few scientists of his time who wrote



KHS Animal Care Supervisor Benjamin Osorno taking a dog for a walk.

about Polynesian dogs and actually saw them. Like King, Bennett wrote the Hawaiian poi dog resembled the dogs in Tahiti. But less than 50 years after King's account of the poi dog, the unique Hawaiian breed had already sealed its fate.

"The aboriginal, or poe (sic) dog, characterised by its small size, brown colour, foxy head, long back, crooked or bandy fore-legs, and sluggish disposition, is now a rare, and will probably be soon an extinct species lost amidst a mongrel race of dogs partaking of every foreign variety," Bennett wrote.

Though dogs were still considered a "delicate food" even by high-ranking chiefs in the 1830s, Bennett wrote all kinds of dogs were favorites with Hawaiians, who never killed them pointlessly or treated them with cruelty.

And the "Europeans who have sufficiently overcome their prejudice to indulge in this native luxury," Bennet wrote, assured him the poi dog meat resembled lamb, and was a dish a few who have tasted would despise.

A Hawaiian woman with a dog, circa late 19th century or early 20th century.

In 1967, Honolulu Zoo Director Jack Thorp tried a short-lived, selective-breeding project based on physical traits to bring back the Hawaiian poi dog. It took three generations for the zoo to produce a female with similar characteristics of the poi dog. In 1976, the Polynesian voyaging canoe Hōkūleʻa left Honolulu toward Tahiti, carrying Hoku, one of the dogs from the project.

Kauaʻi Humane Society Executive Director Scott Pisani, said nowadays, many of the island's mutts – so called poi dogs – tend to have a bit of hound in them, mixed with whippet and some type of terrier. Pisani said some of the Hawaiian poi dog's genetic traits – physical and behavioral – might have survived through generations in recessive genes, and only manifest themselves every now and then.



This hula accessory covered in hundreds of dog teeth is in display at the Grove Farm Museum in Līhuʻe.

Serving the Kauai 'Ohana Since 1992...



ALOHA FURNITURE  
gallery

...Visit our 10,000 Sq. Ft. Showroom  
located just off Rice Street on Umi Street, Lihue

**New Container  
Arrival  
from North Carolina**



**END OF SUMMER  
CLEARANCE SALE**

UP TO **50% OFF**

Select Living Room \* Dining Room \* Bedroom Furniture

Delivery & Financing Available

**We Promote Quality Made in AMERICA!**

Keeping Jobs in the USA!

[www.alohafurniture.com](http://www.alohafurniture.com)

2981 Umi Street, Lihue • 246.4833 • Mon-Sat 9-6

# Health, Wellness & Fitness

## The Truth about Micronutrients

By Benjahmin Koenigsberg

*“The most important thing to remember about food labels is that you should avoid foods that have labels.”*

– Dr. Joel Fuhrman

Micronutrients are what we know as vitamins and minerals. I am passionate about micronutrients because by incorporating more of them into my diet, I am losing fat, feeling energized and experiencing dramatically less cravings for processed foods that once controlled my life. Focusing on micronutrients for weight loss instead of calorie counting is a relatively new concept for me and feels more sustainable.

Micronutrients get inside the cells, and are largely responsible for many of our bodies' functions, like immunity, growth and repair. There are lots and lots of vitamins and minerals in existence in foods, and new ones are still being discovered. Some of the most common are vitamin A, C and E. Some common minerals are iron and sodium. Vitamins and minerals have an influence on how our genes express themselves and how our cells behave.

In his book *“Eat to Live,”* Dr. Joel Fuhrman recommends focusing on eating more nutrient-dense food for health and weight loss. Nutrient density is a reference to the ratio of nutrients to calories a food has. In studies that compare the amount of more than 20 different nutrients in the same portion of common foods, green vegetables like kale, chard and broccoli rank the highest. It doesn't take a science degree to know that 500 calories of cabbage has more nutritional value than 500 calories of French fries. Nutrient diversity is also important, which is why we must eat a variety of nutrient-dense foods to ensure that our bodies are getting all the components they need to function optimally.

Looking back at my experiences, the hunger and cravings I felt controlled my life in many ways, was not coming from my stomach as I had thought, but from my

cells. The mini organs within each cell that perform all the biological functions of my body, organelles as they're called, depend upon a steady influx of different vitamins and minerals. Eating foods in their whole state, raw or close to raw, gives the body the micro nutrients in the proportions nature intended them to be eaten.

When we mill grain into a flour or remove the oil from olives, for example, we speed up the way they are absorbed and used by the body. A bowl of whole oats and bananas, due to its intact fiber and complexity, it digests at a rate suitable for our bodies to use steadily. In contrast, a banana muffin, for example, in addition to the added sugar, it has been refined and is less complex, unloading its digestible components in a relatively short time, “spiking” our system. The body can't use all this fuel so quickly, and triggers fat production to “save” it for later use. This process artificiality boosts our energy at first, but shortly after, leaves us feeling depleted.

When we synthesize plants to extract certain vitamins and



Eating more nutrient-rich foods, such as this raw zucchini noodles with semi-raw tomato and basil sauce, gives us a chance to recalibrate, and also stimulates cravings for a diversity of nutrient-rich foods.

minerals to use as supplements, we also miss the benefit of eating the whole nutrient-rich food intact, getting all the aspects working in synergy with one another for maximum digestion and absorption.

The word appetat is a combination of the words appetite and thermostat. It refers to a built-in biological feedback loop mechanism, like a thermostat, that regulates feelings of hunger and satiation. The dangers of refined

Dolphin Touch Wellness Center

massage  
healings  
intuitive  
readings

classes  
workshops  
individuals  
groups

A Space For  
Healing, Transformation & Illumination  
Where Joy, Happiness, & Self-Love  
Can Be Found

4544 Kukui Street, Kapaa  
(around corner from ABC Store)  
808.822.4414  
www. DolphinTouch.org



## HEAR AGAIN!

EXPERIENCE and EVALUATE a Remarkable  
**NEW TECHNOLOGY** designed to let  
YOU HEAR IN NOISY ENVIRONMENTS

**APPOINTMENTS ARE LIMITED!**

**CALL TODAY!**

**246-3716**

**Beltone**

Hearing Aid Center

4405 Kukui Grove St #101, Lihue HI 96766

# Health, Wellness & Fitness

foods, salt and other additives, is that they mess with our internal appetat and stimulate our brains and taste buds to want more, without actually giving our body sufficient components required for repair and regeneration. This is the viscous cycle of food addiction, eating more refined foods in attempts to fuel up, but only depleting our bodies' reserves further.

Eating more nutrient-dense foods, in their whole form, gives our appetat a chance to recalibrate and to stimulate cravings for a diversity of nutrient-rich foods that keep us feeling full and deeply nourished. I put leafy greens into fruit smoothies to mask their bitterness. Lemon juice and ground pepper makes a delicious topping for steamed greens and vegetables. Fruit makes for a convenient breakfast, snack or pureed for salad dressings.

Adopting a more nutrient-rich diet will support you in feeling nourished, fit and healthy!

• *Benjahmin Koenigsberg is a vegan licensed massage therapist and mindset coach. You can schedule a therapeutic massage with Benjahmin through Kauai Deep Tissue, [www.kauaideeptissue.net](http://www.kauaideeptissue.net) or 631-1854.*



Do you need help in making your Medicare choices?

Do you need life or long-term care Insurance?

## Call Jason Blake

Representing most Medicare, Life & Long-Term Care insurance companies including

- Genworth
- Humana, Kaiser
- United Healthcare
- Mutual of Omaha
- AIG
- and others

**70% of Americans will need long-term care at some point. Protect your family and your assets.**



*On-Kauai Agent*  
(808) 652-5210  
[jblakekauai@gmail.com](mailto:jblakekauai@gmail.com)

## Lihue Pharmacy Group

In 3 Locations Near You

Lihue Pharmacy . Lihue Professional Pharmacy. Kapaa Pharmacy

**Modern Medicine, Old Fashioned Service  
Serving Kaua'i Since 2004**

- ◆ Retail Pharmacy
- ◆ Professional Compounding
- ◆ Diabetic Supplies
- ◆ DMEPOS Accredited
- ◆ Pharmacist Review of Medications
- ◆ Vaccinations
- ◆ Specialty Medications



**Lihue Pharmacy**  
4491 A Kolopa St  
Lihue HI 96766  
808-246-9100

**Lihue Professional Pharmacy**  
3-3420 B Kuhio Hwy  
Ste 101  
Lihue HI 96766  
808-245-3800

**Kapaa Pharmacy**  
4-1543 Kuhio Hwy Ste #G  
Kapaa HI 96746  
808-822-3600

## Westside Pharmacy

Accredited Specialty  
and Compounding and Retail Pharmacy



**Westside Pharmacy**  
1-3845 Kaunualii Hwy,  
Hanapepe  
8:30a-5:30p m-f  
sat 8:30a-1:30p • closed sun  
**(808) 335-5342**

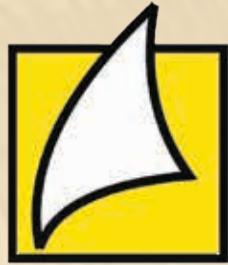
Caring for Kauai since 1973

## Kalaheo Pharmacy

Statewide distributor of Omnipod external insulin pumps  
*Our patients' needs come first*

**Kalaheo Pharmacy**  
4475 Papalina Rd,  
Kalaheo  
9:00a-5:30p m-f  
sat 9a-noon • closed sun  
**(808) 332-6000**





ASPIRE

# ASPIRE FURNITURE

Kauai's Home Furnishing & Interior Design Destination

Featuring Ocean Club by *Tommy Bahama*®

*exciting new items*



*come in and see*



3337 Nawiliwili Rd. Lihue, HI 96766 • Phone 808-245-9015

Showroom Hours: Mon-Sat 9am - 4:30pm • Closed Sundays

[www.aspirefurniture.com](http://www.aspirefurniture.com)





**WE WORK  
TO A HIGHER  
STANDARD.  
OURS.**



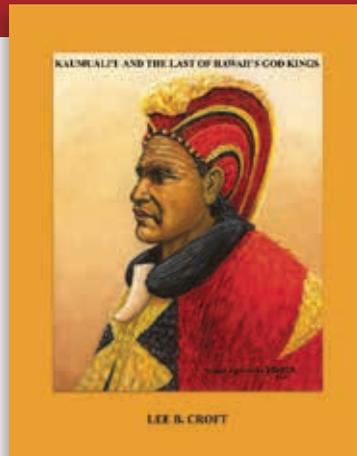
**808-337-2080**

**www.WeCleanKauai.com**

**How does a God become a Man?**

**Kaumuali'i  
and the  
Last of  
Hawaii's God Kings**

by Lee B. Croft



available now on

**amazon.com**

Textural Form \$45 | Kindle Offering \$4.99

search **Lee B. Croft** to buy this book & see others by Lee including the George Anton Schaeffer trilogy

**Save Our Shearwaters**  
Kaua'i Humane Society

The official Save Our Shearwaters season begins September 15 and runs through December 15. SOS staff collects the birds and rehabilitates them until they are ready to be released into the wild.

**SOS Aid Station Locations**

<b>West</b> Hanapepe Fire Station Waimea Fire Station	<b>Central-East</b> Kapa'a Fire Station Kaua'i Humane Society Lihu'e Fire Station
<b>South</b> Kaláheo Fire Station Kōloa Fire Station	<b>North</b> Hanalei Fire Station Hanalei Liquor Store Kaiákea Fire Station Kilauea Medical Group

Kaua'i Island Utility Cooperative  
Kaua'i Veterinary Clinic

## MOKIHANA TRAVEL

*Let the experts at Mokihana Travel Service take care of all your bookings*

### Why spend hours searching?

- Wholesale Airline Rates on Select Airlines
- Car Rentals, Hotel, Interisland Air/Room/Car Pkgs
- Las Vegas Packages, Vacations Hawaii Charter Pkgs
- Disneyland & Disney World Pkgs & Disney Cruise
- Rail Passes (Japan, Eurorail, Amtrak, VIA Rail)
- Group & Corporate Travel
- Travel Insurance & Passport Photos & Visa
- Win a Trip for Two to Las Vegas



**(808) 245-5338**

**(808) 245-7583 fax**

**info@mokihanatravel.com**

*Libue, Kauai*



**KAUA'I**  
Chamber  
of  
Commerce

# Kaua'i Chamber of Commerce

## 3rd Quarter Membership Meeting

September 28 • 5:30 pm

Kauai Beach Resort • Jasmine Ballroom

*platinum sponsor*



also presenting the  
Mea Ho'omana'o Awards &  
2018 Board of Directors Slate

[www.kauaichamber.org](http://www.kauaichamber.org)

(808) 245-7363 • email: [info@kauaichamber.org](mailto:info@kauaichamber.org)



**Women's  
Wellness Clinic**

*Now Accepting Patients*

All Women Welcome  
4366 Kukui Grove Street #205, Lihue

For information call  
**808-246-9577**  
or visit [malama-pono.org](http://malama-pono.org)

Women's Wellness



Malama Pono Health Services



**TIRE WAREHOUSE**  
*Serving KAUA'I for Over 43 Years*

Foreign & Domestic Cars & Trucks  
**FAST & PROFESSIONAL**

Mon-Tues, Thurs-Fri 8am-5pm • Wed & Sat 8am-1pm

FOR FREE ESTIMATE  
Ask for George or Laurie

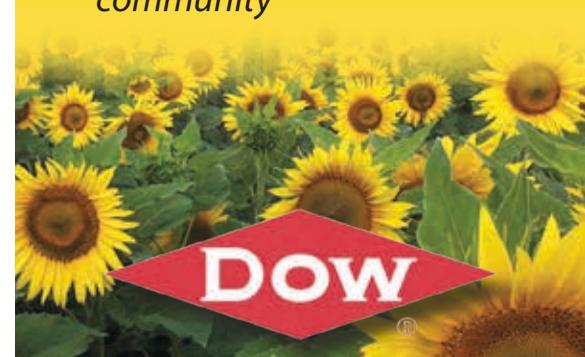


**245-6754**

3028 Aukele St. Lihue • Industrial Park II  
[www.tirewarehousekauai.com](http://www.tirewarehousekauai.com)  
[tirewarehousekauai@yahoo.com](mailto:tirewarehousekauai@yahoo.com)

**Agriculture with Aloha**

*Protecting our 'aina,  
Growing with our  
community*





syngenta

**Syngenta Hawai'i**  
supporting Kaua'i agriculture

Seeds • Crop Protection  
Seed Treatment • Farm Management

*Bringing plant-potential to life*

Deeply rooted  
in Hawaii,  
we're *proud* to  
lend our support.

Building communities and brighter futures  
with our hands and our hearts.



ALEXANDER & BALDWIN, INC.  
[alexanderbaldwin.com](http://alexanderbaldwin.com)

Membership is Not Just for Government  
Employees, It's for all Employees!

Government  
**Kaua'i Employees**  
Federal Credit Union

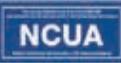
Win, Win!  
Benefits Employees  
Benefits Employers

Select Employer Group Program (SEG)

Join the other 125+ Employers and/or Associates already  
enrolled in this no-cost benefit for your Employees.

Receive Name Recognition:

- KGEFCU Website
- KGEFCU Quarterly Newsletter
- KGEFCU Annual Report




For more information Call 855-2942 or email [lisa@kgfcu.org](mailto:lisa@kgfcu.org)  
Mention this ad and receive a FREE Gift

# Aloha – the Gift of Native Hawaiians

By Virginia Beck

Kaua'i is home to many unique communities; one of which is the native Hawaiian people. Many of us are unaware of how special and rare this culture and community is.

## Mālamalama

Visitors come for the relaxation, weather, the beaches, spectacular scenery and fragrant flowers. Visitors come for the luxury of being on Kaua'i, one of the jewels of the planet.

It is our home. Families work very hard to live here and raise their children with a deep sense of respect for aloha. So as you visit us, you will want to learn about our foundational cultural values. And Aloha Week is a wonderful opportunity to do just that.

In the 1950s, Hawai'i was challenged with the post-war economy. Recovering from WWII, and the major industries were tourism, pineapple and the military. Tourism focused on radio broadcasts of Hawaiian music, tours of the Dole Plantation, flower leis, luaus, and slack key. Kodak film had a group of Hawaiian Hula artists available for photos down by Kapiolani Park, but so many of the skirts were made of colored cellophane, not traditional ti leaves.

The visitor industry focused the visitor on hula, music, flowers, pineapple tours and commercial luaus. The aloha spirit was something to market, not something to respect. The respect for the Hawaiian Culture did not show up until the 1970s.

Consumers are trained to want what is advertised, and Hawai'i was a gold mine for the travel industry.

Visitors were not the sophisticated world travelers of today. The soldiers and sailors who had passed through Hawai'i on their way to the war in the Pacific and Asia returned. They came for the sweet Hawaiian music and the aloha. They brought their families. Few of them came as far as Kaua'i.

Air travel was luxurious, rare and expensive. Ocean liners were the more common way to arrive.

When we first arrived in Hawai'i in 1957, courtesy of the US Army, we hung over the railings of the S.S. President Polk enchanted by the magical scene. Amazed by the fragrance floating over the water from hundreds of flower lei. It was the rich sweetness of plumeria blossoms

that enveloped every passenger and tourist who arrived. Orchids were not so common.

The Royal Hawaiian Band and talented dancers greeted each and every one of us. The beautiful women came on board with arms draped in curtains of flowers. Each of us was embraced and welcomed with such fragrance. It was like heaven. Out of this world kindness and graciousness. We knew we were in another world. It is. And we share it with you.

The real life Moana and her relatives are all around you. They represent a culture more than a thousand years old on island, and thousands more before. Many Hawaiians on Kaua'i can chant



their genealogy back nearly to the beginning. Can you recite your family's names and history from memory? Here, family is everything.

Each year, we have an Aloha Festival. This September, we celebrate the love for Hawai'i's children and the future with this theme, "He Lei Aloha Ke Keiki – Children Are Our Garland of Love." You can learn more about this at alohafestivals.com, our statewide site.

The aloha spirit is only words, unless you feel it from the bottom of your heart. The ceremonial embrace of Hawaiians is the sharing of breath, the breath of life. It is not superficial, it is deeply felt, and shows respect for each other. It is their gift to the world. Don't use the words unless you mean them. Aloha makes us great!



• Virginia Beck, NP and Certified Trager® Practitioner, offers Wellness Consultation, Trager Psychophysical Integration and teaches Malama Birth Training classes. She can be reached at 635-5618.

Vein Clinics  
of Hawaii



Dr. Juleff is triple board certified by the American Board of Venous and Lymphatic Medicine, American Board of Surgery, and American Board of Thoracic Surgery.

## Do you suffer from...

- Unsightly varicose veins?
- Painful, heavy, or aching legs?
- Swelling and cramping?
- Skin discoloration?

FREE VEIN SCREENING

Call 808-245-4814

FOR YOUR APPOINTMENT



BEFORE



AFTER

## NO HOSPITAL. NO DOWNTIME.

Medical vein procedures covered by  
Medicare and most insurances

Dr. Juleff & his staff are  
fully committed to providing  
modern vein care in a  
friendly & relaxed atmosphere.

3214 Akahi Street Lihue  
[www.veinclinicsofhawaii.com](http://www.veinclinicsofhawaii.com)



# FOR KAUA'I REAL ESTATE

## *The Kaua'i Board of Realtors Serves Our Community*

### Rice Street Revitalization

In 2015, the Kaua'i Board of REALTORS® took a pro-active role in the County's effort to breathe life and economic stimulation into the Lihue Rice Street business district.

With the recent National "TIGER" Grant (Transportation Investment Generating Economic Recovery) award to the County of Kaua'i in the amount of \$13 million, the Kaua'i Board of REALTORS® took the opportunity to apply for and receive a \$16,500 "Smart Growth Grant" from the National Association of REALTORS® to hire a consultant to assist in recreating an image for Rice Street with property owners and businesses. The information collected and submitted to the consultant was taken from the Community Meetings implemented by the County of Kaua'i; the development of the Urban Core Design; and the creation of a logo/brand for "Rice Street."

"The County and the Rice Street Business Community have been very excited to have the local REALTORS® involvement," says Executive Officer Karen Ono, "Our 'Young Peoples Network'

has been actively spreading the word by canvassing the businesses along Rice Street to create awareness within the community and to announce the Rice Street Block Party on Sept. 23, 2017 starting at 5 p.m."

Plans are to create a festive party atmosphere by temporarily closing the area of Rice Street between Kress and Hardy streets to traffic, encouraging local businesses to stay open, and bringing in live entertainment, food trucks, artists, and activities for both adults and keiki. The street will be realigned in accordance with the "TIGER" grant design making the area multimodal by adding additional on street parking, bike lanes, and additional pedestrian crosswalks.

The Kaua'i Board of REALTORS® intends to continue with the overall project in the future by applying for a National Association of REALTORS® "Placemaking Micro-grant" which would provide funding for making attractive outdoor spaces along the Rice Street corridor.



Rice Street Branding and Block Party Committee

### Habitat for Humanity

One home at a time, the Kaua'i Board of REALTORS® raised \$100,000 over a three-year period to sponsor the first Kaua'i Habitat "American Dream Home." In addition, volunteers actively provide manpower in the 'Ele'ele and Anahola projects.

### Rose Ringed Parakeet Study

The KBR worked with the Hawai'i Association of REALTORS® and state legislators to help pass HB655 CD1 which authorizes State Funding for invasive species "rose-ringed parakeet" study. Gov. David Ige signed the bill – which had been introduced by state Rep. Nadine Nakamura, D-14 – into law here on Kaua'i at the Grove Farm Museum.



Kaua'i Board of REALTORS® Young Professionals Network participating in the Kaua'i Habitat for Humanity's Build-a-Thon

## The Kaua'i Board of Realtors



*The Mission Statement of the Kaua'i Board of Realtors is*  
**A real estate resource for its members and the community**

4359 Kukui Grove St Ste 103, Lihue • 808-245-4049 • [kbr@kauaiboard.com](mailto:kbr@kauaiboard.com)  
[kauaiboard.com](http://kauaiboard.com)

# FOR KAUA'I REAL ESTATE



**KW** KAUAI  
KELLERWILLIAMS REALTY

www.facebook.com/alohahouses | 808.378.8462 | emmaaloha@kw.com

**ALOHAHOUSES**  
**EMMA LAZO LADENDECKER**  
REALTOR® (S)  
RS-77343

2970 HALEKO ROAD, SUITE 205 LIHUE, HAWAII 96766



  
**KAUAI TROPICAL  
PROPERTIES**



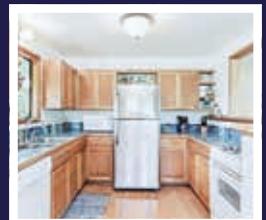
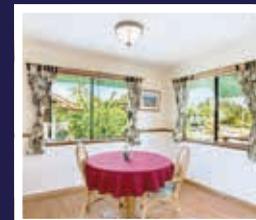
**\$1,145,000**

## Lowest Priced Home in Hanalei

5-5483 Kuhio Highway  
3 Bed | 2 Bath

*This is a fabulous and well-maintained home  
for a family wanting to live near Hanalei Bay*

- ✓ Affordable Price Tag (recently reduced)
- ✓ Location, Location Location!
- ✓ New Roof
- ✓ New Paint (inside & out)
- ✓ New Carpet
- ✓ Newly Graveled Driveway
- ✓ Mountain & Waterfall VIEWS!
- ✓ 3 Minute Walk to Hanalei
- ✓ Quiet Cul-de-Sac



Kels L. Hurt

Sterling C. Chisholm (R-BIC) GRI, SFR Lic. No. 17947 | 808-635-0494 | AlohaSterling@hotmail.com

Kels L. Hurt (RS) Lic. No. 79702 | 602-501-4649 | HomesbyKels@gmail.com

# FOR KAUA'I REAL ESTATE

Seating, left to right; Geneva Dela Cruz; Bronwyn Kay; and Bailey Bernabe. Standing, left to right; Vianne Tabata, KBR Scholarship Committee; Lisa Ledesma, KBR Scholarship Committee; Halley Soller; Don Kolenda, KBR Scholarship Committee; Grace Yatsko; Gabrielle LaFratta; Karen Ono, KBR Executive Officer; Rowena Cobb, KBR Scholarship Committee; and Leah Ragsac, KBR Scholarship Committee.



## ADU Extension/Support

KBR has worked with Kaua'i County to extend the date and to notify each property owner who were eligible for an ADU but had failed to re-apply for certification on other than Residentially Zoned lots.

## Supporting Flood Insurance Remains Available

Kaua'i Board of REALTORS®, Hawai'i Association of REALTORS®, and the National Association of REALTORS®, are working together at all levels of government to insure the National Flood Insurance Program (NFIP) is renewed by Sept. 30, 2017 so that Flood Insurance will remain available to property owners.



## LET YOUR DREAMS COME TRUE

### Corner Penthouse - Regency at Poipu Kai

Large 3 bedroom, 2.5 bath. Walk to beach and shops!

1831 Poipu Rd. #421, Koloa, HI

 \$699,000  MLS# 606112

CENTURY 21 ALL ISLANDS  
**FINE HOMES  
& ESTATES**

Call 808-631-9126 for a showing

*Location, Location,*

# FOR KAUA'I REAL ESTATE

## Sponsored Educational Public Seminars

The Kaua'i Board of REALTORS® co-sponsored the 2017 Hawai'i State Association of Counties (HSAC) conference and co-sponsored the first Landlord Summit on Kaua'i to address: Domestic violence, Homeless Issues, Landlord Support Hotline, Risk Mitigation, Mental Health, HUD Vouchers, Comfort/Service Animals, Medical Cannabis, and Cesspool Conversion.

For more information about how the Kaua'i Board of REALTORS® can help you, contact the Kaua'i Board of REALTORS® at 808.245.4049 or [KBR@KauaiBoard.com](mailto:KBR@KauaiBoard.com) 4359 Kukui Grove Street Suite#103, Lihu'e, HI 96766



Contractors Expo Outreach/Education



**Moksha McClure** R(S)

*Diligent Buyer Representation.  
Extreme Marketing for Sellers.*

[M@OasisHawaii.com](mailto:M@OasisHawaii.com)  
(808) 652-7387

[MokshaMcClure.com](http://MokshaMcClure.com)  
[OasisHawaii.com](http://OasisHawaii.com)

RS #73174

Oceanfront | Sotheby's  
INTERNATIONAL REALTY

Each office is independently owned and operated

## Thinking of Buying or Selling your Home?

**BARBARA MORRISON**

**808-631-9126**

email: [Barbara.Morrison@HawaiiMoves.com](mailto:Barbara.Morrison@HawaiiMoves.com)

web: [BarbaraMorrison.HawaiiMoves.com](http://BarbaraMorrison.HawaiiMoves.com)

RS-63073, SRS

 A Top Listing and Sales Agent

*Location...*



# Kau Kau Delights

## Hānai – More Than a Market

By Anni Caporuscio

Hānai has a broad, yet simple vision: To celebrate the abundance and variety of Kaua'i's food and to make it available. Hānai is about supporting the agricultural community and bringing people together with the language that we all speak – food.

Hānai sells, supports and represents 100 percent local food, a daunting task to some, a fun challenge to others. It arose from the idea that most people will cook with local ingredients when it's convenient, but what would cuisine entirely born from Kaua'i taste like?

Think about all the pieces that have to come together to produce a meal; the meat, the veggies, the starch, the salad, the dessert. The drinks. The spices. The simmering sauces. The oil. The salad dressing. The marinades. All of these things can be readily harvested on Kaua'i.

Hānai – and its vision – are only possible with relationships created over the years between Chef Adam Watten and island producers. And we are the beneficiaries.

But what I really want to talk about is beef.

Chef Adam sources his beef from the Sanchez family, who used to supply Kojima store. He says Uncle Willy's beef is some of the highest quality produce he's ever worked with. Factors that influence quality are good grass, generations of good genetics, and hanging after slaughter for the proper time. The Sanchez family has a new, impressive facility with the right space and refrigeration. They utilize the entire animal; it's the right thing to do, as well as a study in versatility.

While he was searing fresh ahi, sweet backyard shrimp and beef skewers, I asked Chris Ryan of Hānai what all the beef for sale was all about. You know, it's all from a different part of the cow, and each has a different name and purpose that's pretty mysterious. Here's what I learned, starting with a knowledge base of zero:

- Beecon: The beef version of bacon. I find it to have a deep and rich flavor, as opposed to the candiness of pork bacon. Use it to flavor soups and stews and anything you'd use bacon for.
- Beef Chips: Like a crispy beef jerky.
- Spider: This comes from the part of the hip bone with a hole, so there's only two cuts of this per animal. Very tender. Serve sliced.
- Chuck: The back/shoulder part. A chuck steak is from the middle. Dry aging makes it as tender as a rib eye. Check for aging when purchasing a chuck steak.
- Mock Tenderloin: A hidden underneath part of the chuck. Looks like a tenderloin, which is located toward the back of the cow. Also called shoulder tender.
- Flap: A part of the sirloin. Best cubed and marinated for kebabs.
- Shank: A leg part. It usually comes in a disk with a shin bone. Make osso buco with shank meat.
- Sirloin: From the back part, a surprise to me.
- Skirt: Great for fajitas as it takes marinade well. Slice with the grain.
- Teri Beef: Kiawe marinated.
- Liver and heart: Many health conscious people are eating liver and heart for they are extremely high in minerals and protein.
- Bone broth: A now legendary rendering of the bones into a remedy for many ailments, or a start for soups and marinades.
- Beef butter: A great cooking medium that takes the place of lard. High in Omega-3 it is a healthy fat.

Adam, along with his business partner, friend, designer and merchandiser, Lyle Cady, has sought out the best of Kaua'i produce. What makes Kaua'i special are the multiple growing seasons that overlap all year long, and the many climates. What is a little known thing that grows here? Stonefruits: peaches and plums. And a pear tree! And spices and sugar!



Beef skewers sautéed in beef butter. One skewer is flap steak, dense and visceral meat, and the other is sirloin, if you can believe it, a light and gentle cut. Both seasoned with sea salt and a selection of aromatic spices.



Lyle Cady is responsible for all the recognizable labels and merchandising. This is a small sample of what you'll find at Hānai's market day.



Fresh-caught "backyard" shrimp. Ikaika Kam, the fisher person on site, says these are smaller than farmed shrimp but have a sweet flavor. It's true, it's not just the spices! Served here with young sweet corn shucked and griddled and garnished.

# Kau Kau Delights

I went to the Farmer's Market that Hānai hosts at their home-base location in the Kojima's Center. From 2 p.m. to dusk on Wednesdays, a spirited gathering of produce, meats, fish, shrimp and extras takes place. Hānai also creates an outdoor kitchen so you can taste a sampler of what's being sold. It's a super friendly and vibrant get-together and when I went, there was live music, young farmers shucking sweet corn, kids squealing, and the like

You can find Hānai at the Saturday Farmers Market in Kilauea and at the market they host at their own site on Wednesdays. You'll remember them as a pop-up restaurant, and a market, and



Hānai sells food for you to make at home, but at their mobile outdoor kitchen, you can sample the goods as well with small dishes of 100 percent local ingredients.



Take the heart home, you'll be surprised to find out about its health benefits.



Seeing all this, I had to ask: What are all these? If you're at a loss, feel free to ask the Hānai guys what to do with these things. Not only are they excitably helpful and creative, but also they've spent a lot of time getting beef right.

## FARM TO FORK CUISINE

**FEATURING FRESH PRODUCE DAILY**

Executive Chef Rodman Machado has teamed up with local farmers to bring his passion for the farm to table lifestyle to his menu.

For reservations call (808) 245-1955  
Breakfast and Dinner | OpenTable  
4331 Kauai Beach Dr., Lihue, HI 96766

## Hawaiian Handmade Frozen Pops



*Hawaii's only*

**Farm to Stick Pops**

- Local Farm Ingredients
- Made on Kaua'i in our Hanama'ulu Commercial Kitchen
- 75+ All Natural Hawaiian Flavors

Check out our flavors / locations at  
**[www.OnoPops.com](http://www.OnoPops.com)**



**KAUAI MADE**

**Salty Wahine  
Gourmet Hawaiian Sea  
Salts & Spices**



*"From the heart of the 'aina and the soul of the sea"*

Available at community markets  
& our store in Hanapepe  
1-3529 Kaumualii  
Highway, Unit 2B,  
Hanapepe  
808-378-4089



**[SaltyWahine.com](http://SaltyWahine.com)**

# Kau Kau Delights



## Lappert's Hawaii

Hanapepe  
The Shops at Kukuiula  
Princeville Shopping Center  
lappertshawaii.com

## SHARE THE ALOHA

At Lappert's Hawaii we make our ice creams by hand using only the finest and freshest ingredients. Our Ice Cream Kitchen located in Hanapepe since 1983 is where we create small batch one-of-a-kind flavors such as our signature flavor, Kauai Pie™. From our five retail stores to our wholesale to local restaurants state-wide, we are proud to be a part of Hawaii's community now for over 30 years.



## Hukilau Lanai Restaurant

in Kapaa  
Reservations  
Recommended  
Tues-Sun 5-9pm  
822-0600  
hukilaukauai.com

## Music, Cocktails & Full Menu in Lounge

Now that the Keiki are back to school, it's pau hana time for you... The Lobby Bar at Hukilau Lanai is just the place to relax with nightly live music and an impeccably crafted cocktail from Bartender John Scott. The full menu is offered in the lounge area, so you can kick back on the couch and still order all your favorites!

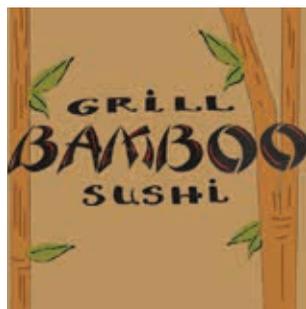


## Wrangler's Steakhouse

9852 Kaumualii Hwy  
Waimea  
338-1218

## A GREAT STEAKHOUSE

And not just steaks! Polynesian and seafood specialities as well. We welcome families with children and feature outdoor seating. Open for lunch and dinner. Your hostess, Colleen Faye, will assure that you have the best meal and smooth service. Sizzling steaks cooked over a mesquite wood fire are our signature dish.



## Bamboo Grill & Sushi

in Lihue  
3416 Rice St  
808-245-6886  
7 am – 9:30 pm  
(closed from  
2 pm to 5:30 pm)

## From Breakfast to Late Night

Bamboo Grill & Sushi is the place for loco moco with kimchee rice, macadamia nut pancakes, buffalo wings, Korean chicken, saimin and so much more. Full bar and room for the whole ohana. Bring your friends, bring your family and enjoy the great food and atmosphere at our local grill.



## Monico's Taqueria

in Kapaa  
4-356 Kuhio Hwy  
808-822-4300  
monicostaqueria.net

## Little bit of Mexico in Kauai

"As a Los Angeleno, I was skeptical about decent Mexican food in Hawaii. I was wrong. Monico, the chef, hails from Mexico and not only is the food well prepared and delicious, they have a ridiculous number of tequilas. Staff is friendly and this seems to be popular with the local crowd, too. Fear not. Adelante!"





**Great Food**  
**Great Service**  
**Great Atmosphere**

Authentic Italian Food on Kauai's Eastside



**Dine in - Take Out - Delivery**  
**Open Daily 11am - 9pm**  
**808-821-8080**

Coconut Marketplace  
4-484 Kuhio Hwy Kapaa, Hawaii 96746  
[www.bobbyvpizzeria.com](http://www.bobbyvpizzeria.com)

# Kau Kau Delights

## KOUNTRY CAFE

**Fresh Roasted Coffee Beans**

**Hot or Iced Specialty Coffee Drinks • Homemade Syrups**



**Cold Brew • Nitro Coffee**

**Fresh Juice • Fresh Fruit Salads**

**Waffles • Sandwiches**

**Open 6:30 am – 1:30 pm**

**4-1485 Kuhio Hwy**

**Kapaa Hi 96746**

**next to Kountry Kitchen**

**808-822-3511**



**Mac McAtee**

Prior to moving to Puakea 2 years ago, Mac lived at the Makehuena at Poipu for over 30 years. Born in Indiana, Mac graduated from Indiana University. He lived part of his life in Portland. Mac's career was primarily in Retail, heading up purchasing departments for May's Department Store, Liberty House, and Poipu Bay Golf Course. He retired in his 80s a few years ago. Mac enjoys crossword puzzles and "breaking bread" with good friends.

Call 808.246.4449 for a tour  
[www.regencypuakea.com](http://www.regencypuakea.com)



### **Dig. Till. Power-Weed. Cultivate.**



*Owning a Mantis is the only thing standing between you and the garden you've always wanted*

- **Ultra lightweight and easy to use**
- **Powerful commercial engine**
- **Durable and built to last**
- **5-Year Consumer Warranty**
- **Lifetime Tine Guarantee**

**KFE**

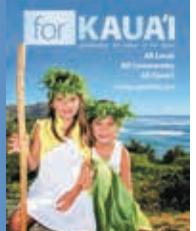
**M. Kawamura Enterprises**

2824 C. Wehe Road, Lihue  
**808-245-3524**

## The new annual glossy magazine

A cultural magazine like no other, all about Kaua'i the people & the 'āina  
Available for purchase from the Kaua'i Museum, Kōke'e  
Museum and the Kaua'i Veterans Museum

on the web at [www.forkauaionline.com](http://www.forkauaionline.com)



# Family Fun Kaua'i Style



**Kauai Mini Golf & Botanical Gardens**  
at Anaina Hou Community Park  
5-2723 Kuhio Hwy,  
Kilauea  
828-2118  
[www.anainahou.org](http://www.anainahou.org)

## A COMMUNITY GATHERING PLACE ON THE NORTH SHORE

Visit us soon to enjoy the many things Anaina Hou Community Park has to offer: Mini Golf & Botanical Gardens. Hiking & Biking. Playground & Skate Ramps. Café & Gift Store. Farmers Markets. HI-5 Recycling. Free Movies on the lawn for the entire family to enjoy. Special Kama'aina Offers like Free Mini Golf the last Sunday of the month and discounts everyday on Mini Golf & Mountain Bike rentals.



**SMITH'S TROPICAL PARADISE**  
On the Wailua River  
Just off HWY 56  
821-6895  
[smithskauai.com](http://smithskauai.com)

## "BEST LUAU ON KAUAI" SMITH'S FAMILY GARDEN LUAU

We invite you to join our family in celebrating the unique flavors of the islands followed by a cultural pageant ~ "Rhythm of Aloha." A local favorite, the luau is Owned & Managed by a local Hawaiian family! Special Hawaii resident pricing available. Call 821-6895 or visit [www.smithskauai.com](http://www.smithskauai.com).



**Poipu Bay Golf Course**  
Poipu  
808-742-8711 or 1-800-858-6300

## A COURSE UNLIKE ANY OTHER

This outstanding course is backed by lush emerald mountains and sculpted from a rolling plateau eight stories above the Pacific Ocean. Nestled among the gentle contours of Poipu Bay. Home of the PGA Grand Slam of Golf from 1994-2006.



**Kukui'ula Golf Course**  
The Club at Kukui'ula  
2700 Ke Ala'ula Street  
808-742-3010  
[www.kolepakukuiula.com](http://www.kolepakukuiula.com)

## Tee Times for Kaua'i Residents at Kukui'ula!

Four daily Tee Times have been reserved for Kaua'i residents, with green fees of just \$35 per player. Starting time blocks for Kaua'i Residents are:  
Wednesday-Friday: 12 PM, 12:10 PM, 12:20 PM 12:30 PM  
Saturday & Sunday: 11 AM, 11:10 AM, 11:20 AM, 11:30 AM  
**TEE TIME HOTLINE: 808-742-3010**  
(All golfers must provide proof of Kaua'i Residency.)  
Please visit [www.kolepakukuiula.com](http://www.kolepakukuiula.com) for more details.



## 3 Ways to Read Your For Kaua'i Monthly Cultural Newspaper

1. pick it up at over 90 newsstands island wide
2. read online at [www.ForKauaiOnline.com](http://www.ForKauaiOnline.com)
3. paid subscription — enjoy the convenience of For Kaua'i mailed directly to your home or PO Box



# Early Detection Key to Keeping Kaua'i's Streams Healthy

By Ruby Pap

If you see *Salvinia molesta* (*Salvinia*) in any of our streams please report it immediately to the Kaua'i Invasive Species Committee (KISC) at 821-1490. In doing so, you will help prevent this noxious weed from taking over the ecosystem.

## Akeakamai

Commonly known as Giant Salvinia, *Salvinia* is a free-floating aquatic fern consisting of horizontal stems that float just below the surface. It contains three leaves at each node, which are covered with white, bristly hairs resembling tiny egg beaters.

It can spread easily via human activity such as crab traps, fishing gear or kayaks, so be sure to inspect and clean your gear away from streams and waterways. Recent sightings on Kaua'i have left scientists, community members and resource managers concerned about its spread.

*Salvinia* is native to South America but invasive elsewhere, including Hawai'i and the continental U.S. It was introduced through the horticulture and aquarium trade. Federal law bans the sale, transport and release of this plant and it is listed on the Federal Noxious Weed List.

*Salvinia* grows rapidly in freshwater (streams, wetlands, lakes, ponds, reservoirs) and forms dense floating mats that reduce water flow, cut off light to other aquatic plants, and reduce oxygen. This causes dangerous conditions for fish and other aquatic organisms such as the native o'opu (stream goby) and o'pae (shrimp). *Salvinia* can also clog waterways and culverts posing flooding and navigational issues. The weed caused a major stir on O'ahu in 2003, when it completely took over Lake Warren, resulting in costly eradication efforts.

Bob Warren of Kilauea remembers first spotting *Salvinia* on Kaua'i's Kilauea Stream about 10 years ago. It was kept relatively under control by KISC, but in recent years it has taken off. Warren got together with Kilauea neighbors to do some manual removal but they barely made a dent, causing great concern within the community.

"I started contacting everybody, trying to get somebody interested," Warren said.

That's when he found Brian Neilson, the Aquatic Invasive Species Coordinator for the state Department of Land and Natural Resources, Department of Aquatic Resources (DAR). DAR personnel is now planning to work with the Kilauea community, KISC, Hawaiian Islands Land Trust and others on a management plan for *Salvinia* in Kilauea Stream. Manual removal efforts are planned this year using the "super sucker," a pump that was used to remove invasive algae from reefs on O'ahu. Warren and neighbors pooled their resources and were able to provide funding for DAR to ship the pumps over to Kaua'i later this year.

In the meantime, DAR is out "knocking on doors," seeking funding to expand their early detection efforts for *Salvinia* on Kaua'i, which has been detected thus far in Kilauea, Kapa'a, and Pu'ukumu streams. KISC's recent discovery on Pu'ukumu Stream is significant because *Salvinia* was previously thought to occupy only stagnant, low-flow waters (e.g. near stream mouths). In this case it was found in a smaller, higher energy mauka area of the stream.

"At first I thought, 'that doesn't make sense.' I expected to see a different aquatic weed, but there it was," said Kelsey Brock, Early Detection Botanist for KISC.

This tells her Kaua'i may have additional smaller feeder populations further upstream, potentially prolonging the battle.

This is why early detection is so important. Neilson and colleagues recently piloted a new monitoring technology called, EDNA, that could make the process easier. It involves scanning stream water samples for the specific *Salvinia* DNA marker sequence to determine presence or absence of the plant. Neilson is hoping to expand the sampling to every stream mouth on Kaua'i to get a much better idea island-level impacts, but this will require additional funding.

Kaua'i needs everyone's help to detect, report, and prevent *Salvinia's* spread. Contact KISC at 821-1490 to report sightings.



Mugs Kaneholani

Brian Neilson

Inset: *Salvinia molesta* close up. Above: *Salvinia molesta* in Kilauea Stream May 17.

**Wala'au**  
With **Dickie Chang**

**Tuesday, Thursday and Saturday**  
**on Channel #6 Islandwide at:**  
**7:00 a.m., 12:00 noon,**  
**4:00 p.m., 7:00 p.m.,**  
**12:00 midnight**

A photograph of Dickie Chang, a man with short dark hair, wearing a grey suit jacket, a white shirt, and a patterned tie. He is smiling and looking towards the camera. The background shows parts of the Hawaiian and American flags.

# WINNING'S EASY WITH FM97'S THE SALE!



Beau  
Acoba

Ron  
Wood

BB  
Choi

## CATCH THE FUN!

THE "RING" OF THE CASH REGISTER MEANS IT'S TIME TO GUESS THE DAILY SALE PRICE. WIN THOUSANDS IN PRIZES! LAS VEGAS VACATIONS, FURNITURE, FINE DINING, WEEKEND GETAWAYS, GROCERIES, KAUAI ADVENTURE TOURS, ROUNDS OF GOLF & MORE! LISTEN TO **FM97** AT **96.9** OR ON-LINE AT **FM97RADIO.COM** FOR DETAILS!

## WIN FREE LAS VEGAS GETAWAYS!

COURTESY OF  
*Vacations Hawaii*  
HAWAII • LAS VEGAS

### FM97'S "THE SALE" SPONSORS:

- Kauai Backcountry Adventures • Hukilau Lanai • Ishihara Market
- Kauai Coffee Visitor Center • Hesse Flooring • The Wine Shop
- Kukuiula Market • Café Portofino • Lihue Pharmacy • Lihue Fishing Supply
- M. Kawamura Farm Enterprises • Kiahuna Golf Club • Kauai ATV
- Pro-Am Golf Shop • Kauai Community Federal Credit Union • Sueoka's
- Ching Young Village Shopping Center • Wrangler's Steakhouse
- Garden Island Federal Credit Union • Flowers Forever • Spectrum

FM97's "THE SALE" benefits  **Easter Seals**  
of Kauai

*Kauai's*  
**FM97**  
96.9KFMN

Still Kauai's 1st Radio Choice.

## Touch of Class Interiors and Events

- Home Staging with flair
- Home modernization - capturing your spirit
- Fun holiday decorations
- Events & Parties you dream of!

*"Ideas to make you shine"*

[www.InteriorDesignandEventsPlanningKauai.com](http://www.InteriorDesignandEventsPlanningKauai.com)

Call LindaKaye now :: (808) 482-1428

## HAWAI'I WISDOM

*He 'ilio welu moe poli.*

"A well-fed dog that sleeps in the bosom."

Said of a well-fed pet dog or of a person who is able to work but is too pampered to want to.



Freckles could easily have been a herding dog, but since there is no work for her to do, she loves to spend her mornings in bed.

Source: 'Ōlelo No'eau, by Mary Kawena Pukui.

## For Kaua'i Takes Home SPJ Awards

For Kaua'i Newspaper took home two awards at this year's Excellence in Journalism Awards presented by the Society of Professional Journalists, Hawai'i Chapter in June.

In the "Community Reporting" category, For Kaua'i took First Place with *Festival of Lights — 20 Years Brightening Christmas on Kaua'i*, by Léo Azambuja.

In the "Feature Writing" category, For Kaua'i snatched a Finalist prize with *Koloa, the Piko of Hawai'i's Sugar Era*, by Léo Azambuja.

In May, at the 32<sup>nd</sup> Pa'i Awards, presented by the Hawai'i Publishers Association, For Kaua'i took second best "Editorial Opinion" with *Never Forget the Dodo*, by Léo Azambuja.

Mahalo to all our readers and advertisers for helping For Kaua'i to be recognized as one of the best publications in the state of Hawai'i.



# Kaua'i Business Marketplace

## Whiskers Resort, a True Pet Hotel and Spa

By Léo Azambuja

Massages, slumber parties, day care, guided hikes, movies, grooming and a nice, comfortable bed are all on the menu of this picturesque, hidden resort in the Puhi area. But humans don't get to experience any of these services; they're only for cats and dogs.

Operating on a lush, 18-acre rural property, Whiskers Resorts is the island's premier boarding, grooming, day care and training facility for cats and dogs, with a variety of special services. But calling it a facility doesn't do justice to this place. It really is a resort – with many spa services – for animals.

### Biz of the Month

"I have looked at them after a long day of work, and I said, 'I wish I was boarding here,'" said Moksha McClure, owner and founder of Whiskers Resort. "Some of the animals really have it made."

Whiskers Resort has separate large and small dog camps. Each camp, a large covered area, has access to a yard and a large field beyond it.

At camp, dogs can watch videos – usually a baby-animal or pet-themed movie – made especially for them.

"They really make DVDs for dogs," Moksha said. "Some will just really sit there and watch the TV, just like I did when I was a kid."

Non-social dogs that for some reason aren't being combined with other dogs have separate yards that they can

go three times a day.

Cats have their day too. A large cattery area provides plenty of comfort for them. A six-foot-tall scratching post and a window with a bird-feeder view keeps them happily purring.

Dog services include hikes and walks, solo or in groups; and fetch sessions. They can get some doggie chewies and popsicles (away from other dogs), training sessions and even a slumber party, where the dog gets to spend the night with the resort's overnight caretaker. And there's also doggie day care.

"Doggy day care is where you drop your dog for the day, and they get to play all day with their friends," Moksha said.

Services available for both cats and dogs include "extra, extra lovin," when they get special one-on-one extra love and pets for 15 minutes; and mini massages and mini brushings. And just like dogs, cats can get grooming too.

"For pawvious reasons, not that many places want to do grooming on cats," Moksha said.

Some of these special services can be combined in packages, and some the resort's clients "really indulge" their animals, she said.

An animal lover her whole life, Moksha has been a vegetarian since she was 8 years old. She opened Whiskers Resort in 2000, while living in Wainiha, Kaua'i's North Shore. There were a lot of feral cats near her home, so she built a small kitty cottage to board female cats after they were spayed. She would board them, and released them after they healed.

"At some point, I spayed and neutered 35 cats out there, and we ran out of cats. So one thing led to another and all of a sudden I had a boarding facility; people were asking me to keep their dogs," Moksha said.

Between 2004 and 2006, Whiskers relocated to its current property in the Puhi area, and has been operating there ever since. The original Wainiha kitty cottage is still standing at the Puhi location.

Whiskers operates 365 days a year, with about six days when they are closed for pick ups and drop offs, but they still care for the animals. There is always a caretaker in the facility, even overnight.

In an effort to be a socially responsible business with the smallest possible footprint, Whiskers gets its power from



Petsitter Tara Bourgeois is seen here at Whiskers Resort property in Puhi.

solar and biodiesel sources. Many of their buildings are retired shipping containers that have been refurbished. Out-of-service school buses are used as storage space.

Whiskers uses the least toxic products, including a wintergreen/rosemary oil-based product for pest control in the kitty suites. Every aspect of the business was thought through, from naturally preserved byproduct-free pet foods, organic catnip and locally made vegetarian pet treats to their tranquil, breezy rural setting.

"We have a small and dedicated team that cares for the animals, and of course they're all animal lovers. That's the one common theme," said Moksha, adding Whiskers' manager is Terri Mayne, who has years of experience in the pet industry.

To get to Whiskers Resort, turn onto Puhi Road, directly across Kaua'i Community College. Follow the road until it ends, then turn right onto Hulemalu Road and drive for half mile. Cross a one-lane bridge, go up a little hill and turn left onto Haiku Road. Whiskers is on the corner of Haiku and Hulemalu roads.

Call 241-PETS (7387) or visit [www.whiskersresort.com](http://www.whiskersresort.com) for more information.



Groomer Hayley Schneider

# Whiskers Resort®

Voted "Best" 5 Years in a Row!



Fun Doggie Day Care  
Small and Big Camps  
Spacious Kitty Suites  
Central Rural Setting



Dog Training Classes  
Grooming and Massage  
Loving Environment  
Overnight Caretaker



WhiskersResort.com ♥ 241-PETS(7387)

# Kaua'i Business Marketplace Directory



**GARDEN ISLE WINDOW CLEANING**  
 "Quality you can clearly trust!"  
**(808) 631-6559**

- Window cleaning & screen cleaning
- Hard water stain removal from glass surfaces
- Post construction window cleaning
- Solar panel cleaning using ultra-pure water
- Pressure washing

Free Estimates | Licensed & Insured  
[www.GardenIsleWindowCleaning.com](http://www.GardenIsleWindowCleaning.com)

**RESULTS DESIGN + PLANNING**




**Design, Drafting & Renderings**  
 808.674.7713 | [ResultsPlans.com](http://ResultsPlans.com)  
**Hawaii's 10 Day Turnaround Service!**

**Discover the Magic of Water Gardening**  
 includes ceramic pot, water lily, aquatic plants, fish & snails

**GARDEN PONDS NURSERY**  
 OPEN Wed-Sun 12 - 5 PM

located on Kuhio Hwy. in Kilauea  
 Mauka of Banana Joe's & Kauai Mini Golf  
 828-6400

Two Containers of Pots Have Arrived  
[www.gardenpondskauai.com](http://www.gardenpondskauai.com)



**ST THERESA SCHOOL**



We provide the opportunity for every learner to Soar To Success: Spiritually, Academically, Physically, and in Service to Community. Strong academics, Christian based teachings, and 21st century technology are tools we use to create tomorrow's leaders.

Preschool - 8th grade • Nationally Acclaimed Renaissance Lighthouse School  
 Tuition assistance is available

[sttheresakauai.com](http://sttheresakauai.com) **ENROLL TODAY!** 808-337-1351

Like us & Sign up for a chance to win Lesson 1: Letter O or the grand prize *Reading Wave!*

Move and Play reading lessons for kids pre-k to 3rd grade



[f /readingwaveHI](https://www.facebook.com/readingwaveHI)  
[ReadingWave.com](http://ReadingWave.com)

Find Us on Social Media!



New Stories Daily  
 Read Every Issue on the Web  
[www.ForKauaiOnline.com](http://www.ForKauaiOnline.com)

**Kauai Adventure Photo**

Unique family photos for any adventure or occasion, or simple portraits on the beach

Nature and wildlife prints for sale online



[kauaiadventurephoto.com](http://kauaiadventurephoto.com)  
 808-635-4269

**Enriching the lives of Kauai's elders and challenged adults by providing quality care with the aloha spirit**

Services Offered:

- Recreational Activities
- Respite for Caregivers
- Social Stimulation
- Therapeutic Exercises

Let us help you and your loved one! We provide a supervised and supportive daytime program for disabled and frail kupuna.

*Kauai Adult Day*  
 HEALTH CENTER

Located at the Lihue Christian Church Social Hall • Call or email for more information 246-6919 • [Dayhealth@ohanapacific.com](mailto:Dayhealth@ohanapacific.com)

**Twisted Turtles Yarn Shop**  
 the only full service yarn shop on Kaua'i

(808) 631-0911

Located in the Harbor Mall  
 3501 Rice Street #1008  
 Lihue



locally owned

**Play Miniature Golf!**  
 at **Lawai Beach Resort**

- Fun for beginners, a challenge for all ages!
- Great team building sport
- Party facilities available

**240-5100 • [www.lawaiibeach.org](http://www.lawaiibeach.org)**

# for **KAUAI** CALENDAR

## Wondering what to do today?

See the best, most complete calendar of Kauai events at

**www.forkauaionline.com**

To get your event listed, enter it yourself on the web or send to [calendar@forkauaionline.com](mailto:calendar@forkauaionline.com) • 808-652-2802

### Thur, Sept 7, 7 pm An Evening With Serge Kahili King

How to stay positive when the world seems to be falling apart. \$5. Church of the Pacific. 828-1342

### Sept 8-10 Mana Lomi 2 Workshop

Mana Lomi Level 2: Advanced Techniques. Advanced Mana Lomi techniques including hot towel therapy, specific protocol for entire body, and Hawaiian spiritual philosophies. Mana Lomi Level 1 training required. \$485-500. Carol Hart 652-5691, [www.alohalomiacademy.com](http://www.alohalomiacademy.com)

### Sept 8-21 The Song & Dance Movie Film Festivals

Sept 8-14, The Song Movie Film Festival. All 19 films for one \$15 ticket. & Sept 15-21, The Dance Movie Film Festival. All 19 films for only \$15. Special Bargain if you buy tickets for both film festivals at the same time only \$25 for 38 films. Tickets may be shared with friends and family. Kukui Grove Cinema. 245-5055, [kukuigrovecinema.com](http://kukuigrovecinema.com)

**Sat, Sept 9, 3-5 pm Youth Open House at CSL Kauai**  
CSL Kauai invites children ages 5 through 12 to discover ways to share their powerful creative selves! Youth and their families are invited to enjoy pizza, music and games.

Center for Spiritual Living Kauai. 431-1700, [www.cslkauai.org](http://www.cslkauai.org)

### Sept 11 & 18, 6-8 pm Radiance Healing Circle

A group of people who are committed to consciously shift into new forms of collective healing and co-creation. Facilitated by Spiritual Catalyst Adara An D'Rianna. Held in Wailua. \$20. RSVP & location [RadianceHealingCircle@gmail.com](mailto:RadianceHealingCircle@gmail.com)

### Thur, Sept 14, 6 pm Kaumuali'i – Kauai's Last King

A talk-story presentation with West Kauai storyteller, Auntie Aletha Ka'ohi. Regency at Puakea. Free. RSVP at [www.kauaihistoricalsociety.org/event/kaumualii](http://www.kauaihistoricalsociety.org/event/kaumualii)

### Fri, Sept 15, 9am-1 pm, 2017 Kauai Made & Kauai Grown Wholesale Tradeshow

Wholesale 9-11am, public 11am-1 pm. Kauai War Memorial Convention Hall. 241-4946

### Sat, Sept 16, 10am-4 pm Bridge of Peace Festival

A community peace building event at Kauai Veterans Center. Ancient court music, Hiroshima peace art exhibition, Taiko drum, Asian products and Kauai vendors. All ages, free event. 635-7127, [elcantarefoundation.org](http://elcantarefoundation.org)

### Sept 16-17, 10am-5 pm Kauai Psychic Faire

We will have available the best psychic readers on Kauai

offering 15 minute readings for \$25, including Tarot, astrology, and intuitive readers. We will also have a speakers corner with a variety of topics. Kauai War Memorial Convention Hall. Genora Woodruff, 482-1516, [genorawoodruff@yahoo.com](mailto:genorawoodruff@yahoo.com)

### Sept 16-October 28, 11am-5 pm, 32nd Annual Art Kauai 2017 Exhibition

#### Kauai Society of Artists 32nd Annual Juried Exhibition

ART Kauai 2017, original art from Kauai's finest artists. KSA Gallery Kukui Grove. 245-2782, [artinkauai@gmail.com](mailto:artinkauai@gmail.com), [www.kauaisocietyofartists.org](http://www.kauaisocietyofartists.org)

### Mon, Sept 18, 5:30 pm Traditional Japanese Puppetry Workshop

Koryu Nishikawa V, a 5th generation Master Puppeteer of the Kuruma Ningyo style, for a free workshop in Traditional Japanese Puppetry. Lihu'e Library. [www.librarieshawaii.org/events](http://www.librarieshawaii.org/events)

### Thur, Sept 21, 7-8:30 pm Robert Cazimero In Concert

A Benefit for Kauai Museum's Education Program. Cocktails and heavy pupu from 5:30-6:45 pm. Tickets \$100. Kauai Museum, Main Gallery. 245-6931, [www.kauaimuseum.org](http://www.kauaimuseum.org)

### Thur, Sept 21, 9-11 pm Mike Campese Live in Kauai

Guitar Virtuoso, Mike Campese will be performing at Trees Lounge in Kapa'a. [mikecampese.com](http://mikecampese.com)

### Sept 22-23 Battle of the Islands 2017

Battle of the Islands 2017 is a two-day live action extravaganza hosted by the Garden Island Renegade Rollerz, Kauai's premier Roller Derby team! Women's flat track Roller Derby. \$5 suggested donation. [g.i.renegades@gmail.com](mailto:g.i.renegades@gmail.com), [www.gardenislandrenegade-rollerz.com](http://www.gardenislandrenegade-rollerz.com)

**Sat, Sept 23, 6 am, 12th Annual CKTV Golf Tournament**  
Support the CKTV Media Produc-

tions Class. Wailua Golf Course. Kevin Matsunaga 241-3200, [www.cktv-mediaproductions.com](http://www.cktv-mediaproductions.com)

### Sat, Sept 23, 5-9 pm Rice Street Block Party

A family focused event with art, culture, food, history, shopping and entertainment. At Kalena park all day, Block Party 5-9 pm. Makana with Estrella at 7:30-8:30 on stage at Rice & Kalena. [www.ricestreetkauai.com](http://www.ricestreetkauai.com)

### Sun, Sept 24, 10 am Hawaiian Church Services

Part of the Kauai Mokihana Festival 2017. Kapa'a First Hawaiian Church. Free. 652-4497, [www.maliefoundation.org/kauai-mokihana-festival](http://www.maliefoundation.org/kauai-mokihana-festival)

### Mon, Sept 25, 7 pm The Kauai Composers Contest & Concert

Part of the Kauai Mokihana Festival 2017. The Kauai composers contest and concert will be held at Waimea Theatre. Tickets \$20. Mokihana Pass to attend all 2017 KMF events \$75. 652-4497, [www.maliefoundation.org/kauai-mokihana-festival](http://www.maliefoundation.org/kauai-mokihana-festival)

### Tues, Sept 26, 9-11:30 am Kauai Mokihana Festival – Eo, E Lili'u Children's/Youth Music Competition

A growing and exciting event that allows students in the Hawaiian immersion school programs on Kauai to compete musically by grades with songs in the Hawaiian language. Kauai War Memorial Convention Hall, Lihu'e. Tickets \$10. Mokihana Pass to attend all 2017 KMF events \$75. 652-4497, [www.maliefoundation.org/kauai-mokihana-festival](http://www.maliefoundation.org/kauai-mokihana-festival)

### Tues, Sept 26, 5 pm Kauai Mokihana Festival – Maori

The indigenous people of Aotearoa. You will learn about what it is, where this culture is mostly studied, the art (ta moko) you see on many of the Maori people, how it is portrayed in the media, the songs and dances, food, customs they still value

along with their own language they preserve and perpetuate today. Free. Kanuikapono Charter School, Anahola. 652-4497, [www.maliefoundation.org/kauai-mokihana-festival](http://www.maliefoundation.org/kauai-mokihana-festival)

### Wed, Sept 27, 6:30 pm Kauai Mokihana Festival – Ka Mea 'Ai Pono

Ethnic healthy living. Meet Sharon DelaPena, Dietician, who believes that by making small dietary and lifestyle changes, you can achieve your overall nutrition goal and will be able to maintain those healthy habits for lifetime. Free. Ho'ola Lahuai Hawaii Fitness Center, Lihu'e. 652-4497, [www.maliefoundation.org/kauai-mokihana-festival](http://www.maliefoundation.org/kauai-mokihana-festival)

### Thur, Sept 28, 5:30-8:30 pm Kauai Chamber Meeting

3rd Quarter Membership Meeting sponsored by Kaiser Permanente. Keynote speaker will be Kimberly Legawa, RPh, PharmD, BCPS. From \$50. Kauai Beach Resort, Jasmine Ballroom. [www.kauaichamber.org](http://www.kauaichamber.org)

### Thur, Sept 28, 6 pm KMF Hula Competition – Solo/Group Kahiko Nei

Part of the Kauai Mokihana Festival 2017. This event demonstrates a creative and unique idea in hula in the ancient style (kahiko) with a slight twist of Kauai flavor. Kauai War Memorial Convention Hall, Lihu'e. \$20 adv \$25 door. Mokihana Pass to attend all 2017 KMF events \$75. 652-4497, [www.maliefoundation.org/kauai-mokihana-festival](http://www.maliefoundation.org/kauai-mokihana-festival)

### Fri, Sept 29, 10 am Na Lei Pua 'Ole – Flowerless Lei Contest

Part of the Kauai Mokihana Festival 2017. There are five categories; Leaves/Vines, Seed/Nuts, Shells, Feathers, and Recycle/Reuse. The Recycle/Reuse category encourages participants to incorporate recycled materials or synthetic materials such as paper, plastic, tin, rick-rack, silk,

ribbon, yarn, cotton, etc. Kauai War Memorial Convention Hall. Maile Baird 651-0262

### Fri, Sept 29, 6 pm KMF Hula Competition – Group 'Auana

Part of the Kauai Mokihana Festival 2017. This is the second evening of hula competition and features Auana, modern hula. Kauai War Memorial Convention Hall. \$20 adv \$25 door. Mokihana Pass to attend all 2017 KMF events \$75. 652-4497, [www.maliefoundation.org/kauai-mokihana-festival](http://www.maliefoundation.org/kauai-mokihana-festival)

### Sat, Sept 30, 12 pm KMF Hula Competition – Solo 'Auana & Finale

Part of the Kauai Mokihana Festival 2017. The finale cannot be missed. First, solo competition enchants the audience. Then, all the competing halau and audience wait breathlessly to see the winners announced by the judges. Kauai War Memorial Convention Hall, Lihu'e. \$20 adv \$25 door. Mokihana Pass to attend all 2017 KMF events \$75. 652-4497, [www.maliefoundation.org/kauai-mokihana-festival](http://www.maliefoundation.org/kauai-mokihana-festival)

### Sat, Oct 7, 9am-3 pm Matsuri Kauai

Oshie, martial arts, dancing, kusakizome, mochi pounding, drumming, crafts, ikebana, bonsai, tea ceremony and more. Kauai Memorial Convention Hall. 822-5353, [pkgshim3@hawaiiantel.net](mailto:pkgshim3@hawaiiantel.net)

### Oct 7-8, 21st Annual Coconut Festival

Celebrate all that is coconut with entertainment, cultural displays, shopping, history, games, cooking demos, food and much more. Kapa'a Beach Park. Sat, 9am-5 pm, and Sun, 10am – 4pm. \$5 entry, children under 12 are free. [kbakauai.org/coconut-festival](http://kbakauai.org/coconut-festival)

### Sat, Oct 7, 10am-4 pm Kaumuali'i Ho'olaule'a

Free. Old Waimea Sugar Mill. Maureen 652-0021

# Knocking on Hardwood

By Jan TenBruggencate

In a dusty Lihu'e warehouse, Joe Sullivan works with treasures – the hardwoods of Hawai'i.

Dozens, perhaps hundreds of slabs – rough sawn, preliminarily sanded or brightly polished – in various stages of becoming fine furniture, sit amid saws, lathe, planer, sanders and a huge collection of hand tools.

## Kumu Haumana

"With this island's arboreal variety, Kaua'i is a wood rat's paradise," he said. "I've got this weakness for good materials, I can't throw them away."

He remembers each tree, and each is a story.

There were tall, old lemon gum eucalyptus growing along Kaua'i Museum.

"I happened to be there on the day they were bringing them down. I got some of the logs and cut them up," he said. Another time, he got access to the wood from a yellow poinciana at the Aloha Church property in Lihu'e.

Both of them are in a new coffee table design Sullivan calls his Rollerglide Revolver. It is stable because of the weight of a recycled truck disk brake drum. Its Poinciana wood base spins in a lathe-turned groove filled with glass marbles. And the museum's lemongum forms the beautifully figured top.

He has a rocking chair that combines recycled cast iron English park bench parts with curly Kaua'i koa.

And a delicate table entirely made of kauila, the hard, heavy native wood that often has black streaks across an orange-red background.

He has favorites, but he hates to admit to having favorites.

There's glossy dark pheasantwood. Heavy tamarind. Hard kiawe. And tropical almond, inia, koa, dragon's eye and so many more.

"Lychee is unknown by most people, but burl lychee is astounding," he said. "Formosan koa, *Acacia confusa*, is hard, dark and beautiful."

Sullivan operates his Kauai Rare Wood Company down a narrow lane just mauka of Kaua'i High School. If you want to make contact, you'll need to search it out – he's not on the Internet and doesn't have a phone.

A former marketing director for a computer company, he moved to Kaua'i 30 years ago with his two sons. He had worked as a tree trimmer and had a woodworking hobby while on the Mainland, and once on the island, got a sawmill.

Some of the wood went into houses, but as he learned the local timber, saw the potential for furniture.

An early commitment was not to go into active logging, but to save wood from trees that were being taken down for other purposes, whether land clearing, thinning, pruning or other activities.

When he found that land-clearing crews regularly buried logs or took them to the landfill, he began stepping in to save the best of them.

"The wood we've accumulated would have been bug food had we not taken it first," he said.

Sullivan's furniture favors natural edges and beefy bases. His flat surfaces are unerringly gorgeous – a testament to his slab selection. The grain sweeps and swirls. Sometimes it is curly and reflects light in tight wavelets. Often it is finely figured.

The treasure inside trees.



A new coffee table design Joe Sullivan calls his Rollerglide Revolver. It is stable because of the weight of a recycled truck disk brake drum. Its wood base spins in a lathe-turned groove filled with glass marbles.



• Jan TenBruggencate is a Kaua'i based writer and communications consultant.

## Tuxedo Headquarters

Suits & Tuxedos for Rent or Purchase



- BEST SELECTION
- EXPERT FITTING
- GREAT PRICES

LIHUE  
2976 Kress St.  
On the way to Hamura's Saimin

**246-4653**



## Hawaiian Heirloom Jewelry

- Fully Customized
- Lifetime Enamel Warranty
- Inside Engraving Free
- Choice of Designs
- Unlimited Letters



Over 70 Years

LIHUE

246-GOLD (4653)

Kauai's  
Most Awarded  
Jewelry Store



## WE BUY GOLD



Over 70 Years

LIHUE

2976 Kress St.  
Just before Hamura's Saimin

246-GOLD (4653)

Silver, Platinum,  
Stones and  
Coins too!

Value with Integrity



OPEN 9:30 to 5:30 Mondays, Tuesdays,  
Thursdays and Fridays  
We buy up to half-hour before closing

*The Only Raft Company Touring  
the Entire Na Pali Coast!*

*Check out this Sea Cave!*

*Wow! The water was winter blue! We did the entire Na Pali coast with NAPALI RIDERS! Unbelievable! Waterfalls falling in the ocean, enchanting rainforest valleys, not to mention snorkeling with turtles and tropical fish! But that's not all...a spinner dolphin touched my hand in the water as it frolicked alongside the raft...best day of our vacation/life!*

*Love, Susan & Row...*

*P.S. We have to keep looking at our photos to make sure it was real and a dream.*

**Na Pali**

P.O. Box 1082  
Waimea, Hawaii, HI 96751  
(808) 742-6331

To: *Bonnie...*

See  
Videos, Photos  
and more on our  
daily  
**Blog**  
Napaliriders.com  
/blog

# Na Pali Riders



Captain Chris of Na Pali Riders has the only raft company consistently touring the **ENTIRE 17 miles of the Na Pali Coast.\***

*\*conditions permitting*

Captain Chris says, "Touring the Na Pali Coast truly is a once-in-a-lifetime experience. We make sure that our passengers get to see it all including the famous sites of **Hanakoa Valley, Hanakapi'ai Valley, the Pirates Sea Cave, and the Double Door Cave.** These are some of the most significant attractions on the Na Pali Coast and should not be missed."

## Open Ceiling Cave



photo: Erik Van Enbden

## "Natures Disneyland!"

-Jane Emery

LA Splash Magazine

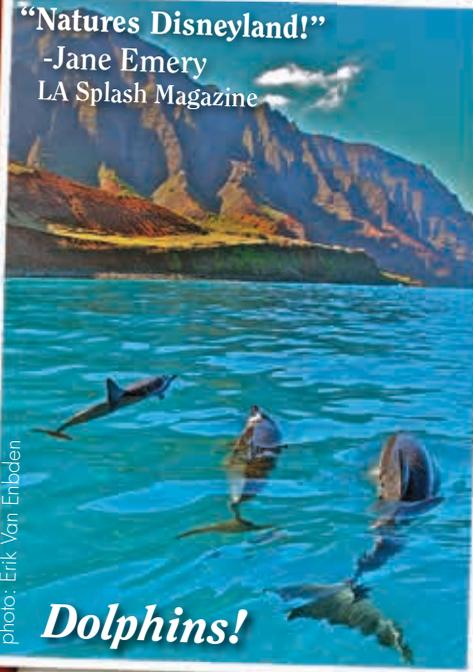


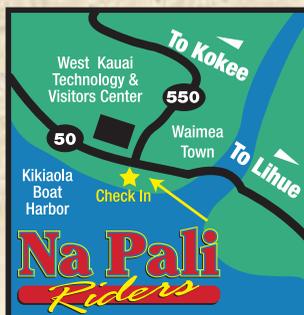
photo: Erik Van Enbden

## Dolphins!

The Na Pali Riders' difference starts with attention to detail in all aspects of our Na Pali Coast Raft Tour. We offer a ride on our **state-of-the-art 30-foot, 920 Zodiac raft.**

Departures are from the West Side's **Kikiaola Harbor in Waimea, the closest harbor to the Na Pali Coast.** **Snorkeling** takes place at one of three different locations depending on currents, water clarity and conditions permitting. All beginning snorkelers have our experienced and knowledgeable crewmen as their **personal guides.**

The Na Pali Riders difference is unbelievable. **We are the only ones to guarantee satisfaction or you can go again FREE.** Call direct (808) 742-6331 for reservations. We also provide discounts for **Military, Kama'aina, and Groups.**



## Explore Sea Caves

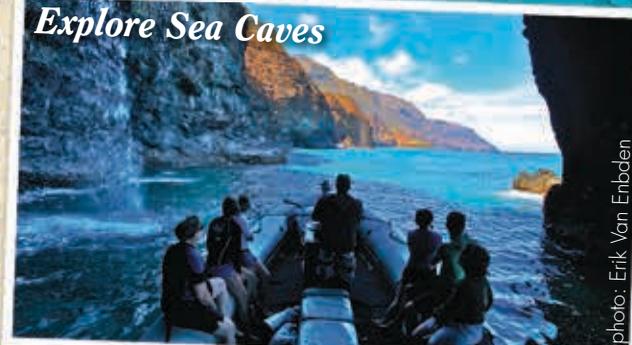


photo: Erik Van Enbden

**808.742.6331**

www.napaliriders.com • info@napaliriders.com

**facebook**

Visit "Na Pali Riders" fan page for current photos and videos.