SOLAR SPECTACULAR SALE

18 Panel – 5 KW System
Completely Installed: $18,000
GET YOUR 65% TAX CREDIT BEFORE IT ENDS IN DECEMBER

Call Paul Lucas Now 332-8890

Contractors Lic # C11425

THE KAUA’I KID
NOA KAHO‘OMANA &

THE INCREDIBLE
CHRIS WILDE

Story page 6
IN FOCUS
Kaua’i Global Climate Strike
by Léo Azambuja

Millions took the streets across the world on Sept. 20 to protest against government inaction on climate change. Kaua’i did its part, by organizing the Kaua’i Global Climate Strike. The event kicked off at Kaua’i Community College at 1 p.m. About 150 people of all ages waved hand-made signs to the traffic, before gathering at the nearby pavilion to hear public speakers, including the youth. From there, many biked to the rotunda by the Mayor’s Office in Lihu’e, where Mayor Derek Kawakami and the Kaua’i County Council shared a Climate Action Pledge.
My personal mantra has always been

“Invest in Your Dreams”

Let me assist you with my experience and vision!

— F. Lee Morey

Coldwell Banker Island Properties

F. Lee Morey, BIC, R, CRS, SRS, CDPE, CLHS

808-651-6720

2-2514 Kaumualii Hwy., Ste. 216
Kalaheo, HI 96741
Lic# 15886

Tis’ the Season for Gathering.

We love to engage, we love making connections, and we give with an unrelenting heart. At Gather FCU, we celebrate family and all the joy it brings when we are together.
October 2019 features

Cover Story: Kaua'i Duo & Pro Wrestling Revival | page 6

Kau Kau Delights: Waipouli Deli & Restaurant | page 22

Biz of the Month: Studio Barre & Soul Kaua'i | page 28

Home & Garden: Plants that Help You Sleep Better | page 18

Mālamalama: Music Camp with Aunty Nona Beamer | page 10

Community: Twenty-Five Years of Building Community | page 8

Let your customers know you are thinking about them this holiday season with Thanksgiving, Christmas & New Years messages in For Kaua‘i. Call Maria today!

808-651-7783 | maria@forkauaionline.com

Publisher
Carrie Johnson 808-651-5577
carrie@forkauaionline.com

Art & Layout
Andarta Design • design@andarta.com

Social Media Coordinator
Honey Hunter
calendar@forkauaionline.com
socialmedia@forkauaionline.com

Sales & Marketing
Director
Maria Hacker
808-651-7783
maria@forkauaionline.com

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

Consultant
Joan Arakaki
joan@forkauaionline.com

Editor in Chief
Léo Azambuja
editor@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 1971, Lihue, HI 96766
The Youth Has Now Spoken

By Léo Azambuja

When Swedish 16-year-old Greta Thunberg organized her first Climate Strike in 2018, she was barely noticed. But since then, she inspired millions worldwide — children and adults alike. Today, she represents the passing of the baton from an older to a younger generation in a losing fight to reverse the damages we humans continue to inflict on our planet.

For many years, I’ve been watching, reporting on, and in many ways helping, environmental activism. The noble message I frequently hear from environmentalists is that we are saving the planet for our children and grandchildren.

Thunberg changed it all. The youth has now spoken. All over the world, the youth came out of the woods and concrete jungles to participate in the Climate Strike Sept. 20. The chant has shifted from “Save the planet for our children” to “Save the planet for our generation.”

Editor’s Notes

Last month, I considered going to the Climate Strike at Kaua’i Community College to shoot a pictorial (see In Focus), but I even said it out loud it probably wouldn’t be worth it, because I wasn’t sure the students at KCC would join the protest. It didn’t help that I got the hours mixed up and drove to KCC two hours before schedule, and I obviously didn’t see anyone. I was right, sadly right, I thought.

I quickly figured out I was there too early. Once I returned at 1 p.m., I was surprised by the crowd, and quite glad to have been wrong. There were tons of kids from all ages, from youngsters to teenagers and college students. Their enthusiasm was high, and they were chanting and beating drums. After the demonstrations, mostly everyone gathered by the nearby gazebo, and some of the youth were brave enough to share their words.

Bravo to all the youth at the Climate Strike at KCC! Bravo to millions of youth who participated in the Climate Strike worldwide! Bravo to Thunberg!

Three days after the Climate Strike, Thunberg addressed the United Nations’ Climate Action Summit in New York. When asked what her message to world leaders would be, what she eloquently answered was so spot on, that I chose to publish the entire transcript rather than write about it. Here it is.

“My message is that we’ll be watching you.

“This is all wrong. I shouldn’t be up here. I should be back in school on the other side of the ocean. Yet you all come to us young people for hope. How dare you!

“You have stolen my dreams and my childhood with your empty words. And yet I’m one of the lucky ones. People are suffering. People are dying. Entire ecosystems are collapsing. We are in the beginning of a mass extinction, and all you can talk about is money and fairy tales of eternal economic growth. How dare you!

“For more than 30 years, the science has been crystal clear. How dare you continue to look away and come here saying that you’re doing enough, when the politics and solutions needed are still nowhere in sight.

“You say you hear us and that you understand the urgency. But no matter how sad and angry I am, I do not want to believe that. Because if you really understood the situation and still kept on failing to act, then you would be evil. And that I refuse to believe.

“The popular idea of cutting our emissions in half in 10 years only gives us a 50 percent chance of staying below 1.5 degrees (Celsius), and the risk of setting off irreversible chain reactions beyond human control.

“Fifty percent may be acceptable to you. But those numbers do not include tipping points, most feedback loops, additional warming hidden by toxic air pollution or the aspects of equity and climate justice. They also rely on my generation sucking hundreds of billions of tons of your CO2 out of the air with technologies that barely exist.

“So a 50 percent risk is simply not acceptable to us — we who have to live with the consequences.

“Morning start a 67 percent chance of staying below a 1.5 degrees global temperature rise — the best odds given by the (Intergovernmental Panel on Climate Change) — the world had 420 gigatons of CO2 left to emit back on Jan. 1, 2018. Today that figure is already down to less than 350 gigatons.

“How dare you pretend that this can be solved with just ‘business as usual’ and some technical solutions? With today’s emissions levels, that remaining CO2 budget will be entirely gone within less than eight-and-half years.

“There will not be any solutions or plans presented in line with these figures here today, because these numbers are too uncomfortable. And you are still not mature enough to tell it
Kaua‘i Duo on the Forefront of Hawai‘i’s Pro Wrestling Revival

By Léo Azambuja

A couple of fighters from Kaua‘i are leaving their mark — both inside and outside the ring — in the latest attempt to bring back the golden years of pro wrestling in the Hawaiian Islands.

“What makes the Kaua‘i Kid the Kaua‘i Kid? He is really very energetic and likes to fight a lot, that’s the core of my style, being a brawler rather than the technical guy like this dude,” said professional wrestler Noa Gusman, pointing to his tag team partner, Chris Isaacworth.

A showman in his own right, Isaacworth said his character is basically an eccentric strong man who loves the color pink. It’s easy to spot the tall fighter in the crowd, wearing pink jaguar-print leggings with the word WILDE embroidered on the back of it.

“UCE wrestling is trying to establish something that was here earlier,” Isaacworth said. “They're beating me up. They're trying to win anyway they can, even to the point where they're trying to play dirty,” Gusman said.

In a tag team match, you work as a team, but there are dirty ways you can be a team, Gusman said, such as bringing your opponent to a corner, holding him there and start laying punches on him like they did to The Kaua‘i Kid.

“And closed-fist punches are illegal because it’s wrestling; we’re grappling,” Gusman said.

Meanwhile, Chris Wilde was outside the ring in his corner, hoping to get tagged by The Kaua‘i Kid so he could step in and take over.

“When I'm in (the ring), I like the unpredictability,” Isaacworth said. “I like people to be drawn into the match, you’ll laugh, stomp your feet, have a good time. Whether it means I’m picking somebody up and throwing them overhead or I’m doing a dance in particular, I want people to experience my matches like they would a Rick James concert, that same kind of energy.”

Since May, “The Incredible Chris Wilde” and “The Kaua‘i Kid Noa Kaho‘omana” — Isaacworth’s and Gusman’s personas in the ring — have held the tag team championship belts at the Unify Championship Entertainment, a promotion that brought pro wrestling back to Hawai‘i less than a year ago.

“UCE wrestling is trying to establish something that was here earlier,” Isaacworth said.

There was a time when pro wrestling was a big deal in Hawai‘i. Pro wrestling arrived in the Islands in 1936, and by the mid 1960s it became a popular entertainment, rising to popularity for the next three decades. Matches would attract large crowds, and weekly TV specials would get kids — and their parents and uncles — glued to the tube.

Ironically, as wrestling soared in popularity across the United States in the 1990s, it fizzled out in Hawai‘i by the end of the decade. Despite attempts to revive pro wrestling in Hawai‘i in the early 2000s, it never reached the popularity of its golden years, when guys like Sam Steamboat, Ripper Collins, Curtis Iaukea, Neff Maiava, Harold “Odd Job” Sakata, The Sheik, Rocky Montero, Tank Morgan, Bearcat Wright, Maddog Mayne and so many others entertained crowds.

Last year, the husband-and-wife team of Aleki Lee and Brandon Maxson-Lee filled the gap by buying their own wrestling company and opening UCE. Both are professional wrestlers with more than 30 years of combined experience. They are also active in UCE’s roster of more than 30 fighters.

Lee, originally from Hawai‘i, uses the stage name The Pineapple King Aleki Lee, and Maxson-Lee, a Minnesota native, goes by Radiant Rain.

UCE’s debut event was The Unveiling, at Honolulu’s Aloha Tower Dec. 22. Subsequent events were held there, and after a few months, the monthly events moved to the Filipino Community Center in Waipahu, O‘ahu. Besides being open for about 300 paying public, UCE events are shown weekly at KS TV channel.

Isaacworth and Gusman fight in both tag team and individual matches, but it’s in the tag team matches where they are leaving their mark. They have successfully defended their belt since May. It hasn’t been easy, but it’s always entertaining.

“Sometimes the crowd is really lively,” Isaacworth said. “For us as wrestlers, we learned to just go with it and then take that tide and have as much fun with that energy as we can.”

The crowd, Isaacworth said, is just as much part of the performance, sometimes switching back and forth to who they pick as their favorite fighter during a match.

“We’re fighting, but at the same time we are like gladiators. We’re trying to entertain the crowd,” Gusman said.

The main rivals of The Incredible Chris Wilde and The Kaua‘i Kid Noa Kaho‘omana are the Nightmarchers (Makena Cruz and Kiko Kekauoha), who have been trying to take the belt from the Kaua‘i duo by using questionable tactics. Both their last matches — in August and in September — ended in disqualification, which means the championship belt remains with the current champions.

“We get out there, we do our thing,” Gusman said of their title match against the Nightmarchers in August. “Chris is out there doing his dance thing. He’s taunting them, being Chris Wilde. Cause Chris Wilde, as the name implies, is wild, so you’ll never expect what he does out there.”

As the match progresses, it gets more physical, and all four of them start laying into each other, Isaacworth said. The Kaua‘i Kid is taken to the Nightmarchers’ corner and takes a beating.

“They’re beating me up. They’re trying to win anyway they can, even to the point where they’re trying to play dirty,” Gusman said.

In a tag team match, you work as a team, but there are dirty ways you can be a team, Gusman said, such as bringing your opponent to a corner, holding him there and start laying punches on him like they did to The Kaua‘i Kid.

“And closed-fist punches are illegal because it’s wrestling; we’re grappling,” Gusman said.

Meanwhile, Chris Wilde was outside the ring in his corner, hoping to get tagged by The Kaua‘i Kid so he could step in and take over.

“From that point on, we’re 12 minutes into the match. I just got desperate,” said Gusman, adding he was thrown into a neutral corner, only to see his opponent charging at him. He put his foot up and the Nightmarcher ran right into it. In a last-ditch effort to get away, The Kaua‘i Kid climbed the rope and dropped kicked his opponent.

“I mustered all my strength and went for the five-foot reach, and boom, finally tagged (Chris Wilde) back in after so many minutes of struggling back to my corner,” Gusman said.

As soon as Chris Wilde stepped into the ring, Makena came running toward him, but got chopped right onto his chest. Chris Wilde then applied what he said is one of his special moves, the “gut wrench suplex.”

“I grab him by the midsection, may or may not shake my butt to the crowd, depending on how I’m feeling, and I arch backwards and throw him over my shoulder,” Chris Wilde said.

“I did so, and was ready to pick him up for the final throw, which was the Wilde Ride, and his tag team partner, Kiko, came in and hit me from the side.”

Kiko’s hit caused all three of them to fall outside the ring.

Pro wrestlers Chris Isaacworth, left, and Noa Gusman (The Incredible Chris Wilde and The Kaua‘i Kid Kaho‘omana) are seen here at the gym above Breath of Life Calvary Chapel in Lihu‘e.
The Kaua‘i Kid came rushing in from his corner, and a major brawl ensued out of bounds.

With everyone out of bounds, the referee started a 10 count. The legal fighter (the fighter who was tagged in to enter the ring) of each team needs to be inside the ring by the end of the 10-count, or else his team loses the match. Since everyone was outside the ring when the referee reached 10, the match ended in disqualification, allowing the Kaua‘i team to keep their belt.

“We’ve been feuding with these guys for a while,” Isaacworth said.

“We really don’t like each other, since we got the belts,” Gusman added.

In September, the Nightmarchers had another shot at the tag team belt. But they and their manager, Ahuna, bumped into The Kaua‘i Kid in the bathroom right before their match, and couldn’t resist starting the fight right there.

“Wrong place, wrong time,” said Gusman, adding he ended up getting knocked out.

“They just left me unconscious in the bathroom, and while I was there, the match started,” he said. “They beat me up and left me in there. I was nowhere to be found during which was supposed to be a tag team match.”

With The Kaua‘i Kid missing in action, the referee switched the tag team match to a single fight between Chris Wilde and Kiko.

As soon as the match started, both fighters collided and started trading punches. Chris Wilde was thrown on the floor and suffered a concussion, but recovered quickly. At that point, however, The Kaua‘i Kid had come back to his senses, and in a fit of rage came running to the ringside and attacked Kiko.

“In the heat of the moment you just attack people, and it was during (Chris Wilde’s) match, unfortunately, so he got disqualified because of me, my bad,” Gusman said.

At the end of the day, the Kaua‘i team still kept the championship belt, since there was no tag team match. Isaacworth said he hopes there are no shenanigans or disqualifications in their next scheduled match Oct. 4.

Pro wrestling is not just about entertainment. Gusman and Isaacworth said the wrestlers do a lot of community service before the matches. They visited Shriner’s Hospital for Children, volunteered in soup kitchens, bowled against domestic violence, did several beach cleanups, answered phones for donations during telethons and did many other community services.

Clockwise from top: UCE tag team belts (photo by Léo Azambuja); The Kaua‘i Kid flies toward Makena; Nightmarcher manager Ahuna swings a bat on The Kaua‘i Kid, who is surrounded by Nightmarchers Makena and Kiko, while Chris Wilde is on the ground; Chris Wilde applies his ‘gut wrench supplex’ on Makena; and The Kaua‘i Kid and Chris Wilde receive their tag team belt from referee Richard Hamasaki at Aloha Tower May 25 (photos by Oudom Seng).

If UCE is able to bring an event to Kaua‘i, they said, the fighters will also do some community service here. Besides offering a fun entertainment to the children, the Kaua‘i fighters said they want to become role models for them.

Gusman is 27 years old, and about four years ago, he went to Missouri for formal pro wrestling training. Isaacworth, 31, said he was informally trained in pro wrestling, but he has a nine-year history of Mixed Martial Arts competition and 15 years of community theater on Kaua‘i. Both train along other UCE fighters at the Wild Samoan Training Center on O‘ahu, and also at a gym in Lihu‘e.

UCE’s roster has two additional fighters from Kaua‘i, and they carry a blue-blood pedigree. Brothers Marshall and Ross Von Erich are the sons of Kevin Von Erich, who was inducted in the WWE Hall of Fame, Class of 2009 along with his father and four brothers. The Von Erichs (their real name is Adkisson) grew up in Texas and moved to Kaua‘i in 2007.

The next UCE event, Unify, will be at the Filipino Community Center in Waipahu, O‘ahu on Oct. 4. The event will be taped by K5 TV and shown in weekly segments.

Visit www.ucewrestling.com for more information. Follow Gusman and Isaacworth on Instagram at kauaikidnoa and intothewilde_est1988 respectively.
Twenty-Five Years of Building Community

By Tommy Noyes

Twenty-five years ago in Lydgate Park, thousands of volunteers came together and built the Kamalani Playground. You’re invited to volunteer on Saturday, Oct. 26 for a community workday celebrating the 25th anniversary, starting at 7:30 a.m. in Lydgate Park’s Main Pavilion. There will be appropriate tasks for volunteers of all abilities, and lunch will be served.

Leaders from the 1994-build shared their memories of the intense community build.

Community

“I’ve been with the Friends of Kamalani and Lydgate Park for 25 years,” recalled Graeme Merrin, who headed up the drive screw operations.

“I met (playground architect) Bob Leathers from Leathers and Associates, and Bob said, ‘Who’s the captain in charge of the drive screws?’ I said, ‘I guess that’s me,’ and he said, ‘You’re really important – I’ll need you to here 6 a.m. until 9 p.m. every day for the next week!’

“But you know, I really enjoyed it. It was incredible to see the number of people that rolled up – six thousand people – and built this whole playground in five days flat!

“And the best part was when the whole place was done, we had the blessing, and then they turned the kids loose. I remember they were still brushing sealant on the back of the park and the kids were running in at the front end. It was just a great experience … I’ve loved being involved.

“I highly recommend that folks get involved with the Friends of Kamalani. It’s a great, great project, so get some volunteer work under your belt.”

Artists Sally French and Melinda Morey took charge of the ceramics, masonry and mosaics in the center of the Playground.

“We did the walls and fish out of mosaic and reclaimed tile,” recalled French. “But what happened was the kids (were working on the mosaics, and) didn’t want to stop. We made up an area where they could just keep working, and they worked… all night! And when we came back the next morning, the wall had changed from a very structured underwater scene, into this exquisite abstraction of small, little jewel-like environments! Each child’s (artwork merged) into another creatively, just running with it. Now we have yards and yards and yards of mosaics that were created in literally one night by maybe a hundred or more children at the time, who are grown now on the island.”

KONG Radio personality Ron Wiley summed up the spirit and recruiting appeal, “Here we were, 25 years ago, building community, building friends, getting together with all our resources, all our love, all of our affection, to build something for our kupuna, our keiki, and everyone in the community. Amazing and phenomenal!”

“So, would you join us? Come celebrate Kamalani Playground’s 25th anniversary. It’s Oct. 26. You can help celebrate 25 years! Such love, such aloha. Kamalani Playground is the personification of aloha and the aloha spirit.”

Contact event coordinator Tommy Noyes at 808-639-1018 or www.kamalani.us for information on the big 25th Anniversary of Kamalani Playground community workday celebration.
IT’S HALLOWEEN MONTH AT

EVERY WEEKEND IN OCTOBER

FREAKY FRIDAYS 6-9pm

& SPOOKTACULAR SATURDAYS 5-8pm

October 5
Comics & Collectibles Swap
Superhero Movie Night

October 12
Small Fry Slime Party
All Day showings of Glo Show!

October 19
Howl-oween Costume Contest
Spooky Movie Night

October 26
Bandwagon Monsters of Rock
Tri-High Teen Halloween Party

New! Trunk or Treat Event on October 31st

Saturday, October 26th
Halloween Festival
10am - 12pm, Center Stage • Trick or Treating to Follow

FOR MORE DETAILS VISIT KUKUIGROVECENTER.COM

Costume Contests for 13 & Under
Plus a Family Costume Contest

Free Goody Bags & Great Prizes
Hosted by KONG Radio
Molokai’s Aloha Music Camp with Aunty Nona Beamer

By Virginia Beck

In 2007, I had the privilege of spending time with the Beamer family on Molokai. A time that would alter my heart forever. Work stress, family illness and death laid heavily on my heart. I loved Hawaiian music and needed the break. It was a gift to myself that allowed rest and renewal of my spirits.

What was I even doing here?

I was only a beginner, having hacked my way into a personal style of slack key guitar, alone on 97 acres of forest in Connecticut in 1970. It was time out from the basic struggle to eke out a living on Kaua‘i.

Mālamalama

Aloha Music Camp was at Kaupoa, near the old Molokai Ranch. We had little tents, up on platforms, real beds, close to the beach. Huge grey turkeys scurrying through trees were a surprise. Molokai’s version of our feral chickens.

We arrived at sunset at the main lodge, which was mostly a lanai, bathrooms and a meal service area.

I was a little shy, so many of these folks were accomplished musicians.

Apprehension melted at check in. OMG, it is Aunty Nona sitting there! Her face radiates aloha, welcome and gladness. As I greet her, she reaches up and puts both palms against my cheeks. Her warmth melts everything. It is like being in the presence of the sun.

Beamer is the right name for her. She beams love, kindness and aloha, effortlessly.

I wish I could be her, and have that loving effect on people.

“Aloha, honey. Oh, what soft skin you have!” It was all my grandparents’ fault, I said.

My shy self, apart from a professional persona, unfolds into the warmth of this relaxing environment. I realize I have been angry and outraged, to cover up the sorrow of what modern culture has done to oppress and shut down Hawaiian culture.

I don’t want to be that way, and Aunty Nona’s gentleness is so nahenahe, or sweet, that I follow her footsteps. Later, I learn that more than just an amazing composer, songwriter, performer and hula expert, she is responsible for early activism for the Hawaiian culture. She was a feisty little girl, and never lost that spirit.

It got her thrown out of Kamehameha school at 9 years old, for performing hula, which was forbidden, and using ‘Ōlelo Hawai‘i, or Hawaiian language.

Later, she demanded to see Princess Bernice Pauahi’s will, and determined there was no restriction on Hawaiian culture or language. Eventually, Kamehameha Schools rejected the missionary-based curriculum and invited her back to teach.

Ironically, she would go on to become a major champion of the Second Hawaiian Renaissance, assisting the Hawai‘i Department of Education in their curricula. She coined the word Hawaiiana in 1948.

Different from common English, Ana means to measure, for excellence. A measure of quality to determine the best. She wanted to preserve and restore the best of Hawaiian culture before it was degraded and lost.

Nona was an educator and was called an entertainer, descended from a rich heritage of composers and musicians. Her performances were based on the hula she had learned as a little child. The songs started out as a way to interest children and engage them in Hawaiian language. “A little song makes you smile and children feel happy, so it makes education a pleasure.”

One morning, Aunty Nona greeted me singing, “How are you, Virginia?” A little smile dancing on her face, and twinkling eyes under a haku lei. Cheerful even with a cane and wheelchair, and an attendant who worried about Aunty Nona being “too frisky.”
CALLING THE UNDEAD
COME PLAY AT OUR
FIRST ANNUAL
HALLOWEEN FUNDRAISER

CONTEST FOR BEST COSTUME
- PUPUS & CREEPY COCKTAILS
- GHOULISH GAMES

- 21+ EVENT
- $75 TICKETS
- $85.00 AFTER 10/1/19
- $150 - VIP

- LIMITED TICKETS AVAILABLE -
- GET YOURS AT ANAINAHOU.ORG -
5-2723 KUHIO HWY KILAUEA, HI 96754
(808) 828-2118 ‘VIP NOT AVAILABLE AT THE DOOR

THIRD ANNUAL
KAUA‘I OLD TIME GATHERING
KÖKE‘E LODGE
NOV 22-24

HULA • SQUARE DANCE
CAJUN TWO STEP
LEI MAKING
LAUHALA WEAVING
BANJO • FIDDLE
PAKINI BASS
STEEL GUITAR
LEO KI‘EKI‘E
‘ULU COOKOFF

WORKSHOPS AND
PERFORMANCES BY

MAGNOLIA SISTERS / LONE PIÑON / CAMERON
DEWHITT / BELLES OF THE LEVEE / NICK CASTILLO
AND KARA CHOW / VANESSA AND ED PUNUA / KUMU
NAKANA WONG / WALT KEALE / LITTLE MISSY / EVIE
LADIN / KEITH TERRY / KE KULA NI‘IHAU O KEKAHA
ADAM SMITH / WAIMEA WHOMPERS

TICKETS AND ACCOMMODATIONS AT WWW.KAUAIOLDTIME.COM
IF YOU ARE IN NEED OF ADA SUPPORT FOR THIS EVENT PLEASE CALL 808-335-6061
OR EMAIL KAUAIOLDTIME@GMAIL.COM BY NOVEMBER 1
Hawai‘i Wisdom

‘Ai a manō, ‘a‘ohe nāna i kumu pali.

“When the shark eats, he never troubles to look toward the foot of the cliff.”

Said of a person who eats voraciously with no thought of those who provided the food, shows no appreciation for what has been done for him, nor has a care for the morrow.

Source: ‘Ōlelo No‘eau, by Mary Kawena Pukui

A “shark sighted” sign posted by the state Department of Land and Natural Resources near the north end of Polihale was still standing there Sept. 3, the day after Labor Day. This was near the spot a man disappeared while swimming 10 feet from the shorebreak July 23. At that time, the DLNR closed the beach after spotting several sharks near the shore during rescue efforts.

Kauai Beach Resort

Lounge by four sparkling swimming pools steps from the sand, nosh on fresh island fare and experience aloha all around you.

Kama‘āina rates starting at $169

kauaibeachresortandspa.com
808.246.8582
Rates just dropped!
Now is the perfect time to refinance with KGEFCU, you’ll receive some of the lowest rates in the state, plus your servicing, and money stays on Kaua’i!

Call or text (808) 245-2463, visit us online at kgefcu.org or email aloha@kgefcu.org for a free consultation today!

Co-op Connections is a free member benefit program that gives you incredible discounts on everyday expenses.

We’re excited to provide you with this free membership that has countless benefits.

Here are just some of the ways to save – enjoy!

Go to connections.coop and Start Saving Today!

West Kaua‘i Visitor Center

The Visitor Center is a Resource Center | Historical and Culturally Based Exhibits
A “Living Museum” where history and culture unfold
Keeper of the Culture: E Ola Na Mo‘olelo
Gift Shop with Island Made Products, Books, Shell Jewelry and more...

Waimea Historic Walking Guided Tour *temporarily discontinued
In place of the walking tour we are offering
“Talk Story — Waimea: Kaua‘i’s Most Historic Place”
Tuesdays from 9:00 am to 11:00 am
Visit our website for more information | Please call for reservations
Admission by donation
Reservation required by Monday 9:00 am prior to the requested date

9565 Kaumualii Hwy, Waimea | Corner of Waimea Canyon Drive
Parking: drive past Waimea Canyon Drive, turn right
OPEN: Monday, Tuesday, Thursday & Friday 10 am – 4 pm
CLOSED: Wednesdays, Weekends & Holidays

Year-Round Activities

“Ask Puna”
Have a genealogy question? General questions of Waimea and its people? Or a historical question of the west Kaua‘i region? You can “Ask Puna”!
Aletha Kaohi aka “Puna” is west Kaua‘i’s local historian; born and raised in Waimea Valley.

Kaua‘i Government Employees Federal Credit Union
Motorcycle Medicine

By Larry Feinstein

I really wanted to start writing this story yesterday, but I held off because I knew I'd be able to complete the cycle of the tale today. It all has to do with the magic of the motorcycle, serenaded by the best music in the world, while rolling through one postcard view after another. I've been pretty much unable to walk for a solid two weeks, slowly coming out of it. I was finally able to sit atop Flaming Lips with no pain. It's a good story, accompanied by a live Springsteen recording. It was a special moment, but I need to do this other stuff first.

Mind and the Motorcycle

We have to go back a few weeks, when I realized something wasn't quite right with my left leg. I walked on it for several days, knowing it was a kind of pain I hadn't ever felt before. Honestly, I'm not sure if I thought it was going to mysteriously disappear, but the initial strategy was seriously stupid. Eventually, I went to the ER, because the pain was definitely winning the fight. Now would be the time to complain about our healthcare system, or I could move right through that chapter, which is my preference.

I have an injured hamstring, a couple of straps that run down the back of your thigh. It turns out these rubber bands connect your butt to the back of your knee. If they are hurt, walking and simply standing become a challenge you have to give in to. You're looking for any position that will alleviate the pain. At its worst, it knows where you are going and it will get there before you. I did us both a favor by waiting until I was able to laugh, and it took some time.

I withdrew into a cocoon for days, like a wounded animal, patiently waiting for his body to recover, just enough to start doing the many things I simply took for granted. Getting out of bed and taking a very short walk for coffee was too long for me to travel, and I broke it down into stations, with couch breaks as buffers. At its worst, it'd say the pain was a 10. It just took my breath away, lurching me into some prehistoric poses, making the sound of a moose with bad feet.

I don't remember exactly when it hit me, realizing I was standing, not in any pain. The euphoria was short lived, but I swear, it felt like a miracle. I was actually waiting for the water to boil for that morning coffee, without diving for the couch. The deal with the hamstring is that it is going to be reminding me of its presence for months to come. As a runner and yoga practitioner, I have a slightly higher bar for myself and I will have to fight to get my body back.

I had a feeling I'd be OK on the bike, but until I rolled her out of the garage and fired her up, I really had no idea. I sat there for a few minutes, figuring any immediate discomfort would only get worse. It felt almost like a regular leg, so I headed out to the Kipu Bypass, a sweet little, backcountry road.

You gotta love riding a motorcycle as much as I do to understand what incredible medicine it possesses. On Kaua’i, on a perfect day, on a perfect road, you kind of disappear into the endless deck of picture-perfect, postcard scenes. There I was, leaning into the bypass, and the Boss blasted through my speakers, with a live version of Jungle Land, punctuated by the Big Man on sax.

Oh, my God, I felt a kind of joy I can’t explain. I had zero pain and no memory of it. I rolled back into the garage, ready for my Sunday ride with the Sons of Kaua’i.

Visit www.mindandthemotorcycle.com for more stories from Larry.
KVMH Auxiliary’s Holiday Craft Fair 2019

October 26, Saturday • 8 am to 1 pm

Vendors will be both inside and outside the hospital hallways

Food • Lucky Ticket Drawings

Crafters • Orchids

Fun For The Entire Family

Join us at Kauai Veterans Memorial Hospital 4643 Waimea Canyon Dr., Waimea
Health, Wellness & Fitness

Time for a Healthier Choice in Breast Screening

By Nancy Gardner-Heaven

Are Mammograms failing us as a diagnostic tool? Many women are refusing to have an annual mammogram. The thought of smashing delicate breast tissue and exposing themselves to carcinogenic radiation in order to see if their breasts are healthy just doesn’t seem sensible.

This is especially true when considering the error rate of a 40 percent false negative in postmenopausal women, a 60 percent false negative rate in women with dense breast tissue and an 80 percent false positive rate. Out of that 80 percent false positive, the result is that many women undergo unnecessary, invasive surgical procedures without being informed about far less damaging options. A biopsy of a precancerous lump breaches the encapsulation, can spread it outside the duct, expose it to a blood supply which can turn it into invasive cancer. This is unnecessary when research has proven these pre-cancerous lumps or Ductal Carcinoma in Situ, in most cases, can be reversed with an immune supportive protocol.

When considering that post-mortem statistics show that 40 percent of the adult female population have DCIS or pre-cancerous cells in their breasts, and one out of every eight women will be diagnosed with cancer in her lifetime, these invasive procedures are actually increasing the rate of breast cancer.

Thermography, using an infrared camera, is a safe, non-assaultive, and non-invasive diagnostic tool. Note: Only with a sophisticated Medical Grade Infrared Camera and Diagnostic Thermography Program can accurate reports be generated by a Certified Medical Thermologist. Thermography with a back up of a Targeted Ultrasound to locate and evaluate suspicious lumps, has been proven to give an accurate and much less invasive breast screening and monitoring.

How Accurate is Thermography as a Breast Screening Tool?
Thermography is not just a way to find disease, but it is a tool to monitor breast health, without breast compression or radiation. Using the strict procedures outlined in the Marseilles Classification Study, the accuracy rate for both false positive and false negative for Standardized Medical Thermography is 9 percent. This accuracy rate came from a study in 1976, at the Pasteur Institute, in Marseilles France. In this study, top medical doctors in their respective fields followed 3,000 women for five years using the results of the thermography readings: and additionally to histology reports to classify the different ratings of: TH-1 through TH-5 with related risk factors for malignancy. It should be noted that only a biopsy with a histology report can give a 100 percent positive diagnosis of malignant cells.

Unlike Mammography, research has shown that with a Comprehensive Immune Support Protocol© using Thermography as a monitoring tool, 80 percent of women with Atypical ratings reverse within three to six months. Using this method has saved hundreds of women from unnecessary invasive procedures.

Choose a Clinic that Follows Standardize Medical Thermology Procedures for Superior Accuracy

1. The clinic should take a comprehensive reproductive history in addition to the details about any critical health issue.
2. The technician should be qualified to not only take images but conduct a manual breast exam and recognize palpation of a suspicious lump, dimpling, or inverted nipple or a rash and make notes on the history form.
3. An essential part of the accuracy rate is noting the results of the autonomic challenge (taking images before and after holding ice for one minute), which is important to distinguish neo-angeogenic blood vessels (that feed a tumor), from normal blood vessels.
4. The Thermography report should show left right and frontal thermal images noting the temperature difference of the specific features on the images so they can be monitored for improvements. [See the images below for an example of an abnormal reading that has improved with the necessary detailed temperatures noted on the images for comparison].

Do you need help in making your Medicare Supplement choices?
Do you need life or long-term care Insurance?

Call JASON BLAKE

Representing
• Humana
• TransAmerica
• Ohana Health Plan
• Mutual of Omaha
• Kaiser and more…

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

Westside Pharmacy
Accredited Specialty and Compounding and Retail Pharmacy

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

Kalaheo Pharmacy
Statewide distributor of Omnipod external insulin pumps

Kalaheo Pharmacy
4475 Papolina Rd, Kalaheo
9:00a-5:30p m-f
sat 9a-noon • closed sun
(808) 332-6000
Craig Sadamitsu welcomes you to
Me Time Massage & Bodywork
808-245-8880
locally owned & operated
therapeutic massage
pain management
body treatments
metimekauai.com

Randall Juleff MD, FACS
Board Certified in Venous & Lymphatic Medicine, Cardiovascular Surgery and General Surgery

Dennis Good PA-C
Certified Physician Assistant

Are Your Legs Tying You Down and Holding You Back

Do They Look Like This...  ...or this  ...or this

Outpatient treatment with minimal downtime

Do you suffer from...
• Painful, heavy, aching legs?
• Leg swelling or cramping?
• Itching or rash on lower legs?
• Unsightly varicose veins?
• Leg ulceration or skin discolorations?

Tired, Painful, Swollen, Discolored, Ulceration

You need our help! Call Today!

Randall Juleff MD, FACS
Board Certified in Venous & Lymphatic Medicine, Cardiovascular Surgery and General Surgery

Dennis Good PA-C
Certified Physician Assistant

Health, Wellness & Fitness

Hawaii Five Element Acupuncture and Zero Balancing
(808) 658-1918 Hawaii5E.com

Sarah Brooks, Lic. Ac., M.A.

Nancy Gardner-Heaven is a Technician of Medical Thermology, Certified at Auburn University by the American Academy of Thermology. Nancy is a pioneer in the field of Medical Thermology offering Comprehensive Breast Screenings© using Standardized Medical Thermography for 25 years.
Most of us aren’t aware of the things we do that help or hinder our sleep. Everything from the mattress to the light bulbs and what you eat for dinner can affect how quickly you fall asleep and whether you stay that way for a full seven hours.

An easy way to enhance your bedroom and make it extra sleep-friendly are house plants. Some have relaxing benefits that are comparable to prescription sedatives while others give a sleep boost by cleaning biotoxins from the air. We put together a list of our favorites but not before we talk about the ideal sleep conditions that should already exist in your bedroom.

The Ideal Sleep Environment

The bedroom should be solely devoted to sleep. As efficient as multipurpose spaces are a multipurpose bedroom can cause sleep problems. At the same time, you need the right environmental conditions such as:

- **Cool temperatures:** The body maintains a lower temperature during sleep as more energy goes to healing and rejuvenating. Cool bedroom temperatures support this need and prevent premature waking.
- **Complete darkness:** Any type of light, but especially bright blue spectrum light, suppresses sleep hormones. While that’s exactly what you want during the day, at night complete darkness allows sleep hormones to flow freely.
- **Absolute Quiet:** Noise can bump you out of the early stages of sleep. If you live on a noisy street, a white noise app or machine might be useful. You can also help block out noise with heavy curtains or drapes.
- **Comfort:** The body needs to fully relax for the best sleep. A mattress that offers adequate support for your weight and comfortably cushions pressure points is vital as are breathable sheets and comfortable bedding.

Plants to Help You Snooze

Plants can enhance your sleep environment in a few different ways. First, is their ability to clean the air. Chemicals from glues and adhesive, inks, and other sources find their way into your home with common household products. Some plants absorb these biotoxins and replace them with oxygen. Others have fragrances known to trigger relaxation and enhance sleep. Finally, plants in the bedroom bring the calming effect of nature, which can reduce anxiety and depression.

- **Spider Plant:** The spider plant made NASA’s list of indoor plants that remove biotoxins like formaldehyde and benzene. It loves wet environments, requires biweekly watering, and gets its name from its numerous thin, spidery leaves.
- **Snake Plant:** The snake plant is another one tested by NASA. It’s one of the few plants that absorb carbon dioxide during the day and releases oxygen at night. It also sucks up formaldehyde, which often comes in the home with new carpeting or wood furniture.
- **Jasmine:** A 2010 study found that jasmine rivaled Valium as a sedative because of its ability to enhance GABA, a neurotransmitter that helps you feel relaxed. While the plant itself can be highly beneficial, if you want an extra dose you can also use jasmine essential oil in a diffuser.
- **Lavender:** Lavender isn’t quite as powerful as Jasmine, but it too has been linked to better sleep. It may not grow well in your bedroom so, like Jasmine, you may opt for an essential oil and diffuser.
**Peace Lily:**
The peace lily is a true beauty and adds a unique visual element. It’s another one from NASA’s list because of its high transpiration rate. This lovely plant also removes trichloroethylene, benzene, and acetone from the air.

Plants clean the air, relax your body, and bring a touch of nature into your home. Look for a variety that fits with your lifestyle and climate. Whether you opt for live plants or a diffuser, your sleep will benefit from these plant-based sleep helps.

- Samantha Kent is a researcher for SleepHelp.org. Her favorite writing topic is how getting enough sleep can improve your life. Currently residing in Boise, Idaho, she sleeps in a California King bed, often with a cat on her face.

---

**M. Kawamura Farm Enterprises**

best variety of outdoor power equipment
friendly & knowledgeable staff
power equipment sales, service & parts
Come in or Call Today!

www.kawamurafarm.com 2824 C. Wehe Road, Lihue 808-245-3524

**Feeling the heat? It’s time to cool off!**

*We Now Offer Licensed Electrical Services*

**Rutan Refrigeration & Air Conditioning**

A Licensed Contractor
At Competitive Rates
C-25067

Ask About Our Current Electrical Service Promotions!!

**Questions or Inquiries?**
Call Rutan today at
808-245-8579

or Email us at rutanref@hawaiiantel.net

---

**Hesse Flooring**

Creating a Better Environment

Carpet • Tile Hardwood • Waterproof Flooring
Vinyl Flooring • Great Selection in Stock!

FALL SALE

10% off

ALL FLOORING

808-246-3700
3285 Wa'apa Rd., Lihue • in Nawiliwili
M-F 8:30-4:30 • SAT 8:30-12 • SUN closed LIC #21913

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

**ServiceMAGNER Clean**

808-337-2080

www.WeCleanKauai.com
Aloha Furniture

Fall Sales Event

Sofas Starting at $999
Many Colors to Choose From

www.alohafurniture.com

Made in the USA

808-246-4833
Motivation Monthly brought to you by
the Kauaʻi Chamber of Commerce

“Success is not final; failure is not fatal: It is the courage to continue that counts.”
– Winston S. Churchill

www.kauaichamber.org
(808) 245-7363
e-mail: info@kauaichamber.org

Become a Lōkahi Partner Today!
An organization or business that becomes a Lōkahi Partner can offer KGEFCU membership to all of its employees and their ‘ohana. Financial wellness will help create a happier, healthier workforce.

Together, we can achieve more.
Call or text (808) 245-2463 and ask to speak with our friendly Business Development Officers!

Women’s Wellness Clinic
Now Accepting Patients
All Women Welcome
4370 Kukui Grove Street, Suite 115
Lihue HI 96766
For information call
808-246-9577
or visit mphskauai.org

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

#1 NON-COMMERCIAL RADIO STATION ON KAUA’I

KE KANI O KAUA’I NEI
THE SOUND OF KAUA’I
VOLUNTEER DRIVEN, LISTENER SUPPORTED
www.KKCR.org

Aqua Engineers
AN EMPLOYEE OWNED COMPANY
✓ Experienced
✓ Licensed
✓ Certified
✓ Trusted

Our large fleet of collection system trucks are at your service!

Call 808-332-7381
information@aquaengineers.com
By Anni Caporuscio

Quite possibly the coziest eatery I’d yet to discover, Waipouli Deli & Restaurant is nestled in the Waipouli Shopping Center on the Foodland side and has been so for a whopping 37 years. Sachiko Ikehara and her sister opened a restaurant in 1977 in the space that now houses JO2. After five years, Sachiko moved down the road to her current location and has been operating Waipouli Deli & Restaurant ever since. If you really want to know about women in business, make friends with ladies like Sachiko, who made it happen in the 1970s!

Like many of the more established restaurants on Kaua‘i, it is truly a family business with multiple generations growing up in the booths and taking up various hats to run the business and continue a legacy of decades. I spoke with Sachiko and her daughter, Mina, while they comfortably corrected each other and finished each other’s sentences, all the while with one eye on the door and one eye on the kitchen greeting customers by name, with enthusiastic waves.

Also like the older restaurants, Waipouli is a keeper of history and tradition, a trend I have noticed as I eat my way around the island: places to eat are places to tell stories and preserve stories, be their words, wall art, or menus. Sachiko has packed her menu with American and Oriental comfort food. When I think “comfort food” I think huge plate of pasta, hot-buttered bread, lasagna, my grandmother’s regional Italian chicken soup, or in another context it’s BBQ ribs and mac and cheese, corn bread, etc. But if you grew up on Kaua‘i, comfort food is saimin, chicken cutlet, tonkatsu, stir fry, chop suey and the like. Comfort food is the combination of all the cultures together in one setting. The Ikeharas call their cooking American-Oriental, which equals local food.

The best thing about comfort food is that all the recipes are from scratch; it’s grandma’s home cooking. All the sauces, dips and combo ideas are made in house, like the corned beef hash and the spice combinations on the grilled fish. The stir fry is made to order, and the saimin, too. But what Grandma Sachiko is really famous for is her homemade noodles. She makes them every day, except Sunday. You can only have them at her restaurant, and when they’re gone, they’re gone. Order a batch ahead of time. Her noodles are light, airy, clean and almost buttery. I didn’t ask how she does it; I didn’t want to trample the aire of mystery involved in noodle-making.

Waipouli Restaurant is open every day (Thanksgiving) from 7:30 a.m.–2 p.m. Tuesdays – Saturdays they reopen for dinner service from 4-8 p.m. It is a family-operated family restaurant that spans generations. In the midst of writing, I spoke with a friend whose husband was raised on family dinners at Waipouli, and now takes his family there. He likes the cutlets, his wife loves the tempura veggies.

Call ahead for takeout for a family meal at home, 822-9311. They now accept credit cards. Located in the Waipouli Town Center on the Eastside.

• Anni Caporuscio is a food lover and can be found daily at her Kapa’a business, Small Town Coffee.

---

The Broccoli Beef bowl. The broccoli is crisp and tossed with tender beef strips, a classic favorite and a good light lunch.

The Tomato Beef Bowl. Grilled fresh veggies? Yes, please. Complete lunch fuel that’s also delicious.

The Oriental Plate, among the most popular menu item, has a bit of everything: generous butterflied tempura shrimp and veggies, fried chicken with homemade gravy, BBQ beef, a scoop of rice and famous housemade noodles.

Ono Fish Plate. Grilled fish that comes out full of flavor, crisp and tender. Served with salad greens and a mild tartar sauce.

Mina and Sachiko Ikehara, the mother-and-daughter team behind Waipouli Deli and Restaurant.
Kau Kau Delights

The Loco Moco, a Kaua‘i requirement for any morning menu. It comes in a rice-bowl size, a manageable portion with the sunniest of eggs.

Hawaiian Handmade Frozen Pops

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 / 40+ locations at OnoPops_Kauai | www.OnoPops.com

The Kitchen at Papaya’s
4-901 Kuhio Highway Kapa‘a, Kaua‘i
Monday - Saturday: 8am - 8pm
Sunday: 10am - 5pm

Even Better!
SUSTAINABLE PRACTICES
New REUSABLE STAINLESS STEEL PLATES, BOWLS & UTENSILS FOR HERE
Our Zero-Waste CERTIFIED COMPOSTABLES TO GO

Da Crack

Mexican Grinds
Poipu, Hi

CRAVING AN EASIER WAY TO ORDER?
— START YOUR ORDER AT —
da crackkauai.com
or download our iOS or Android app

2827 Poipu Rd. Poipu
Mon-Sat 11 am–8 pm
Sun 11 am–3 pm
Kau Kau Delights
Waipouli Deli & Restaurant

(left) Cookies, the newest development at Waipouli Restaurant. Freshly baked and packaged right in store, Mina Ikehara bakes a variety of flavors of cookies that you can take home. Look for them in store and at select locations around the island.

ONO LOCAL PLATES, POKE BOWLS AND PUPUS

THE BUTCHER AND THE FISHERMAN

location: 3082 Peleke Street, Lihue
phone #: 808-320-7152
hours: Mon-Fri 6:30 am-4 pm
saturday: KCC Farmers Market 9:30 am to 1:30 pm

GRASS FED BEEF • FRESH FISH
WHERE THE LOCALS LOCALIZED

MackKlin’s serves up a wide variety of local plate lunches with a unique flair: Teri Beef, Teri Chicken, Roast Pork, Fried Noodles and Much More. Entrées change daily. Come and experience local’s style!

KAULAI’S #1 NOODLE TRUCK

Mon - Tues 11 - 4:30 • Wed Closed
Thurs - Sat 11 - 4:30 • Sun Closed
5371 Koloa Road
across from Sueoka Store

LOCAL FILIPINO CUISINE

Come in and experience the flavors.
Local favorites: Pork/Peas, Adobo, Pancet, Ono
Philippine Desserts, Much More.
We do catering for all occasions.
Monday – Friday 8am – 7pm
Saturday 8am – 4pm • Sunday Closed

SO GOOD, SO BIG, SO ONO

Local box lunches and more.
A family owned take out restaurant bringing back homestyle cooking and the best tasting box lunches on Kauai.
Call us for our daily plate lunch specials or to order ono fresh malasadas and cookies.

BOOK YOUR HOLIDAY PARTY NOW

Whether gathering with friends & family for the holidays or planning your company’s seasonal event, Hukilau Lanai provides the perfect setting. Ocean view dining, tiki torches & nightly live music grace the dining room & lounge, while the private & semi private rooms seat from 15-75 guests.
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

A COMMUNITY GATHERING PLACE
ON THE NORTH SHORE

Kilauea Dance & Fitness
2321 Kolo Rd
Kilauea, HI 96754
(808) 652-5722
info@kilaueastudio.com
www.kilaueastudio.com
Facebook:
Kilauea Dance & Fitness
Instagram: @kilaueadance

Kilauea Dance & Fitness is dedicated to helping you and your family move together in a fun and inclusive environment. Whether you are local, or a visitor of Kaua‘i; we have a multitude of activities for all ages and levels. Let Kilauea Dance & Fitness help you experience the art of movement in the heart of Kaua‘i’s breath taking North Shore.

Group Classes • Workshops • Private Lessons
Summer Camps • Birthday Parties • Teacher Trainings
Community Events • Dance Parties

The Ocean Course at Hokualā
3351 Hoʻolaule’a Way
Lihue, HI 96766
808-241-6000
www.golfhokuala.com

“CRUISE” THE OCEAN COURSE AT HŌKŪALA
If you are looking for a land “cruise” for a photographer’s dream setting, ask about our daily sunset cruise on the award-winning Ocean Course at Hokualā. For just $35 (for two people), you can enjoy a leisurely golf cart ride along Jack Nicklaus’ signature course with lush landscape and breathtaking views of the cliffs overlooking the Pacific Ocean.

SMITH’S TROPICAL PARADISE
On the Wailua River
Just off HWY 56
821-6895
smithskauai.com

“BEST LUAU ON KAUAÌ”
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.

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.
LAWAI MARKETPLACE AT WAREHOUSE 3540

Lawai Marketplace at Warehouse 3540 is an all-around unique Kaua‘i experience. Set in the Historic Pineapple Cannery area of Lawai, the Warehouse was an Aluminum and Jalousie glass factory badly damaged in Hurricane Iniki in 1992. This now restored Warehouse is home to a variety of Kauai’s best Food Trucks, Craft Coffee, Hand Crafted Shave Ice, Shops, and Galleries. We invite you to meet the local chefs, makers and artists who are truly the heartbeat of this beautiful Island. Aloha!

Warehouse 3540
3540 Koloa Rd.
Lawai, HI 96765
warehouse3540.com
warehouse3540@gmail.com
Instagram: @warehouse3540

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 for more details.

For Kaua‘i Congratulates Our Best of Da' Best Winners!

A New Winner Every Month • People's Choice Awards

Who will it be next month?

Winners so far:
Local Grinds – Pono Market
Helicopter Tour – Blue Hawaiian Helicopters
Coffee Shop or Café – Kalaheo Café & Coffee Co.
Fine Dining Restaurant – Hukilau Lanai

Be Heard
Cast your vote for Kaua‘i’s Best of Da' Best at
www.forkauaionline.com

Celebrating 15 Years
as the true community newspaper on Kaua‘i since 2003
There is a place on Kaua‘i where it’s actually a good thing to sweat the small stuff. It’s a place where you work those smaller muscles that are often neglected in even the most hardcore workouts. And while doing it, you’ll have a ton of fun dancing to upbeat music and forging what will likely become life-long friendships.

Welcome to Studio Barre & Soul.

“We do ballet-influenced moves, and it’s mixed with a little bit of yoga and also Pilates,” said Anna Bazalar, owner and founder of Studio Barre & Soul. Barre workouts use a lot of isometric moves, she said, really putting to work your stabilizer muscles, the small muscles holding everything together underneath your larger muscles. The stabilizer muscles cinch everything together, sculpting a leaner, dancer’s body and helping us to keep a proper and graceful posture.

Despite having moves influenced by ballet, no one needs to know how to dance.

“You don’t need to know choreography, you don’t have to memorize anything,” Bazalar said. There are several kinds of classes for different tastes and levels of expertise, and within those classes, the teachers change the routine often, making it even more interesting.

Most Barre classes last an hour, but some are 45 minutes long. Music is a major part of it. Every teacher has a different taste for their tunes, said Bazalar, adding she likes music with beats.

“I’ll play anything; the more beats it has, the better,” she said.

Classes usually start with a quick warm up for knees and arms. Then you move to the bar, where you stretch your leg like a ballerina would. From there you move to a thigh and glute workout — the meat of their workout — followed by an ab workout and a three-to-four minute cool down. Everything is dictated by music, and there are always tools involved, whether they are weights, elastic bands, blocks or balls; so you never get the same exercise twice.

Sometimes, the movements are so small that it doesn’t even look like anyone is moving at all, but those small movements are working out the stabilizer muscles, Bazalar said.

Barre was developed in London, England by Lotte Berke, who started teaching it in 1959 out of her garage. Bazalar said women who would practice Barre with Berke were getting stronger and leaner. Berke’s daughter, Esther Fairfax, continued her mother’s legacy of teaching Barre.

Bazalar said the woman who helped her to train the initial crew at Studio Barre & Soul flew to London and met with Fairfax and learn more about the original Lotte Berke style of Barre. Whenever Bazalar visits California, she said, she trains with that same woman.

Barre came to Bazalar’s life following a serious injury. She led an athletic lifestyle her whole life. By the time she was pushing 30, she suffered a severe injury, rupturing her anterior crucial ligament, a key ligament that helps to stabilize the knee. In the span of 18 months, she had to go through three surgeries. During those difficult times, she found yoga and then Barre. Bazalar’s doctor was so impressed with her quick post-surgery recovery that he started recommending Barre as physical therapy.

“That really became my passion at that point, seeing how quickly it rehabbed my knee,” Bazalar said. “So anybody that walks in with a knee injury, I’m like, ‘You’re going to love it here, this is going to help you so much.’”

Studio Barre & Soul opened in Kapa’a in December 2014. In March 2018, Bazalar opened a larger Barre Soul Deux on Rice Street, Lihu’e. She said she had seen how many lives were enriched by her Kapa’a studio, and that inspired her to open another one in Lihu’e.

“I’m a person who really knows how to bring community together,” she said. “I’ve always been good at that, and now I’ve got to do it in bigger numbers.”
Anna Bazalar.

Bazalar said she loves their “community of women,” and even before she can get to know new students, her clients have already built a positive relationship with them. It becomes a powerful group of women who empower each other, she said.

“I really love what I do. I have a real passion for Barre because I really love to share what it is all about,” said Bazalar, adding her studio is the first and only one on Kaua’i that is 100 percent dedicated to Barre.

Visit www.barrekauai.com or download the app Mindbody to book your workout. There are some sweet deals for those willing to give more than one try. Bazalar said everyone should come to at least three classes to find out if Barre is for them.

Studio Barre & Soul is at 4-733 Kuhio Hwy, Building 3 in Kapaa, and Barre Soul Deux is at 4286 Rice St. in Lihu’e.
Wondering what to do today? See the best, most complete calendar of Kaua‘i events at www.forkauaionline.com
To get your event listed, enter it yourself on the web or send to Honey calendar@forkauaionline.com

Oct 1-December 31 Kaua‘i Independent Food Bank Holiday Food Drive
Help us achieve our goal of $45,000 and 45,000 lbs of food. Food donations can be dropped off at any County Fire Station and the KIFB warehouse. Accepting monetary donations and perishable food items at our Nawiliwili warehouse 8am-4 pm M-F. Info Leona Perez 246-3809 ext. 2, www.kauaifoodbank.org

Sat, Oct 5, 8:30am-12 Noon Ohana FitFest Trail Run
Anaina Hou Community Park and Wai Koa Loop Trail 5k and 10k obstacle trail run. Entry fee includes race tee shirt and light fare after the run. Keiki 12 and under free with adult registration. Info kauainorthshorecommunityfoundation.org, anainahou.org

Weekends, Oct 5-26 Kukui Grove’s Halloween Fun
Freaky Fri’s 6-9 pm with haunted house, keiki games, and Aloha Dance ‘flash mobs’. Spooktacular Sat’s 5-8 pm with haunted house, keiki games, and Halloween movie nights. At Kukui Grove. Info www.kukuigrovecenter.com

Wed, Oct 9, 10am-1 pm Kaua‘i Family Fun Day at Kukui Grove
Arts and crafts for the ohana, activities for you to do with your keiki, community resources for the whole family. At Keiki Korner, Kukui Grove. Info www.kukuigrovecenter.com

Sat, Oct 12, 9am-4 pm Hui o Laka/Koke‘e Natural History Museum present Eo e Emalani I Alaka‘i
Queen’s entourage arrives on horseback at 11 am. Hula, exhibits, crafts, silent auction, delicious food. Free and open to the public. Parking limited; please carpool; bring own seating; no coolers. At Koke‘e State Park. Info www.kokee.org

Sat, Oct 12, 12-6 pm Hammers N’ Ales Oktoberfest
Fundraiser for Kaua‘i Habitat affordable housing on Kaua‘i with over 30 craft beers from Kohola, Kaua‘i Island Brewery, Lani Kai, food from top local restaurants - Keoki’s Paradise, Merriman’s Fish House, Plantation Gardens, Lava Lava Beach Club, The Kitchen @ Papayas, The Right Slice, The Cabana, Ruth’s Chris, and music from Homestead and Cruz Control. 21 and over only. At Po‘ipu Beach Athletic Club. Tickets presale $75, on the door $85. Info Chris Young 635-0411, chrisyoung@kauaihabitat.org, www.eventbrite.com

Fri, Oct 18, 4-8:30 Matsuri Kaua‘i
The festival will showcase different groups of Japanese talents: soba making and sampling, bonsai, dancing, featured enka singer Torao Hikariyama, drumming, mochi pounding, craft vendors, origami folding, fortune picking game, tea ceremony and much more. Free. At Kaua‘i War Memorial Convention Hall. Info Pearl Shimizu 822-5353, pkgshim3@hawaiiantel.net, kauajcs.org

Sat, Oct 19, 5:30-9 pm Aloha Banquet
Part of the Matsuri Kaua‘i Festival. Tickets $60. At Kaua‘i Marriott Resort. Info 335-319

Sun, Oct 20 Sierra Club Mo‘alepe Trail Hike
A beautiful hike through farmland and forest, with glorious mountain views and ever-present birdsongs. This trail offers great rewards without a lot of effort. East Shore. Moderate, 6 miles 800 feet elevation gain. Leader Julio Magalhães 650-906-2594

Sat, Oct 26, 7-30am-Noon Make a Difference Day - 25th Anniversary of Kamalani Playground
Join us for a community clean up day to celebrate the 25th Anniversary of the building of Kamalani Playground by ensuring future generations of keiki can enjoy it. Bring a water bottle, work gloves, sun protection, covered toe shoes and a smile! Lunch and treats will be served. Info 639-1018, kamalani.us.wordpress.com

Sat, Oct 26, 8am-1 pm KVMH Auxiliary’s Holiday Craft Fair 2019
Food, lucky ticket drawings, crafters, orchids and more! Vendors will be inside and outside the hospital hallways. At Kaua‘i Veterans Memorial Hospital, Waimea

Sat, Oct 26, 10am-Noon Halloween Festival and Costume Contest
Held at Kukui Grove’s Center Stage. Followed by Center-Wide Trick or Treating. Info www.kukuigrovecenter.com

Sat, Oct 26, 5:30-9:30 pm Halloween Spirits
Calling all the undead to come out and play at Anaina Hou’s first annual Halloween event. Contests for best costume, best pupu and best cocktail. Creepy cocktails and goulish games. 21 and over event. Tickets $85-$150 (VIP). At Porter Pavilion. Info 828-2118, anainahou.org

Nov 22-24, 3rd Annual Kaua‘i Old Time Gathering
Welcome all musicians, singers, dancers, music and fun lovers. Bring your instruments and your tents for old time music, dancing, camping, learning, teaching and jamming in Koke‘e State Park. Info and to reserve, www.kauaioldtime.com/
**FREE GIFT**

Aunty Lilikoi Passion Fruit Products

*A Free Gift with any purchase!

1-866-LILIKOI (1-866-545-4564) • www.auntylilikoi.com
9875 Waimea Road, Waimea • Daily 10-6

---

**$10 OFF**

ME TIME MASSAGE & BODYWORK

$10 off any 60 or 90 min massage. Present coupon at time of appointment.
Craig Sadamitsu, Owner
808-245-8880 • metimekauai.com
3-3178 Kuhio Hwy # B3, Lihue

---

**20% OFF**

ALL CARNIVOROUS PLANTS

GARDEN PONDS

20% Off All Carnivorous Plants in the nursery.
Varieties include Leacuophylla, Flava Flava, Judith Hindle, and many more!
Expires Oct. 31, 2019 • Limit One Per Household
808-828-6400 • gardenpondskauai.com
5-2719 Kuhio Hwy Ste. 101, Kilauea • W-Sun 12pm-5pm

---

**FREE**

Side Order of French Fries or Brown Rice or One Soda*

COCONUTS

With your purchase of $20 or more. Save up to $3. Open Daily 11am-9pm.
808-320-3138 • www.coconutsfishcafe.com
4-831 Kuhio Hwy Safeway Shopping Center Kapaa

---

**15% OFF**

KAUAI SEA TOURS

2 hour tour to beautiful remote snorkeling spots only accessible by boat. Book online with code 4KWINTER 19-20 to receive your discount
808-335-5309 • kauaiseatours.com
4353 Waialo Rd, Ste 2B-3B, Eleee • 6am - 8:30pm daily

---

**FREE COOL TREAT**

OKI’S

BOX LUNCHES • OMIYAGE DINER

FREE JAPANESE GURI GURI WITH PURCHASE OF A REGULAR MEAL
BEST Breakfast • Served All Day
BEST Local Foods
808-245-7744 • MTWS 9am-7pm, F 9am-9pm, Sun 9am-6pm
Kukui Grove Shopping Center Food Court, Lihue

---

**FALL SALES EVENT**

Aloha Furniture gallery
Made in the USA
fine furniture for your island lifestyle
Sofas Starting at $999
Many Colors to Choose From
808-246-4833 • www.alohafurniture.com
2961 Umi Street, Lihue • Mon-Sat 9-6

---

**FREE ADMISSION FOR KAMA’AINA EVERY SATURDAY**

Kauai Museum
808-245-6931 • www.kauaimuseum.org
4428 Rice Street, Lihu’e • Mon-Sat 10-4 | Closed Sun
Not only the best day of your vacation, but possibly one of the best days in your life!

The Only Raft Company Touring the Entire Na Pali Coast

808.742.6331
www.NaPaliRiders.com

30’ Zodiac Raft
Kauai’s Best Dolphin Watch!

Snorkel Pristine Reefs
Explore Sea Caves

Scan to watch our video!