The number of women-owned firms in the U.S increased 54 percent – one-and-a-half times the national average – in the last 16 years, and businesses owned by Native Hawaiian women lead the nation in promoting job growth during the same period.

see story page 7

Kaua’i Juice Co is making life on the island a lot sweeter and healthier

Sea level rise: We can lessen and adapt to it

Prince Kuhio Festival & Women in Business

The Pink Revolution

The number of women-owned firms in the U.S increased 54 percent – one-and-a-half times the national average – in the last 16 years, and businesses owned by Native Hawaiian women lead the nation in promoting job growth during the same period.

see story page 7

All Local • All Community • All Kaua’i
The YWCA Women’s Center in Lihu’e has been in operation since the end of last summer, but it was only in February that the nonprofit’s newest building had its official grand opening, complete with a blessing ceremony.

“It is enabling us to enhance services while offering something to build on and grow from here,” YWCA Executive Director Renae Hamilton said of the new facility adjacent to the YWCA’s administrative office.

Kahu Kaeo Bradford blessed the $2 million property, which was made possible with massive support from the community, including grants and donations from businesses and individuals.

Hamilton said three-quarters of the building are already paid off, and hopefully future donations will cover the remaining cost for the facility so it can be mortgage-free.
As Juicy as it Gets
Kaua’i Couple Squeezes Health and Profits from Fruits
by Léo Azambuja

As the New Year rolled in, life got a lot sweeter for a Kaua’i couple—and for several others on the island.


“We believe in juice,” Scott said.
Offering freshly squeezed juices and personalized cleanses, they said their clientele has quadrupled since the opening week.

“Kaua’i Juice Co is essentially here for the community,” Muhich said. “We wanted to provide Kaua’i with the same things that people on the Mainland can get; local organic juices and cleanses.”

She first went into business four years ago with Kaua’i Kombucha, which now has 30 different accounts on the island.

A little over a year ago, Scott and Muhich got married. In March 2013, Scott sold his business, a popular bistro in Kapa’a, and joined his wife’s business. Since then, they had been planning a rebranding to focus on juices made from organic and local produce as much as possible.

“It’s a growing industry and we wanted to get it on the island,” Muhich said.

They believe in their business model so much that part of the proceeds at Kaua’i Juice Co goes to Hawai’i Seed, a nonprofit organization that educates people on natural agriculture.

On the skin, the company may seem like just another juice outlet, but it’s deep in the pulp where things become thicker.

“We are a compressed juice company that offers detox cleanses and kombucha,” said Muhich, who has been in the health industry for at least a decade.

They use a special juicer that presses the fruit without oxidizing the juice, she said. The result is a freshly squeezed juice that can last up to three days in the refrigerator without losing nutritional value. So a trip to the store is pretty much a grab-and-go; there’s no waiting 10 minutes for your drink to be made.

Each juice takes somewhere between 3 and 5 pounds of produce. Multiply that by six when you do a cleanse, which includes drinking six juice bottles a day, and you have eaten 20 to 30 pounds of produce each day for at least three days straight, the average for a detox.

“Cleanses are something people are freaking out over, they are so excited, they are extending their cleanses, doing them monthly,” Muhich said.

The cleanses can be picked up at their retail store, and are also available to be delivered. The store has five standard cleanses, but they do personalized ones, depending on the client’s needs.

Only a couple months into existence, Kaua’i Juice Co may be still sprouting, but Muhich and Scott already have a vision and plans for expansion.

“Cleanses is where the majority of our business is going,” Muhich said.

Though their kombucha is in several retail spots on Kauai, the juices are only available at the Kapa’a outlet or through home delivery. Muhich and Scott said they are planning on having a small retail outlet on the South Shore, and possibly two on the North Shore.

Vicki Remmel moved back to Kaua’i in January to help Muhich launch the new business. After all, their friendship goes back several years. Remmel said she has seen the business grow exponentially just from word of mouth.

People would try the juice, she said, and see how awesome they felt afterwards. Many became repeat customers and brought additional people, Remmel said.

“It’s been awesome,” Muhich said.

Kauai Juice Co is open seven days a week, from 10 a.m. to 4 p.m. Visit kauaijuiceco.com or call 634-0996 for more information.
Women

by Léo Azambuja

Women. Though I make a heck of an effort, I probably will never understand them. Perhaps it has to do with my upbringing.

During my childhood years in Rio de Janeiro, my father was a top-notch advertiser. As a child, I had my cheeks pinched by more top models and TV and movie stars than anyone I know. I was once babysat by a Playmate while tagging along my dad on a business trip to São Paulo.

Editor’s Note

And by the way, that trip included having lunch with the editor of Playboy Magazine in the best steakhouse in Brazil. Did I mention I shared a meal with the Playmate?

Before you hate me, whether you’re a woman or a man, allow me to explain my journey.

The Playmate, Sandra Brea, was also a talented leading actress of many movies and TV shows. Her then-husband was a famous photographer and a longtime friend of my father.

More than anything, Sandra was a human being like you and me. No labels. Away from the cameras, she was caring, funny and down to earth. She had the same marital struggles and personal problems anyone else does.

When she pulled out of her purse a stack of pictures—shot by her own husband—that were published in Playboy (and off limits to minors), she asked me, an 11-year-old boy, all kinds of technical questions. She wanted my thoughts about the light, the composition, the set, etc.

Didn’t she notice she was naked in there?

Somehow the pictures in her hands looked like a natural thing. In the magazine, the very same pictures looked like obscenity.

But the point here is—and now it gets more interesting—I felt we were doing something against the status quo, against a vicious military dictatorship that ruled the country for 21 years.

She, a woman, made me feel empowered. It might have been the wrong tools, but it worked.

In the late 1960s and throughout the 1970s, while Eastern Europeans suffered in gulags in the former Soviet Union, U.S. officials would teach torture to Brazilian officials—with live demonstrations—in theaters crowded with military personnel.

Also in those years and well into the 1980s, the government played an active role in censoring massive amounts of movies, books, shows, newspaper articles, music, etc.

see Women page 5
Women
from page 4

Artists, musicians, intellectuals, teachers, journalists, students and plain regular citizens all suffered during the military rule, which lasted from 1964 to 1985.

Many were arrested and tortured. Some disappeared forever. Under the Institutional Act 5, hundreds were pulled out of their homes by police squads to never again be seen. Several went into exile, voluntarily or not.

When Sandra showed me those pictures, I felt like I was sneaking up behind the government to break the law.

The whole context of that business trip helped too.

The night before, we had gone to dinner at 11 p.m. in the notorious Italian neighborhood of Bexiga. We sat at a table with about 20 stage artists. Their unusual order was a giant pot of boiled vegetables, eggs and meat placed in the middle of the table. They were loud and fun; and I felt like one of them.

It was in that year that I started doing all the wrong things for what I thought were the right reasons, including graffiti as a form of rebellion.

The military dictatorship was replaced by a civilian government in 1985. Five years later, Brazilians elected their president for the first time in 30 years, thanks to a new constitution passed in 1988.

Unfortunately, one of the ugliest byproducts of the fight against the dictatorship and its censorship machine was the exploitation of women as objects, especially by big media and large corporations, Playboy included.

Open the door to big corporations and they’ll put a toll booth in it.

But in a democracy, laws are shaped by morals commonly accepted within the society. Brazilians eventually began to figure out what to do with their regained freedom to shape their future.

Several laws now make it illegal to exploit women in advertising, which is different than censorship. It’s just a step, but a huge one, because the media is a powerful influence in the society.

I believe the day will come when men and women will be treated as such; as men and women. This means recognizing women as different individuals with their own needs that should be respected.

I may never be able to understand women, but I can easily learn how to respect them.

On a side note, Sandra has been gone for 14 years. When she died of respiratory complications, she had lung cancer and had been living with the HIV virus for at least seven years.

Women
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The Pink Revolution
by Léa Azambuja

All in all, it’s just business as usual, but with a noticeable shade of pink.

In January, Forbes Magazine published an article stating 11 reasons why 2014 will be a “breakout year” for women entrepreneurs. “I think there is a trend, more women are going into business. And it’s not that women are taking over, we are just getting stronger. We’re there rooting for ourselves and supporting each other,” said Marie Cassel, owner of Sweet Marie’s Hawai’i and recipient of Kaua’i’s 2012 Small Business Person of the Year.

Between 1997 and 2013, the number of women-owned firms in the United States has grown 54.2 percent—one-and-a-half times the national average—and their revenues grew 63.8 percent, according to the 2013 State of the Women-Owned Business Report commissioned by American Express.

Even during the recession, women have not backed off. Since 2007, women-owned firms are the only sector of the economy besides large, publicly traded corporations that provided a net increase in employment, the report states.

The most recent Economic Census, from 2007, shows 31.8 percent of more than 8,300 businesses on Kaua’i are owned by women. It’s 0.8 percent more than the state average and beats the national average by three percent.

Since the last Census, the number of businesswomen on Kaua’i has likely grown exponentially, according to many businesswomen on the island.

Last year, Heather Singleton, a wedding coordinator and a new board member at the YWCA, came up with the idea of the Pink Sunday, a fundraising event to empower women while promoting exposure for the nonprofit.

The response from Kaua’i’s businesswomen was so large that Singleton, who chaired the event, held in November at the Kaua’i Veterans Center, had to turn vendors away.

YWCA Executive Director Renae Hamilton called the Pink Sunday “fantastic.” The event showcased a fair, a fashion show, yoga, exercise classes, food and even a flash mob.

For this year, Hamilton wants it to grow and include a broader section of businesswomen, such as architects and construction-related jobs.

If anything, the first Pink Sunday was a reflection the number of businesswomen are growing on Kaua’i. At least 50 percent of vendors were businesses that started after the 2007 Census, Singleton said.

Kapua Kaneakua, owner of Mermaid at Heart, launched her business five years ago. An avid collector of vintage Hawaiian shirts—she has more than 700—she repurposes them into handbags and also crafts jewelry using shells as gemstones.

“I was making stuff for myself and people wanted to buy them,” said Kaneakua, who was born and raised on Kaua’i and graduated from the Fashion Institute of Design and Merchandising in Los Angeles, Calif.

As a Native Hawaiian, she may have an edge over other women. The American Express report found that between 1997 and 2013, the number of businesses owned by Native Hawaiian women grew 215.8 percent, second only to firms owned by African-American women. Also, firms owned by Native Hawaiian women lead the nation in employment growth during that period, with a 122.9 percent increase.

Sure, there may be disadvantages for a woman in business. Cassel said it’s still a man’s world out there, and women have to work much harder than men to earn respect.

But perseverance, she said, pays off. She started her business in 2000, as a wholesaler of gluten-free foods. In 2006, Cassel opened Sweet Marie’s Hawai’i in Kapa’a, and five years later she moved to Lihu’e and expanded to a gluten-free restaurant and bakery, while still selling wholesale food.

Neide Pereira opened Neide’s Salsa and Samba Restaurant in Hanalei in 1998 and quickly gained a legion of followers—it is the only restaurant on Kaua’i that serves Brazilian food.

She said she didn’t encounter difficulties because she’s a woman. Opening a restaurant, Pereira said, is “a lot of hard, hard work,” regardless if it’s owned by a woman or a man.

Maikalani Kahana opened Mint and Sea four months ago in Wailua, offering women’s clothing, accessories and jewelry.

She too didn’t encounter difficulties as a woman. It was actually the opposite, she said; she got a lot of support from other women. “I don’t know if a man would have that if he started his own business,” Kahana said.

Kaikini Bikinis owner Taryn Rodighiero said sometimes women may think they can’t run a business, but the difficulties are the same ones men encounter.

Her bikinis, which she personally crafts with the help of a handful of women, sell online and in local stores. “I think there are things that women bring to the business world, and there are things that men bring to the business world,” Rodighiero said.

Anni Caporuscio, co-owner of Small Town Coffee and the Blue House Booksellers, both in Kapa’a, recently spoke at the Hawai’i Health Association Women in Business Conference.

She said most small businesses are run by women, whereas bigger corporations are generally run by man. Part of the reason may be that men are more apt to start technology-based businesses, which generally attracts more loans than smaller, hospitality-based and passion-run businesses, the most common choice of women going into business.

“Have I found any difficulties in being a woman in business? No, because as soon as I look at that, I make myself a victim in order to overcome it, and I don’t see myself as that,” she said. “I see myself as a person running a business in a person’s world rather than a woman running a business in a man’s world.”

The Kapa’a entrepreneur, however, recognizes that doors that have been traditionally shut only two generations ago are now more open than ever.

“I love what I do, I know my grandmother didn’t have these opportunities, but I do. So I’m going to take them,” Caporuscio said.

To Pereira, it’s all about following your dreams, “and if you focus, you can make it,” she said.

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Held Friday, February 7 at Kauai Beach Resort
Prince Kuhio’s Legacy Lives On

by Léo Azambuja

The Prince Kuhio Celebration kicks off with the Garden Isle Artisan Fair at Po‘ipu Beach Park March 15. For the next two weeks, daily events will highlight the life of the Kaua‘i native and one of Hawai‘i’s most influential policy makers in Congress.

Prince Jonah Kuhio Kalaniana‘ole was born on March 26, 1872, in Po‘ipu, Kaua‘i’s South Shore. Though he died at only 50 years old, he lived a full life and left a legacy that continues to affect Native Hawaiians to this day.

About 10 years ago, Margy Parker contacted Stella Burgess to ask if she would be interested in helping to grow the celebration of Prince Kuhio’s birthday, which had been carried on for many years by the Royal Order of Kamehameha.

“She was in charge of Hawaiian and Hawaiian culture at that time at the hotel, the Hyatt,” Parker said of Burgess. Over the next decade, Burgess was responsible for growing the festival from one day to two weeks, and from see Prince Kuhio page 12

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Peacefully sharing Ke Ala Hele Makalae

by Tommy Noyes

It’s hard to imagine, but it has now been 10 years since Mayors Bryan Baptiste and Mari-anne Kusaka opened the initial phase of Ke Ala Hele Makalae in Lydgate Park.

Plans are well advanced to build a new section of multi-use path in the one-mile gap in the Waipouli area.

When that short length of path is finished the two-and-a-half miles of path meandering through Lydgate Park and the four miles linking Kapaa’s coast to the Kealia shoreline will be connected. The result will be a continuous path attracting steadily increasing numbers of path enthusiasts.

How can all the walkers, joggers, parents with strollers, dogs, tricycle riders, and bicyclists who are out for a fun excursion and seeking to improve their fitness peacefully coexist on Ke Ala Hele Makalae? The keys are obeying the laws and following the simple etiquette guidelines established to help things flow smoothly on the path.

Here are the main points that will help make everyone’s experience on the path more pleasant.

First of all, please be courteous—all path users should be respectful of other users regardless of their mode of travel, speed or skill level. And remember—courtesy is contagious.

By law, the Ke Ala Hele Makalae is open to all non-motorized users. Motorcycles, motor scooters or other motor-powered devices are not allowed, except, of course, for motorized wheelchairs. Path users should stay on the trail and not trespass on adjoining private properties. Camping along the trail is prohibited, except in designated areas.

Yield to pedestrians; they always have the right-of-way. Remember, “Wheels yield to heels.”

Be predictable—travel in a consistent manner. Look behind you before changing position on the path. Travel on the right side of the path and pass on the left. The path is like a roadway, so please guide any group you are with to travel on the right half of the path and not spread out to take up the entire path.

Announce yourself when passing—for example, call out, “On your left!” or ring a bicycle bell. Warn others as you approach from behind.

When you stop, move off of the path. Always allow other trail users clear access to the full width of the path.

Report crime and maintenance problems to the county Department of Parks and Recreation. Watch out for maintenance and security needs while on the path.

Obey all signs and rules, including stopping at intersections, traveling at safe speeds and don’t litter.

Keep dogs under control at all times. This is important as a courtesy to other path users and to protect endangered wildlife. Walk dogs on your right-hand side, away from passing cyclists. A person may walk no more than two dogs on the path or six feet to either side of the paved path, but not in the adjacent open areas. Leashes must not be longer than six feet. A means of disposing of the dogs’ waste (like a plastic bag) must be in evidence. Kaua’i Humane Society volunteers stock biodegradable bags in the green dispensers installed frequently along the path. Remove your animal’s waste from the path and dispose of it in trash receptacles.

Guides are posted on the maps at trailheads and on signs along the path. Being aware of these laws and following common courtesy etiquette guidelines will help to keep the Ke Ala Hele Makalae enjoyable for all users.

Tommy Noyes works for the Hawai’i State Department of Health’s Public Health Preparedness branch, serves on Kaua’i Path’s board of directors, and is a League of American Bicyclists certified instructor.
How to Avoid Sports Injuries

Sports injuries happen when you exercise or play sports. Although not every sports injury can be prevented, the National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS) says that injury rates could be reduced if all athletes—professionals and amateurs—followed essential safety, conditioning, and preventive strategies.

Most people who experience sports injuries have one or both of these in common:

- A history of injury. Previous injuries often develop into chronic problems if they’re not properly and thoroughly rehabilitated.
- No rest days. Playing or training hard every day taxes your body. Rest days reduce injury rates because they give muscles and connective tissues time to repair themselves between training sessions, the NIAMS says.
- Reducing your risk

The following strategies can help reduce your injury risk:

- Get in shape before playing a sport. Don’t expect the sport to get you in shape. Instead, follow a regular conditioning program designed for your sport.
- Don’t play or exercise when you’re fatigued or in pain. Pay attention to your body, and don’t push yourself unnecessarily.
- Always warm up before you play or exercise. Take a light jog for five to 10 minutes, then go through some of the movements you do when playing. Stretch specific muscles that tend to be tight and that you’ll use in the activity. A proper warm-up can help prevent injury and improve your level of play.
- Don’t do too much too soon. Gradually increase the level and amount of time you exercise.
- Wear the right shoes for your sport. Make sure they fit properly, are stable, and absorb shock.
- Learn proper form. This can reduce your risk for overuse injuries in sports such as tennis and golf.
- Always use proper safety gear. This includes helmets, goggles, and mouth guards. Helmets, the most common safety gear, protect you when you’re playing team sports, as well as when you are biking, skateboarding, and in-line skating.

When to seek help

Never try to “work through” the pain of a sports injury. Stop playing or exercising when you feel pain. Some injuries should be seen by a doctor right away. Others you can treat yourself.

These are times when you should see a doctor:

- The injury causes severe pain, swelling or numbness.
- You can’t put weight on the area.
- An old injury hurts or aches.
- An old injury swells.
- The joint doesn’t feel normal or feels unstable.

If you don’t have any of these signs, it may be safe to treat the injury at home with RICE (Rest, Ice, Compression, Elevation) for at least 48 hours.

Interested in learning more? Contact your physician or call one of the Wilcox Health Bone and Joint specialists at 245-1523.
Prince Kuhio
from page 9

Po‘ipu to other parts of the island, always emphasizing cultural demonstrations, according to Parker.

Burgess worked with the Po‘ipu Beach Foundation, and then the Hawai‘i Tourism Authority and the County of Kaua‘i got involved, Parker said.

Burgess died in February, but the festival will keep going. “It’s quite a legacy, really,” Parker said of Burgess.

Prince Kuhio himself, Parker said, was an icon in the Native Hawaiian community for what he fostered and for his legacy.

As children, Prince Kuhio and his brother, David Kawanana-koa, were the bearers of the crown during King Kalakaua’s coronation. Growing up, Prince Kuhio, the grandson of Kaua‘i’s King Kaumualii’i and the nephew of Queen Kapi‘olani, studied in California and in England, and spent a year in Japan after graduating.

In 1895, he was arrested for taking part in a revolution against the government that had overthrown Queen Lili‘uokalani in 1893. He would spend two years in jail, and then leave for a tour around the world. He returned to Kaua‘i in 1901, and was elected to Congress in 1903, the same year he reorganized the Royal Order of Kamehameha and founded the first Hawaiian Civic Club. He was elected to Congress for 10 consecutive terms.

Prince Kuhio sponsored a bill for Hawaiian statehood in 1919, but it would take 40 years until Hawai‘i would become a state.

In 1921, U.S. President Warren Harding signed the Hawaiian Homes Commission Act, which was crafted after a bill Prince Kuhio had spearheaded to create a rehabilitation program for Native Hawaiians.

The final version of the bill that created the Hawaiian Homes Commission, however, distributed Hawaiian lands as a lease rather than fee simple, and raised the blood quantum to qualify for a lease to 50 percent from the original one-thirty-second blood quantum requirement, all against the wishes of Prince Kuhio.

He died on Jan. 7, 1922, and was buried on O‘ahu after a royal funeral.

Visit princekuhio.net or dhhl.hawaii.gov/prince-jonah-kuhio-kalaniana‘ole for more information.

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On Friday, March 14 • 6 pm to 9 pm Kaua‘i Veterans Museum Presents

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Kauai Veterans Center, 3215 Kapule Hwy., Lihue
Refreshments & no host bar. Donations accepted at the door. • 246-1135 • kauaiveteranscenter@gmail.com

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Everyone is invited!
### Women in Business 2014

#### Find a Woman In Business and You Will Find Excellent Results and Quality Services

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<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Contact Information</th>
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<tbody>
<tr>
<td><strong>CHRISTYL NAGAO</strong>, Sales Consultant</td>
<td>King Auto Center</td>
<td>(808) 245-4788 • <a href="mailto:christyl@kingautocenter.com">christyl@kingautocenter.com</a></td>
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<tr>
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<td>Kauai Nut Roasters • 808-826-7415 Hanalei store</td>
<td><a href="http://www.kauainutroasters.com">www.kauainutroasters.com</a></td>
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<td><strong>CHRISTY NAGAO</strong>, Sales Consultant</td>
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<td><strong>CINDY ADAMS</strong>, CMA Organizational Management</td>
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<td><strong>ANNE MARIE SEMONIAN</strong>, Owner &amp; Operator</td>
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**Find a Woman In Business and You Will Find Excellent Results and Quality Services**

- Carol has over 30 years of experience in Human Resources and has been with the Company nine years. In addition to HR functions she assists with donation requests and community events for King Auto. Born and raised on Kauai, she served on several civic and community boards and currently sits on the board of Kauai United Way and Hale Opio. She says, “I am passionate about ensuring that we take care of our people and our community. My position here makes this possible.”

- Cindy has over 35 years of administrative/management background and is passionate about working with small business startups and non-profit organizations. She is capable of taking on the project of grant management working with non-profits who are negotiating or have just received grant/contract money. Cindy has owned multiple businesses and knows how to use her background to consult with owners showing them how to operate at their full profitable potential.

- Casey has a passion for helping business owners focus on what they do best. As an HR consultant, she works with them to streamline operations, reduce risk, and increase productivity by outsourcing their payroll and HR administration. Born and raised on Kauai, Casey serves on the board of directors for the Kauai Chamber of Commerce and Hale Opio Kauai, a nonprofit serving families and youth.

- Christine is the owner of Kauai Nut Roasters and partner of Hawaiian Beach and Body. She has been roasting her gourmet nut recipes since 2003, with three nut store locations to serve you, Hanalei, Kilauea & in Old Koloa town. Kauai Nuts are also available state wide in retails stores. Hawaiian Beach and Body in Hanalei offers some of Hawaii’s finest body products & beach gear. Christine says “Mahalo Kaua’i for your love and support over the years.”

- Anne Marie opened Boston Hair Design & Spa in 2003 which is NOW located at 4180 Rice St. in Lihue, Lihue Town Plaza, with 1,350 sq ft of Creative Artists, Trained in the latest Techniques & Trends. Along with being a wife & mother her passion lies with making people look & feel good. She has over 22 yrs of experience and earned the title of master stylist/colorist. Her goal is to make that connection and create a look that suits your personality and lifestyle.
DANA ROMSDAL, President & Co. Owner
Goldsmiths Kauai • 822-4653
mail@goldsmiths-kauai.com • www.goldsmiths-kauai.com

Dana has designed and made fine jewelry for over 40 years. Since moving here 34 years ago, she has created a variety of unique, elegant jewelry pieces in the Wailua studio and has several statewide and national awards. Dana enjoys designing with pearls, gemstones and diamonds from around the world. She is continuously inspired by the spirit of Kauai and loves hiking and long distance swimming.

DEBORAH CRIPPEN, Director of Human Resources
Lawai Beach Resort
808-240-5315 • d.crippen@lawaibeach.org

Deborah Crippen is the Director of Human Resources for Lawai Beach Resort, and previously for St. Regis Princeville Resort. She is Board President of Boys & Girls Clubs Hawaii - Kauai, where her daughter Isabelle attends. She volunteers for Society of Human Resources Management, Visitor Industry Charity Walk and Kauai United Way. She is passionate about cooking, and co-chairs her church Soup Kitchen, cooking and organizing 60+ volunteers and disadvantaged dinner guests.

FRAN BASUEL, Vice President
Pacific Tile, Lihue • 245-1765
www.pacifictile.com

Born and raised on Kaua'i, Fran is the Vice-President and Co-Owner of Pacific Tile located in Lihue. Fran's drive to transform her vision to reality is strong and her decisions are made with integrity for the best interest of their customers. She lives in Kapa'a with her husband Tony and has a daughter, Ciara. Fran humbly gives thanks and glory to her Lord Jesus for blessing her beyond measure!

FRANKIE FONG, Lihue Branch Manager
American Savings Bank
632-5000 • ffong@asbhawaii.com • www.asbhawaii.com

Frankie Fong has 40 years of banking experience and is an active member of the Kauai Chamber of Commerce. Frankie and her experienced team provide smart solutions for your business and consumer financial needs. American Savings Bank is Hawaii's Home Equity Line leader and, for 85 years, has helped businesses and communities prosper. ASB's better evening, weekend and holiday hours adds convenience to all your banking needs. Member FDIC. Equal Housing Lender.

JOY KAGAWA, Sales Consultant
King Auto Center
808-245-4788 • joy@kingautocenter.com

Joy has been a sales consultant with King Auto Center for 19 years. She enjoys the challenge of finding the right vehicle for your needs. She sells Honda, Chryslers, Dodges, and Jeeps. Come see why Kauai loves our vehicles and King Auto Center.

KELLIE K HINES
Puakea Golf Course and Ho'okipa Café

Aloha,
I'm Kellie K Hines from Puakea Golf Course and Ho'okipa Café. I've been in the golf business for over 35 years. I love my job and all the guests that I meet. Golf is an amazing game where you meet people from around the world and you become friends for life. I've learned to surround myself with staff that is stronger in areas where I am weak. And with positive attitudes and outlook on life. We've created a wonderful atmosphere at Puakea. Looking forward to seeing you all on the course and enjoying our Café experience. A Place to Call Home.

LAURA CRISTOBAL-ANDERSLAND, Owner
Salty Wahine Gourmet Hawaiian Sea Salt
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Laura's very excited to open her Salty Wahine store in Hanapepe. She can’t wait to expand her award winning line with new products in her commercial kitchen that she will share as an incubator kitchen for other new Kauai entrepreneurs. Laura, husband David, children Sean and Nicole have grown Salty Wahine into a worldwide business. Salty Wahine will be exhibiting at the largest specialty food show this summer in NYC.

LEAH RAGSAC, Sales Consultant
King Auto Center • 245-4788
leah@kingautocenter.com

Leah Ragsac, is a Kauai girl, originally from the Westside, a graduate of Waimea High School. She is a Sales & Leasing Representative at King Auto Center and enjoys learning about cars and seeing the smiles on faces, as they drive off in a car that they love. Leah likes selling cars, traveling, going to the beach and paddle boarding. She has a wonderful husband Bryson, a daughter Taylor and twin boys Jax and Ryder. Need a car? Call Leah, 245-4788.
Prince Kūhiō Celebration
March 15–29
for Kaua‘i
www.forkauaionline.com
www.princekuhio.net
**Prince Kūhiō Celebration Events – March 15 – 29, 2013**

*Events subject to change*

**Join us on Kaua‘i for a host of events and activities**

March 15th through 29th in celebration of Prince Kuhio, one of Hawaii’s most beloved monarchs. Many events are free of charge. Visit the website for more information, www.princekuhio.net

**Saturday, March 15, 9am-3 pm Garden Isle Artisan Fair at Po‘ipu Beach Park (Manokalanipo)**

This event offers an opportunity to see a wealth of local talent on the Garden Isle with over 40 of Kaua‘i’s fine artisans. Photography, jewelry, aloha wear, wood carvings, lau hala baskets, pounded mulberry bark, passion fruit and assorted jewelry, original oil paintings, table linens and more. Local plate lunches and shave ice all day. Hear a performance by drummer-maker, Heifara. Learn about Prince Kuhio at our historical table. At Po‘ipu Beach Park, Located at the corner of Po‘ipu and Hoone Roads. Info Carla Thomas 742-1234 ext 4050, carla.thomas@hyatt.com

**Sunday, March 16, 9am-4pm Prince Kuhio Rodeo at CJM Stables by the Kaua‘i Keiki and High School Rodeo Association**

See the exciting youth of the island enjoying barrel racing, pole bending, goat racing. Rodeo and horseback riding have long-been a tradition in Hawaii, since the early days of the plantation era. Our junior and high school members compete with barrel racing, goat tying, breakaway roping, bull riding and double mugging. The stables are located at the eastern end of the Po‘ipu area (travel 1.5 miles past the Grand Hyatt Kauai Resort and Spa). Open to the public at no charge. Info Charlene Medeiros charmedeiros@yahoo.com

**Sunday, March 16, 11am-2pm Wisdom of the Kupuna from ‘Olelo No‘eau (Hawaiian proverbs) by Mele Brewer**

Join Kupuna Mele Brewer as she discusses the art of hula, learn a hula, create your own lei. Lei class is limited to 30 participants. Open to the public at no charge.

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**Gardens are located at 4425 Lawa‘i Road, Koloa, across from Spouting Horn, west of Po‘ipu. Free. Call 742-2433, to register for lei making.**

**Monday, March 17, 9-30 am Pa‘akai (the art and culture of Hawaiian salt making) by the Kahakelomo ‘Ohana**

If you are touring on the west side of the island, stop by Salt Pond Park at Pu‘o‘olo Point in Hanapepe (east side of the park) and visit with Janet Kahakelomo and her ‘ohana (family) as they share their history and knowledge of cultivating Kaua‘i’s red salt, a prized product among cooks and local families on Kaua‘i. Open to the public at no charge. Info Carla Thomas 742-1234 ext 4050, carla.thomas@hyatt.com

**Tuesday, March 18, 5-30-9 pm A Royal Dinner at Plantation Gardens Restaurant**

Enjoy the incredible array of specialty dishes at this well-known eatery, or savor a multi-course special menu offering traditional Native Hawaiian foods assembled in extraordinary combinations. Delight in the surroundings of this old plantation-style home surrounded by exotic orchid and cactus gardens. Wear your best Hawaiian-style clothing. Be serenaded by our local musicians and enjoy the swaying of a hula dancer. While waiting for a table or to be served, please join our demonstrators in an interactive demonstration aho, ki lau (ti leaf). Create a kupe‘e, (bracelet). Learn some of these practices through hands-on teaching sessions and ukulele lessons. At Grand Hyatt Kauai Resort & Spa Lobby, ‘Ilina and Stevenson’s Foyer, Atrium. Please call concierge to register for lessons. Info Carla Thomas 742-1234 ext 4050, carla.thomas@hyatt.com

**Wednesday, March 19, 9-10 am “Talk Story” About Kaua‘i’s South Shore Culture, Flora and History**

Enjoy a flora and fauna tour, and an opening protocol ceremony, followed by “talk story” sessions from our south shore kupuna who are well-versed in the Native Hawaiian culture. Hear them convey the traditional oral history and stories of Kaua‘i’s south side region. This is an outstanding opportunity to ask questions and hear answers about much of Kaua‘i’s history and cultural practices. No charge. At Marriott’s Waiohai Beach Club, 2249 Po‘ipu Road, Koloa. Free. For Info call the front desk on 742-4400

**Thursday, March 20, 9-11:30 am Makauwahi Cave Tour at Makauwahi Reserve**

The richest fossil site in the Hawaiian islands is found east of Po‘ipu at the Makauwahi Cave, an open ceiling sinkhole that is a uniquely preserved archaeological site. Considered a living museum, this 17-acre area serves to both interpret ancient history of Hawaiian plant, animal and human activity as well as work on the future of indigenous plants. Learn how native plants and animal species have been restored and continue to thrive. Wear walking shoes, bring water. Located 3 miles east of Po‘ipu. Cost $10. For information or reservations, call Mary Wetherwine at 480-225-5604, makauwahi@gmail.com, or visit www.cavereserve.org for directions.

**Friday, March 21, 2-7 pm Hawaiian Cultural Demonstrations and Hands-On Learning Sessions**

Hear about many Native Hawaiian cultural and art practices, including weaving, working with kalo (taro), stone-carving, Hawaiian weapons, making drums, making tapa (kapa), creation of kupe‘e (bracelets). Learn some of these practices through hands-on teaching sessions and ukulele lessons. At Grand Hyatt Kauai Resort & Spa Lobby, ‘Ilina and Stevenson’s Foyer, Atrium. Please call concierge to register for lessons. Info Carla Thomas 742-1234 ext 4050, carla.thomas@hyatt.com

**Friday, March 21 Evening of Hawaiian entertainment**

At Grand Hyatt Kauai Resort & Spa, Seaview Terrace. Torchlighting Ceremony 6 pm, Hawaiian music soloist 6:45 to 8 pm, Ho‘onanea - a trio of island musicians 8:05 pm. Info Carla Thomas 742-1234 ext 4050, carla.thomas@hyatt.com
Saturday, March 22, Hawaiian Entertainment

At the Grand Hyatt Kauai Resort & Spa, Seaview Terrace. Torchlighting 6-6:30 pm, at 7 pm a Duo will play beautiful Hawaiian music. Seating is on a first-come, first-serve basis. At Grand Hyatt Kauai Resort & Spa, Seaview Terrace (no-host bar available) 1571 Po‘ipu Road, Koloa. Free. Info Carla Thomas 742-1234 ext 4050, carla.thomas@hyatt.com

Monday, March 24, 10-11:30 am
Prince Kuhio Park Tour

Learn about the historic birthplace of Prince Jonah Kuhio Kalaniana‘ole, and his significance to the Native Hawaiian culture. Join the Royal Order of Kamehameha, Chapter 3, as they take you on a journey through time. Please wear sunscreen, covered shoes, and a hat. Bring water. Free. Peter Kea, gpkea@yahoo.com, 347-615-2164

Tuesday, March 25 Contemporary Hawaiian Music and Keiki Hula Halau Performance

Enjoy music song and dance with special performances in tribute to Prince Kuhio in honor of his birthday (March 26th). 6-6:30 pm, contemporary Hawaiian music by Leilan Rivera Low, nominee in a number of categories for the prestigious Na Hoku Hanohano awards. 6:30 pm, watch a traditional Torchlighting Ceremony signaled by the blowing of the conch shell. 7-8 pm Leilani Rivera Low’s keiki (children’s) hula halau will perform a series of contemporary and ancient dances representing the Hawaiian and Polynesian cultures in honor of Kuhio. At Grand Hyatt Kauai Resort & Spa, Seaview Terrace, 1571 Po‘ipu Road, Koloa. Info Carla Thomas 742-1234 ext 4050, carla.thomas@hyatt.com

Wednesday, March 26, 10 am “Talk Story” and Hawaiian cultural activities at Kauai Lagoons—Kalanipu’u

See an open protocol ceremony, followed by “talk story” sessions from our eastside kupuna (knowledgeable ones) who are well-versed in the Native Hawaiian culture. Hear them convey the traditional oral history and stories of Kaua’i’s central and eastside regions. This is another outstanding opportunity to ask questions and hear answers about much of Kaua’i’s history and cultural practices. Hawaiian cultural activities are also planned throughout the day, flower lei making, hula lessons, Hawaiian music and much more. Located at 3325 Holokawelu Way, Lihu’e, 96766. No charge. Info 632-820 (front desk).

Friday, March 28, 5 pm Special Prince Kuhio Birthday Celebration Lu‘au at Smith’s Tropical Paradise

The Smith Family has been sharing the history and culture of the Wailua River Valley with visitors and kama‘aina for more than 60 years. Kumu Kaha’i Topolinski will showcase photos and stories of Prince Kuhio and his family on the island of Kaua‘i from 5 pm until 6 pm. Several of Kaua‘i’s eastside kupuna will also be on hand to “talk story” about local history and legends. At 6 pm, learn of the cooking style known as kalua, at the imu ceremony before enjoying a bounty of island food and drinks and experiencing the songs and dances from Hawaii and the Pacific Rim. Located at 3-5971 Kuhio Highway, Wailua, 96746. Reservations and Info 821-6895, www.smithskauai.com

Saturday, March 29, 11 am-5 pm 4th Annual Anahola Prince Kuhio Day Celebration at Anahola Beach Park

Celebrate the late Jennie Loke Perreira (Aunty Loke) for her exceptional contribution and commitment to educational and cultural resources in the Anahola community. Participate in educational, health and wellness exhibits, performances, art and crafts to honor the past and embrace the future of Prince Kuhio’s legacy. Enjoy food booths. Located at the end of Anahola Road (turn towards the ocean in Anahola from Hwy 56), Anahola, 96703. No charge to the public. Info La Contrades 639-1754, khpono@gmail.com or Lady Ipo Kahaunaele-Ferreira kahaunaelefern @hawaii.rr.com
"...BEST LUAU ON THE ISLAND."

THE ULTIMATE KAUAI GUIDEBOOK: KAUAI REVEALED, 4TH ED

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LISABETH FLETCHER, Paradise Beauty Salon & Spa  
(808) 821-0807 • liz@paradisebeautykauai.com  
www.paradisebeautykauai.com

Lisabeth Fletcher has owned and operated Paradise Beauty Salon & Spa since 1998. Located in the heart of Kapaa town, it is a Boutique Salon/Spa that offers the finest quality treatments. After 16 years in business Liz continues to deliver state of the art technology, equipment, and expertise in haircare, updos, makeup, skincare, waxing, natural nailcare, shellacs, lash extensions, body treatments and massage, which have kept the Paradise Team number one on the island!

LORI A. CARDENAS, Owner  
Aunty Lilikoi Products • 338-1296  
www.auntylilikoi.com

Lori was raised on Kauai and graduated from Kauai High School and Kauai Community College. Her career as a business manager spans several industries and over 30 years. In August 2001, Lori and Tony (her husband of 35 years) became the owners of Aunty Lilikoi Products and set up their manufacturing and retail operation in Waimea. They have been producing award-winning and delicious passion fruit products ever since. Lori is also the mother of two grown sons.

MAILE BLOXSOM  
Vicky’s Fabrics  
808-822-1746 • www.vickysfabrics.com

Maile Masuoka Bloxsom grew up on Kauai and graduated from Kapaa High School. She worked alongside her mother, Vicky when Vicky’s Fabrics opened in 1982. After spending 20 years on the mainland for college and working as an accounting manager for John Wayne Cancer Institute in California, Maile moved home with her family to run Vicky’s Fabrics. She is extremely grateful to her husband, Alastair, and daughter, Ashlyn, for their huge support in making the move home to Kauai.

MARYEL PALALAY VALENZUELA, President and Owner  
InkSpot Printing, Corp  
246-0147 • print@inkspotkauai.com

President / Owner of InkSpot Quality Printing, a commercial print shop in Lihue, family owned and operated for 25+ years. Marynel currently serves on many community boards: Kauai Hospice; Kauai Philippine Cultural Center, Women’s Club and is past Pres. of Kauai Filipino Chamber of Commerce. She is dedicated to working towards sustainability in her business and in all her community efforts. For Quality & Friendly printing services and graphics design, visit the newly renovated offices of InkSpot in Lihue.

MARY NAVARRO MA, LMFT, Counseling Services  
Lihue • 346-6784  
www.marynavarromftahawaii.vpweb.com

Master’s degree in Psychology and licensed as a Marriage and Family Therapist for 24 years. Mary is passionate about helping families and kids. Counseling is available for individuals, couples or families. Issues may include symptoms of depression, anxiety, parenting or marital issues, ADHD, school behavior or adolescent issues. Most insurance accepted. NEW office located at 4480 Ahukini Rd, Ste 205 in Lihue, behind Hilo Hattie and upstairs from MacMade Easy.

MELISSA ARROJO, Facilitator  
King Auto Center  
808-245-4788 • melissa@kingautocenter.com

Melissa has been with King Auto Center since 2005 as their Facilitator and is responsible to ensure outstanding customer service is delivered in both sales and service departments. She volunteers her time as a certified safety carseat technician at various community events and is also the dealership’s co-chair for the Kauai United Way Campaign.

MELISSA McFERRIN WARRACK  
Assistant Real Estate Manager, CBRE  
652-3217 • melissa.mcferrinwarrack@cbre.com

Melissa combines 22 years of international and local experience in client service, media and marketing with a passion for building business on Kauai. She joined CBRE in 2013 as an Assistant Real Estate Manager based at The Shops at Kukui‘ula, working with businesses to help deliver value for clients. Melissa is actively engaged in the community through Hawaii Children’s Theatre, Kauai’s Community Market, and Koloa Plantation Days. She lives in Kekaha, with her husband Jim and 3 year old son, Finnegan.
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| NICOLE SAKURAI, Reverend and Manager  
Happy Science Kauai & Happiness Planting Center • 808-822-7007  
http://happyscience-kauai.org |

Nicole’s work can bless your life. She is a caring and compassionate leader. Her meditation will leave you centered and peaceful as she guides you on the path to wellbeing. She has practiced spiritual growth for 23 years. A near death experience awakened her spiritual awareness which led to her discovery of Master Okawa, founder of Happy Science. She moved to Kauai from Oahu on 2009, and opened Kauai Center. Nicole stays involved in the community with her participations in various cultural events and suicide prevention program, as well as the Leadership Kawai (Leadership Kauai Class 2011).

| PRIMROSE K. “NOE” HOOKANO, General Manager  
Lawai Beach Resort • 240-5100  
www.lawaibeach.org • n.hookano@lawaibeach.org |

Noe is the General Manager of Lawai Beach Resort, a condominium resort on the south shore. The resort has 172 timeshare and 4 whole owner units. She enjoys working with the Association Board of Directors, managers, associates and owners. With 30 years in the visitor industry, she has worked in many positions. She especially enjoys the challenge of ensuring the resort is maintained at the standard expected of the owners. Born and raised on Kauai, Noe enjoys time with her family, especially her grandchildren. Noe is also very supportive of her husband in his endeavors.

| REGENCY AT PUAKEA, Management Team  
808-246-4449  
www.regencypuakea.com |

Left to right: Pam Arroyo, Nursing; Linda Rozelle, Nursing; Kathy Peters, Office; Sharon Lasker, Marketing; Jeannie Isobe, Housekeeping; Eunice Burgonio, Activities.

The women of the Regency at Puakea management team are committed to providing the very best in independent and assisted living to our residents. Our white-glove housekeeping, engaging activities, active community outreach, compassionate nursing, and efficient management “bring independence to living and quality to life”. Call 808-246-4449 for a tour.

| SHONA FOX, Service Manager  
DataSpace Industries • 245-1695  
shona@dsi.gs |

Shona Fox is the Service Manager at DataSpace Industries in Lihue. Shona is an Apple Certified Macintosh Technician and performs Applecare warranty service plus non-warranty Mac and iPhone repairs. Shona brings a solid background in customer service and retail experience to the DSI team. DSI also offers web design and development, open source software consulting, and general IT support for Kauai businesses.

| STACY MANZO, Director of Sales  
Aqua Kaua’i Beach Resort 808-246-5576  
smanzo@aquaresorts.com • www.aquaresorts.com |

With more than 20 years of hospitality experience, Stacy is the Director of Sales for Aqua Kaua’i Beach Resort and has an immeasurable passion for guest happiness. The resort offers great Kama’aina rates and several options for weddings, meetings and reunions. Stacy spent her childhood summers visiting her grandparents in Pakala Camp. A student of hula, she has a deep appreciation for the Hawaiian culture. She has 4 children and her husband, Manuel, teaches at Waimea Canyon Middle School.

| TERRI WORKMAN, Account Executive  
Insurance Factors  
822-3097 or 651-0886 |

Terri was born and raised on Kauai. A graduate of The Kamehameha Schools and lives in Kapaa with husband Billy and four children. She entered into the world of insurance 16 years ago and loves it. She prides herself on great customer service! Providing the best insurance coverage and best value needed. “I love working with people of my island and making new friends, and that’s what insurance is all about for me!”

| TIFFANY GRANDE, Owner and CEO  
Grande’s Gems Hawaii  
(808) 822-3199 • www.grandegemshawaii.com |

Grande’s Gems specialty is exotic colored gems. Tiffany, is excited to feature her newest “ocean inspired collection” in Hana Hou Magazine this summer. She began her career at 17 working with her parents, Jo and Guy Grande. 29 years later she is the Owner, with 5 stores – 4 on Kauai and 1 on Maui. She says “I am able to juggle 3 children and 5 stores because I have the most wonderful staff – they are like family to me.”

| ZENAIDA VALEN CIA, Director of Finance  
Lawai Beach Resort  
(808) 240-5330 • z.valencia@lawaibeach.org |

Zenaida’s career with Lawai Beach Resort began in 1999 in several positions. She enjoys meeting unique individuals from all over the world and believes in providing the best guest service for a memorable visit. The owners, managers and associates at the resort are Ohana of which she’s honored and blessed to be part of. She loves spending time and attending her children sporting events, church and relaxing at the beach.
Local Snapshots

A good snapshot may reveal a simple pleasure that otherwise goes unnoticed. The Local Snapshots is just a tiny collection of what Kaua‘i offers to locals and visitors. Indulge yourself. And if you have any suggestions, send it to editor@forkauaionline.com.

Island Activities

Kilauea Bakery bagels — The bagels at Kilauea Bakery have got to be the best on the island. And if they’re not, please disclose where it is, as anything better than this must not go unnoticed. It would be a crime.

Rum Cakes — Come across a tray full of rum fudge sauce and rum cakes, and how could you ignore it? Impossible. Available at Koloa Rum at Kilohana Plantation.

Kilauea Lighthouse — This is the northernmost point in the Main Hawaiian Islands. Besides being home to the historical lighthouse, it is also a federal wildlife refuge with several Native Hawaiian bird species. But plan ahead; the refuge is closed Sunday and Monday. On other days, it’s open from 10 a.m. to 4 p.m.

Hanalei Pier — On an island surrounded by natural beauty, it’s easy to get distracted and miss architectural details blending with the environment. Photo by Kristin Repp, of Dusty, Wash.

Daphne — This white boy doesn’t seem to care that he’s got a girl’s name. Play some rock and roll and this is pretty much what happens, Daphne does a wild dance behind Kong Lung Store in Kilauea.
Elvrine Chow packed her borrowed sweaters and Ugg boots in February for a trip to Chicago for the Orchid Show at Chicago Botanic Garden. Held in two weekends, from February 15 through the 23rd, the show took as its theme “Escape to the Hawaiian Islands” and worked with the Hawaii Tourism Authority to bring authentic demonstrations, live Hawaiian music and hula dancing along with plenty of aloha to share.

An award-winning Haku lei (braided head lei) maker in the Kaua’i Grown program, Elvrine was among the delegation representing Kaua’i where she demonstrated the art of lei making and gave out wristlets created from flowers from the Garden Island. Artisans, cultural practitioners, musicians and even some farmers from around the state joined in, including Ian Cole of the National Tropical Botanical Garden’s Breadfruit Institute, who was there to showcase different varieties and uses of ‘ulu (breadfruit). The Kauai delegation also including Nick Castillo and Kara Chow, and was brought together by the Kaua’i Visitors Bureau to showcase the Garden Island.

Other demonstrations throughout the two weeks included fresh flower lei making and lauhala weaving with O’ahu artisans as well as ‘Ohe kapa (bamboo stamping) and kapa (Hawaiian bark cloth) making demonstrations with Hawai‘i Island artisans.

Kaua‘i Grown is supported by Kaua‘i County Farm Bureau & County of Kaua‘i.

Above, L-R: Glory Farms; Coco Banas; Kaua‘i Fresh Farms; Monkeypod Jam.
YOUR VOICE COUNTS ON HO’IKE

Ho’ike: Kauai Community Television is a treat for the eyes broadcasting programs designed and developed by our residents.

Individuals with a wide spectrum of interests present their video programs each day on Community Access Oceanic Cable Channel 52. The regular programming includes a wide variety of cultural issues, arts and entertainment, sports, inspirational, and health and well-being.

You might see shows with an obvious lean, right or left or in between. The one caveat is that the channel is non-commercial. Kauai’s community access allows you to express your ideas and explore topics that are important to you.

There are a number of ways to share your point of view with your neighbors. Each month Ho’ike conducts Basic Video Production courses that provide you with easy to follow primary training in camera operation, audio and lighting, field production techniques and editing in Final Cut Pro. Once certified, a producer has full access to the equipment and facilities at Ho’ike. Another way to get on the cable channel is to appear on either the “Open Mic” or “Community Camera” programs.

Each Tuesday afternoon Ho’ike records the free speech exercise in the media center studio. Open Mic offers five-minutes in front of the camera on a first come first served basis. Community Camera allows for a ten-minute presentation on the third Tuesday of each month. Reservations are required for Community Camera. Reservations can be made by visiting Ho’ike on Rice Street or calling 246-1556. Access to Kauai’s cable channel is open to all residents of our island.

Anyone can submit a program with the appropriate submission form. All residents are free to take advantage of the Open Mic and Community Camera opportunities. Certified producers have access to the equipment and facilities. Ho’ike is a private non-profit corporation providing residents of Kauai training and education for public, government and education access to cable television.

Check Ho’ike website for our monthly Basic Video Production classes and call 246-1556 for information and registration. For more details on additional programs being cable cast on Ho’ike go to our web site at www.hoike.org.
**SHARE THE ALOHA**

Since our humble beginnings selling ice cream out of a tiny storefront in sleepy Hanapepe Town, to our other retail locations, Lappert’s Hawaii is now celebrating its 30th year anniversary of indulging the Islands’ sweet tooth. And though our business has grown, our principles remain the same—top quality, handmade products served with the Aloha Spirit.

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Home made food and hand baked bread. Stop on your way to or from sailing in Port Allen or a trip to Waimea Canyon. Family dining at its finest, including delicious patty melts and loco moco made just right. Open every day from 6 am to 9 pm. Best Breakfast, Lunch & Sandwiches. We bake our own pastries too!

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---

**RESERVATIONS RECOMMENDED 822-0600**

Ocean view, tiki torches & nightly live music set the scene at Hukilau Lanai, not to mention ono-licious pupus! Adam’s Ahi Poke Nachos are a local legend. 20 wines for $20-something make it a bargain to boot. Bartender John Scott puts out meticulously crafted cocktails, like “Citrus Buzzzzzz” made with local honey & limoncello.

---

**Local Style Dining**

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A‘ohe hana nui ka alu‘ia
“No task is too big when done together.”
United we stand, divided we fall.
Source: ‘Olelo No‘eau by Mary Kawena Pukui.

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“A'ohe hana nui ka alu‘ia
“No task is too big when done together.”
United we stand, divided we fall.
Source: ‘Olelo No‘eau by Mary Kawena Pukui.

< Two nene geese are seen here blending with the natural environment at Alakai Swamp in Koke‘e, Kaua‘i’s Westside.
With just about 30 nene left in the world in the 1950s, this endemic Hawaiian bird faced certain extinction.
But thanks to conservation efforts, the official bird of the state of Hawai‘i has rebounded. Today, their population has grown to an estimated 2,500 individuals.

“If the bamboo does not grow, the tree cannot grow.”
—Kamehameha the Great
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Here’s the FM97 gang, pictured at a few more Kauai businesses who say: “We love listening to FM97 all day long!”

Eye Care Center of Kaua‘i (Dr. Hashimoto, Jaime, Kainoa, Dr. Barbodillo and May with FM97’s Jason Fujinaka, BB Choi and Ron Wood.)

7-Eleven Hanamaulu (The FM97 guys get a “Big Gulp” plus a smile from Lily, Arvel, Emelita, Amy (Asst. Manager), Trini and Annette.)

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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
Lessening, Adapting to Sea Level Rise

by Ruby Pap

If you paid any attention at all to statewide news earlier this year, you probably heard about the extreme beach erosion events at Rocky Point on O‘ahu’s North Shore.

Pictures of homes on the brink of falling into the sea provide us with a glimpse of what we can expect from accelerated sea level rise due to global warming.

Sea level change is driven by two major forces: Local tectonic processes; and global sea level change from thermal expansion of the oceans and ice melt from global warming.

All of the islands have been subsiding at various rates from the weight of the actively growing volcano on the Big Island. The Nawiliwili tide gauge shows Kaua‘i’s historical sea level rise at 1.54 mm/year.

Factoring in the predicted global sea level rise due to global warming, the numbers get larger.

In 2012, the U.S. National Academy of Sciences predicted sea level rise of 3-9 inches by 2030; 7-18 inches by 2050; and 19-55 inches by 2100.¹ These numbers are consistent with the ranges predicted by the Intergovernmental Panel on Climate Change.² Other studies predict as much as 6 feet of sea level rise by 2100.³


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The National Oceanic and Atmospheric Administration’s Digital Coast Online sea level rise viewer is a good interactive tool to see what various sea level rise scenarios could look like for flooding on Kaua‘i. (csc.noaa.gov/digitalcoast/tools/slrviewer)

In addition to flooding, we can expect to see beach erosion, saltwater intrusion into wetlands and groundwater. Homes, critical infrastructure such as roads and bridges, and other facilities will be threatened in increasing numbers.

According to the IPCC, “Human influence has been detected in warming of the atmosphere and the ocean, in changes in the global water cycle, in reductions in snow and ice, in global mean sea level rise, and in changes in some climate extremes …”⁴

It can be frustrating to think that the impacts we are facing with are in part caused by industrial practices miles away. However, we all have a part to play, and efforts to mitigate greenhouse gas emissions, such as renewable energy transition, and smart growth planning aimed at reducing automobile use are essential.

There is also much we can do to adapt. The adaptation continuum starts with awareness (e.g. supporting scientific investigation), continues with developing a shared vision of what’s at risk (e.g. mapping the problems), and then planning for the future (e.g. land use and restoration planning).

Sea level rise adaptation planning options include: “accommodation,” or planning and retrofitting our communities to accommodate rising seas; “retreat” of development away from the shoreline; and “protection” or “hold the line” approaches such as building seawalls to protect critical infrastructure.

In the coming months and years, you will probably come across opportunities to be involved in community conversations on this important issue. Or, perhaps you will start one of your own? In either case, I hope this short article provides helpful information that empowers you to seek out more.

• Ruby Pap is a Coastal Land Use Extension Agent at University of Hawai‘i Sea Grant College Program. She can be reached at rpap@hawaii.edu

Mon, now to Apr 30, 10am-4 pm Voyage of Discovery Art Exhibition
Botanical prints from Captain Cook’s first Pacific Expedition.
At Juliet Rice Wichman Botanical Research Center, NTBG’s headquarters, 3530 Papalina Road in Kalaheo. 332-7324, ntbg.org/art

Now to Mar 15, Noon-6 pm Patrick Ching Kai Art Show
This year’s KAI show will bring to life more original Ocean paintings. At Princeville Center. www.patrickchingart.com

Thur, Mar 6, 5:30-8:30 pm Introduction to Biodiesel
Interested in sustainable energy sources and Biodiesel? Every Tue & Thurs till Mar 20. At KCC-OCET. $35. Peggy Lake 245-8318, lakemr@hawaii.edu

Mar 6-10 Reclaim the Power to Heal Your-Self Retreat
Positively change your life and health for the rest of your life. Treat yourself to this deep healing retreat. At Marriott Courtyard Hotel. $1200. 310 717 6829, inana@fastmail.fm

Fri, Mar 7, 6:30-8:30 pm Kanikapila Live Music Night
At The Shops at Kukui‘u‘a, Po‘ipu. 742-9545, kukuiula.com

Fri, Mar 7-28, 8 pm The InsPirates, World Class Improv Comedy!
The InsPirates Improv Comedy Crew are back. At Witi’s End Theater. $10. www.inspirates.com

Mar 7-Apr 18, 11am-5 pm Kaua’i Society of Artists Membership Show
Membership Show. At KSA Gallery Space, Kukui Grove Center. R.Eve Solomon 822-1603, revesolo@gmail.com, www.kauaisocietyofartists.org

Sat, Mar 8 Jewel of Koke’e Hike
Sierra Club Hike. Spectacular hike through forest of Koke’e, 7 miles. Bob Greene 245-9280, www.hi.sierraclub.org/kauai

Sat, Mar 8, 11 am Mokihana Club Spring Fling Fashion Show
Complimentary Mimosas, entertainment, wonderful luncheon and a fabulous fashion show. At Kaua‘i Beach Resort. $65. Helena Cooney 822-1885, helena1824@aol.com

Mar 8-14 Shamanic Mystery School Retreat
Spend seven days and six nights exploring the sacred and magical places of Kaua‘i. Visiting sacred caves, hidden gems, beaches, waterfalls and lost temples. mclauberg@gmail.com, www.lightofaloha.org

Sun, Mar 9, 4 pm Brasil Guitar Duo
Presented by Kaua‘i Concert Association. The Duo brings a broad repertoire of classical guitar duos combined with the traditional music of its native land. At KCC PAC, $10-$30, 245-7464, kauai-concert.org

Sun, Mar 9, 5:30-8:30 pm Mango Brothers
Playing live at Hanalei Gourmet 5-5161 Kuhio Hwy. 826-2524

Sun, Mar 9, 6-9 pm E Kanikapila Kakou Concert
EKK Concert: Leina‘ala Pavao Jardin & Halau Ke Lei Mokihana ‘o Leina‘ala. At Kaua‘i Beach Resort Jasmine Ballroom. $25/$30. giac05@icloud.com, www.gardenislandarts.org

Mon, Mar 10, 6-9 pm E Kanikapila Kakou Week 8
Hui O Kalama‘ola Hana Hou (Nathan Kalama, Doric Yaris and Haumana) At Kaua‘i Beach Resort Jasmine Ballroom. giac05@icloud.com, www.gardenislandarts.org

Mar 10-12, 9:30am-3:30 pm Kathy Kovala 3-Day Watercolor Seminar, Painting the Cultures of Kaua‘i
The inspirational photos from the museum’s archives will be used for our workshop. At Kaua‘i Museum. $225. Kathy (715) 360-9929, kathykovala watercolor@gmail.com

Thur, Mar 13 Waimea Canyon Road Clean Up
Sierra Club Hike. Afternoon clean-up of Sierra Club’s adopted highway requires a little over an hour. 2 miles. Bob Nishek 346-0476, www.hi.sierraclub.org/kauai

Thur, Mar 13, 5:30-8 pm How to Start a Business on Kaua‘i Workshop
Learn about entrepreneurship, forms of business organization and more. At The Lihu‘e Plantation Bldg 2970 Kele Street.
History on the Beach

by Jan TenBruggencate

History is where you find it, and on Kaua‘i, you don’t need a book.

There are beaches all around the island that provide windows into life on Kaua‘i in generations past.

I can remember beachcombing the shore below Mahelona Hospital, between Kapa‘a and Kealia.

There’s a lot of stuff mixed in with the sand and stones there. The area is park-like these days. No buildings, the bikepath, a public lookout area, and a wide spot in the road where people stop to eat lunch or to park their cars while they go fishing.

But it used to be actively used. There was a schoolhouse on the shoreline. And the plantation railroad ran by there, hauling cane, hauling work crews, and even hauling kids and families to the beach or to shopping in town.

The pieces of red clay brick strewn along the strand represent old buildings long demolished. But one day, I came across a chunk of black rock with shiny facets.

I couldn’t figure out what it might be until I looked up, saw the old coastal plantation railway bed, and made the connection. Some of the old plantation trains were diesel powered, but some of them operated on steam, made by burning coal.

This black rock was a chunk of coal, probably fallen from an overfilled coal car.

I know a spot in the Lihu‘e area near a long-abandoned plantation camp, where people threw their rubbish.

Most of the tin cans have long since rusted away, and the organic materials have rotted. What’s left are the 1890 versions of today’s Tupperware: glass bottles.

Little bottles, big ones, soda bottles, sake bottles, opium bottles.

You get a similar glimpse at old regional dumps. The one at Ahukini has recently been cleaned up, but others still exist, including the one near Port Allen, at the famous Glass Beach.

Today, if you watch the crews work at the county landfill, the dominant product seems to be plastic in its various formulations. But a century ago, the trash represented what you found at the local plantation and village stores—and a lot of that was packaged in glass.

All that smashed glass, eroding out of the old landfill’s hillside into the rolling surf, turns into sand-smoothed bits of green and blue and white—and rarely red glass.

Over time it wears into smaller and smaller pieces, becoming almost indistinguishable from the sand except by color.

A few generations from now, the situation will be different. People beachcombing may find bits of green and blue and white, and even red, but it won’t be glass.

It will be fragments of plastics, from all the bottle caps, toothbrushes, cigarette lighters, bottles, fishing floats and all the other trash that our society dumps into the oceans.

That’s one of the messages of landfills and beaches. We can find our history on and in them. But they also remind us that right now, we’re making the next generation’s history. And it’s not always nice.

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

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Locations listed on for KAUAI website
www.forkauaionline.com
**Kaua'i CALENDAR**

$20 registration fee required. 241-3148, www.hisbdc.org

**Fri, Mar 14 Hanalei Beach Full Moon Stroll**
Sierra Club Hike. 2 miles starting at Black Pot, we’ll walk under a full moon lit sky down to Pine Trees. Jane Schmitt 826-6105, www.hi.sierraclub.org/kauai

**Sat, Mar 15 Ha‘ena to Ke‘e Sunset to Moonlight Beach Walk**
Sierra Club Hike. Easy 2 mile beach walk with beautiful views along the way. Enjoy the sunset along Na Pali and return by moonlight. Kathy Valier 826-7302, www.hi.sierraclub.org/kauai

**Sat, Mar 15, 10am-4 pm Introduction to Aquaponic Systems**
In this course you will learn to build and maintain your own aquaponics system. Sats till Apr 12. At KCC OCET. Peggy Lake 245-8318, lakemr@hawaii.edu

**Sat, Mar 15, 2-4 pm Tongan Choir Singing**
Enjoy the Tongan Choir at the Stone Church located in Lihu‘e. Free. 245-3373, info@kauaihistoricalsociety.org, kauaihistoricalsociety.org

**Sat, Mar 15, 5-9 pm The Disco Ball, Island School’s 35th Annual Gala Auction**
Featuring live, silent and dessert auctions, entertainment, dinner and dessert buffets, and an open wine bar. At Kaua‘i Marriott Resort. 246-0233, auction@ischool.org

**Sat, Mar 15, 5:30-9:30 pm Benefit Concert with John Cruz**
With backup band DocRoc. VIP Reception 5:30-6:30 pm. At Waimea Theater. $30, VIP $100. 639-2061

**Mar 16-22 Soul Awakening Retreat**
Program includes daily meditation, yoga, juices, nature adventures, art, writing, music, soulhealing, forgiveness, prayer, light transmissions and more. NamasteSoulLight@gmail.com, soullightlove.com

**Mon, Mar 17, 6-9 pm E Kanikapila Kakou Week 9**
Kamakakehau Fernandez & Band. At Kaua‘i Beach Resort Jasmine Ballroom. gia05@icloud.com, www.gardenislandarts.org

**Mar 21-22, 9am-5 pm Kaua‘i Quilt and Fiber Show**
This year there will be a special section of quilts that can be purchased with a donation to a local Kaua‘i Non Profit. At Church of the Pacific. Jeni Hardy 826-7168, hardy@aloha.net

**Sat, Mar 22, 9am- Noon Maha‘ulepu Beach Clean Up**
Surfrider, Malama Maha‘ulepu & Sierra Club team up to keep this magnificent beach free of ocean debris and litter. Bring hat and water. Bags, gloves & snacks provided. Allan Rachap 212-3108, www.hi.sierraclub.org/kauai

**Sat, Mar 22, 10am-4 pm Grove Farm Old Time Games**
Come enjoy the day the old fashioned way. Games, races, and entertainment from the 1800’s and early 1900’s. At Grove Farm. Julie McLeod 245-3202, grovefarm@hawaiiantel.net

**Sat, Mar 22, 8:15 pm An Evening with the Legendary Ledward Kaapana and Mike Ka‘awa**
Hear the extraordinary sounds of these award-winning slack key guitarists. At Grand Hyatt Kaua‘i. Free. Carla Thomas 742-1234 ext 4050, carla.thomas@hyatt.com, princekuhio.net

**Mon, Mar 24, 6-9 pm E Kanikapila Kakou Week 10**
Raiatea Helm with Jeff Peterson and Bryan Tolentino At Kaua‘i Beach Resort Jasmine Ballroom. gia05@icloud.com, www.gardenislandarts.org

**Sat, Mar 29 Kuilau Ridge Trail on East Side**

**Wed, Apr 2, 6-8 pm American Sign Language Series, Level 1-B**
Develop skills using the ASL alphabet by increasing expressive and receptive speed. Every Wed till May 7. At KCC OCET. Peggy Lake 245-8318, lakemr@hawaii.edu

**Sat, Apr 5, 1-5 pm Musical Legends in the Garden**
50th Anniversary Celebration Concert for NBTH. Ledward Kaapana, Dennis Kamakahi, Mike Kaawa, Jerry Douglas, Nathan Aweau, Jeff Peterson, Benny Chong Trio, Ken Emerson, Pancho Graham, and Kirby Keough. At NTBG Southshore Gardens. 742-2433, ntbg.org

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Enriching the lives of Kaua‘i’s elders and challenged adults by providing quality care with the aloha spirit
Krystel lives in Puhi with her mom, husband and son Kingsten. She has worked at Kaua‘i Adult Day Health for 5 years. She likes taking care of the elders and especially doing arts & crafts with them. She encourages them to do all of the activities to help stimulate them and keep them active. “They are like grandpa and grandma to me and tell me they appreciate what I do for them,” Krystel said.

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**Kaua‘i Adult Day Health Center**
Located at the Lihue Christian Church Social Hall • Call or email for more information 246-6919 • Dayhealth@ohanapacific.com

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