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IN FOCUS

Kaua'i County Farm Bureau Fair

by Léo Azambuja

For more than half a century, the Kaua'i County Farm Bureau Fair has been the main event bringing together the entire island community. Each August, this family affair is the most awaited event of the year, with plenty local foods and treats, entertainment, rides, shopping, agricultural education, fun competitions and contests, and live music for four days.



Ed Kawamura and Daniel Kawamura



Nicolai Barca and Rebekah Magers



Left to right, Autumn Ness, Donovan Cabebe and Jeri DiPietro



Ron Wiley and Lexi Jones



Left to right, John Johnson, Paula Johnson, King Johnson and Alohi Huddy



Shayden Aki, with Manno, left, and Chase Osatelli, with IPod



Taylee Yoshimoto, with Duchess



Left to right, Pua Chin, Debbie Santiago and Ian Pagatpatan

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Show me Your Aloha

By Virginia Beck

As the equinox approaches, more and more kolea, or Pacific golden plovers, return to Kaua'i. *Pluvia fulva* is their Latin name, coming from the belief that they flocked before the rains came. In truth, they come for the winter to fatten up before they fly a very direct route back to the Arctic tundra to breed.

They feed on insects and shellfish on open ground or the shoreline. The green parrots, actually parakeets, are not so kind. As an invasive species, they grew from a single pair to more than 5,000. They decimate local farmers' papaya, lychee, mangoes and other fruit. One commercial orchard lost one third of their crop.

Mālamalama

The kolea are migratory, and contribute to insect control and a cheerful song to the island. Not all our visitors are so kind.

A few days ago, I filled my truck at a local gas station. I noticed an attendant helping someone at the pump. The customer had a shiny, clean sedan, an immaculate white short-sleeve shirt, long pants and carefully combed hair.

He looked very professional and not very local.

The two of them were chatting in low tones, and I was admiring the trees across the road. It was all very ordinary.

"Show me your green card!" The words cut the air like a knife. I was startled and looked over. I watched closely, thinking they must be joking around. I had never actually heard someone saying this in real life.

Did I need to do something? I was not going to stand by for this. At least I could go over and stand by the woman. This is not aloha. Not pono, right speech, or action. Where was his green card?

For Pete's sake, we are all immigrants, and all descended from the same African foremother some millions of years ago. While I was thinking about peaceful, effective action, he jumped into his car, yelling, "Go back to where you came from! Show me your green card!"

I called over an apology for haoles acting badly to the attendant. She laughed, and said "Yeah, he doesn't like Japanese, and he has too much money."

"I'm sorry."

"It's okay. The funny thing is, I am Irish." She laughed. "My grandmother is pure Hawaiian and my Grandfather is pure Irish. There is Portuguese in there also."

The attendant is to be complimented on her cheerful attitude, and her aloha expressed as service. We laughed about the ignorance of visitors who don't understand the culture or the people of the islands and don't care to try. They damage the environment while enjoying a vacation, and don't understand the art of courtesy and respect.



"Social courtesies are the lubricants that grease the wheels of a society," my British mother taught us.

Each culture has its protocols, and all of them include respect. Many of the oldest traditions include generosity and hospitality to visitors. None of them include dishonor, rudeness and violent speech.

We all got here in different ways, boats, ships, jets or birth. Yet, every one of us is in the same boat now: Spaceship Earth, Island station, Kaua'i.

The Heaven and Earth do not issue green cards. We all have the right to live, to love, to laugh and be respected. That is the way of aloha.



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



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features

On the cover: Ms. United States 2019 Amanda Smith is seen here at Kalapaki Bay, a couple weeks after bringing her crown home to Kaua'i last August. Photo by Léo Azambuja.



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The New End of the Road

By Léo Azambuja

Kalalau Trail reopened June 17, after about 14 months of closure due to the record rainfall and flooding on April 14, 2018. Since the reopening, I've hiked to Hanakapi'ai Falls and kayaked to Kalalau Beach.

I must say, the new end of the road is a lot better now.

Given the monumental punishment Mother Nature inflicted on North Shore's landscape and roadways, the state and county

Editor's Notes

governments made a nearly miraculous effort of reopening the highway past Waikoko and the Kalalau Trail in a little over a year.

Before the storm, the situation at Ke'e Beach had been a continuous storm in itself for years, with a parking lot impossible to find a spot, and an overcrowded beach. The trail to Hanakapi'ai Beach looked like a busy airport terminal, resulting in mass overnight strandings on the other side of the stream whenever there was a flash flood, and also a string of deaths from people trying to cross the overflowing stream and from drowning at the treacherous and unguarded beach.

A couple hundred yards before Ke'e, the state parking lot was full of potholes, and frustrated tourists would cut you off to score a parking spot (yep, I almost got ran over). Cars would be illegally parked alongside the road, and were occasionally slapped with parking tickets.

The unprecedented disaster of April 2018 and the long road to recovery gave government officials and community members time to figure out what to do with all that chaos that was destroying the

essence of our island in one of its most beautiful places.

It does appear that with the restrictions in place at Ke'e Beach, the county's Ha'ena Beach Park – the beach by the lifeguard stand near Tunnels – has had an increase in visitors. Finding a parking spot there can be quite a challenge. But for local residents who drive an hour to get there, and for visitors who plan for months to come here, I believe 10 minutes waiting for a parking spot is not too bad.

Ke'e Beach, on the other hand, looks much different. The once-overcrowded beach is now nearly empty. Or at least that's what it feels like. The amount of people hiking to Hanakapi'ai Beach and Falls has reduced a lot as well, and the hike is much more enjoyable now. I don't expect the visitation limits to end the deaths at Hanakapi'ai (I hope it does, though), but I expect it will reduce the tragedies dramatically.

At Kalalau, the situation seems to be about the same as before the flood, more or less. I haven't hiked there yet since the reopening, but I did take a kayak and spent four days there last month. So I can't speak for the trail condition past Hanakapi'ai Beach, but I did hear it is in good shape, despite a few scary parts. However, there were always a few scary sections, most notably at the infamous Crawler's Ledge.

I arrived at Kalalau on a Sunday afternoon, and the campsite near the waterfall was just as crowded as in previous years. It was hard to find a safe camping spot in that area. My friend and I set up our tents on the mauka side of the trail, and we immediately saw a few rocks roll next to us, even though we were far from the cliffs. Someone decided to move his hammock from a prime spot facing the beach, and we moved there.

On the next day, mostly everyone in that area had left, and there were plenty of good spots. It always seemed to be that way in Kalalau; it would be full one day, and empty on the next.

There were some big rockslides down from the waterfall, and apparently near the cliffs toward Honopu'u, which changed the landscape a little bit. The famous "Community Garden" deep in Kalalau Valley is quite overgrown, but there is an abundance of fruit hanging from trees. The feral cats at the campsite are all gone, and the birds now are the ones begging for food crumbs.

Aside from that, it looks like business as usual at Kalalau, with goats roaming the cliffs at dusk and dawn, people camping with and without permits, boats shuttling people for a good amount of cash, and people camping both in designated camping spots and in the cave down the beach.

I'm not here to judge what's right or wrong. But after DLNR officers slapped me with a warning years ago for camping without a permit at Polihale Beach, I never camped anywhere without a permit anymore. It can be frustrating, especially at Polihale and Koke'e because it's not as easy as it used to be to secure permits there, but I would rather follow the law than pay for the consequences – a misdemeanor conviction and a \$500 fine. I just wish DLNR would set aside a small number of permits for local residents only. My two cents.

Overall, great job to all who worked to make the end of the road a better place than it was before last year's flood. Mahalo!



Léo Azambuja

Kalalau, right before sunset in late August.

Inspiring Lives Through Pageantry

By Léo Azambuja

As a toddler, Amanda Smith was so shy she would only start speaking at three years old. At five years old, Smith's grandmother put her in a pageant to help her to come out of her shell. Now, the Wailua Homesteads resident and founder of a nonprofit organization that teaches young children how to cook with healthy, local foods, has hit it big time.

On Aug. 2, Smith was crowned Ms. United States, a title that has eluded Hawai'i contestants for more than three decades at the prestigious United States National Pageants.

"Is this real?" Smith asked Ms. Florida, as the second runner up was called up and they were the last ones left on stage. "I looked at her and I went, 'Oh my God, we're in the top two right now!'"

Smith reminded herself she had been there before, and it would be OK if she walked once again with a runner up title. A veteran pageant contestant, she had collected five first runner up titles, and at 35 years old, this would probably be her last pageant.

"The moment they called (Ms. Florida's) name and said she was first runner up, I think I almost threw up," Smith said. "I knew I was going to be the first one on Kaua'i, I knew I was going to be the first one in Hawai'i in 30 years who has ever won a national title."

Smith now wants to expand her winning platform – the Menehune Chef nonprofit she started years ago to teach children how to cook with sustainable foods, using mostly local produce.

Her new crown might help her to take Menehune Chef beyond Hawai'i, as the

United States National Pageants, founded in 1986, gives women opportunities to promote their community-service platforms at local, state and national levels. The largest pageant system in the country, it has eight divisions starting at 8 years old: Little Miss, Pre-Teen, Junior Teen, Teen, Miss, Ms., Ms. Woman and Mrs.

Smith's category is for women between 30 and 35 years old, who may or may not have been previously married and/or given birth, and must not be married at the time of competition.

"I'm living my platform every day, because I have pure passion for it," she said. "It took me three years after I started Menehune Chef to actually implement it in schools, because I wasn't comfortable yet. I wanted to have a good curriculum, and I needed to test it to see if it worked."

The inspiration for Menehune Chef, Smith said, came many years ago from a curriculum called 'ĀINA in Schools, a farm-to-school program by the Kōkua Hawai'i Foundation, promoting garden-based learning, waste reduction, composting and healthy nutrition, and encouraging local foods in school meals.

"That curriculum really woke people up," said Smith, adding she still thought there was a missing piece. The curriculum was more about gardening than cooking, so it needed a cooking component to get the kids to cook with sustainable foods. "And that was the idea for Menehune Chef."

In Menehune Chef, Smith teaches children how to cook with sustainable foods from Hawai'i. At least 70 percent of the ingredients are from local farmers, whether they're from farmers markets or grocery stores. The children learn about measuring, the basics of cooking, how to use a stove, the blender and other kitchen utensils.



Ms. Hawai'i US Amanda Smith is seen here being crowned Ms. United States 2019 by her predecessor Alyssa DelTorre. Photo courtesy of United States National Pageants

"Everything is there. We're working on math, healthy eating and nutrition, on top of knowing how to make their own food," she said. Home economics is an essential skill that has been lost, and Menehune Chef is bringing it back with a different flair – understanding our culture in Hawai'i and perpetuating it through food. "That is the concept of Menehune Chef."

Smith is currently teaching Menehune Chef at the After School program at Chiefess Kamakahalei Middle School in Puhi, through a Hawai'i Department of Education grant. Prior to that, she taught it in Koloa and Kalaheo elementary schools. Her goal is to expand it to all Hawaiian Islands and to the Mainland. She is already in contact with Chef Ann Cooper, also known as the "Renegade Lunch Lady," founder of the Chef Ann Foundation, which promotes



The crown and sash of the Ms. United States 2019.

healthier meals in schools throughout the nation.

“What we need to be teaching kids is that self-reliance is important. That’s when Menehune Chef kicks in,” Smith said. “I can make my own meal, I’m going to be proud of that meal, and I’m going to eat it, and I’m not going to waste it.”

Smith’s journey to earn her crown was filled with blood, sweat and tears to conquer fears she never thought she could, she said.

“It’s not just about winning; I lost so many times. But it fueled me to springboard to the next thing,” said Smith, adding that deep down, there was always that need to want to feel she was in power, she wasn’t scared anymore, she was fearless.

“Once I let go, I was able to stand on stage in my own power. Something changed in me. I wasn’t the same. I wasn’t that scared girl, that three-year-old that was sitting on the curb, not coming out. I was standing in my own power,” she said. “I’m able to talk about it now. I’m able to share it, and I’m able to inspire others to do so.”



Léo Azambuja

Amanda Smith on the catwalk wearing a KaiKini bikini during the Kaua'i Fashion Weekend in June, when she was still Ms. Hawai'i US.



Léo Azambuja

Ms. United States 2019 Amanda Smith, seen here at Kalapaki Bay, said she wants to inspire others to stand in their own power.

Smith’s reign will demand some travelling in the upcoming year. But she’s grounded on Kaua’i, where she is raising her two children, ages 6 and 11. The pageant also expanded her family. She said she didn’t know she was going to walk away with more than a dozen new “sisters” who communicate with her every single day. Having grown up in a broken family, she says she has a family again, and would do anything for her new sisters.

“We all have a purpose, and we’re all helping each other, so that’s really inspiring for me,” she said.

Smith was born in Bakersfield, Calif. When she was 18 years old, she moved to Kaua’i, where she attended Kaua’i Community College and the University of Hawai’i. Being part-Filipino, she placed first runner up at the Miss Kaua’i Filipino Pageant soon after moving to Kaua’i. “Nobody knew who I was. I just kind of came out of the gates,” she said.

Though she had a good coach, the experience was still traumatic for her.

“I couldn’t come out of my shell, I didn’t understand who I was and who I wanted to be and where pageants were going to take me. But I knew I wanted to do it in order to

come out of this whole fear of being in front of people,” Smith said.

The first thing she would tell kids in Hawai’i is to understand who you are first before doing anything for anybody else. There are too many options, and too many people telling them what to do, she said. There’s life outside of Kaua’i, and don’t be fearful to leave for college.

“Live in passion. If you don’t know exactly what you’re going to do after high school, who cares? Go and travel, over time you’ll figure it out,” Smith said. But “figure it out by yourselves, don’t let anybody else figure out for you.”

Visit mrsunitedstates.com and menehunechef.org for more information.

Editor’s note: There are a couple dozen major pageants in the U.S., with five main ones – Miss America (since 1921), Miss World America (since 1951), Miss USA (since 1952), Miss U.S. International (since 1960), and Miss United States (since 1986). Four Hawaiians won Miss USA: Macel Wilson in 1962, Tanya Wilson in 1972, Judi Andersen in 1978, and Brook Lee in 1997, who also won Miss Universe. Two Hawaiians won Miss America: Carolyn Suzanne Sapp in 1992, and Angela Perez Baraquio in 2001. Hawaiian Brooke Alexander won Miss World America in 1980, and placed Top 7 at the Miss World.

Festivals & Events

**Saturday, September 21,
10am-6 pm Kaua'i Cannabis
& Hemp Conference / Expo
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A one day event showcasing vendor services and products, guest keynote speakers, panel discussions and entertainment. You do not need a 329 card to attend! We invite you to come join us! Tickets: \$10 pre-sale, \$15 at-the-door. At Hilton Garden Inn. Info kuaicomunityevents.com

**September 22-28, 35th Annual Kaua'i
Mokihana Festival - Nā Mea Kanu
Hawaii - Year of Plants of Hawaii**

A week-long celebration of Hawaiian culture, including educational lectures, music and hula competitions, church service, and craft fairs. Tickets \$20 in adv from Vicky's Fabrics, Scotty's Music and Kaua'i Music and Sound or by calling 652-4497. Info www.maliefoundation.org

September 28-29 The Kaua'i Folk Festival 2019

Two days of Folk and Aloha. Five music stages. Dozens of acts including Taj Mahal, Peter Rowan, Tim O'Brian and Jan Fabricius, Blaine Sprouse and many more, artist workshops, singing, dancing, food, drink and family fun. All at Historic Grove Farm Museum. Info 855-8646, kuaifolkfestival.com

October 4-6 Kaua'i Yoga and Peace Festival

Yoga classes, meditations, workshops, vendors, dance, music, food and much more. At Lydgate Park. Info www.alohafestival.org

**Saturday, October 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

Saturday, October 12, 2-6 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.



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Friday, October 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, kauaijcs.org

October 18-19, 2019 Kaua'i Chocolate and Coffee Festival

Join us for all things coffee and chocolate with live music, presentations and more. The event is free but for guaranteed tastings and special offers buy a passport for \$15 in adv, or \$20 at the door. Running Friday, 5-9 pm and Saturday, 10am-4 pm. In Historic Hanapepe Town. Info 234-0404, www.kauaichocolateandcoffeefestival.com

Saturday, October 19, 5:30-9 pm Aloha Banquet

Part of the Matsuri Kaua'i Festival. Tickets \$70. At Kaua'i Marriott Resort. Info 335-319

November 22-24, 3rd Annual Kaua'i Old Time Gathering

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MONDAY, SEPT 23

Kaua'i Composer's Contest & Concert - 7 pm

TUESDAY, SEPT 24

"Eo, E Lili'u" Children's/Youth Music Competition - 9 am

TUESDAY, SEPT 24

Hawaiian Cultural Presentation - Nāwaiho'olu'u:
An introduction to native dyes using native plants
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WEDNESDAY, SEPT 25

Hawaiian Cultural Presentation - Niu: Eat, Drink &
Weave Coconut with Master Weaver Eugene "Onio"
Punzal. RSVP Required.

THURSDAY, SEPT 26

Solo/Group Kahiko Nei Hula Competition - 6 pm

FRIDAY, SEPT 27

Nā Lei Pua 'Ole - Flowerless Lei Contest - 10 am

FRIDAY, SEPT 27

Group Auana Hula Competition - 6 pm

SATURDAY, SEPT 28

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E nānā mai a uhi kapa 'ele'ele ia Maui, a kau ka pua'a i ka nuku, ki'i mai i ka 'āina a lawe aku.

"Watch until the black tapa cloth covers Maui and the sacrificial hog is offered, then come and take the land."

Said by Kahekili, ruler of Maui, to a messenger sent by Kamehameha I with a question whether to have war or peace. Kahekili sent back this answer – "Wait until I am dead and all the rites performed, then invade and take the island of Maui."

Source: 'Ōlelo No'ēau, by Mary Kawena Pukui



Rebekah Magers

Here are some finished kapa and traditional tools used to manufacture it during a workshop taught by kumu Sabra Kauka in late July.

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Health, Wellness & Fitness

Cannabis and Cancer

By Benjahmin Koenigsberg

Do you know someone affected or suffering with cancer?

Cancer is a huge problem across the globe and affects all of us in some way. Approximately 38.4 percent of men and women will be diagnosed with cancer at some point during their lifetimes. And in 2019 an estimated 1,762,450 new cancer cases will be diagnosed in the United States alone.

What is cancer?

The human body has several trillion cells, each one like a mini factory with specialized functions. Like all living things, cells have an intended life cycle. They are born, live, and then die. Every day the average person loses 50 to 70 billion cells naturally as an automatic function of the body maintaining its balance.

Cancer cells are unique because their genetic mechanisms for growing and dying are turned off. Bodily harm is caused by cancer cells abnormal ability to grow and spread indifferently.

Cancer cells usually group or clump together to form tumors, destroying the normal cells around the tumor and damaging the body's healthy cells. Sometimes, cancer cells break

away from the original tumor and travel to other areas of the body, where they keep growing and can go on to form new tumors.

Cancer can be extremely painful and lead to an overwhelming amount of suffering. Cancer is the second leading cause of death in the world.

The most common form of cancer treatment is to surgically remove the tumors and cancer cells from the body.

Chemotherapy and radiation therapy are also common treatments. These therapies work by targeting the cells genes and activate the cell to remember how to die naturally. One huge problem with the chemicals used in chemotherapy is they do not differentiate between healthy cells and cancer cells, often doing more harm to the body than good.

These treatments can be successful at times. However, they have been ineffective at achieving consistent long-term high cure rates for many common cancers.

Chemotherapy and radiation therapies can also come with debilitating side effects and expensive price tags.

What if there was a superior treatment for cancer, one without any negative side effects or high costs? What if cannabis cures cancer?

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Cannabis has been known to alleviate cancer-related symptoms, and discomfort associated with chemo and radiation therapies. However, there is an expanding body of evidence that cannabis can actually reduce and reverse cancer growth.

The cannabis plant, also known as marijuana and pakalolo, contains more than 400 different chemical components. Human records of cannabis cultivation go back to at least 3000 BC.

Recently, scientists have identified the different biologically active components in cannabis, and isolated their cellular reactions and effects in our bodies.

These components are called cannabinoids, and they act as part of our endocannabinoid system, which we all have within us. The endocannabinoid system modulates many functions such as movement, memory, appetite, regulation of body temperature, pain and immune functions.

More than 100 distinct cannabinoids have been found in cannabis. The two most studied are the chemicals delta-9-tetrahydrocannabinol (often referred to as THC) – the compound responsible for getting us high – and cannabidiol (CBD).

Cannabinoids initiate their physiological effects by activating specific receptors on the

continued on page 16

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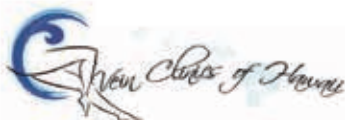
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from page 15

outside of various cells in different regions of our bodies.

Only cannabinoids and cannabinoid receptors can fit together, like a key for a specific lock. Some types of cancer cells have these cannabinoid receptors on them as well.

Cannabinoids, like THC and CBD for example, interact with cancer cell receptors and stimulate pathways in the cell that induce the cancer cell to die naturally like normal cells. Cannabinoids do not cause any harm to nearby healthy cells, only increase the effectiveness of immune cells.

The research into cannabinoids in cancer treatment is new and has faced challenges largely because of the federal government's criminalization of the plant.

Cannabis is also being researched for its properties to treat a host of other diseases and conditions, from post-traumatic stress disorder to Alzheimer's.

In addition, cannabis has a multitude of industrial and commercial applications, from biofuels to building materials and textiles.

I highly encourage Kaua'i residents to participate in this year's 2019 Kaua'i Cannabis and Hemp Conference and Expo Sept. 21 from 10 a.m. to 6 p.m. at the Hilton Garden Inn Kaua'i Wailua Bay.

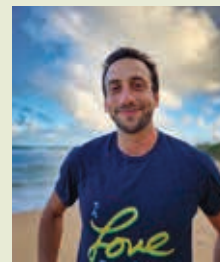
The 2019 Kaua'i Cannabis and Hemp Conference will attempt to dispel marijuana myths and bring attention to tangible benefits of daily cannabis use in our society.

Kaua'i Prosecuting Attorney Justin Kollar will be the keynote speaker addressing Kaua'i's law enforcement and cannabis, as Hawai'i has recently decriminalized a small amount of cannabis possession.

Panel topics will also include CBD, cannabis for seniors, cannabis cultivation and industrial hemp. In addition, there will be vendor booths and music.

Ticket outlets include Garden Island CBD in Kapa'a, JC's Flowers and Minimart in Wailua, Garden Island Hydro in Puhi, and at kuaicommunityevents.com. Tickets are \$10 in advance and \$15 at the door.

I also recommend the 2010 documentary "What if Cannabis Cured Cancer?" Directed by Len Richmond.



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Kaua'i Humane Society

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

You can help by:

- Keeping a ventilated box and towel in your vehicle.
- If you find a downed bird, gently pick it up with the towel covering the head, and completely around its back and wings. Place in the container.
- Keep the bird covered and quiet in a shaded area. Do NOT feed it or give it water.
- Take the bird to the nearest aid station listed below as soon as possible. Please do NOT attempt to release the bird yourself.
- Please record the information requested at the aid station.

For more information visit SaveOurShearwaters.org or contact the Kaua'i Humane Society at 632.0610 extension 109. If you have found a bird or have a question regarding seabirds, please call the SOS hotline at 635.5117.

SOS Aid Station Locations

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The Rise of E-Bikes

By Tommy Noyes

Like many areas around our country, Kaua'i has been methodically shifting toward walkable and bikeable communities for

Community

decades. In recent years, technological advances in battery performance and compact electric motors have ushered in a new generation of bicycles – e-bikes. It's now sensible for many to rely on electric-power assisted bicycles that are clean, inexpensive, efficient and seamlessly complement the Kaua'i Bus public transit system.

Cities and towns that have invested in accommodating people who walk and bicycle with attractive sidewalks, bike paths, protected bike lanes and low-speed residential streets are seeing steadily increasing numbers of e-bikes. Streets, roads and workplaces that support active transportation result in more people relying on bicycles (both standard and e-bikes) for their daily transportation needs, which in turn increases appreciation of and popular support for expanding active transportation systems.

Just like traditional pedal bicycles, e-bikes are produced in many different styles for various uses, such as mountain biking, beach cruising and commuting. Also, like other

motor-driven vehicles, e-bikes have a range of power ratings. In 2019, State Rep. Nadine Nakamura, from Kaua'i, introduced a bill that became law and clearly defines the legal status of e-bikes. The law also includes a minimum age requirement to legally operate an e-bike: No person under the age of fifteen shall operate a low-speed electric bicycle.

Under the terms of our new law, if a

motors amplify, but do not eliminate, the rider's pedaling energy expenditure. One has to pedal an e-bike to make it go, and the motor will assist your pedaling to degrees that you can select. Once new users have experienced how an e-bike makes climbing hills and cycling in general easier, they are more likely to use an e-bike than a standard bicycle. Over time, the increased

stamina derived from the moderate exercise an e-bike requires can support transitions to standard bicycles.

The cost of living on Kaua'i is among the highest in the nation, while wages are not commensurately higher than the national average. This economic pressure is felt in many households. By replacing or merely reducing the use of a single gas-powered vehicle, e-bikes have the potential to significantly decrease a household's transportation expenses, especially in combination with Kaua'i Bus ridership.

Additionally, shifting to e-bikes alleviates traffic congestion, reducing greenhouse gas emissions. Ten bikes can fit in the space needed to park one automobile, so urban space required for parking is diminished.

Please reach out to the author at (808) 639-1018 for info on e-bikes and smart bicycling.



A basic e-bike setup is this red hub mounted onto a traditional bicycle frame. The Copenhagen Wheel, produced by Superpedestrian, is controlled by an app on the rider's smart phone, and it makes pedaling the bike up hills or across town a breeze.

low-speed electric bicycle is equipped with fully operable pedals and an electric motor of less than 750 watts (one horsepower), whose maximum speed on a paved level surface, when powered solely by such a motor while ridden by an operator who weighs 170 pounds, is less than 20 mph, then it is legally considered the same as a traditional pedaled bicycle.

People who ride e-bikes benefit from the moderate exercise. Unlike mopeds or bikes that have a power control dial, e-bikes'



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

Home & Garden

Fall Home Renovation & Decorating

While we can still expect warm weather in September, Fall is the perfect time to start thinking about home renovations and decorating for the holidays.

Small changes can make a big difference in your home and in your life. DIY for interior projects like shelves, headboards and even small furniture can revitalize your interior on a budget, and you can make it uniquely yours.

Consider a wall installation – it is unique to your house and can express your creativity as well as provide practical storage. Oversized pegboards can hold shelves that can be changed at whim; perfect for growing house plants. Or hang some shelves from rope for a nautical island look.

And after all that DIY ambition, nothing is better than relaxing in your own private spa – treat yourself!



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Kau Kau Delights

Al Pastor Tacos

By Anni Caporuscio

Let's celebrate the taco, and the taco trucks that serve as the deliverer of good times and good eating. Let's talk about Al Pastor Tacos food truck stationed north of Kapa'a. But tacos first.

Tacos have become an icon of fun and devotion. Quite possibly the most popular hand-held food since the sandwich, the taco has inspired countless memes on themes from love to poor decisions, and they're not just for Tuesday anymore. Tacos hail from Mexico and have fanned out, and are especially popular in surf culture because fish tacos pair with beach life seamlessly. Tacos are compact, protein-packed savory flavor nuggets you can eat on the go.

Al Pastor team Faun Lewis and Paulino Hernandez are serving tacos right. For seven years, they've made a labor of love of good, healthy food in a friendly setting. As Faun puts it, she is the heart of the service – she gives hugs to her customers and recommends dishes – and Paulino is the heart of the food – the amount of daily prep of fresh food for a five-hour frenzy is staggering. Their tacos are delicious and consistent; I usually show up famished with a particular nostalgia of my last plate, and am satisfied every single time.

Al Pastor gets its name from the contraption that cooks the pork. It's a vertical rotisserie nestled in a heating element. They cut off bits of tender marinated meat and flash-finish it off on the grill to crisp it. The Al Pastor machine was brought to Mexico City in a migration from the Middle East. Think shawarma, and gyros. Same machine and same look, but in Mexico City, as well as at Al Pastor, they marinate with guajillo chilis, garlic and other spices overnight, and assemble it fresh every morning. In Mexico City, this preparation is on every street corner; but on Kaua'i we got the first one in North Kapa'a at Al Pastor. To prepare this fresh every day is a commitment to the process and to integrity. The end result is a delicate balance of crispy and tender with an insanelly flavorful turnout.

This is just one of the dishes. Every few days, Faun will call up an uncle or a friend to see what's the catch. Check their social media, Facebook and Instagram, for some impressive pictures of Paulino taking apart gigantic fresh-caught ahi. Also, lengua tacos take a bit of marinating as well. They get local tongue beef from the Sanchez Ranch in Wailua. As well as being the taste that tastes you back, lengua is served shredded – I was afraid it would be, you know, a tongue – incredibly tender, and richer than beef or pork.

The tacos at Al Pastor come standard with corn tortillas, made fresh on O'ahu, but you can ask for flour tortillas if you prefer. The beans are vegan, prepared incredibly simply, all sauces made in house with real cream, not mayonese, and the avocado sauce is dairy-free. If you need salsa, let me warn you that it will burn your face off in the best way; be very careful.

Their truck is the big red one in North Kapa'a on the makai side of the highway, 4-1604 Kuhio Hwy, open Tuesday – Sunday from 11 a.m.–4 p.m. Faun's and Paulino's mission with Al Pastor is to serve fresh, healthy and affordable food.



Fish Taco Plate, served with rice and beans (vegan beans, rice with chicken stock). Juicy strips of lightly seasoned ahi seared medium (chef's choice), topped with chipotle creme sauce and fresh lettuce. Fish tacos appear in many shapes and preparations. Always look for fresh-caught fish and fresh veggies. Because of Al Pastor's mission to serve fresh, healthy and affordable food, regular working people can come for good tacos often.

Al Pastor Taco, ala carte. This taco is extremely generous of small tender bites of heavily seasoned pork that lights you up with flavor. Squeeze the lime to enhance the spice mix. It's topped with avocado sauce and some quick tosses of tomatoes and cilantro; a protein pack to send you on your way. Faun notes that residents seem to like the meat offerings, and visitors favor the seafood.



Taco trucks have become the beacon of good-times handheld food. Al Pastor was the only food truck in Hawai'i that has been featured in USA Today in a collection of 25 food trucks. They've also appeared in Kaua'i Travel and Hana Hou magazines, and in several promotional videos on island.

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

Kau Kau Delights

Al Pastor Tacos



Top: Taco Plate • Right: Faun Lewis, with her husband Paulino Hernandez, has operated Al Pastor Tacos for seven years. Faun is from Kaua'i and Paulino is from the mountains of Oaxaca in southern Mexico.



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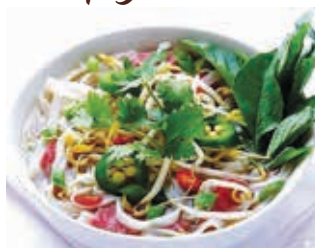
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LAWAI MARKETPLACE AT WAREHOUSE 3540

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!



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Kaua'i Business Marketplace

Studio 203 Salon

By Léo Azambuja

As a young girl, Lee Ann Apao would steal her mother's hair scissors to try her hairstyling talent on her friends in the cane fields of Kaua'i. That young girl would grow up and open Studio 203 Salon, one the top-notch salons on the island.

"We specialize in hair color, a lot of customized hair techniques as far as placement of color. We do customized haircuts. We have an aesthetician ... and we have a manicurist and pedicurist," said Apao, adding the salon also offers deep conditioning of the scalp for people with scalp ailments.

Studio 203 opened 23 years ago in Lihu'e. It operates in the iconic Tip Top Motel building, right next to Tip Top Café on Akahi Street. Prior to that, Apao worked at the former Liberty House for seven years, and another couple years at Macy's. That's more than three decades of professional experience.

It's a busy salon; about 10 professionals can be seen at the salon working on clients on the busiest days, and all of them use contemporary techniques. They all have been professionally trained and have a passion for their clients, Apao said.

"We're a very close-knit family," she said of her colleagues. "We all love what we do."

Studio 203 carries two hair-coloring brands, Aveda and the German brand Goldwell. For the last 16 years, Apao has been educating for Goldwell, one of the top brands of hair coloring in the world. She said Goldwell is such a high-quality product that she is able to cover grey color at a level nine.

Goldwell is pricey, but it is worth it, and it provides continuous education and support for hairstylists, Apao said. The company, she said, has probably taken her to where she is today as a professional.

Because Apao is the only professional in Hawai'i currently employed by Goldwell USA, she provides education to other salons that use their products in the state. This means she has to keep up with training and certifications. Last month, Apao



Léo Azambuja

Lee Ann Apao opened Studio 203 Salon in Lihu'e 23 years ago, and has more than 30 years of professional experience.

went to New York for a certification, and a few days later left for Utah for regional training in a hair show.

"I get to travel three times a year all over the U.S. because of Goldwell," she said. "Especially coming from a small island, if you would see the runway shows, it's just like Victoria's Secret runway shows. Exactly like that, but it's all about hair. And I get to come back to Kaua'i and teach the stylists who carry only Goldwell."

When Apao was a little girl, she wanted to either be a school teacher, a flight attendant or a hair stylist.

"I was too short to be a flight attendant, and I didn't have the patience, or I didn't want to go to school for four years to be a teacher," she said. So she decided to cut hair, something she was passionate since she was young. She went from stealing her mom's scissors to cut her friends' hair in the cane fields, to doing her friends' makeup and nails, to getting professional education.

"I went to school and I loved it. I loved it because it was rewarding. I could make people feel beautiful, look different and it made me feel good," said Apao, adding that in the beginning, she didn't have many clients, so she and her colleagues



Léo Azambuja

Lee Ann Apao is seen here at Studio 203 Salon.

volunteered in pageants.

Some of the most rewarding things about her job are helping her clients to boost their confidence, to feel better about themselves, and also getting to know them, their stories, their culture, the places where they come from, she said.

"I love my job. I get to do this every day. I love it, and I get to see different people every day. I won't do the same thing every day because each person is different, each person is unique," she said. "They get to trust me. I get to tell them what I think would make them look beautiful. It's amazing. I just love it."

The clientele at Studio 203 is about 60 percent women and 40 percent men. They take anyone from keiki to tutu. Appointments are highly recommended. They may take walk-ins, but only if there's a cancellation.

Studio 203 Salon is on 3173 Akahi St., Suite 101, right next to Tip Top Café. Call (808) 246-6203 or visit studio203salon.com to book an appointment or for more information.

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for **KAUAI** CALENDAR

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See the best, most complete calendar of Kauai events at

www.forkauaionline.com

To get your event listed, enter it yourself on the web or send to Honey_calendar@forkauaionline.com

Sunday, September 1, 11th Annual Kauai Marathon and Half Marathon

The Kauai Marathon and Half Marathon begin in Po'ipu with routes sharing the first 11 miles. Entry from \$125. Info and to register www.thekauaimarathon.com

September 1-8 Authentic Shamanism & Nature Retreat

Join us for a week of Shamanic Nature Immersion and cultivate the deep sense of peace and harmony that you receive from spiritual grounding and authentic connection with Mother Earth. Joined by Special Guest, Kunge. At Koke'e State Park. \$3500. Info shamanicspiritmedicine.com

Monday, September 2, 6 am, 18th Annual Scholarship Golf Tournament

Kauai Filipino Chamber of Commerce 18th Annual Scholarship Golf Tournament at Wailua Golf Course with awards luncheon after the tournament. Over the years our scholarship program has awarded more than \$115,000 to deserving Kauai students. Entry fee \$95, lunch only \$15. Info kauaifilipino-chamber.org

Saturday, September 7 Sierra Club Hike Waimea Canyon Rim Vistas & Exploration Hike

Explore lovely panoramic views of the Waimea Canyon and ocean beyond as well as the upper reaches of Waipo'o Falls on this intermediate-level loop hike including the Pu'u Hinahina Trail, Cliff Trail, Canyon Trail, Black Pipe Trail, Halemanu-Koke'e Trail, Kumuela Trail, and return on Canyon Trail. West Side. Intermediate, 8 miles, 1800 feet elevation gain. Requested donation for members and participants under 18 is \$1. For all others: \$5. Leader: Julio Magalhães 650-906-2594, www.hi.sierraclub.org/kauai

Saturday, September 7, 9am-2 pm Learn American Heart Association - CPR

Hearts4kauai is offering a full training day for AHA Heartsaver First Aid, CPR & AED training. Fees vary depending on modules needed. At Koloa Neighborhood Center. Info 652-1284, hearts4kauai@gmail.com

Saturday, September 7, 10am-3:30 pm Cover Kids Search

Join Kauai Family Magazine at Kukui Grove for their Cover Kids Search for ages 4-12 and a fun filled day of free activities. Free goody bag for first 100 kids to register. Info and to register kauaifamilymagazine.com, www.kukuigrovecenter.com

Saturday, September 7, 10am-4 pm Princeville Library Book Sale

Over 12,000 books, DVDs and CDs! All children may select one free book. After 2pm, everything is half price. Donations are always appreciated and can be brought to the library when open. Free books to schools and non profits after the sale as we clear the shelves for new arrivals. Info 826-4310, www.princevillelibrary.com

September 8-12 Free & Affordable Cat Spay/Neuter Clinics

No appointment necessary! Free for outdoor cats, \$25 for pet cats (outdoor cats will be eartipped). Drop off between 8am-9am. Sept 8-12 All Saints Church, Kapa'a and Sept 9-12 Koloa Missionary Church, Koloa. Questions, need help trapping cats, or want to volunteer? Email appts@animalbalance.org

Saturday, September 14 Sierra Club Hike Maha'ulepu Coastal Hike

Spectacular coastal walk with breath taking views along this magnificent coastline! Po'ipu area. Moderate 4 miles round-trip. Mild elevation change on a rocky trail. Requested donation for members and participants under 18 is \$1. For all others: \$5. Leader: Lee Gately 661-373-4834, www.hi.sierraclub.org/kauai

September 14-October 25, 34th Annual Art Kauai

The Kauai Society of Artists presents its 34th Annual Juried Exhibition: Art Kauai at the KSA Gallery, Kukui Grove Center in Lihu'e with Tiffany DeEtte Shafto, owner of Tiffany's Art Agency on the Big Island as Juror. All visual art mediums are represented: Ceramics, fiber, mixed media, painting, sculpture, and wood. Info www.kauaisocietyofartists.org

Saturday, September 14, 6-9 pm Second Saturday at Warehouse 3540

Join us on the 2nd Saturday of each month, for vendors, shops, food trucks, and live music. This is a great family-friendly event in a cool old warehouse converted into a community space on the south side. At 3540 Koloa Road, Kalaheo. Info warehouse3540.com

Thursday, September 19, 5:30-8:30 pm Kauai Museum Presents Robert Cazimero In Concert

A one night only event! Come join us in an intimate concert with world renown Kumu Hula and musician, Robert Cazimero. He will share in celebration Mele (music), hula (dancing), and Moololo (story telling) of yesteryear. At Kauai Museum. \$100. Info www.kauaimuseum.org

Saturday, September 21 Sierra Club Hike Ka'aka'anui Beach (Larsen's) & Waipake Coastal Walk

Walk along a beautiful beach and up to a breathtaking vista and on to secluded Waipake Beach for lovely coast views throughout this hike. North Shore. Low intermediate, 4.5 miles, 500 feet elevation gain. Requested donation for members and participants under 18 is \$1. For all others: \$5. Leader: Julio Magalhães 650-906-2594, www.hi.sierraclub.org/kauai

Saturday, September 21, 10am-6 pm Kauai Cannabis & Hemp Conference/Expo 2019

A one day event showcasing vendor services and products, guest keynote speakers, panel discussions and entertainment. You do not need a 329 card to attend! We invite you to come join us! Tickets: \$10 pre-sale, \$15 at-the-door. At Hilton Garden Inn. Info kauaicomunityevents.com

Saturday, September 21, 5-9 pm Terno Ball by the Kauai Filipino Women's Club

An annual signature event hosted by the Kauai Filipino Women's Club to help us raise scholarship funds. Special entertainment by A Touch of Gold. At Kauai Marriott Resort & Beach Club. \$100. Info www.kauaifilipinowomensclub.org

September 22-28, 35th Annual Kauai Mokihana Festival - Na Mea Kanu Hawaii - Year of Plants of Hawaii

A week-long celebration of Hawaiian culture, including educational lectures, music and hula competitions, church service, and craft fairs. Tickets \$20 in adv from Vicky's Fabrics, Scotty's Music and Kauai Music and Sound or by calling 652-4497. Info www.maliefoundation.org

Wednesday, September 25 Sierra Club Hike Maha'ulepu Coastal Hike

Spectacular coastal walk with breath taking views along this magnificent coastline! Po'ipu area. Moderate 4 miles round-trip. Mild elevation change on a rocky trail. Requested donation for members and participants under 18 is \$1. For all others: \$5. Leader: Lee Gately 661-373-4834, www.hi.sierraclub.org/kauai

September 28-29 The Kauai FOLK Festival 2019

Two days of Folk and Aloha. Five music stages. Dozens of acts including Taj Mahal, Peter Rowan, Tim O'Brian and Jan Fabricius, Blaine Sprouse and many more, artist workshops, singing, dancing, food, drink and family fun. All at Historic Grove Farm Museum. Info 855-8646, kauaifolkfestival.com

Sunday, September 29 Sierra Club Hike Kuilau Ridge Trail

A gentle steady walk on a wide path with sweeping view of lush valleys and Mount Wai'ale'ale and Makaleha Mountain Ranges. This trail offers great rewards without a lot of effort. Glorious views and ever-present bird songs reward you along this trail. Hike to bridge and picnic tables for lunch. East side. Easy to moderate 3.5miles, 280 feet elevation change. Requested donation for members and participants under 18 is \$1. For all others: \$5. Leader: Vivian Hager 652-3234, www.hi.sierraclub.org/kauai

October 4-6 Kauai Yoga and Peace Festival

Yoga classes, meditations, workshops, vendors, dance, music, food and much more. At Lydgate Park. Info www.alohafestival.org

Saturday, October 5, 8:30 am-12 Noon, 2019 Ohana Fit Fest 5K & 10K Obstacle Trail Run/Walk

At Anaina Hou Porter Pavilion and Wai Koa Loop Trail. Entry fee includes race tee shirt and light fare after the run. Keiki 12 and under free with adult registration. Register by September 13 for early-bird discount, \$35. Info kauainorthshorecommunityfoundation.org

Saturday, October 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

Saturday, October 12, 2-6 pm Hammers N' Ales Oktoberfest

Fundraiser for Kauai Habitat affordable housing on Kauai with over 30 craft beers from Kohola, Kauai Island Brewery, Lani Kai, food from top local restaurants - Keeki'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

Friday, October 18, 4-8:30 Matsuri Kauai

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 Kauai War Memorial Convention Hall. Info Pearl Shimizu 822-5353, pkgshim3@hawaiiintel.net, kauaijcs.org

October 18-19, 2019 Kauai Chocolate and Coffee Festival

Join us for all things coffee and chocolate with live music, presentations and more. The event is free but for guaranteed tastings and special offers buy a passport for \$15 in adv, or \$20 at the door. Running Friday, 5-9 pm and Saturday, 10am-4 pm. In Historic Hanapepe Town. Info 234-0404, www.kauaichocolateandcoffeefestival.com

Saturday, October 19, 5:30-9 pm Aloha Banquet

Part of the Matsuri Kauai Festival. Tickets \$70. At Kauai Marriott Resort. Info 335-319

October 26-27, 9am-4 pm Esther Shimazu Ceramics Sculpture Two-Day Workshop

"Pinchy Dogs: fast and furious coil and pinch built cartoony pooches with attitude" with "KittyCat bonus for the motivated". At Art Pod Ceramic Studio, Niumalu (directions will be sent to those who register). \$100 inc clay. Class limited to first 12 Registrants. Register, giac05@icloud.com

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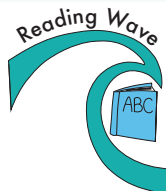
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