

# NA PUA WAI'ANAE

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## It Does Take a Village!



## The Family-School-Community Connection

**PROTECT THE W, FROM WHAT?**

**WAI'ANAE HIGH SCHOOL'S EFFORTS TO IMPROVE STUDENT ATHLETES COLLEGE READINESS AND SOME THOUGHTS FROM ATHLETIC DIRECTOR GLEN TOKUNAGA. PAGE 07**

*Re-Elect!*

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**Momi Robins-Makaila**  
Publisher & Writer

## LETTER FROM THE EDITOR

# ALOHA KĀUA E WAI'ANAE!

**W**ith a humble and joyful heart I bring to you the first edition of Na Pua o Wai'anae, a magazine for and about the beautiful people of Wai'anae from Nānākuli to Mākaha. Nestled in the western most part of O'ahu, our community exudes beauty, and radiates a distinctiveness impossible to find anywhere else in the world. Our mission for Na Pua O Wai'anae is to strengthen, challenge and support our unique community; spiritually, physically, emotionally, and socially by inspiring readers to honor God, deepen faith, improve health, strengthen relationships, engage in dialogue, recognize contributors, celebrate the uniqueness of our Wai'anae home, and share it with others.

I hope you thoroughly enjoy our first edition, and every edition. Peruse the magazine for what we hope you will find is meaningful content about topics concerning our keiki, our teens, our families, our men and women. We hope you will be honored by stories of how our people are demonstrating their love for God, deepening their faith, daring to dream big, achieving goals, taking care of responsibilities, showing compassion for one another, addressing big issues, making lasting changes, giving back to our community, and showing love for our culture. You'll read about real people and real issues.

The cover of this first issue is representative of what we hope to achieve with Na Pua O Wai'anae—unity within our community. Our senator, our councilmember, our district representatives, our community members and our keiki excitedly agreed to take part in making this cover exactly what it is—beautiful. They also agreed to share a little about themselves and their vision for our coast. Over the course of the next few months we will have the privilege of introducing you to each one of them.

Our cover story, found on page 26 attempts to shed light on an issue our coast schools face each and every year—the need for improved communication and collaboration among our schools, community and families. Do you know that Wai'anae's schools are among the poorest performing schools in the state? With unity in our community, our keiki will receive the kind of education they deserve—the best kind! We have everything we need right here to make it a reality. My 20 years experience as a parent and 12 years experience as a teacher tells me so.

Keep the magazine on your kitchen table as a resource or share it with your neighbors. But, whatever you do, please do not keep us a secret. By the way, if you have a story you think would kokua our community, please don't be shy. Let us know. Give us a ring at 808-888-9434 or 808-306-3054 or send us an email to [stories@npow.org](mailto:stories@npow.org).

Currently, our goal is to turn Na Pua O Wai'anae into a monthly publication. Please be on the look out for each issue. We will also be updating our progress on my website at [www.momirobins-makaila.org](http://www.momirobins-makaila.org) on the Na Pua O Wai'anae page.

The staff at Na Pua O Wai'anae will work hard to become a voice of strength for our unique Wai'anae home. As my husband says to me on many occasions, "Be blessed and go bless someone!"

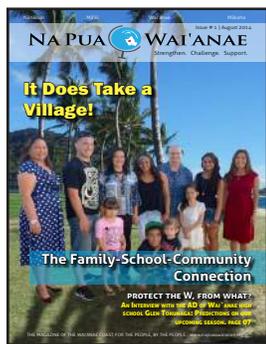
Aloha No,

Momi Robins-Makaila  
Publisher and Writer

# HIGHLIGHTS FROM THIS ISSUE



photo courtesy of Healani Ortiz



**COVER:**  
Featuring community residents photo taken by Rich Tanuvasa.  
Ma`ili Beach background photo courtesy of Healani Ortiz  
Cover design by: Masina N. Sausi

**Kingdom Ink**  
PUBLISHING  
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**PUBLISHER & WRITER:**  
Momi Robins-Makaila  
808-888-9434  
momi@napuaowaianae.org

**ADVERTISING MANAGER:**  
Sharon Fountain  
808-306-3054  
sharon@napuaowaianae.org

**ACCOUNT MANAGER:**  
Tehani Robins  
808-218-1753  
tehani@napuaowaianae.org

**ADVERTISING DESIGN:**  
Masina N. Sausi  
808-620-0127  
sausigfx@gmail.com

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## 07

### PROTECT THE W

Wai`anae High School's efforts to improve student athletes college readiness and some thoughts from Athletic Director Glen Tokunaga

## 08

### PEOPLE

Senator Maile Shimabukuro shares her `ohana, and her heart, with us.

## 10

### W.W.O.W. WONDERFUL WOMAN OF WAI'ANAE

She IS the change she wishes to see in the world: Community Do-Gooder Deborah Carrero's contribution to our keiki.

## 16

### MAN ON A MISSION

Byran Manansala reaches out to his hometown to expose our keiki to the wonderful game of golf.

## 22

### CULTURE & TRADITION

Ka Mō`ī: A Legacy Fulfilled, Rona Ka`aekuahiwi and his 39+ year legacy, stronger than ever.

## 24

### FAITH & SPIRITUALITY

Who Could God Be For You? An approach to religion that has nothing to do with religion.

## 28

Showcasing the beauty of our Wai `anae home: Keawa`ula



## 30

### HEALTHY COOKING

Crazy for Coconut: A new use for the versatile fruit

NUMBERS & HISTORY

# WAI`ANAЕ BY THE NUMBERS

THIS DATA WAS COLLECTED FROM WWW.CENSUS.GOV AND WAS INCLUDED IN NA PUA O WAI`ANAЕ TO EMPOWER ONE ANOTHER WITH INFORMATION IN TERMS OF WHERE WE STAND IN SOME PERTINENT AREAS: HIGH SCHOOL AND COLLEGE GRADUATION RATES AND PERCENTAGE OF OUR `OHANA BELOW POVERTY AS COMPARED TO THE STATE OF HAWAII AS A WHOLE.

	Nānākuli through Wai`anae	State of Hawaii
Population	43,609	1,404,054
Land (Square Miles)	12.5	6,422.63
Persons per Square Mile	4237.5	211
Percent of Hawaiians	29.5% (up 34% from 2000) (Does not include people reporting 2 or more races)	10%
Median Household Income	\$57,351 (Ma`ili`s median household income exceeds the State at \$70,025)	\$67,492
High School Graduate Rate	85.93%	90.3%
College Graduate Rate	9.9% (Bachelor`s degree or higher)	29.6%
Home Ownership Rate	58.9%	58.2%
Persons Below Poverty	21.9%	10.8%



Photo by Josie Kikila



## A TID-BIT OF WAI'ANAE & NĀNĀKULI HISTORY

In January 1793 Captain George Vancouver reported a grove of coconut trees in a "fertile, cultivated valley" (Waianaebaptist.org). Another of Vancouver's accounts called it "a grove of coconuts on low ground through the midst of which runs a beautiful stream of clear water from the mountains." Today, we know it as Poka'i Bay.

In 1811, at Poka'i Bay, ships began offering goods for trade in exchange for the Sandalwood that lined the coast. Hawai'i's Royalty at the time ordered the trade. King Kamehameha appointed Governor Boki as Wai'anāe's first district chief. Boki administered the trade. Soon the sandalwood supply dwindled and the foreigners went elsewhere. As a result of the focus on Sandalwood, local crop cultivation dwindled. The people of Wai'anāe were with less food and also "ravaged" by a "series of epidemics" including Small Pox.

In 1835 Wai'anāe's population (including Nānākuli, Mā'ili, and Mākaha) was 1,654 residents. By 1855 J.W. Makalena, the Wai'anāe Tax Collector listed the estimates of Wai'anāe's population as less than 800. (Waianaebaptist.org)

FOR MORE INTERESTING FACTS ON WAI'ANAE, VISIT THE FOLLOWING PAGES ON THE WEB:

[HTTP://WAIANAEBAPTIST.ORG/WAIANAEHISTORY%20ITEMS/IN%20THE%20BEGINNING.HTM](http://waianaebaptist.org/waianaehistory/items/inthebeginning.htm)

[HTTP://WWW.HAWAIIAN-ROOTS.COM/A-LOST-TRADITION-OF-NANAKULI-THE-CHILDRENS-QUAVERY-CHANT.HTM](http://www.hawaiian-roots.com/a-lost-tradition-of-nanakuli-the-childrens-quavery-chant.htm)

[HTTP://QUICKFACTS.CENSUS.GOV/QFD/STATES/15/1574450.HTML](http://quickfacts.census.gov/qfd/states/15/1574450.html) (WAI'ANAE)

[HTTP://QUICKFACTS.CENSUS.GOV/QFD/STATES/15/1553900.HTML](http://quickfacts.census.gov/qfd/states/15/1553900.html) (NĀNĀKULI)

[HTTP://QUICKFACTS.CENSUS.GOV/QFD/STATES/15/1547300.HTML](http://quickfacts.census.gov/qfd/states/15/1547300.html) (MĀ`ILI)

[HTTP://QUICKFACTS.CENSUS.GOV/QFD/STATES/15/1547450.HTML](http://quickfacts.census.gov/qfd/states/15/1547450.html) (MĀKAHA)

## SEARIDERS

# PROTECT THE W!

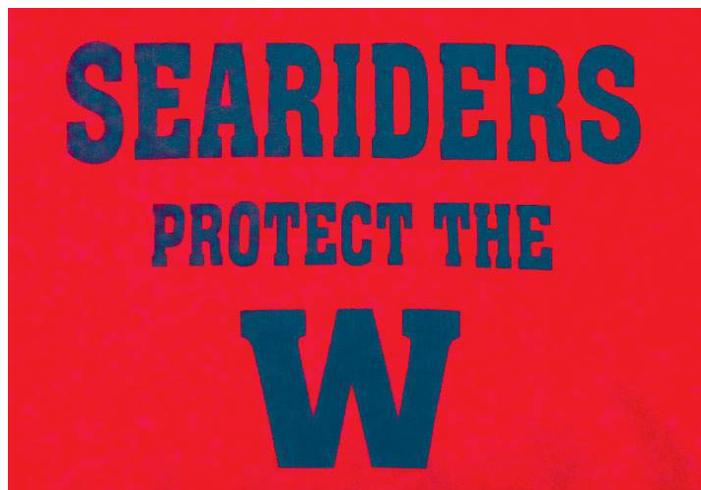
**P**rotect the W? What does that mean? For a moment, I sat staring at the new t-shirt I was given at the new teacher workshop, and wondered, "from what, and how?" My husband had the same question for me when I wore the shirt the very next day. "Protect the W" can have many interpretations depending on who you ask. Here is what I thought: Let's protect the W and everything with which we associate that W.

When I see the red and blue W the first thing I think of is Wai`anae High football, baseball, soccer, wrestling and all the other sports our students play. So, how do we protect the W? We ensure our student athletes, who make us proud, have every opportunity to play college sports and/or pro sports, if that is what they desire. How do we do that? We make sure they get the right training--for their minds and their bodies. We know we have committed coaches. We know Wai`anae kids are blessed with unbelievable athletic talent, but unfortunately, talented athletes are not always able to pursue post high goals. Wai`anae High School is working tirelessly to increase opportunities for our student athletes.

Glen Tokunaga, Athletic Director at WHS is excited to be able to offer a new mandatory afternoon tutoring program to help Wai`anae's athletes by supporting achievement of their goals after high school, and preparing them for collegiate athletics. The tutoring program will help student athletes strengthen their academic skills. Mr. Tokunaga also shared that college counseling will be available to those who are already doing well. Randi Florendo, Waianae High Assistant Wrestling Coach and Wai`anae Intermediate Head Wrestling Coach is just one of Wai`anae's staff who shared his excitement about the program. "I'm happy to be able to help our students achieve their goals in high school and also after high school. It's exciting. Hopefully we'll see more of our Wai`anae students in the limelight on college campuses and in the pros!"

WHS is also developing a health and fitness center. Mr. Tokunaga shared that in his conversations with college coaches, there is a need to develop and better prepare students for the physical demands of the game. WHS will focus on helping students build strength and conditioning. They will be hiring professionals in those areas of expertise: strength, conditioning and speed.

Wai`anae High is also gathering data from former students to assess needs and tailor their programs to those needs.



"Protect the W" has nothing to do with the reputation of Wai`anae or the perception of who we are to others. "Protect the W" has everything to do with protecting what we hold dear; our children--and doing whatever we can to help them become the best they can become.

As far as predictions for this coming year, Tokunaga says, "Coaches always aim for being the best team in the state--taking it one step at a time. Nothing has changed. Pride, Honor and Tradition, that's who and what we are."

***"I'M HAPPY TO BE ABLE TO HELP OUR STUDENTS ACHIEVE THEIR GOALS IN HIGH SCHOOL AND ALSO AFTER HIGH SCHOOL. IT'S EXCITING. HOPEFULLY WE'LL SEE MORE OF OUR WAI`ANAE STUDENTS IN THE LIMELIGHT ON COLLEGE CAMPUSES AND IN THE PROS!"***

***- RANDI FLORENDO***



Photo courtesy of Nika-Asuega Sausi

SENATE DISTRICT 21

**MAILE SHIMABUKURO**

**H**ave you ever seen Maile frowning? I'm sure she does, but since birth, she's always been known as "Smiley Maile." She's 43 years old, and still, the name fits. You can't be negative, and pessimistic with a name like that. In fact, Maile is just the opposite. She is positive and optimistic. Maile Shimabukuro (D) is seeking re-election to remain your State Senator District 21.

Maile Shimabukuro grew up in Mā'ili and still lives there. She attended Mā'ili Bible, Wai'anae Elementary, Ho'ala school, 'Iolani High then graduated with a law degree from the University of Hawaii Law School at Mānoa. Maile serves as a non-profit legal services attorney with a law firm on the Wai'anae Coast. Maile lives in our community, serves our community and loves our community.

Can you believe Maile once lacked self-confidence? She persevered and was determined to change that. Maile says, "attending a PSI personal development seminar, becoming a mother, and gaining wisdom with age have all really helped me."

***"I AM VERY LUCKY TO  
BE SURROUNDED BY  
FAMILY AND FRIENDS  
WHO INSPIRE ME IN SO  
MANY WAYS..."  
- MAILE***



Maile feels her family and friends have all supported her to become the successful person she is. Maile explains, "I am very lucky to be surrounded by family and friends who inspire me in so many ways. My family is devoted to public service in various areas – my mother is with Women of Waianae; my father works to continually improve technology in higher education; my stepfather is with Malama Makua; my sister is involved with Pūnana Leo o Wai'anae, MA'O Farms and student activities at LCC-Waianae; and my stepbrother (Vince Dodge) is with Ai Pohaku Workshop (which focuses on Hawaiian culture and food sustainability). Further, each of my close friends have qualities that I aspire to emulate." Maile says that she is blessed to have significant mentors in her life. "Mervina Cash-Ka'eo and Lea Hong have served as inspirational mentors for me in my professional development as an attorney," Maile also shared how much she learns from her significant other, Shayne Sakoda. At the age of 8, he started to plan for his future, and was able to retire in his 40s. One of the sayings he lives by is that 'rich people live like they're broke, and poor people live like they're rich.' He understands how to invest money and be frugal, so that you can achieve financial freedom."

Maile also attributes the struggles and strife of her ancestors as a motivating factor in serving our

community. She honors her ancestors by giving back to others. Maile shares a little of her family with us, "I am the proud daughter of Karen Young and James Shimabukuro. My stepfather is Fred Dodge, and my sister is Summer Miles. My Chinese maternal grandmother, Margaret Calkins, lived in Mā'ili for many years. When she was just in high school, she was forced to marry my grandfather (a Chinese immigrant), since her father lost a mah jongg gambling debt to him. Unfortunately, my grandfather was very abusive toward my grandmother, and he died of alcoholism when my mother was a child."

Maile continues to share about her paternal grandfather, "My Okinawan paternal grandfather, Kameji Shimabukuro, immigrated to Hawaii from Okinawa to work on a farm on Kaua'i. His family was so poor that they had to sell off his sister to be a concubine. He worked hard, and was finally able to send enough money back to Okinawa to free his sister from forced prostitution. He eventually worked his way up to becoming a teacher at a Japanese language school in Hawaii. Unfortunately, Japanese teachers were targeted after Japan struck Pearl Harbor and started WWII. Thus, the US sent him to an internment camp in Tule Lake, CA, which is where my father was born." "I share this because, family is important to me, and if I am re-elected, I will continue to serve our Wai'anae families to the best of my ability," Maile adds.

Of her many accomplishments, she is most proud of the legislation she helped pass for children. As you probably know Maile is a strong advocate for children and their education. Maile passed a bill to help child abuse victims. She's also passed a ho'oponopono bill for juvenile offenders and their victims. In other legislation, Maile

is currently working on a bill to bring down the cost of building homes. She plans to work on finding model building codes to build sustainable, cost efficient homes as well. Please visit Maile's website at [21maile.com](http://21maile.com) where you can find out about her many accomplishments in the legislature. Wikipedia also has an informative article about Maile. Just google Maile Shimabukuro and you'll find it.

Maile Shimabukuro is a wonderful woman of Wai'anae, and if you give her your vote, she will continue to serve us, as she has done all these years.

**"FAMILY IS IMPORTANT TO  
ME, AND IF I AM  
RE-ELECTED, I WILL  
CONTINUE TO SERVE OUR  
WAI'ANAE FAMILIES TO  
THE BEST OF MY ABILITY,"  
- MAILE**



photo courtesy of Dicion `Ohana

## Community Do-Gooder! W.W.O.W. Wonderful Woman of Wai`anae DEBORAH LUANA STOKES

**D**eborah Luana Stokes, 48 year-old born and raised lifetime member of the Wai`anae Coast is an amazing mom, daughter, sister, friend and special education teacher. Coach Deb is also the Leeward Coast Representative for the American Youth Soccer Organization (AYSO), and is our wonderful woman of Wai`anae. She's been involved with AYSO for over 20 years, since her 29-year-old son was 6. Her involvement didn't stop when her son grew up because she had a "second batch of God's blessings" as she puts it. Deborah has a 10 year old and a 6 year old too. Soccer has been an integral part of their lives. "We are a soccer family," Deborah's commitment to her children, to the game of soccer and to the multitude of young girls she's reared and coached makes Deborah an example of just one of the wonderful women of Wai`anae. Deborah is being honored for her commitment to the 100's of young people she's coached. Deborah says, "It is amazing to see the empowering of a young woman. You get to see her grow, develop, and blossom. It is truly miraculous to see a reserved little girl become a radiant young woman, fully aware of all that she is capable of being. It is awesome to know that you had a little something to do with that!!"

Soccer wasn't a sport Deborah played as a youngster. Deborah made it through extensive training to learn how to be an AYSO coach. She remembers the grueling, weeklong day camp, and being severely sunburned! "But now, I love it. It has become a part of our family's lifestyle," says Deborah. Every weekend you can find Deborah and her family at the park from the crack of dawn, prepping the fields for the days' games. They never leave until the last game of the day is played and the equipment is safely tucked away.

Deborah is happily married to the father of her two younger children. Her husband thinks she's crazy because she does so much, but supports her 100%. She credits him for all she's accomplished. "If not for his support, I wouldn't be able to be as successful at all my endeavors, including the fact that I've just earned my degree from UH Manoa!" "I've experienced so many obstacles. The lack of time is always the hardest, but my family helps me make it work." As crazy as her life is, she wouldn't change a thing. "My children, my students at Wai`anae High School and my AYSO players make it all worth it."



**IF YOU'RE INTERESTED IN GIVING THIS WONDERFUL EXPERIENCE TO YOUR CHILD, GO TO THE LEeward COAST AYSO WEBSITE AT [WWW.LEewardAYS0269.COM](http://WWW.LEewardAYS0269.COM)**

AYSO's philosophy is grounded in good sportsmanship, being a team player, and in character building. It is not about winning. It is about growing good people. Deborah proclaims, "That's why I do what I do. No matter how tired I get, and how much work it takes, I do it. That is my fulfillment--building strong, independent young men and women. I love those moments when I see that once shy, hesitant young girl become a proud, confident, contributor to the team. That is what AYSO is about." Deborah

further explains, "The only way to truly make a difference in our girls, in our hometown of Wai`anae is to really care. That happens through connections. I make that happen through AYSO."

Her advice for others wanting to engage in community service is to "Get up and be the change that you want to see. All too often people complain about things in the world, without offering a solution. The solution is to BE the change. We all have the power within us to make a difference. We need to have faith in ourselves, and in what we can do and offer to others." Deborah closes with this last message, "We are the leaders of today. We groom the leaders of tomorrow so they can be the best that they can be. That is why we do what we do. Our children need to know their future is bright; that anything is possible, and that it is theirs for the taking."

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## TERRIFIC TEENS!

# SHAVON PALMERO

In each and every issue Na Pua `O Wai'anae will introduce you to a Wai'anae teenager enjoying life, dreaming, setting goals, being responsible and simply doing his or her best. In this very first issue we have the pleasure of introducing you to Shavon Palmero, a 15 year old Nānākuli resident. Shavon lived all of his life in Nānākuli. He attended Nānāikapono elementary school, then was accepted to Kamehameha for his 7th grade year.

Shavon is the youngest of four boys. His brothers mean the world to him and he enjoys being the youngest because he loves being spoiled by them. Shavon says that while his three older brothers are all role models for him, he sees his older cousin Nā'ali'i Robins as another role model. Shavon feels blessed because he has a mentor who helps him to set his personal goals. That's his cousin Nā'ali'i. Nā'ali'i plays football for the Oregon State Beavers. It is because of his cousin that Shavon plans to attend Oregon State University once he graduates from high school. Shavon knows it will be hard because his grades could be a little better.

Shavon says his core classes were rough, but he is determined to do what it takes to get into college—even if it means extra hours of tutoring. "That's what it takes to be good—time and effort," says Shavon. He says, "all I can do is do my best, and that is my goal."

In Shavon's spare time he loves playing football or basketball, or spending time with his Dad. He says, "I like to spend time talking to my Dad. We can talk about anything. He's always been there for me, and I appreciate him. My mom too. I am thankful to have them as parents." Shavon's ultimate hobbies are diving and body boarding. Shavon says there is no better feeling in the world than being able to dive and catch fish. His brothers and uncles spent many weekends showing Shavon how to dive—teaching him all they knew. It's important to Shavon that his catch is no more than the family can eat. They waste nothing. He also loves sharing his catch with all of his family. Shavon describes the feeling of catching a wave on a body board as "Awesome!" He says, "it's thrilling." Shavon is generally a quiet young man, but he has a playful personality as you can

see in his picture on the wave. He is enjoying the wave, but being goofy for the camera at the same time.

Shav, as his family calls him, says he loves people who tell the honest truth and who are open. He loves spending time with people who have similar likes. The one thing he does not like is being told to do something right after sitting down and getting ready to relax. He thinks all teenagers are like that. Shavon enjoys spending time at "Prays" beach in Mākaha. If you see him there, go over and say hello!



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## MEET OUR COUNCILWOMAN

# KYMBERLY PINE

**K**ymberly Pine never imagined that she would be an elected official. It was seeing her community neglected by government leaders in the areas of traffic relief; school funding and crime that motivated her to run for office to ensure the residents in her community would no longer be left behind. In January of 2013 she was elected to the office of City Councilmember for District One proudly representing the communities of: Ewa, Ewa Beach, Kapolei, Makakilo, Kalaeloa, Honokai Hale, Ko Olina, Nanakuli, Maili, Waianae, Makaha, Keauu and Makua. During her time as a City Councilmember, she secured funding for improvements on the Waianae Coast which include, \$745,000 for Pu'u O Hulu (Maili Kai) Community Park, over \$1million for Waianae District Park, \$430,000 for Makaha Community Park and \$1.5 million for the Leeward Coast Benefits Program. Councilmember Pine was also able to fund \$5 million to restore and expand Leeward bus routes and over \$1.7 million for the Waianae Police and Fire Stations. She continues to create more opportunities for Leeward Coast residents and improve the quality of life for many. Councilmember Pine's "Hire Leeward" Initiative is about "Connecting Leeward Residents with Leeward Jobs". The 2nd annual Hire Leeward Job and Career Fair hosted over 50 employers and saw over 3,000 attendees seeking jobs in West Oahu.

Prior to serving on the Honolulu City Council, she served four terms as State Representative for Ewa Beach District #43 from 2004-2012. Her district received over \$600 million for new roads, schools, various other projects and tougher crime laws were also passed.

Kymberly has a strong work ethic and a passionate desire to succeed. She graduated from the prestigious University of California, Berkeley where she obtained a Bachelor's Degree in English and became a trained journalist. She has won numerous awards for her writing, and was the youngest to be appointed as Director of the Minority Research Office in the State House of Representatives. In this position, she ran a team focused on finding waste and mismanagement in government spending and creating new solutions to Hawaii's problems. Her work in policy received extensive coverage in local television, radio, and print media and has been used by the Governor's and Lt. Governor's offices. Kymberly has over a decade of experience working for the people of Hawaii.

Kymberly is also an avid athlete. She completed the 42-mile Molokai Channel canoe race to Oahu and the Waikiki Rough Water Swim 2.4 mile competition. In high school she was a well-known athlete as a member of the Hawaii Olympic Development Soccer Team, and was chosen as the Oahu Interscholastic Association West All-Star MVP player. She was also a cross-country and track standout, placing second in the OIA in various competitions.



In the early 1900's, Kymberly's grandfather emigrated from Ilocos Norte, Philippines with a few pesos, a photograph of the Statue of Liberty, and a dream that his descendants would one day go to college and be spared the hardships of plantation life. He later went on to fight in World War II and was one of thousands of U.S. military men and women who defended America during the attack on Pearl Harbor.

Kymberly's great grandparents on her grandmother's side of the family emigrated from Pangasinan and Tarlac, Philippines. They worked on Maui and Ewa plantations. Her family was very poor back then, but worked hard to ensure success for future generations. This is one of the reasons that she is so passionate about helping the poor and why she worked for over six years at U.S. VETS – HAWAII, a home for former homeless veterans.

Kymberly is also related to Alexander Hamilton, one of America's founding fathers who enabled millions of citizens to achieve the American Dream. She is married to Navy LTCDR Brian Ryglowski who works at the Pearl Harbor Navy Shipyard. Kymberly and Brian are members of the Our Lady of Perpetual Help Catholic Church in Ewa Beach where she is a lector.

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Mark Chisholm, originally from England, calls Nānākuli his home. He married a Nānākuli girl. Mark, his wife Jaime and his family call Hawaii their home. Since Mark and his family returned to Hawaii, 4 years ago, Mark has been remodeling kitchens and baths for Hawaii residents. Mark says he gives attention, detail and that special touch to every kitchen and bath project he undertakes. He fondly remembers a family who needed their bathroom updated for their grandmother who was coming to live with them. Mark kept the needs of the family in mind—transforming that bathroom into a beautiful, safe, and comfortable space.

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**BYRAN MANANSALA: CLUBHOUSE MANAGER  
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**B**yran Manansala grew up on the Leeward Coast in Waianae, so when the opportunity arose that offered him a chance to give back to his community he seized it. Byran started working at Kapolei Golf Course in August 2008 as part of the Outside Guest Services team. He worked his way up, and became the Pro Shop Assistant Golf Professional. For 3 years Byran worked with the Golf Professional Team at Kapolei Golf Course to build a program that would introduce our keiki to the game of golf. Using SNAG equipment, he began the Junior Golf Program. Byran watched the youth he taught excel in character, confidence, and integrity as individuals and in all aspects of the game of golf.

Now as Club House Manager at Mākaha Valley Country Club, Byran is reaching out to the community in which he was raised, to give our keiki exposure to golf, and to the many possibilities the game could bring. His innovative, creative, patient, determined, and passionate approach to teaching is welcoming for all youth golfers ages 5-18. Whether during Clinic Sessions\* or enrolled in the Junior Golf Program\* your youth is sure to love the game of golf, and learn some valuable life lessons in the process.



BYRAN MANANSALA: MAN ON A MISSION

# INTRODUCING OUR KEIKI TO GOLF

\*FOR MORE INFORMATION SEE OUR AD ON THE BACK COVER



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# E Lāhui Kākou!



## SHOW UP AND **BRING A NEIGHBOR!**

Long time Nanakuli resident, community leader and contributor Sophie Flores-Manansala has made it her life's purpose to make our community better. I spoke to Sophie about her recent efforts to help the new Mormon church being built on Hakimo Road. At this point in time, the church is beginning the long process of securing the proper permitting for rezoning the land. Whether you agree with the principles of the Mormon church, or you don't, they will probably impact the community in a positive way.

Apparently, there has been community outcry about the possible negative impact on the traffic at Hakimo Road. In an effort to include the community, Sophie scheduled a meeting for April 10, 2014 for residents to share their concerns. She posted flyers, sent out invitations and invited as many groups as she could. She spared no expense—rented chairs and covered tables with food. Not even a dozen people showed up. That included her husband and her two close friends. Those people who were concerned about the traffic—did they just decide it was okay or did they think their voices would not be heard anyway. Is that why they didn't show up? Who knows? We may never know. They never showed up.

Two possible reasons could be the cause for the low turnout. First, as much as we dislike change, when it comes, we avoid it at all costs. We think if we ignore it, it will go away. That's human nature. Second, as a culture, our community has adopted an "oh well, seen-and-not-heard" kind of attitude. As a community, we have yet to realize the power we have in numbers. When we get together, we can control the kinds of change we experience as a community. We might not be able to stop change, but at least we can influence the kinds of change we allow in our community. Look at communities like Waimanalo and Hale'iwa. When community residents want or don't want change, they get together. They show up. They bring their neighbors. When they do, they usually get what they want. We're too nice, too laid-back and we let things happen to us. Let's take a stand, show up, bring our neighbors, and make sure our voices are heard.

It's human nature to protest change because change can be uncomfortable. Change involves struggle. Rather than see change as something difficult let's look at change for what it is--the building block for growth; a part of life; and something we can count on. Like Frederick Douglas said, "If there is no struggle, there is no growth." Change happens. On most occasions it

happens whether we like it or not. It is probably one of the hardest phenomena to accept. There is nothing in our natural world that stays the same. From butterflies to babies, everything grows, changes and transforms. Whether it's watching our parents getting older, changing professions, moving to a new home, ending relationships, change is emotionally difficult and can easily cause conflict, but when we embrace change consciously and with intention, we can decide what part we'll play in the "new." All we need to change well, is to embrace change by showing up.

I'd much rather sit at home after a long day's work watching Diner's Drive Inn's and Dives. I love that guy-Guy Fieri. The thought of not being able to do that, then having to drive 10 miles to a meeting that'll probably involve talking, talking and more talking isn't appealing to me either, but I'd rather do that than the alternative—watch change leave me behind. I too suffer from the "oh-well" attitude. It's time for a paradigm shift in my thinking. I'm not going to let anyone else tell me what will become of my community. I'm going to be a part of it, for a change. Can you imagine the impact we can make if we all practice that? The next time we have an opportunity to show up, let's do that: Show up and bring a neighbor!

***"Is that why they didn't show up?  
Who knows? We may never know.  
They never showed up."***

**WE ARE PROUD OF OUR SCHOOLS AND OUR STUDENTS. IF YOU HAVE INSPIRATIONAL STORIES OF HOW OUR STUDENTS ARE OVERCOMING OBSTACLES, MAKING A DIFFERENCE OR ACHIEVING THEIR DREAMS, PLEASE WRITE TO US AT [INFO@NAPUAOWAIANA.EORG](mailto:INFO@NAPUAOWAIANA.EORG).**



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DIABETES KILLS!



DONNA MARIE SMYTHE  
(OCTOBER 20, 1979 – MARCH 17, 2014)



DARLENE CAMINOS  
(APRIL 28, 1951 - MAY 2, 2014)

# IN LOVING MEMORY...

***How many people do you know, personally, who live with diabetes? Do they know the seriousness of diabetes? Do you?***

Two Waiʻanae families lost loved ones to diabetes this year. They are just two of the many lives lost to this spreading epidemic. This article is dedicated in loving memory to them both. Donna Marie Smythe (October 20, 1979 – March 17, 2014) and Darlene Caminos (April 28, 1951 – May 2, 2014) lost their battle with diabetes. They were Hawaiian women, mothers, sisters, and aunties. Donna was a beautiful-spirited young woman who wanted nothing but to be there for her family. It was important for Donna to be there for her nieces and nephews. Darlene cared about one thing: making sure her family enjoyed their time together. Seeing them having fun, made her the happiest woman. You never saw her without a smile on her face. Her mission was to enjoy life to the fullest. Both women

are gone--ripped from their loved ones—too soon. Let their lives serve as reminders to us about the seriousness of diabetes.

Diabetes and complications from diabetes continue to rob our loved ones from many happy years, and unless we make changes, it will continue to do so. According to the Hawaii branch of the American Diabetes Association (ADA), "over 113,000 of our Hawaii residents have diabetes, of which 26,100 remain undiagnosed. Unless we raise awareness and make changes, estimates project that by 2050 as many as 1 in 3 American adults will have diabetes.

Diabetes is a metabolic disease in which the body is unable to produce any or enough insulin (a hormone that converts sugar into energy) causing elevated levels of glucose in the blood. When insulin can't convert the sugar to usable energy, the cells can't get the sugar they need. Over time, the extra

sugar floating in the blood stream can damage the blood vessels, kidneys, nerves, eyes, and the heart. DIABETES is heart disease, and 1 out of 8 people die from a heart attack, and 80% of all heart attacks are preventable.

There are many things we can do to stop the spread and prevent diabetes. Studies show that even a loss of 10-15 pounds can make a considerable difference. Here are some of the simple things that you can do slowly, so as not to feel deprived or overwhelmed

- Eat more foods like beans, dark, green leafy vegetables, sweet potatoes, berries, tomatoes, fish high in omega-3 fatty acids, whole grains, and fat-free milk and yogurt. Find healthful foods, and all the produce you need at The Farmers Market--every Saturday at the new and improving Waiʻanae Mall. Maʻo

Farms along with Kahumana are there to offer their home grown, organic produce. If you miss the Farmer's Market on Saturdays, check out Tamura's or Waianae Store for their home grown produce.

- Replace an unhealthy oil with a healthier choice like coconut oil, almond oil, or olive oil.
- Replace one sugar-filled drink per day with water until you no longer drink sugary drinks on any regular basis.
- Replace white, refined bread with whole grain bread.
- Find an activity to do with a loved one that you both enjoy.
- Take a walk around Pilila`au Park.
- Dance to your favorite songs, in your home, at the beach or at the park. Or find a Zumba group. Pearlana Saronu offers her Zumba classes at Wai`anae Intermediate School. Connect with her on Facebook for the latest class schedule. The Wai`anae Comprehensive Center offers weekly classes too, and it's FREE to members.
- If you're able, walk to work.
- Find random minutes in your day to do a few jumping jacks, crunches, or push-ups.
- Go swimming in Poka'i Bay. If you can't swim, take a noodle and walk in the water from the Ewa end to Rest Camp. Or, on many mornings, take advantage of our Kupuna who are there with their paddle boards ready and willing to give you a lesson—good for your heart and soul!
- See a doctor regularly to monitor your health.

- Call WCCHC at 697-3599 for information on their many Diabetic programs available at little or no cost to members, non-members and all of our Wai`anae residents. Ask about Ola Kapu and the incentive program they have to help diabetics manage their health.



If we focus on making little changes, consistently, we'll not only improve our chances of living a healthier life, but we leave that legacy for the next generation.

Let the lives of Donna and Darlene serve as reminders to us that unless we band together, we will continue to lose our `ohana. We can get rid of diabetes in our lives, our families' lives, in Hawaii, in our nation, and in our world.

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## NA KEIKI O KA MŌ`Ī CANOE CLUB

# A LEGACY FULFILLED

By T. Kau`i Teixeira

**“POKA`I BAY, U.S.A.,” IS WHERE FOUNDER AND FORMER HEAD COACH RONA KA`AEKUHIWI WOULD SAY IS THE HOME OF NA KEIKI O KA MŌ`Ī CANOE CLUB.**

It all began 39 years ago when Gabby Kalawaia (Crabbe), his brother Francis Crabbe, Francis Silva, and Earle Joseph approached Rona Ka`aekuahiwi in 1975 to start a new canoe club. Rona was the first head coach for Leeward Kai & Makaha Canoe Clubs and by now, really wanted to take a break from paddling.

The men were persistent and talked Rona into it. They organized for a year, raising money and acquiring the equipment needed to start the new canoe club. And so the races began. In 1976, Ka Mō`ī was formed, with a borrowed canoe from a club on Kauai, and a second canoe which was purchased through the old Model Cities Program.

That first year Ka Mō`ī had 400 paddlers, and remember only two canoes. Today, the club has over 250 paddlers, a dozen fiberglass canoes, and one koa canoe.



Although Rona passed away in October 2005, his legacy lives on through his family. His oldest son Danon and oldest daughter Lisa are co-head coaches, daughter Nalei coaches the Novice Women, and son Dude coaches the Novice A & Open Men Crews. Their mom is their biggest support and has been the club manager for the past 39 years. They have also carried on his knowledge and teachings on to their own children, who all paddle and are admirable steersmen like their grandfather was. Today, there are four generations of Ka`aekuahiwi paddlers.

In 2006, the City & County of Honolulu built a canoe halau at Poka`i Bay which was honored and dedicated to the memory of Rona Ka`aekuahiwi by officially naming the halau after him.

Ka Mo`i, now in its 39th year of existence, is the largest club within the Hui Wa`a association, with 265 community paddlers ranging in age from age 10–80 years old, proudly spanning multiple generations of families in the Westside community.

One of our club's strongest attributes is the significant number of young members - the future leaders of our community. Once again, Ka Mo`i accomplishments have brought proud recognition to our community and have demonstrated what community support, hard work and dedication to a traditional sport can accomplish.

It is the goal of Ka Mo`i and its members to make a difference in Wai`anae and the Westside by keeping strong community interest and support in the traditional Hawaiian sport of outrigger canoe racing. This sport stresses discipline, hard work, dedication to training and



develops character and values required for success, not just at paddling, but in life. To succeed requires teamwork and both family and community support. Commitment to these values keeps our club and the community strong.

On Saturday, July 20, 2013, Na Keiki O Ka Mo`i Canoe Club defended the Hui Wa`a Championship Title at Ke`ehi Lagoon. The club finished first place in the AAA Division with a high of 83 points. Ka Mo`i also won Club of the Year again, out of 18 clubs in the Hui Wa`a Association. Being chosen as Club of the Year comes with great admiration, another honor we are proud to bring home to our community.

In Hanalei Bay, Kaua`i, on August 3, 2013, the HCRA State Championship races took place and Ka Mo`i represented our community well with over one hundred strong in attendance, including parents and supporters. Sixteen crews entered on behalf of our club, ten of which consisted of our youth. The club placed 7th overall in the AAA Division (13-20 events), with a total of 108 points. A very good experience being among 49 clubs island-wide

in existence, with over thousands of paddlers present.

Bringing home the only set of medals was the Mixed 12's crew, finishing in second place. The intensity at the finish line was powerful as our crew crossed only .25 seconds away (less than one seat length).



***“TO SUCCEED REQUIRES  
TEAMWORK AND BOTH  
FAMILY AND  
COMMUNITY SUPPORT.”***



MOMI'S MINUTE

# Who Could God Be For You?

**D**o you know any of your first cousins twice removed? That relative would be a first cousin of your grandmother—so any two people with a two-generation difference. We may meet first cousins twice removed at annual family reunions--if we're lucky. I can't name any of my first cousins twice removed—at least from the top of my head I can't.

For many of us, God is everywhere and nowhere. God is nothing more than a first cousin twice removed. If that's the only connection we have with Him, His presence gives us little comfort. We hear stories about God. We read about Him in a book written thousands of years ago about a people and time to which we cannot relate. Some share testimonies of His grace, mercy and love, and swear that it is because of Him they are well. We ponder on a possible connection with Him. Take a five-minute stroll through any neighborhood of any United States city and you're bound to come across a church built in His name. Flip the TV switch on any given Sunday morning and it's likely you'll see an older white gentleman preaching His Word. But, is that all He is to you? Is He everywhere and nowhere?

God wants to be so much more than a first cousin twice removed. God wants more for you, and from you, than a relationship like that one can give. But, we often place God in that kind of role—the first cousin with whom we occasionally share a conversation. God wants to be

there to mend your broken heart, and to help you make that difficult life decision. He wants to comfort you in those times when fear renders you helpless. He wants to point you in the right direction and inspire you with new thoughts. He wants to love you and save you.

When I think about the most important relationships in my life, I think about how much work it takes to maintain them, but also about the joy and support I have because of them. We go out of our way to help each other, even when it's entirely inconvenient. We apologize when we don't want to. We hold our tongues not because we want to, but because we know we should. We laugh hysterically together about the silliest things. We cry on each other's shoulders when in deep despair. A relationship with God takes that kind of devotion and work. It takes time and effort, and the willingness to share and be honest. You must be willing to get to know Him and allow Him to get to know and work in you.

God is like the grandma who bakes you cookies when you feel blue. He's the parent who kisses your forehead before bedtime. God is the guidance counselor who resolves your conflicts. He's the silly sister you take along on shopping sprees. God is the confidant with whom you share your shameful secrets. God is the old friend you catch up with at Starbucks. He's the practical insurance person. He's the far-sighted financial advisor, and the

pal who rides shotgun on that long drive. God is the football or soccer coach pushing you to persevere, and the running partner, alongside. God is the business partner who provides the 'checks and balances.' He is the colleague you bounce ideas off. God is the editor of your thoughts and the writer of your novel. God has nothing to do with religion. God has everything to do with relationship. If you want that, 24 hours a day, all you need to do is get to know Him.

When I first got to know God, I needed to know everything about Him from the beginning. I share that in the twenty-second chapter of *Rescued By A God I Didn't Know*. I am building a relationship with God in the way I know how. God is everything and everywhere, and I invite you to get to know Him. Before I began to develop a serious relationship with God, there was a constant void in my heart—an emptiness that I couldn't fill. I knew I wasn't where I needed to be. I was ashamed of the life I lived and I knew I needed to change. When I gave it up and gave it to God, that void began to fill. I am a work in progress, but I am learning how to love God and allow Him to love me, and the people around me are benefitting. The knowledge and faith that I have God at my side 24 hours a day is entirely comforting. He isn't the first cousin twice removed anymore. He is my everything, and I am His.

There are many things you can do to begin your relationship with God. Find a Bible based church that teaches how Jesus died for our sins, that we are forgiven, that we have no curses, and that we are loved and are saved. Start talking to Him like he's sitting next to you on your ride home from work. He won't share your deepest, darkest secrets with anyone, and He will not judge you.



Find preachers who will teach and preach God's word in a way you can hear. Remember to put your faith in Him, not in anyone else. If you put your faith in Christians, there's a good chance they'll fail you.

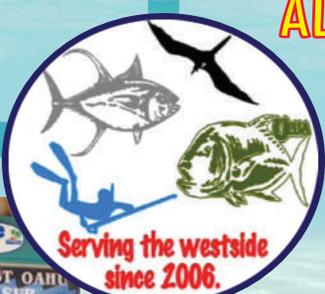
If God remains nothing more than a first cousin twice removed, and if that's the only connection you have with Him, His presence will give little comfort. But, if you choose to get to know Him, and what he wants for you and from you, God can become all because God is good all the time. All the time God is good.

--Momi Robins-Makaila [www.momirobins-makaila.org](http://www.momirobins-makaila.org)

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IT DOES TAKE A VILLAGE:

# THE FAMILY-SCHOOL-COMMUNITY CONNECTION

Our coast parents believe teachers know best. Parents turn their children over to their teachers every school day because they trust teachers to do what is right. Parents know they must send their children to school on time so they can learn whatever it is they need to learn while in school. Some of our parents were unable to access formal, school-based education past high school, so they leave educating to the educators. Parents do not realize just how important they are in their child's education. Sometimes, parents don't ask for the things they need because they don't know what to ask for. Sometimes, they don't know what to do so they don't do anything. Some people characterize actions resulting from these beliefs as indifference or ignorance.

Teachers who do not come from our coast might not understand why we do the things we do, or the way we do it.

I've served the public school system as a teacher (in Wai'anae and Nānākuli) for over 10 years, and I've been a parent for over 20 years. I have had the privilege

of seeing both sides of the issue. For as long as I've been a teacher, I've struggled to get parents involved. For as long as I have been a parent, I have known the struggles to stay involved. I get too busy trying to keep food on the table, provide a good home and deal with obstacles life can throw at you. Sometimes it becomes too much to handle.

"In a 2003 Center on the Family community profile, Wai'anae and Nānākuli ranked poorly on measures of child and family well-being, including unemployment, per-capita income, children in poverty, child abuse rates and school safety. Educational attainment falls well below state and national averages" (<http://www.hawaiipublicschools.org/VisionForSuccess/AdvancingEducation/RaceToTheTop/Pages/ZSI.aspx>).

We cannot continue to let this be the legacy of our coast children. I believe one of the major reasons for this statistic is that our schools and families fail to establish a connection and build a relationship. We fail as teachers and parents to make the commitment to understand



Photo by Rich Tanuvasa

**“WE WAI`ANAE  
`OHANA MUST WORK  
TO STRENGTHEN  
RELATIONSHIPS  
BETWEEN THE FAMILY  
AND THE SCHOOL.”**

one another. I know parents who’ve said they don’t feel welcomed at their child’s school. I know teachers who feel parents attack them anytime something goes awry. As a parent and a teacher, I am sure of one thing. We Wai`anae `ohana must work to strengthen relationships between the family and the school. A lack of relationship results in poor achievement, and our children suffer. No one wants that.

Senator Maile Shimabukuro, Councilmember Kymberly Pine, District Representative Jo Jordan and District Representative Karen Awana took time out of their demanding schedules as leaders of our Wai`anae home—to support the consorted efforts to strengthen the relationship between families, schools and community. They understand that in order for our children to receive the best education possible, every aspect of our community must be involved.

On a recent “new teacher” bus tour of our home, I heard Bill Aila, born and raised Wai`anae resident and director of the Department of Land and Natural Resources say, “Wai`anae is one of the last true communities.” If there’s any place where connectedness can take place, it’s Wai`anae.

Email us at [info@napuaowaianae.org](mailto:info@napuaowaianae.org) with your thoughts. We’re looking for solutions. Over the course of the next few months, we’d like to begin an honest, respectful dialogue for the purpose of finding solutions. What we know with certainty is this: unless we strengthen the relationships between our schools, families and community, we will continue to deny our children the best possible education. None of us are willing to pay that price.

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## BEAUTIFUL KEAWA`ULA (AKA YOKOHAMA)

I had the good fortune of experiencing a guided bus tour for new Wai`anae coast teachers. The purpose of the tour was to educate the new teachers about Wai`anae—who we are and what we’re about. It was the most informative, educational, culturally sensitive and respectful tour I’ve ever been on. I was blessed that day. The tour was led by our very own Bill Aila. Among other things, Mr. Aila shared the origin of the name Keawa`ula. Keawa`ula means red bay. Keawa`ula is the original name of Yokohama bay. Apparently Keawa`ula was changed to Yokohama because it was named after the train’s conductor (the train that used to run through Ka`ena). Yokohama was either his name or the name of the city in Japan from which he came. Mr. Aila said that Keawa`ula was named after the Mūhe`e (cuttlefish) that used to swim around the bay. The school of cuttlefish was so vast that the waters would appear to be red. That’s how the area got it’s name.

I was so inspired by Mr Aila’s stories that it prompted me to hike the Ka`ena trail. My family and I hiked Ka`ena a few Saturday’s ago. We managed to make it to the pond that sits in the middle of Mokule`ia and Ka`ena. Ka`ena means the heat. And the name is very fitting, because that’s exactly what it was; hot! But, the breathtaking views made up for the 90 degrees. We were there from 8am until 12:30pm. During that time we saw about 10 or 11 separate groups of hikers, but the area still seemed to be relatively untouched. The hike is long, but moderately easy. There are a few spots that require caution, but for the most part it is just a walk. The hike itself took us about three and a half hours. It was a brisk walk that probably cost me at least 600 calories. That’s being conservative. It was nourishing for my emotional health, and even better for my physical health.

I have lived in Wai`anae almost all my life and can count on one hand how many times I’ve been on that hike. I vow that will change. I wanted to share some of that beauty with you, in case you have yet to experience the beauty for yourself. The only hesitation I had with writing this article is the fact that it’s so beautiful, pristine and untouched, that you almost don’t want anyone to know about it. But, I realized that we should share it. We should let people partake in its beauty. It would be a crime not too. We just need to make sure we keep informed and show up when

Ka`ena needs our protection, just as the mākua did when Makua needed our protection. (Remember years ago, the save Makua campaign?)

Wai`anae is such a beautiful place to live. I’m proud to say I was born and raised here. Enjoy the pictures of our home town!



**“DON’T TRY THIS, JUST ENJOY THE PIC!”**

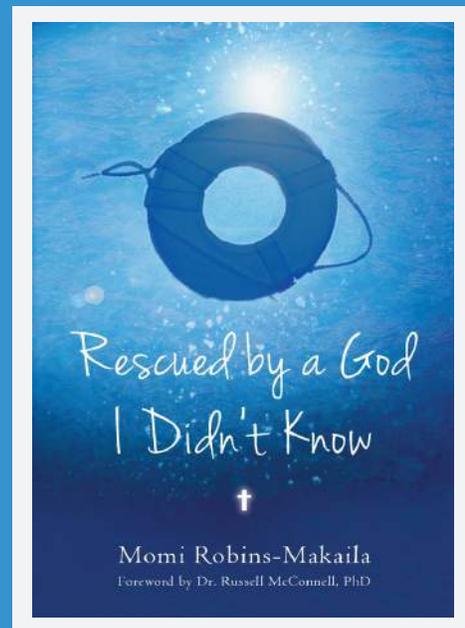
All Photos by Riani Kealoha

# Embrace Your Hardships & Its Transformative Power



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# CRAZY FOR COCONUT!

The coconut made its way to Hawaii via the Polynesians of other islands, hundreds of years ago before Hawaii was inhabited. Wai`anae became home to one of the most beautiful coconut groves in all of Hawai'i—Poka'i Bay. Since the coconut has been in Hawaii, Polynesians have used the indispensable fruit in many facets of life. The coconut fibers were used to cover canoes. The coconut shells were used as containers and for making drums. The coconut meat and juice is saturated with minerals, electrolytes and fiber. The meat and juice is tasty and refreshing. Its oil is used in skin creams and hair products for its nourishing qualities and its pleasing aroma. The newest use for the coconut is as a flour. It is used in baking, sautéing and frying. The coconut flour frenzy is here in Hawai'i, and its health benefits are amazing.

Coconut flour is high in fiber—yielding 5 grams of soluble fiber per tablespoon, compared to .8 grams in whole-grain flour and 2 grams in the same amount of white flour. The flour is a low-carb, gluten free alternative to the grain-based flour we all grew up using. Coconut flour doesn't spike the body's blood sugar as quickly as other flours—which makes it an extremely healthy alternative for diabetics. Coconut flour is also gluten-free which makes it appealing for people who wish to eat a gluten-free diet. Coconut flour is also a great source for



various other nutrients. Coconut flour is made from dried coconut meat, and the by-product of coconut milk.

As nutritive as it is, coconut flour can be a little more difficult when incorporating it into your daily recipes. The flour performs differently in cooking than the typical grain-based flours. You can't just substitute coconut flour for white or whole grain flour. Avid coconut flour users recommend the novice to search for established recipes rather than waste time and money experimenting. When baking with coconut flour, typically it is recommended to use  $\frac{1}{4}$  of a cup of coconut flour to every 1 cup of grain-based flour. When frying or sautéing, it is fine to use the same amount of coconut flour as you would use any other flour.

Sharon, one of our Wai`anae residents created a pancake recipe that turned out yummy. After purchasing a 2 lb tub of coconut flour from Sam's Club in Pearl City for \$4.19, (which is an awesome deal she says), she decided to do some experimenting with pancakes, one of her favorite breakfast foods.

Sharon hopes that others will use her recipe, add to it, make it better, then share it with others.

The information in this article was found online at the following websites. Check them out for more information on the benefits of coconut flour and for some established recipes.

<http://www.coconutflourrecipes.org>

<http://www.livestrong.com/article/28183-health-benefits-coconut-flour>

<http://nourishedkitchen.com/baking-with-coconut-flour>

<http://www.nutrition-and-you.com/coconut.html>

<http://traveltoparadise.com/hawaii-wildlife/history-of-coconut-in-hawaii/>



## HERE'S HER RECIPE:

**$\frac{1}{2}$  CUP COCONUT FLOUR**  
**1 CUP COCONUT MILK**  
**4 EGGS**  
**(YIELDS**  
**APPROXIMATELY 7 PAN-**  
**CAKES)**

# FROM WAI`ANAЕ TO KAPOLEI MĀKEKE MAHI`AI

**M**ākeke Mahi`ai `O Wai`anae and Mākeke Mahi`ai `O Kapolei was founded by the Wai`anae Coast Comprehensive Health Center (WCCHC) about 5 years ago. It's a farmer's market held every Saturday from 9am-11am at Wai`anae mall, every Thursday evening from 3pm – 6:30pm at Kapolei High School and Tuesdays from 10am – 1pm at the WCCHC. The purpose of the Mākeke (Market) is to "help cultivate a community that is healthy in mind, body and spirit by providing vibrant gathering places for the community, local food producers and Hawaiian cultural practitioners to connect, share, learn, teach, entertain, and express values that lead to healthy and affordable habits which move Hawai`i closer to maintaining long-term sustainable food sources" (WCCHC Mākeke Mahi`ai vendor information packet). Mākeke representatives Mindy and Malia were more than enthusiastic to share some



mana`o with me. They say it is the mission of the WCCHC to provide our Wai`anae community with knowledge on improving health and wellness. They are also helping give Wai`anae residents options to buy local. You can find competitive prices and healthy options at the mākeke. Malia also shared that it's the first market to accept EBT. She also shared that soon they will have meat vendors.

Whether you come for the garlic fries, the homegrown mango, the homemade Hawaiian jewelry, or the homegrown produce, you'll have a good time and get to see the innovative things our Wai`anae businesses are doing. It's conveniently located behind Pizza Hut, Starbucks and Jamba Juice. There's plenty of parking and plenty of fun.



**SATURDAY FROM 9am-11am at Wai`anae mall, every THURSDAY evening FROM 3pm – 6:30pm at KAPOLEI HIGH SCHOOL and TUESDAYS FROM 10am – 1pm at the WCCHC**



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we've SHARED WITH YOU,  
PLEASE TELL THEM  
Na Pua `O Wai`anae sent you.**



WAI'ANAE GIRL MAKES

# HER DREAM COME TRUE



**T**ihanna Lincoln is a Wai'anae girl who has done good! Tihanna did not escape the hardships that many experience firsthand—dysfunction, abuse, poverty, and homelessness. She experienced it all, and rose above it. Tihanna hopes that sharing her story of triumph over her struggles will inspire others to never give up, and to always know that with hard work and determination anyone can make their dreams come true. Tihanna says, if she can make it, anyone can.

Tihanna Lincoln, owner of Tranquility Beauty and Wellness Center in Wai'anae is a testimony of success. Her shop is on the corner of the little strip of businesses--the first space in the downstairs corner--opposite of Anson Rego's. You can find her spa at 87-843 Farrington Hwy.

When Tihanna graduated from Paul Brown School of Cosmetology, she knew she wanted to start her own business. With no money and just a will to make her dream come true, she did it. Tihanna started her business in February of 2013. Her budget to create the tranquil space was considerably less than what one would expect for a shop such as hers, but with creativity, loans from friends, (which she paid back in its entirety), and an "I can do all things in Christ who strengthens me (Phillippians 4:13)" attitude, she did it. Tihanna says, her faith in God and her desire to be the best mom to her 7 year old daughter is what kept her motivated toward her goal. Tihanna says going to school and raising a daughter on her own, at times, seemed impossible. But she did it. She is no stranger

to struggle. The night Tihanna left her daughter's father, and the abusive relationship that left her spiraling downward, she spent hours sitting in her car in a 7-11 parking lot with no answers, and nowhere to go. For hours she contemplated whether or not to reach out to family.

Tihanna knew there was no other option than to apply for welfare. "That is just not a choice for my family, but for me, it was my only option," Tihanna explained, "I had no medical or dental insurance for my daughter, and I could barely feed her. My anxiety drove me almost crazy. Prior to having my own experience with depression and anxiety I had little empathy for people who suffered from anxiety, but now I know it is a real disorder and it is hard to escape. Without God, I could not have done this (sitting contentedly in her client chair as she looks at her beautiful space). Because of God, that's why I'm here."

If Tihanna gives you a massage, waxes your eyebrows or cuts your hair, her goal is for you to set aside your cares, and enjoy yourself. Tihanna says, "I can write a book about my experiences, but I'd rather do my thing here in the shop and share my story with my customers. I hope they walk out feeling refreshed, feeling beautiful, at peace, and a little inspired too.

Call Tihanna at 808-699-9277 for a massage, to wax your eyebrows, or to have your hair done. She promises you'll love it.

# IMPORTANT NUMBERS & RESOURCES

## 911 ALL EMERGENCIES

### Important City Numbers

(808) 768-3202 Bulky Item collection  
(808) 733-4300 Civil Defense  
(808) 768-5001 Councilwoman Kym Pine  
(808) 955-8300 Crime Stoppers  
(808) 455-1725 Dead Animal Pick up and  
Drains, Ditches Cleaning  
(808) 768-3100 Driver License - Kapolei  
(808) 723-7139 Fire Department Station #26  
Wai'anae  
(808) 723-7139 Fire Department Station #28  
Nānākuli  
(808) 832-5105 Governor's Office  
(808) 768-5007 Honolulu City Councilmember  
Kym Pine District 1  
(808) 696-4257 Library Wai'anae  
(808) 532-7700 License Registration  
(808) 786-4141 Mayor's Office Kirk Caldwell  
(808) 973-5286 National Weather Service - Oahu  
(808) 768-3003 Park Recreation Programs  
(808) 723-7162 Permits  
(Camping, Picnics, and Fire)  
(800) 222-1222 Poison Control  
(808) 723-8600 Police Department – Wai'anae  
(808) 768-7777 Pot Hole Hotline  
(808) 768-3980 Property Tax  
(808) 586-8465 Representative Karen Awana  
House District 43  
(808) 586-8460 Representative Jo Jordan  
House District 44  
(808) 455-9644 Refuse Collection  
(808) 768-3798 Satellite City Hall  
(808) 586-7793 Senator Maile Shimabukuro  
(808) 768-3330 Sewer Charges/Billing  
(808) 772-1213 Social Security Office - Kapolei  
(808) 696-0161 US Postal Office - Wai'anae  
(808) 786-3800 Voter Information

### Local Utilities

(808) 748-5000 Board of Water Supply  
(808) 748-5872 After Hours Water Emergency  
(808) 548-7311 Hawaiian Electric  
(808) 548-7961 Hawaiian Electric Company  
Service Calls  
(808) 643-3456 Hawaiian Tel Com  
(808) 768-2100 Oceanic-Time Warner Cable  
(808) 768-3200 Refuse and Recycling Services

### Public Schools

(808) 697-7100 Leihoku Elementary  
Principal Randall Miura  
(808) 697-7150 Mā'ili Elementary  
Principal Suzie Lee

(808) 695-7900 Mākaha Elementary  
Principal Nelson Shigeta  
(808) 668-5800 Nānāikapono Elementary  
Principal Debra Knight  
(808) 668-5813 Nānākuli Elementary  
Principal Lisa Ann Higa  
(808) 668-5823 Nānākuli High  
Principal Darin Pilialoa  
(808) 697-7121 Wai'anae Elementary  
Principal Wendy Takahashi  
(808) 697-9400 Wai'anae High  
Principal Disa Hauge  
(808) 697-7121 Wai'anae Intermediate  
Principal Raechelle Fabrao

### Charter Schools

(808) 697-7110 Kamaile Academy  
Principal Emma Weiss  
(808) 620-9030 Kawaihona  
Principal Alvin Parker

### Post High

(808) 696-6378 Leeward Community College -  
Wai'anae Dean of Students Laurie Lawrence

# RESOURCES OF ORGANIZATIONS

**THIS LIST WAS PROVIDED BY B. BURGESS AT HALE NA'AU PONO**

♥ 211- Aloha United Way-Dial "2-1-1" (on your telephone)		Children's Services	696-9498
♥ ACTIVE HI	457-6385	Ho'okaulike	696-4212
♥ Adventist Malama School	696-3988	Hi'iola (Hawaii Health Connector)	294-1820
♥ Alternative Structures International (ASI) Kahumana	696-2655	Ka Wahi Kaiaulu-Wai'anae Neighborhood Place	696-4598
'Ohana Ola O Kahumana Transitional Shelter	696-2655	♥ Hawaii Family Services, Inc.	696-3482
	696-4095	♥ Hawaii Job Corps	536-0695
Ulu Ke Kukui Transitional Shelter	620-9011	♥ Hoa 'Āina O Mākaha	695-8978
♥ ALU LIKE, Inc.-Pūlama I Nā Keiki	668-0553	♥ Ho'omau Ke Ola	696-4266
Ke Ala Ho'olokahi Project	668-0555	♥ Honolulu Community Action Program	696-4261
Project SPIRIT	956-4453	Head Start	847-2400
♥ Ark of Safety-Preschool	696-8928	Kumuhonua Transitional Shelter	682-5494
♥ Big Brothers and Big Sisters of Honolulu		Hā Initiative-STEM After-School Program	521-4531
	521-3811	♥ INPEACE-Ka Lama Education Academy	696-8312
♥ Boys and Girls Club-Wai'anae Clubhouse	696-2794	Keiki Steps	620-9043
	668-9399	P-3 Waianae	620-9041
NFL YET Hawaii Nanakuli Clubhouse		Kupu Ola	620-9041
♥ Catholic Charities-Mā'ili Land Transitional Shelter	696-4885	Hō'ala	696-9300
♥ Child and Family Service	681-3500	♥ Ka'ala Cultural Learning Center	696-4954
Comprehensive Cnslng & Support Services	681-3500	♥ Kaiser Permanente-Continuing Care (Kaiser Only)	432-7100
Domestic Abuse Hotline	841-0822	♥ Kamehameha Schools- Preschools	668-1196
Gerontology	681-1411	Community Learning Center at Nānākuli	668-1517
Enhanced Healthy Start	681-1555	Hi'ilani Program	534-8261
Healthy Start	681-1555	Ka Pua Initiative	541-5333
Pathways to Work	681-1430	♥ Kathy's Parenting Solutions	352-3303
ParentLine/HomeReach	526-1222	♥ Ke Ola Mamo	668-1110
♥ City of Joy	668-8826	♥ Keiki O Ka 'Aina-H.I.P.P.Y./Aim High/PAT/PPP	843-2502
♥ Community Case Management Corp.	486-8030		696-7000
♥ Department of Health-Access Line	823-3100	♥ Kokua Villa	696-7000
Public Health Nursing-Waianae	697-7839	♥ Learning Disabilities Association of Hawaii	536-9684
Hansen's Disease Community Program	675-0077	School Readiness Project	696-5361
♥ Department of Human Services Child Protective Services	832-5300	Parent Training & Information Center	536-9684
Financial Assistance & SNAP	697-7147	♥ Legal Aid Society of Hawaii	536-4302
First To Work	692-7760	♥ Leeward Community College-Wai'anae	696-6378
Employment First	692-8310	♥ Maili Bible	696-3038
QUEST/Medicaid	692-7364	♥ Maluhia Lutheran Church	696-3497
♥ Domestic Violence Action Center-HelpLine	531-3771	♥ Mala 'Ai 'Opio (MA'O) Organic Farm	696-5569
	447-3508	♥ Nanakuli Housing Corporation	842-0770
Consortium for Health, Safety & Support	838-7752	♥ O'ahu WorkLinks	768-5801
♥ EPIC, Inc-`Ohana Conferencing	230-7110	♥ 'Olelo Community Media Center Wai'anae	696-1003
♥ Family Hui	521-9531	♥ Onemalu Shelter	682-3869
♥ Family Programs Hawaii	620-9444	♥ Paradise Chapel-Social Services	668-1588
Ho'omalū O Na Kamalii	540-2536	♥ P.A.R.E.N.T.S., Inc.	235-0255
Leeward Voluntary Case Management	521-9531	Confident Parenting	235-0487
Resource Families Support Services	545-1130	♥ Parents for Righteousness, Inc	697-8384
Warm Line	696-7882		
♥ Habitat for Humanity-Leeward O'ahu	692-8232		
♥ Hawaii Families As Allies	696-4211		
♥ Hale Na'au Pono	696-4212		
Adult Services			

# Energy – Natural and Healthy

*The path to success is often littered with setbacks, obstacles, and fear of failure. Pushing through to reach your goals is challenging. A Japanese proverb sums up this journey: “Beginning is easy; continuing is hard.” So as we face challenges, we need both our minds and our bodies to be at the ready if we want to persevere.*

Unicity has tapped into a remedy that Zen monks have used for centuries to sharpen their focus and enhance meditation. This elixir is **UNICITYMATCHA**—a finely powdered green tea that can give you the fortitude and support you need to combat the odds.

## Navigate with Matcha

This Chi-Oka blend, rich in antioxidants and other vital nutrients, provides a natural source of energy and improved mental clarity. Whenever you need it, enjoy a drink of Matcha to help:

- Increase alertness and focus
- Add vitality and harmony to your mind and body
- Relieve stress and improve concentration
- Contribute to normal, energy-yielding metabolism
- Contribute to the protection of cell constituents from oxidative damage

## How It Works

What makes Matcha exceptional is that it is not steeped like most teas; the entire tea leaf is consumed in powder form. You therefore take advantage of 100% of its nutrients—including chlorophyll, protein, and dietary fiber. Matcha has both healing and preventative properties to:

**Cleanse and Restore:** The abundance of chlorophyll in Matcha makes it an ideal rejuvenator. It carries oxygen to your cells, regenerating them and building your blood. As a purifier, it neutralizes free radicals, eradicates toxins, and improves radiation damage.

**Boost metabolism:** Bursting with antioxidants called catechins (a class of polyphenols), Matcha eliminates free radicals, slows the signs of aging, and optimizes your metabolism.

**Reduce fatigue:** The naturally occurring caffeine and theophylline in Matcha work to stimulate wakefulness and provide mental clarity, making it a healthier alternative to classic energy drinks or coffees. Additionally, its absorption into your blood is as discreet as its dissipation, preventing the infamous crash that comes with most caffeinated beverages.

**Calm the mind:** Shade-grown plants like Matcha produce L-theanines. These amino acids calm the brain without making you drowsy. Paired with caffeine and theophylline, L-theanines generate a lucid frame of mind, enabling you to determine what needs to be accomplished and how.



**For more information contact Sharon @ [fountainsm@yahoo.com](mailto:fountainsm@yahoo.com) or call 808-306-3054**

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## Highlights

- Designed by William F. Bell, who designed the Torrey Pines South Course which hosted the 2008 U.S. Open.
- A golf experience like no other, an escape from routine for golfers of all skill levels.
- Variety of doglegs and elevation changes, with one of Hawaii's most demanding closing holes.
- Year round, sunshine and trade winds with an occasional refreshing mountain mist.

## Features

Pro Shop • Club Rentals • Driving Range  
Restaurant • Golf Clinics • Private/Group Lessons  
Kids' Junior Golf

## Events and Services

Golf Clinics – A free monthly event for the whole family. Typically scheduled in the evening, our golf instructor provides pointers and tips on how to improve your game while Junior Golfers enjoy learning golf through the SNAG Program.

## Personal & Group Lessons

Choose from a single lesson or five session package. Whether you're a beginner or looking to lower your handicap our instructor has the tools to help you succeed.

## Junior Golf Program

Group lessons for junior golfers 5 – 18 years old. Juniors will attend a 1 hour class for 6 consecutive weeks typically scheduled on the weekend. With a maximum of 6 juniors per class.

**Stay up to date on course events and clinics by emailing [golfmakaha@gmail.com](mailto:golfmakaha@gmail.com)**

**Please call our pro shop for current club pricing and scheduling (808) 397-5347**

