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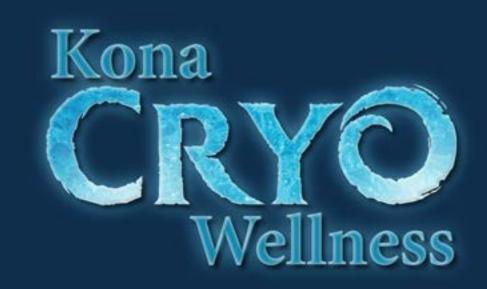
















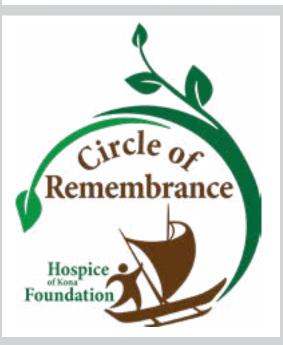




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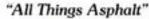
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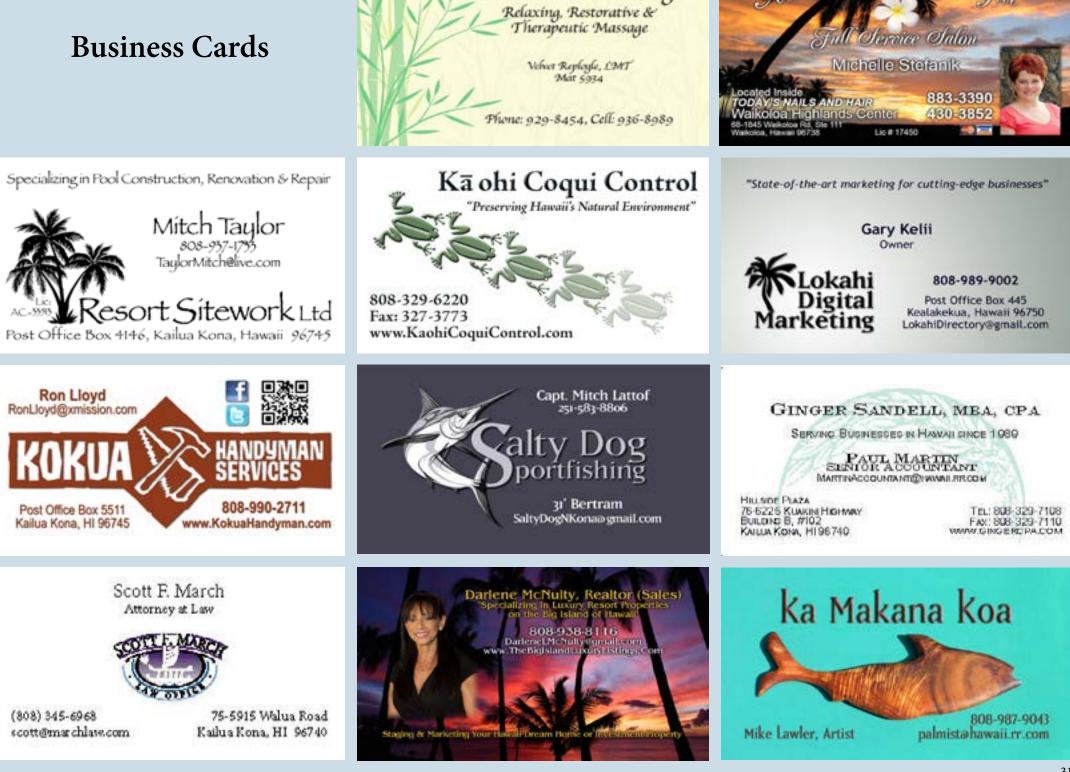
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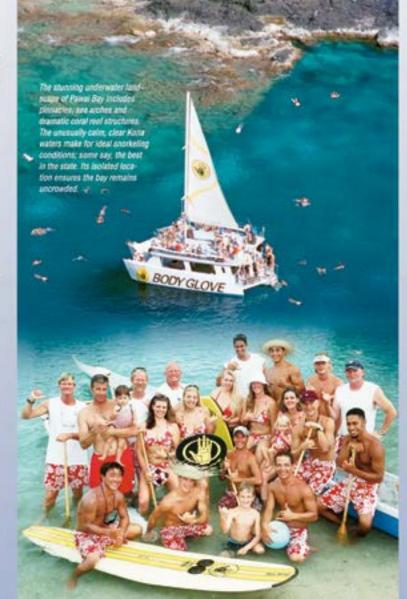
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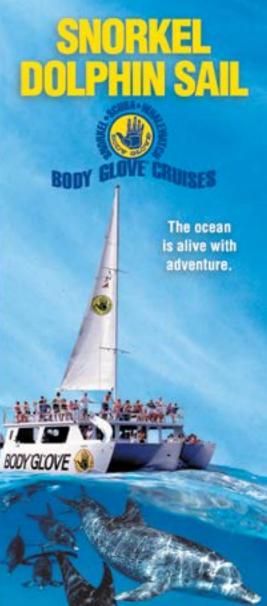
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Brief History

In bahalf of the references and Brand members of J.D.A. USA, the United States Freedology Team-Apart USA and the Island of Hermit YMCA 1 invite you to become a contributor to the 2002 Pacific Cop of Friedleing

The 2002 Pacific Cap. to be held in Kona, Hamai Reast October 28 to November 4, represents the first international fermining competition to be hald in the United States. Is creates an exciting apportunity for international competitors in the sport to visit and learn about the United Nutree and share in the culture, hereity and ably of the Hewalian Islands.

ALDAA USA was founded in 1999 as a new profit organization to further the sport of foundering in the USA and to establish training standards for the sport. The US Freediting Team has, through the preservery of par-contributors, how horsesate in being able to arread interventional feedbring competions in Saedbrin, Euly, in 1996 in Egept (the Barl Sex Dire-off) in 1999, and in Point, Spain, in 2001. A.LD.A USA considers it as honor

to be footing this year's overt. We are expectedly gettined that this year's sevent is being dedicated to feedining legend, homesitarino and indedit, Jacques Mayol, Jacques was an orthosizatio scholar, Janpus Mayel, Jacques was an otheraisare supporte of the U.S.T-medicing Taxon as well as a personal breach. The entries freedining commanity will state him greach, and we are printeral to be able to a differ this small have hearefully reduces to his fifs and accomplichteness. This year we are antisipating perturbation from over 40 constitute and expert source of all of our "breaking

more" to participate. Without duple this will be an ecosystemal competition, and must probably, world record will be not. Presently actored major sports notworks, including ABC, have expressed interest in this year's errors and we are anticipating extensive local and notional

We had that the Pscific Cap of Freedoring 2002 offices presented contribution or standard apportunity to be recognized in the community. Some a of great will and he on the defining edge of one of the Is account and mene functioning morest sports. I hop-



odsing in its eventials has existed since the t of the Certurn, and there are many movies of solvage and understatuse recorrecy being performed on a single bound of als. The trent farmers of the anyly foundinary, written records of their faun appear as welly as 400 BC. Since In inception, freefficing has been and as a method of decovery, advage and the basics of subsection field, place fills and adding incontinuant. Today boods may relate the appendix being the includes and provide any free place in the appendix of the subsection of the section free place in the support of the subsection of the section of the subsection of the subsection of the subsection of the subsection of the support of the subsection of th

Brends ing comportions, and consider backey. In orientating and standarding. Relationship like a suit American Statistical are aroung the surface patients of a supportion of modificing. However, it was the around you drampter Mayori and Ender Materia in the 60% and 7% the paperbarrain the around and the the surdar and 7% the paperbarrain the around a sub-terior of the statistical statistical states and the paperbarrain statistical states and the states and particular states and the states and the states and particular states and the states in 1986; 1980 meteors in 1987 and the data to state around a state and the states and states and and the states and the states are 1987. The states are states and a states and the data to the states are 1987. in 15% and finally 100 meters in 1983. Tailay the meet to record stands at 154 meters, art in 2000 by Lais LaPerson of France, and the scores is second in 15th meters, halo by Mandy-Ras Craickelauk.

These seconds seem and in the congrey of feasibility known as "No Limits," wherein the diver descends via weighted dad and accessly via a banguary device. Other categories include: "Variable Weight," descent by del and assent by pulling along a cable: "True linearceion, descent and assent by pulling dong a cable and "Constant Weight," downerst and assent by will prepaideme, using to weight, "Neutr Agains," headth helding, and "Dynamic Agrees," underwister extensing for distance, yound or

the composites. The "Constant Weight" men's model record is 86 merers, held by Harbert Nitch of America, Tanya Stronger of the UNA holds the second is record at 70 meters. Th year's sevent includes "Constant Weight." State Agene

and "Dynamic Apress." Competition frondicing is reptilly becoming a state sport in the US and the workl. International competition footuring the workly hast fixed to see held aroundly and the number of food initial physics and events in

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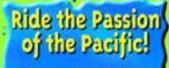
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Frequently Asked Questions

The term deep sea drinking water refers to water that is extracted from the ocean, usually at depths of 1000' feet or more and then processed to make it palatable and healthful.

What is deep sea drinking water?

Isn't sea water too salty to drink?

What makes Kona Deep® so special?

What is the Global Convevor Belt?

Why is Kona Deep® good for me?

KONA DEEP® is desalinized water sourced exclusively from 3000' (915M), the deepest source of deep sea drinking water in the world. At that exceptional depth the pristine deep seawater is extremely cold, electrolyte rich and virtually free of pathogens and nollution

Kona, on remote Hawaii's Big Island, is where KONA DEEP® originates. Only Kona accesses, from 3000' (915M), the ancient Global Conveyor Belt where the seawater is unspoiled and aged around 3000 years

The sea is "where life began"™ and seawater is naturally close in composition to fluids of the human body. Also KONA DEEP®'s electrolytes are easily absorbed.

KONA DEEP® is bottled and certified at the source. It has a clean, rich taste and mouth-feel and naturally replenishes body, mind and spirit. It's also ideal for preparing coffee, tea, rice, pasta, soups, and sauces, and enhances the flavor of all foods.

The Consumer Advantage

KONA DEEP $^{\odot}$ is a better tasting alternative to "surface" bottled waters and is much healthier than carbonated soft drinks.

KONA DEEP $^{\circledast}\,$ is simply a better tasting water for making coffee and tea at home or office and a better tasting water with mixed drinks for relaxing and entertaining.

KONA DEEP® is a unique and more interesting gift to bring to parties and the perfect way to make any meal a special occasion.





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The Origin

Thousands of years ago around Greenland in the North Atlantic igantic icebergs began to melt as the result of a dramatic limate change. As the ice melted, the water quickly sank to the bottom of the ocean to depths exceeding 10,000 feet. Because of a marked difference in temperature and salinity, the water did not significantly mix with the surrounding ocean water. hen this huge volume of water, free of modern day pathogens and chemicals, began a long journey circling the globe.

The Journey

Deep undersea currents travel continually around the globe. These currents, referred to as the "Global Conveyor Belt," move very slowly (a circumvention can take thousands of years) and the water rarely nears the surface. On its journey the water comes in contact with volcanic events and undersea conditions which inject significant levels of nutrients and minerals.

he Result

This phenomenon results in water that arrives in Hawaii (the extreme end of the "Global Conveyor Belt") very old, very cold, very pure and very rich in nutrients and minerals.



'Simply, the richest tasting water from where life began."





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SERVICES

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24 Your urgent care services for next medical conditions that are not He threatening

Treatment on the sport former office or bailed more- Our providers are equipped with readem diagnostic exploration and readoms, allowing there is their more medical conditions, and perform blood work in the field Prescription writing and refits.

Coordination of medications

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Business Hours

Service Fees

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Bringing health care to you."

P.O. Box 4327 Kailua Kona, HI 96740-4327 Celli (808) 987-3516 Fax: (808) 529-9082 E-mail: Housecalls@hawaii.rr.com

We accept credit cards, personal checks, or cash









FREQUENTLY ASKED QUESTIONS

When is it appropriate to request a housecall? A housecall is an appropriate option whenever medical assistance is required that is not life threatening" or you. are not able to reach your primary care provider. Housecalls of Hawaii medical staff is always available to help. We commonly provide housecalls to patients who are too sick to get out of bed, as well as those who appreciate the convenience of waiting at home rather than waiting in an emergency more or clinic.

* If you think the problem is a true emergency, call \$11 immediately.

low guickly can a doctor be here? If you request an urgent housecal, our medical staff can usually be there within one hour. If the housecal is not urgent, you can achedule the appointment at your convenience.

a housecails have to be pre-scheduled? No. Housecain of Hawaii is available 24 hours a day, wherever medical assistance is required. Simply call 805-967-3516 to achedule a housecal.

Can you do lab tests and blood work from my home? Yes. Housecals of Hawaii can draw labs at the time of the visit. Most results are available within 1-3 days. or the same day if tests are ordered STAT

The doctars carry medication? Yes. The providers carry a limited variety of medications, to cover many common aliments (Ru, bronchills, food poisoning, severe eadache, etc.) Up to two day's worth of medications can be given to the patient until a complete prescription can be filed.

Do you accept Insurance? At present, Housecal's of Hawaii accepts Medicare. Our services are covered by most other national and international insurance plans. We will supply you with a statement to submit to your insurance company for mimbursement. You may want to contact your insurance plan to find out your specific.



Now will I pay for my cars? Payment must be made at the time of service. Payment can be made by Cash, Credit Card or local check.

Nhat if I already have a Primary Care Provider (PCP)? Can I have a Housecalls of Hawali howider come to my home? Yes, If your PCP. does not make housecalls and you need or want to see a provider in your home, we will be happy to schedule an appointment with you. You do not need to change your PCP in he seen by us. If you desire, we will send a copy of your report to your physician and coordinate your care with them.

Do you make housecalls to all areas of West tewall? Currendy we are serving the Kalaco, Kalua Kona, Hokasina, Kasilakekua, and Captain Conk ames. We may see other areas on a case by case basis. Please call us to see if we can accommodate you.

Will you follow up with my primary physician' Yes. Upon your request, the Housecal's of Havail medical staff will follow up with your primary care can/provider and communicate the nature the diagnosis and the course of action taken.





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PERSON CAMPING PACKAGE Participa Includes: 10.5 x 1.7 d. 5 parties tent. 7 staughter have I store, I lankers, I complete continuous sat, I college pot, from and the, and franklight, all seady pecked in a container Rent-It! (808) 534-0464 (800) 406-4555



WEEKLY RU RENTALS

You are holled to share with or the camping adventure of a Biedens. White some tibbl milles of scands bywarps, the Big taland offers began beyond bellet. Take your time, entire the sensers



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Rem pone bles, take pone fishing past and one of our grills then rules and enjoy the sounds of the ocean only a here feut from your doorstop. Our Rive out up in minutes.



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municours of home while you travel through Alepart plakup Internet planetag Activities partia



Our day tolo perdiagen allow you to create your sen Miserar to just about anywhere on the Big Island. We start with hotel, algoor and endor ship pick up. New, onjoy the contart and hovery of your private instortoach to you travel our taland with your personal driver and guide. Some of our prepater deptinenters include: Reveal Volcance Mathemat Part



Manufall Parks (Akata, Rainbow) Rana Colles Country South Point & Grant Sand Baach Horth Robale (Harory & Calture)

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'perfect day at the beach" and leave the defeing to as. Same and southed gear are included. You can combine any custom tour with scheduled activities, horsehock stating or helicopos tours. We can provide yournest catered landhes and four wheat drive access to places others only drawn of going

We arrange woldings and honeymouto tool What could or more romantic than being married on a blaff even the manifine and camping under the stars with the newso names just a few fest away? Call us and we'll make your

KEONEA WEACH MAD



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Call now for a

vacation of a lifetime

in the olympite

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Compley on the big bland of Rewall is not only peoplete but also a very inexpensive and fun way to see this great biand? Island BV can make this dream a reality? We have all you need to make your camping experience in Hand a fun and memorable one. This Map shows you the most propular route and describes the beautiful camping accommediations and attractions along the way. So what are you maiting for? Come explore the Big bland!



Foreits apprend defor and are equipped with all the locaries of home. Our friendly staff will

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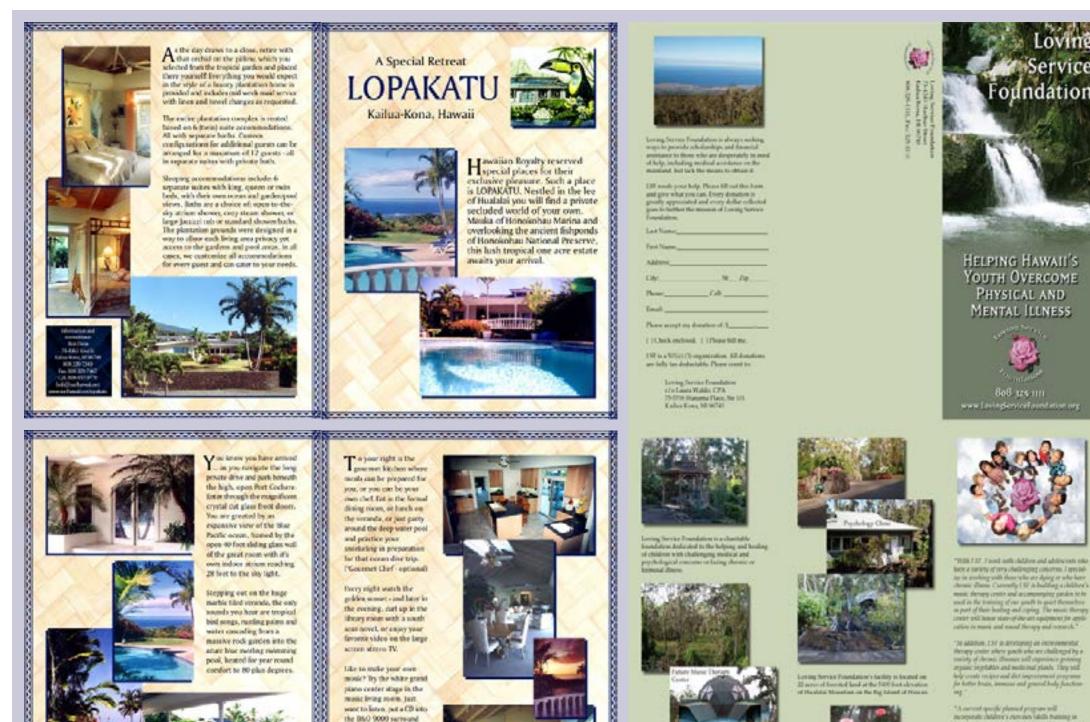
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A goal of LHF is to evaluate and hand new some

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Let Us Show You The Big Island!

Kealakekua Bar

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Who We Are

Pacific Pest Management Inc. is made up of trained professionals providing the best in home and lawn pest management

From our courteous office staff to our professional sales team and ultimately our trained technicians who perform your pest control and termite fumigation, we pride ourselves with being the best that we can be and consistently strive to improve what we already do well.



What We Do

Pacific Pest Management Inc. provides professional pest and plant solutions throughout West Hawali. Our clients entrust us with protecting their homes and property against invasive pests and we take our responsibility seriously. Our goal is to ensure that our technicians are properly trained, qualified and capable of providing Jonal service for eliminating unwanted pests. Our technicians understand that prevention rather than cure is the best defense against infestation.

- + Residential and commercial pest and plant Solutions, we do it all.
- · Over 20 years of Experience to pest control and plant care. We do the job right the first time.
- Our technicians are radio dispatched for quick Response, assuring prompt service.
- · We Value your trust and confidence and we strive to keep your business.
- Integrity drives our company; we are committed to excellence in the service that we provide.
- . Our reputation is based on customer Care and on time service, our technicians are uniformed with service vehicles clearly marked and equipped.
- Ail technicians are Experts in their field undergoing extensive training, certified and/or under the direct supervision of a certified applicator





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The American Collinary Federation

The Association Publication (ACP). unated on 1727, in the largest posterounded ad the profit organization for Club, and sales in the United States. ACT members ship provides reproduction for professional development, cancer building and sub-sub-ing. Nove that 22:50° values and head a information relaxation impiration and produc-



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WHAT IS SME?

KONA FAMILY YMCA BOARD & STAFF

SME stands for Sentaining Membership Encollment and SMII in the life's blood of your Kona Family VMCA Every day your Kena Family YMCA serves over 500 children and adults from age 3 to 95.

Your YMCA is a membership organization that ailian on the generosity of the many volumour leaders and supporters who believe in the purpose and programs of the Y, especially the activities and services for youth. and families. Your VMCA seeks involvement and support through contributions that assist in providing these programs. The emphasis is on previding youth with opportunities to become healthy and caring adults "We build strong data, strong families, strong Complete Brit.

Sastaining Members are supporting members of the YMCA family, who annually make contributions to sustain the many Y programs. Sustaining members differ from participating members, those who pay encohership and service fors to participate in program Participating members receive a direct service beaufit from their program participation, while containing members make participation possible for comman manhers who might not otherwise he able to alload a participate. In fact, a major part of the YAR'A minim to to make programs available to all who desire them regardless of their ability to par-

The Partaining Memburship Enrollment represents the personal and voluntary efforts of YMUX members and others who believe in and support the T's minimum and fature. 53/21 is more than a contribution; it is an investment in a healthy and stable community.

Thank you for being part of the YMCA? Your remove statement of "lokus" through your SMD contribution



I WANT TO HELP!

Phone accept my contribution of \$.

1 ICentury Platinian	\$ 5000 and up
Christman's Roundtable	\$ 1000 kr \$ 4999
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Contribution Proceeding Information:

1-11-all contribution enclosed. [] Pledge amount listed above to be made in ____ monthly installenents of S.

[] Please charge my [[Vina] [MC. Exp. ____

[] Gill of securities, please contact VMCA office at 329-YMCA (9672)

Please make checks payable to the: Kona Family YMC. 71.5076 Phones 28. Kales Kosa III (674)

Pledges can also be made online at www.surflawait.set/T.MCA-SME

Contact Glennon Gingo at the Konn Family YMCA. if you have further questions, 329 TMCA (962)



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Kons Family YMCA Mall:

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WHERE DO FUNDS COME FROM?

The Kona Family TMCA is a non-profit communit based agency with an annual budget of approximately \$630,000.00. Funds come from a variety of sources an motioned before:

Program Ferry

acome from program services such as aquatics classes after school programs, vacation reconstion. Onserve and martial arts represent our largest source of nevenue

8.81

Santaining Membership

This annual support sampaign represe largest source of funds for the budget. The funds are used for youth programs. Financial assistance and expanding services in West Howsel's Pinascial a s provided for approximately 20% of Kona Family YMCA program participants.

Hanni'l Island United Way

The Island of Hawar's YMCA is a member agency of the Haway Island United Way and thus the None Famil VMCA sectorus a small portion of its revenue from this

Money from grants is primerily to help with youth headership training programs and health and friness education in West Huwar's schools.

Iconhership Fees

The YMCA is a membership organization with youth adults, family and sensors paying moderate fors for membership

Special Events A small portion our average is taked through special

events such as our annual Y-NOT-TRI Youth Triathing Charley Walk

The VMCA participates in the annual Visitor Industry Charity Walk and receives some of its sevence from





2002 SUSTAINING MEMBERSHIP ENROLLMENT F CAMPAIGN

WE BUILD STRONG KIDS.

STRONG FAMILIES.

Kona Family YMCA A Branch of the Island of Banas's TMCA

WHERE DO FUNDS 60?

The Kona Family TAR'A offices a variety of programe with

the objectors of strengthening the lamity premising a healthy

lifestyle and developing leadership qualities in youth and

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approxiation. We focus on character development, emphasing

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Fitness Dializations, CPR and First Aid are some of the

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A full service facility with here weights, Universal reaching

and cardia exercise configurant is provided in our litness contex. Our programs are availables and allowable for all ages. The Y-NOV TRI is a youth triathless, consisting of

insensing, biking and running for children 3-17 years old

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A wellness program including service and strength tuning activities is encoded for persons with doublinies. The

relations and adaptive curvant at well as socialization

Vacation recreation, boliday reconston and A+ program

are not some of the childcare programs provided by the YMCA.

Saling Eduag, SCUEA deing, Meguard training, owini Catorer, Bendring, underwater bodies, spingheard deing, and water exercise are programs offered decoglosa the

year. Local history, culture, occass and could not awarene

program includes special topics on metation, health

programs offered that coophasian building self-entern

Caracy, Honority, Respect and Responsibility.

Informal Education Classes

provide positive alternatives for yearth.

Harry Centra Programs

where everyone is a "winner"

YMCAWelliers Program

Childcore

History



The term cryotherapy comes from the Greek "cr meaning cold and "therapeia" meaning cure. Cryotherapy can be traced back to ancient Greece when it is reported that Hippocrates prescribed the use of ice and snow to treat inflammation and pain.

Whole Body Cryotherapy (WBC) originated in Japan in 1978 when Dr. Yamaguchi started using freezing treatments of short duration on his rheumatoid arthritis patients for pain management. With cryo-procedures, Dr. Yamaguchi found he could reduce the soreness his patients felt during joint manipulation. The rapid decrease of temper ture of the outer laver of skin led to the immediate elease of endorphins and therefore less sensitivit

This research led to the exposure of the entire body to cold temperatures with the development of cryogenic chambers. Most notably, Professor Fricke of Germany, revealed the benefit of Whole Body Cryotherapy on patients suffering from chronic atory conditions

Today, WBC is an accepted form of treatment in nany and Poland and can be found in over 70 hospitals in central and eastern Europe, with acceptance spreading quickly throughout the w While most of the research has dealt with the effects of WBC on chronic inflammatory conditions, recently there has been a body of research focusing or the benefits of WBC in sports performance.

Info@KonaCryoWellness.com

Whole Body Cryotherapy (WBC) is a proces wherein the body is exposed to ultra-low tempera tures (-200 degrees Fahrenheit to -260 degrees Fa enheit). The user is placed in a cryogenic chamber for a duration of 1.5 to 3 minutes which lowers th skin surface temperature significantly and stimu lates receptor cells in the body. The CryoChamber uses gasiform nitrogen to lower the skin surface temperature by 30 to 50 degrees Fahrenheit.

The skin reacts to the extreme cold and sends messages to the brain which stimulate the regula tory functions of the body. The skin exposure also triggers the release of anti-inflammatory molecules and endorphins. The result is a strengthening of the immune system and enhancement of the body's recovery and recouperation systems.

With a properly designed course of treatment WBC

 Reduces inflammation * Increases energy *
Lessens muscle soreness and tension

· Relieves pain from injuries or joint disorders '

· Boosts metabolism and contributes to weight loss * Increases collagen production, reducing cellulite and signs of aging *

 Improves mood via a rise in endorphin · Has an anti-oxide effect, which can slow aging and help prevent osteoporosis

 Can help elevate testosterone levels in · Supports the treatment of multiple

sclerosis * · Helps solve insomnia, migraines, gout a

asthma *





Hours: Monday - Friday: 7:00AM - 7:00PM Saturday: 9:00AM - NOON Sunday: Closed

Mission



PO Box 399403, Keauhou, HI 95739 808 555 5555

Applications

Process



Whole Body Cryotherapy is considered one of the most effective physical therapies for rheumatic diseases. The positive effects in relation to the inflam matory process, the sensation of pain and mobility have been demonstrated in many studies.

In sports and professional sports, the positive properties of the body cooling can be used to increase performance and faster recovery. Some athletes report a real kick with adrenaline and an endorphin boost when they visit the cold chamber.

Cold therapy is recommended after an intense orkout to avoid muscle pain. The local reduction in blood flow and metabolism reduces inflammato ry reactions and the distribution of pain-producing mediator substances

Other areas of application

 Rheumatic diseases Sports injuries Collagenosis Atopic dermatitis Joint and spine diseases Chronic pain conditions

*This information have not been evaluated by the FDA. This process is not intended to diagnose, treat, cure, or prevent any condition or disease.

www.KonaCryoWellness.com



The Coolest Place in Kona



Kona Cryo Wellness utilizes the world's most advanced, state-of-the-art CryoChamber man factured by Juka CryoTherapy. JUKA, established in 1991, is a reputable, recognized manufacturer of refrigerating units, gastronomy equipment and nitrogen based cryogenic devices in Poland and worldwide.

Safety

The liquid nitrogen that is used as a chilling agent does not come into contact with the user's skin, and it is the same nitrogen that makes up the air that everyone breathes (actually 78% of it). In a cryotherapy chamber, the user breathes natural ro air. And for added safety, chambers are equipped with an oxygen monitor.

Also, a trained operator is always present during the treatment to control the temperature levels and monitor user comfort. The user's head and neck are kept outside the chamber to insure that adequate oxygen is always available during the treatment.

*Whole Body CryoTherapy is not recommended for anyone who is pregnant, has severe, unmanaged hypertension (BP> 180/100), has a cardiac pacemaker, is being treated for cancer, has deep vein thrombosis, acute or recent myocardial infarction, uncontrolled seizures, fever, unstable angina pectoris, Raynaud's syndrome, cold aller gy, acute kidney and urinary tract diseases, open wounds or ulcers, or is under influence of drugs or alcohol

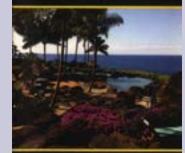


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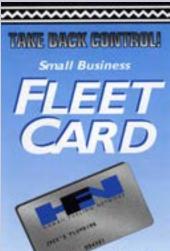


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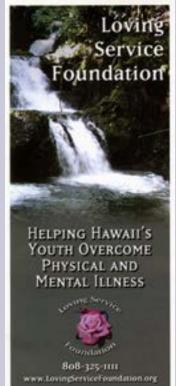
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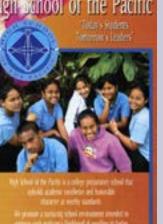
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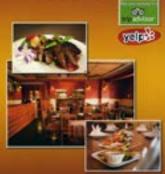


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The Authentic Thai Experience

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Did you know that ...





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Approximately 1.2 million Rotartana belong so nore than 32,000 Rotary Clubs in more than 200 countries and geographical areas.

 THE ROTARY FOUNDATION fands Retary International's major global initiatives, such as Polo Pia, with the guil

of endoating polo from the world. To date, Rotary has raised over \$400 million for Pola Plus, and the effort in 97% naccessful acress

the globe. Rotary also benefits for childing resent contributions totaling \$35 million from the Bill & Melinda Cotes Toundation to endicate Polic

* THE ROTARY CHUR OF KONA was chartered. on February 7, 1948 as the eighth of 48 Rolary Clubs serving the state of Hawall, Kona Retary has received numerous awards for leadership Rotary and in our local, rational, and internation community Pension, Knop Koppy's greatest accomplishment is spreading the concepts of "Service Above Self" to the residents of West



Our Mission

To make quality, comprehensive and pringminal hearth services describe up diff. unko pass through our doors regardless of income. "Chese services will be collumnly sometic and well promote community well-"hence diversity the practice of "matternia primo."

OUR VALUES

We believe in "MALAMA POND." For us, this installes: RESPECT AND INCHOR - We support what people their and fast and so hence they obset. We need such methods and deputy and

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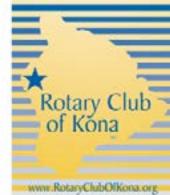
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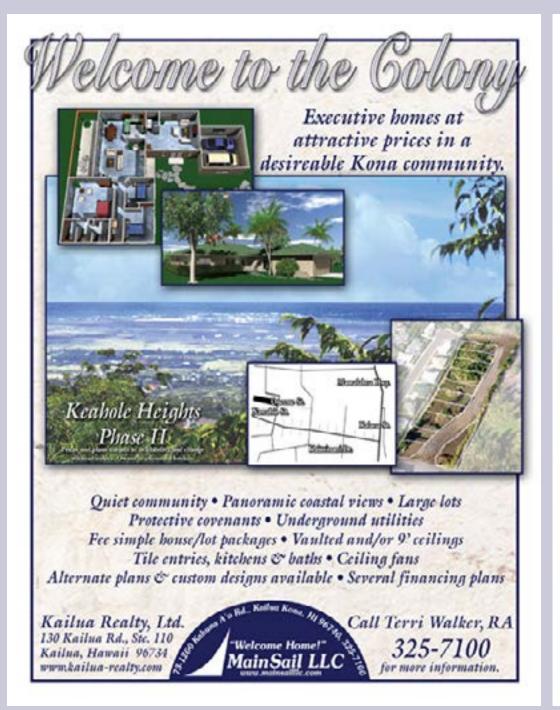
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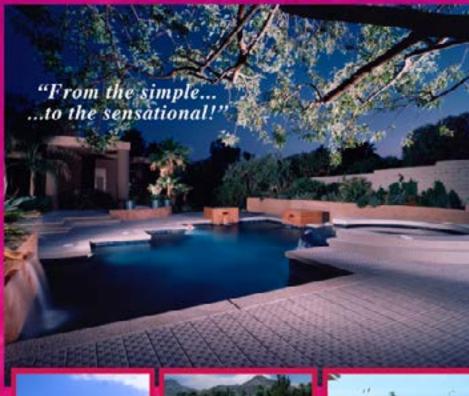
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252185	FS	\$659,000	Islands at Mauna Lani #Q1	2,189	3/3	10000
262844	FS	\$690,000	Golf Villas at Mauna Lani #N3	1,819	3/3	
263336	FS	\$699,000	Golf Villas at Mauna Lani #K4	1,819	3/3	
263036	FS	\$710,000	Islands at Mauna Lani #L1	2,189	2/2	
259794	FS	\$719,000	Ka Milo at Mauna Lani #50-2	1,653	3/2	
263290	FS	\$775,000	Villages at Mauna Lani #304	2,174	3/3	
251499	FS	\$779,000	Villages at Mauna Lani #607	2,174	3/3	
266447	FS	\$850,000	Ka Milo at Mauna Lani #541	2,103	4/3	Pa
259857	FS	\$865,000	Kulalani at Mauna Lani #302	2,022	3/2	Ne
269061	FS	\$935,000	Villages at Mauna Lani #610	2,752	3/3	-
260057	FS	\$999,900	Ka Milo at Mauna Lani #52-1	2,489	3/3	Hitsonii I.
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259273	FS	\$1,300,000	Mauna Lani Terrace #D101	1,407	2/2	One No
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Makapueo Farms provides the finest Kona Coffee you will ever taste. We grow, harvest, process and roast all of our products to assure the highest quality product available, GUARANTEED!

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OUR MISSION STATEMENT

- To preserve and protect our 'Aina, that which we borrow from our Keiki.
- To establish a True Gourmet Kona Coffee Market Standard through advanced processing equipment, increased
 quality control, product tracking and true performance repeatability.
- To provide our U.S. Agricultural Coffee Producers with the necessary support to make them successful.
- To provide educational resources to reduce environmental damage while maintaining above average crop yields.
- To continue to research Value Added Products as well as eliminating our environmental footprint.

ABOUT MAKAPUEO FARMS

- All of our farms are maintained naturally and organically.
- · We refuse to use any pesticides.
- Our farms are equipped with the latest in "fertigation" technology.
- Through periodic tissue sampling we make precise fertilizer adjustments, eliminating any fertilizer runoff.
- Makapueo has a staff of engineers with 50yrs combined experience in the production of food grade products.
- We have designed and engineered a method of processing with virtually no environmental impact.
- All of our coffee is hand picked and processed immediately to assure the highest quality product possible
- We have one of the largest mills on the island, capable of producing up to 6,000lbs/hr.
- Coffee is stored in our climate con trolled facility as green bean (USDA Certified 100% Kona Coffee).
- Makapueo uses two different roasting methods providing the highest quality roast to our customers (true fluid bed and the latest in infrared drum technology).
- Our roasters are fully automated and with this advanced technology we are able to maintain 100% repeatability.
- All of our coffee is roasted to order to assure maximum freshness.

THE KONA COFFEE STORY

Kona coffee blooms in February and March. Small white flowers cover the tree and are known as Kona Snow. In April, green berries begin to appear on the trees. By late August, red fruit, called "cherry" because of the resemblance of the ripe berry to a cherry fruit, are starting to ripen for picking. Each tree will be hand-picked several times between August and January, and provides around 20-30 pounds of cherry.







Within 24 hours of picking, the cherry is run through a pulper, the beans are separated from the pulp, and then placed in a fermentation tank overnight. The fermentation time is dependent on the temperature and therefore on the elevation; about 12 hours at a low elevation or 24 hours at a higher elevation. The beans are rinsed and spread to dry on a "hoshidana" or drying rack. Traditional hoshidanas have a rolling roof to cover the beans in the event of rain. It take 7-14 days to dry the beans to an optimal moisture level of between 10-13% (some say 9.5-12.5%). From here, the beans are stored as "pergamino" or parchment. The parchment is milled off the green bean prior to roasting. It takes seven to nine pounds of cherry to make one pound of roasted coffee. Thus 100 pounds of cherry will yield about 12 pounds of roasted coffee.

Kona coffee beans are classified according to the seed type. Type I beans consist of two beans per cherry, flat on one side, oval on the other. Type II beans consist of one round bean per cherry, otherwise known as a Peaberry. Further grading of these two types of beans depends on size, moisture content, purity of bean type and size. The grades of Type 1 Kona Coffee are Kona Extra Fancy, Kona Fancy, Kona Number 1, and Kona Prime. The grades of Type II Kona coffee are Peaberry Number 1 and Peaberry Prime. There is also a lower grade of coffee called Number 3 which can not legally be labeled as "Kona".

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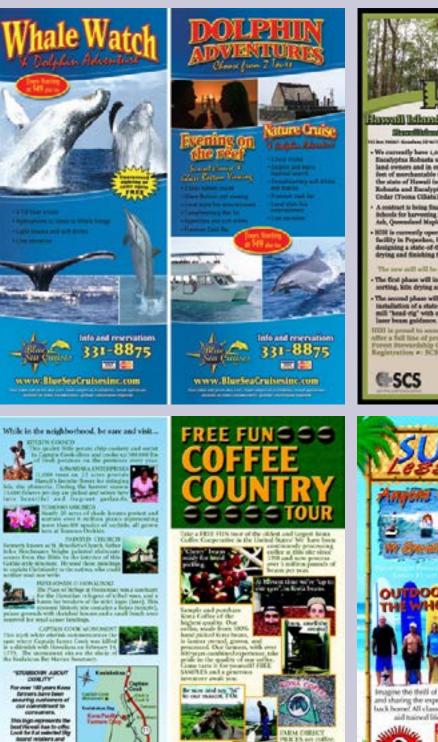
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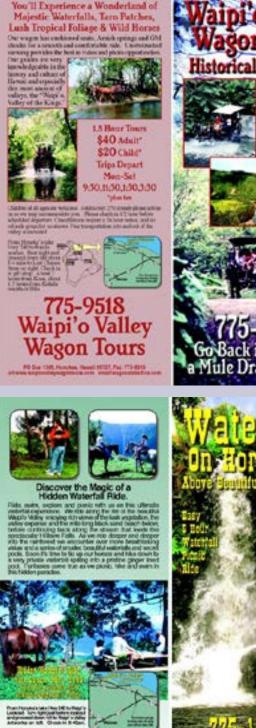




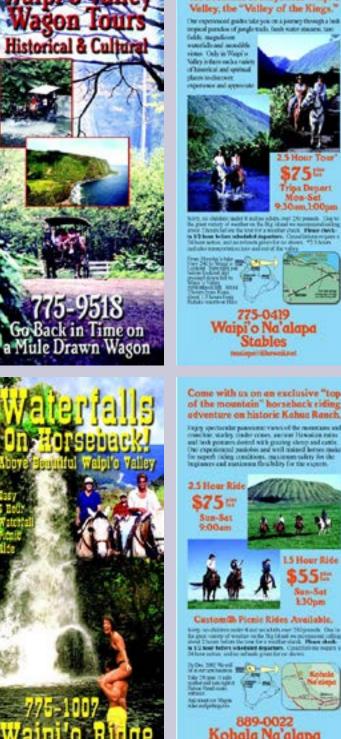


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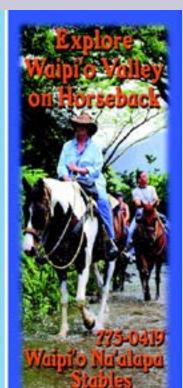
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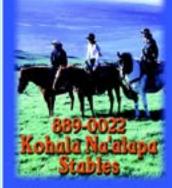
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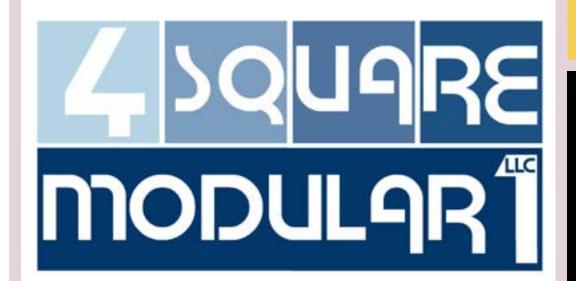
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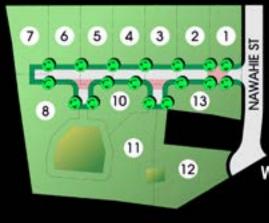


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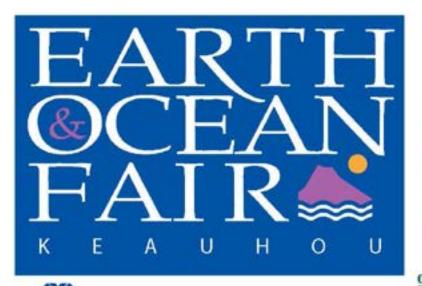
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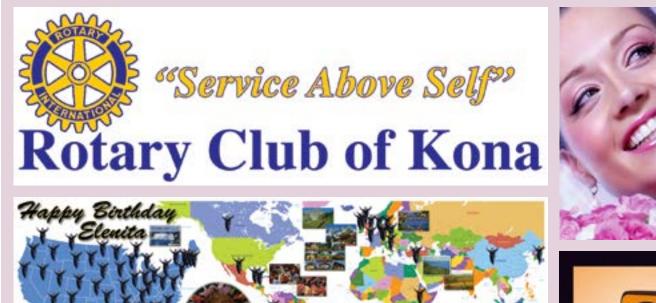
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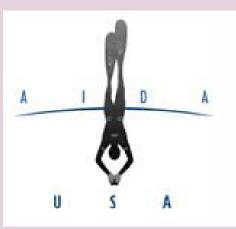


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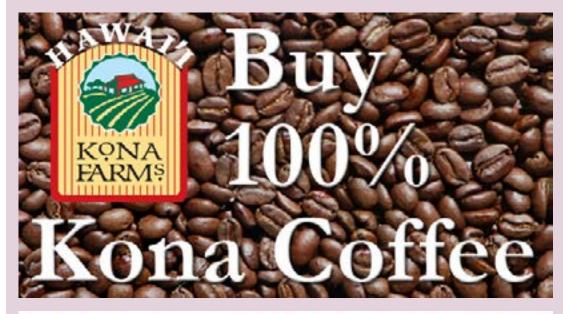
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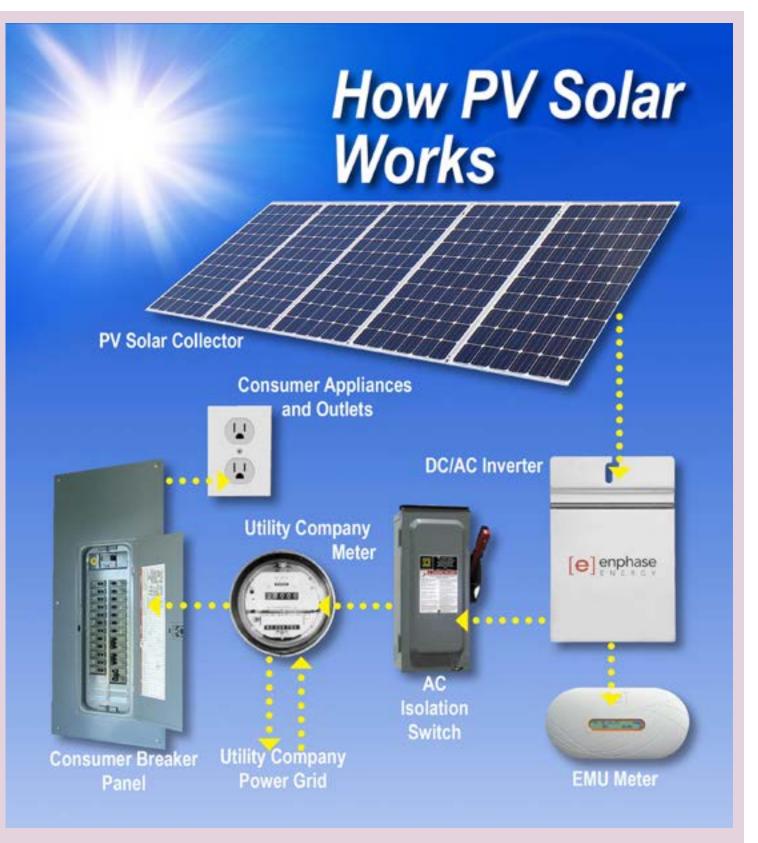
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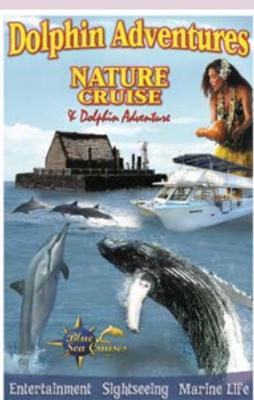
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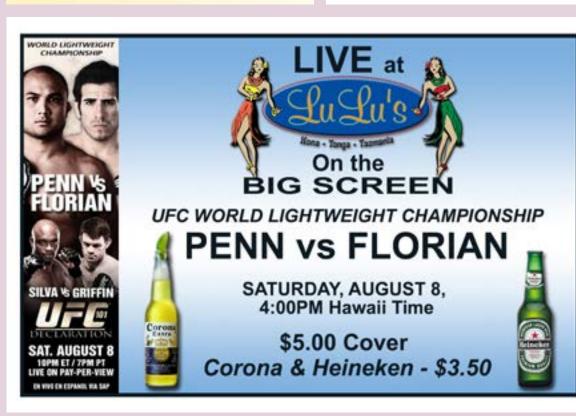








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KONG TOWN NIGHT MGRKGT Brewery Block: 74-5617 Pawai Place, Kailua Kona, Hawaii 96740

Summer Wear Fashion Show - Big Island Volkswagen Car Club - Keiki Fun Zone Live entertainment featuring the D. Ramos Band, Miss Demeanor and the Felons, and Leche De Tigre! Local Vendors/Artists/Food



🛵 - Kearer Contact Kolina Silva: KonaTownNightMarket@gmail.com a minimum of 5 days in advance to request auxiliary aid or reasonable modification

AUGUST 4, 2018, 5-10 PM KUUMOKU O PELE (MY ENDEARING ISLAND OF PELE)

Photography by Warren Fintz - Eppix Adventures. An Aluminum Print of this piece to be raffeled at the event! All proceeds will go to the non-profit group.



Opening Blessing and special performances by: Ka Pā Hula Nā Wai Iwi Ola Music by: Hamakua, Johnnie Ness and Puna Friends An exhilarating Aerial and Fire dancing show by Cirque Hale Keiki Zone • Lots of Food Booths • Local Artisans • Much More All Beer proceeds will be donated to The Food Basket, Hawaii Island's Food Bank





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THE LIVING EARTH OCCURS WHEN ITS PATRONS CARE FOR IT.

KONG TOWN NIGHT MGRKGT @ The Brewery Block

Opening Blessing by: Halau Ka'eaikahelelani Music by: Hope Guthrie, KJ (Kimberly June), Miss Demeanor & the Felons Kona Brewfest Trash Fashion Show • Keiki Zone • Food Zone • Local Artisans Ola Honua Zone: Earth Awareness Booths All beer procedes will be donated to PATH and Donkey Mill Art Center



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SATURDAY, NOVEMBER 10TH 2018 AT THE BREWERY BLOCK 5PM TO 10PM

HOSTED BY YARROW AND KEN SWIFT

- SPECIAL PERFORMANCES BY: * HONEY LAROCHELLE
- * JAMALSKI IBOOBE DOWN PRODUCTIONES
- KONA DANCE & PERFORMANCE ARTS

DANCE COMPETITION: 3X3 BREAKING BATTLE 2X2 ALL STYLES PRELIMINARY BATTLES 2PM AT THE BREWERY BLOCK

ALL CONTESTANTS MUST SIGN IN AT 1:30PM TO ENTE Email, Ridethebreaks@gmail.com for More info

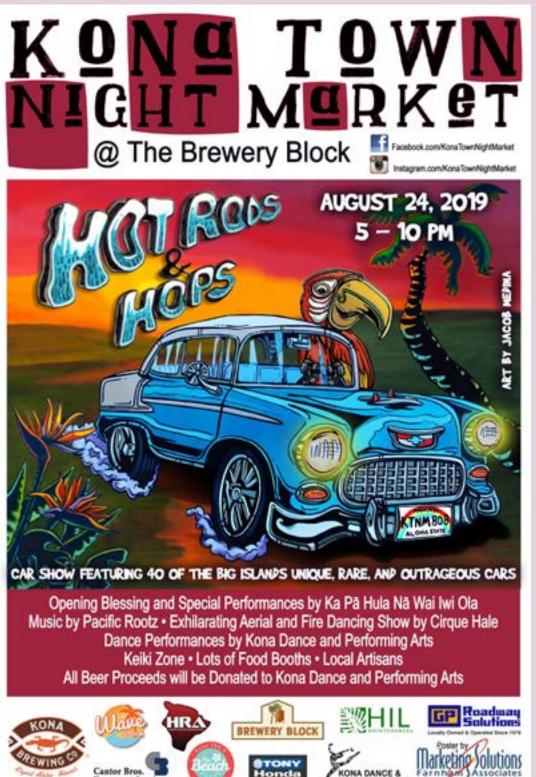
KEIKI FUN ZONE, LOCAL VENDORS/ARTISTS/FOOD BEER PROCEEDS TO KONA DANCE AND PERFORMING ARTS



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Wednesday, February 9, 2022 Bay View Grounds Outrigger Kona Resort and Spa 5:30 PM to 7:30 PM RSV P: 808-731-4850 Hosted by Hospice of Kona Foundation's Maluihi Grief Center

Circle or

Remembrance

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Camp Erin® HAWAII is a free, weekend bereavement camp for youth who are grieving the death of a significant person in their lives. Children and teens ages 6 to 17 attend a weekend camp experience



that combines grief education, emotional support, traditional camp activities, and FUN.



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To refer a camper" or become a volunteer, please visit our website or email us at



CampErinHawaii@HospiceOfKona.org.



Hospice of Kona Foundation supports Hospice of Kona, Nakamaru Hale, and the Maluihi Grief Center. It works to raise community awareness and funds in support of Hospice of Kona's services, programs and it's mission to provide family-centered support, education, and care for those approaching end of life.



The Eluna Network is a public, 501 (c)(3) non-profit with a mission to support children and families im pacted by grief or addiction. Camp Erin® is the largest national network of grief programs for beeaved children and teens he Eluna Resource Center offers online tools. loca eferrals and personalized phone and email support for families experiencing prief, addiction, and other elated issues.

Mailers & Postcards







Mailers









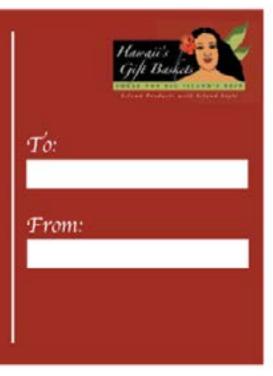






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Nechung Dorje Drayang Ling, established on the Island of Hawaii in 1973 by Venerable Nechung Rinpoche, is a Buddhist temple in the Tibetan tradition. We are affiliated with Nechung Monastery, the home of the Chief State Oracle of Tibet. Neohung in Hawaii is in Wood Valley; the main temple, first constructed in 1902, is of classic design, now painted in brilliant primary colors. Since its inception, over 50 eminent lamas, head and lineage masters of all Tibetan schools, have given teachings, transmissions and initiations of Sutra, Tantra and all levels of the path to enlightenment. Many, such as H.H. the Dalai Lama, have stayed and taught at the temple more than once. Nechung Rinpoche lived at the temple for 8 years, and his reincamation, now 25 years old, visits on occasion, when he is able to take leave from his monastic studies in Northern India.





The gifts that we are offering for the 2009 Fundraiser are items special to Nechung Donje Drayang Ling. Some, like the CD of the temple's evening practice, chanted by the Nechung monks, have been an ongoing request by many. The temple T-shirt, in our classic round logo, and the square one with distinct peacoeles in the foreground, have been reprinted in organic and ringspun cotton in a variety of sizes and colors. We also have some beautiful pieces of sacred art: an image of Buddha Shakyamuni surrounded by great Buddhist masters, and one of the 21 Taras; both of these originals were blessed and signed by His Holmess the Dalai Lama. The 3rd is a "red on red" image of Guru Padmasambhava, created by the artist monks of Neohung Monastery. These have been reproduced as Ciclees on canvas by a talented print maker. Please choose from one of the donation levels & give your support to the temple!

The Temple Ouest House & Temple Store are two ways we support Nechung Donje Drayang Ling. There are 8 rooms in the Guest House, with capacity to accommodate up to 15 persons comfortably. Many of the rooms are renovated & beautifully decorated with furnishings & art from Asia and the islands. Staying here is truly relaxing and inspiring - guests love sitting and chanting with Tiapala, our senior monk, enjoying meals in the screened dining room, or simply lounging & listening to the trickling waterfall in the koi pond. The Temple Store is a treasure box filled with jewels, brocades, silks, embroideries, books, wisdom scrolls, prayer flags, sacred art, cards, and a fragrant blend of natural perfume & incense. Plan a weekend or a retreat at the Temple Guest House & visit the Temple Store soon!





For more Information: <u>suuru nachung.org</u> email: <u>nechung@aloha.nes</u> Telephone: 808.928.8539

Checks and Credit Cards accepted

Please send donations to: Wechung Dorje Drayang Ling Wood Valley Temple & Retreat Centre Post Office Box 250 Pahala, Havuni'i 96777 U.S.R

> Nechung Dorfe Trayong Ling is a non-profit N1 (c) (3) organization

<u>Please select the Donation Level and</u> <u>Gift(s) of your choice</u>

\$50/Temple cotton T-shirt (one) \$88/Temple T-shirts (two) Round Logo w/doves on bamboo Sm __Med __Lg __XL (organic supersoft) __Moss/unisex __Natural/women's scoopneck Square Logo w/peacocks on lawn Sm __Med __Lg __XL (ringspun cotton) __Green/men's boxy fit __Blue/men's boxy fit

____\$80/Nechung Monks Chants, a CD of the temple evening practice and text (one set)

____\$85/Temple T-shirt (choose size above), Nechung CD of temple evening practice and text (one each)

Giclee Reproductions:

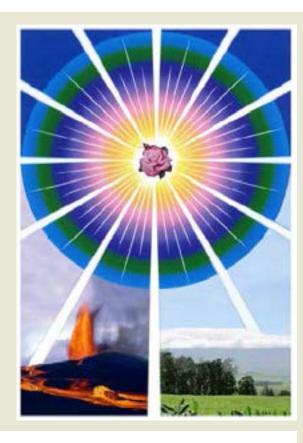
____\$85/Guru Padmasambhava (8"x12") ____\$100/Twenty-one Taras (12"x17") ____\$250/Buddha Shakyamuni & Masters of Enlightenment (24"x31")

____\$400/ Buddha Shakyamuni & Masters of Enlightenment, Twenty one Taras, Guru Padmasambhava giclees (one each)

\$500/Temple T-shirt (choose size above), Nechung Monks Chants CD & text, Giclee of Buddha Shakyamuni & Masters of Enlightenment, Twenty-one Taras, Guru Padmasambhava (one each) Nechung Dorje Drayang Ling Temple & Retreat Centre Wood Valley, Ka'u District Island of Hawai'i



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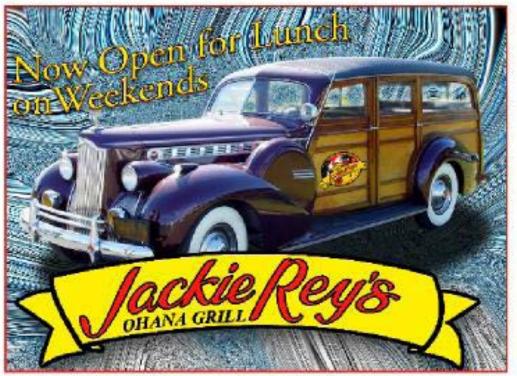
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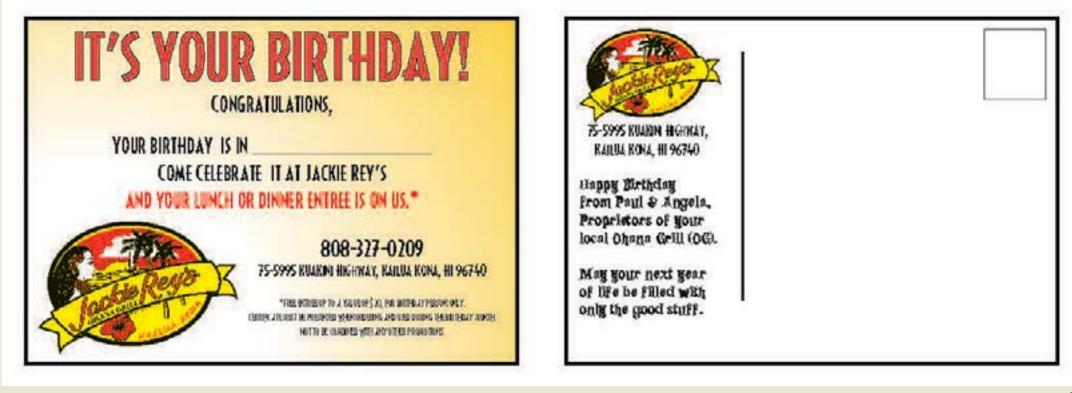




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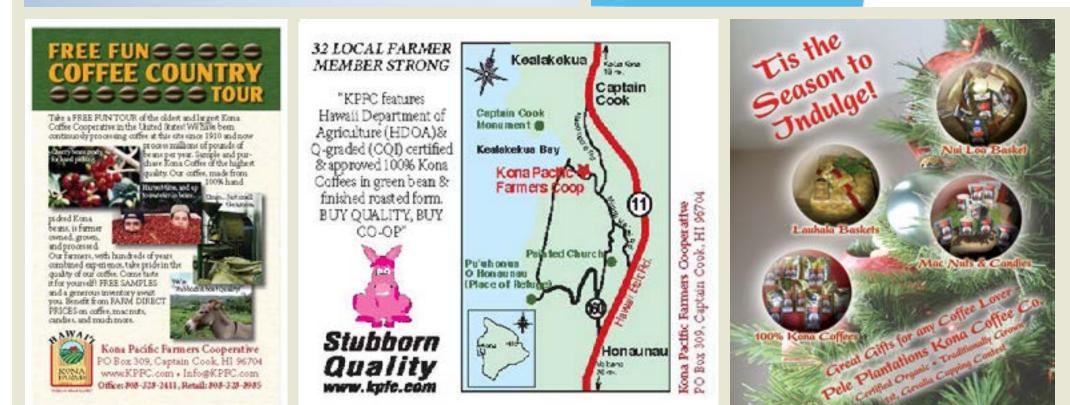
KATIE VITOUSEK D.P.T. Northeastern Univ. 2009

General Orthopedic, Differential Diagnosis, Special interest in sports rehabilitation Fun Fact: Enjoys bow hunting on the Big Island.



BRETT CAREY D.P.T. Old Dominion Univ. 2010

General Orthopedic, Neurology, BPPV, Special interest in manual therapy techniques Fun Fact: Asked to be on the show "The Bachelor."





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MUSIC FOR THE SOUL AT HUALALAI ACADEMY----FEBRUARY 6TH, 2011----7:00 P.M.



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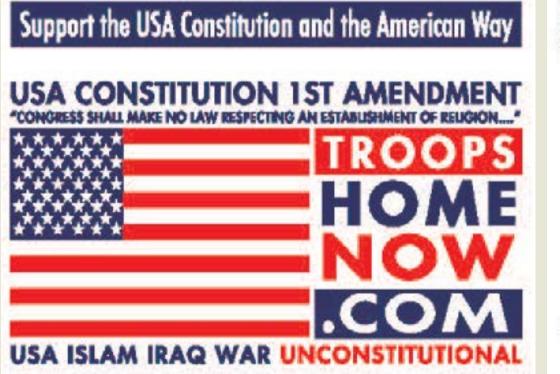
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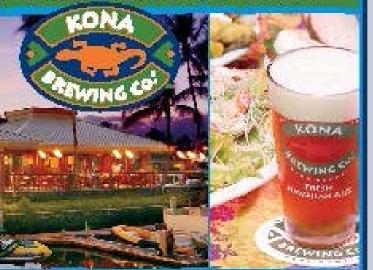
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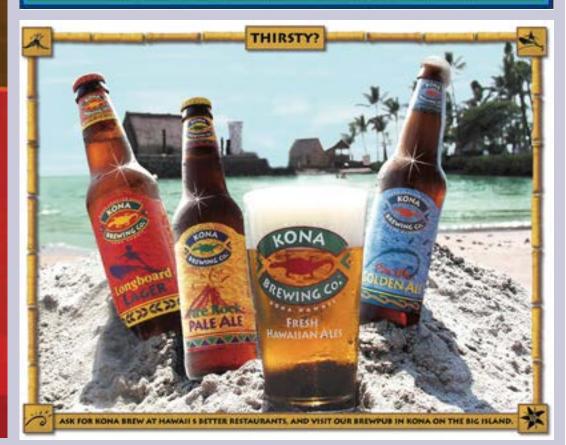
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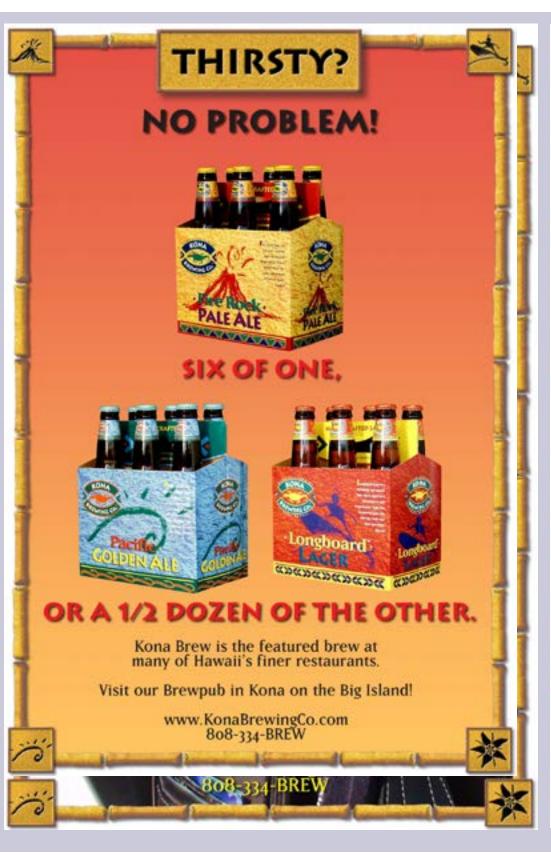
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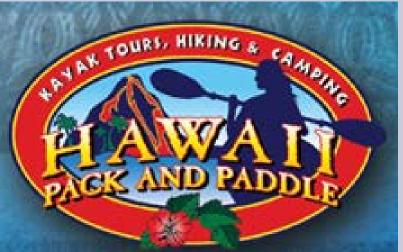
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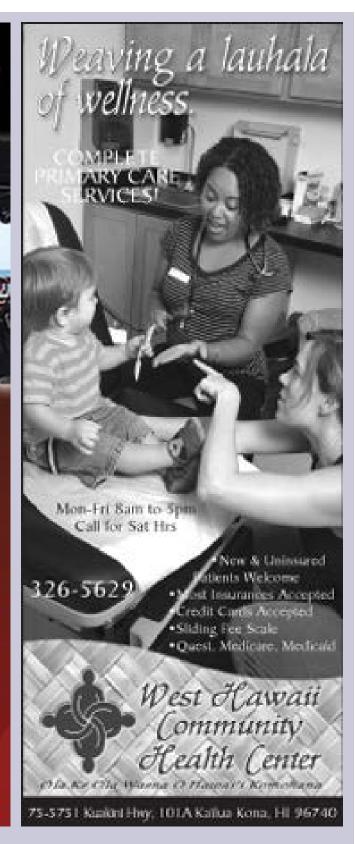








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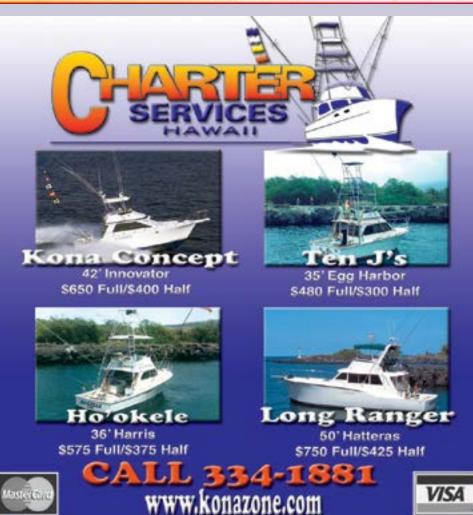


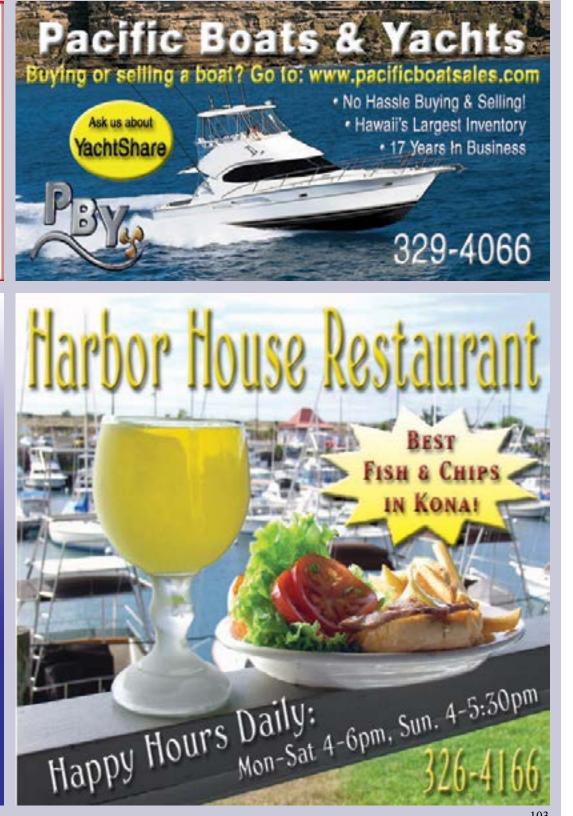


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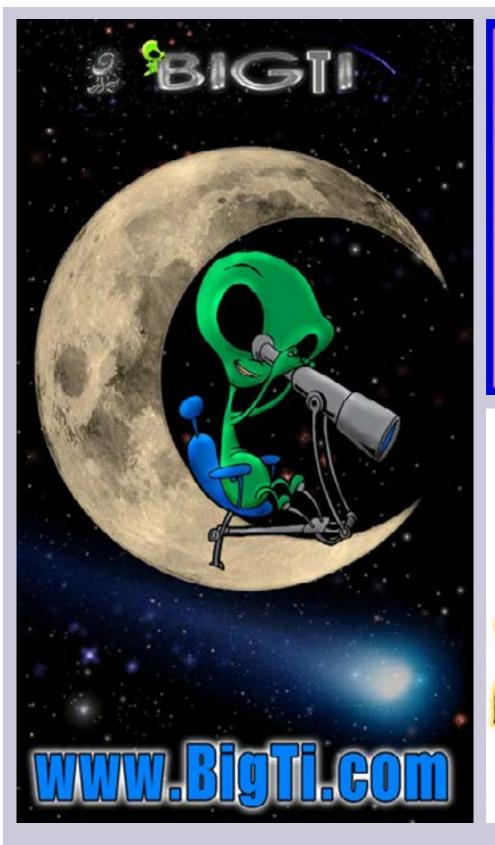
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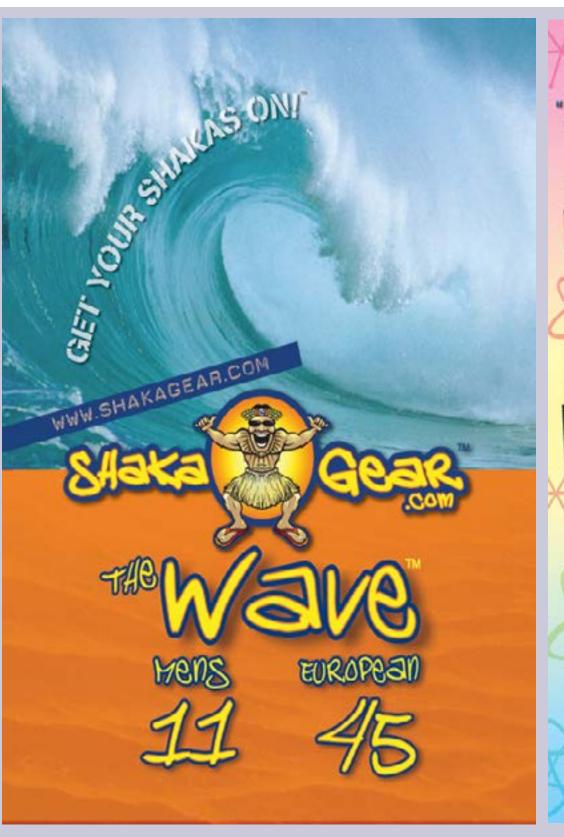
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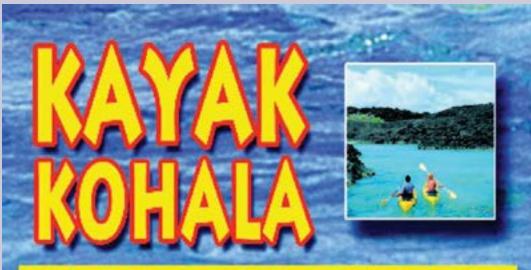


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A Hui Hou

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Marine Biologist

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> The Paulic Occur. Share in organ research information as well as here some grad where stories.

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Only a 15 minute drive from all South Kohala & Walkoloa Resorts. For more information call 880-1492

Sanctuary

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Snorkel Dolphin Watch



MAY-DECEMBER 3 1/2 hours-9:00em and 1:30pm On this exciting edventure we'll cruise the South Kohala coastline where spotted, spinner and bottlenose dolphins can be seen year round. Wilness the playful and curlous artics of these fescinating mammals while learning about their complex social behavior. Coupled with

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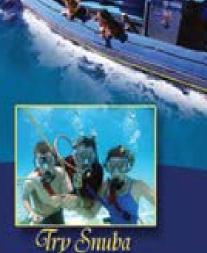
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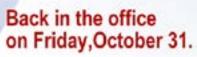


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Any work needed soon?

Get us the details as soon as you can.

Otherwise, see you MOITADAVING when we return.



Oct

21-30

www.FarnhamAssociates.com Richard@SurfHawaii.net Off: 808-334-0344 Cell:808-896-0314



Introducing Alex Farnham

www. DamitsGood.com • YouTube.com Space com • Twitter, com • FaceBook com

Male + Born 10/16/87 - 5' 11" + 165 lbs Medium Build • Hair Brown • Eyes Brown

BRIEF BIO

BRIEF BIO: "I moved to Kailua Kona, Hawaii at age of 5, attended Hualalai Academy, a private high school strong in the performing arts and graduated from the LA Film School in 2007. The been making films since I was 12. Starting with humorous shorts and school projects, I expanded to commercial projects and contests. In 2004 I directed and stared in a PSA that placed first in the Big Island Film Festival. I we since worked on concerts and syndicated programs as a camera man or production assistant. I have entered several video contests and been fortunate encough to win the Grand Prize or Finit Place in a few. For the last few years I have been concentrating on personal and commercial proj-ects to build experience and develop skills. In addition to making "sketch videos" featuring several characters I have developed over the years, I create You Tube commercials (short videosi thera on Datus concenter and short commercials (short videosi thera on Datus concenter and short commercials for and commercials (short

several characters i have developed over the years, i create You Tube commercials (short videos) for an Oahu concert promoter and shoot commercials for local companies. With very few exceptions I script, produce, direct, star in (usually in several roles), shoot and edit all my videos. I write and perform much of the music, and create most of the costumes. All this is done with virtually no budget in the timy village of Kallua Kona, Hawaii. My goal is to one day act in and/or make films that change peoples' lives in a positive

and profound way."

YOU TUBE:

Top Videos: "Your Love is My Drug" (McBu Parody) • "Enrie Meenie" (Justin Bieber Parody) Total Upload Views: 10,000,000 + • Total Channel Views: 500,000 + Higent Video Views: 2,100,000 + • Subscribers: 35,000 +

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Hilo Bay: Welmeday, 6:45AM

Hilo tacht Chile 77 Lachala Storet Hilo, HI 96730

MODINION

durit articles meeting notices, pictures, suggestions and other information to Richard Farmham by Monday 200 Noom

All material must be indigit format, NO EXCEPTIONS.

Richard @Surthawali.net Office 808-3344344 Mobile:808-895-0314

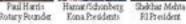
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Officers: Phone: President Deter Schenberg/Reco Havar #08-017-6041 Pickenberg/RAcican

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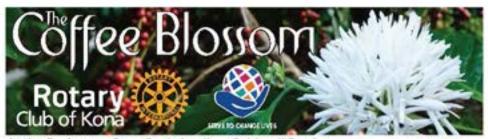
West Hawaii:

Avertant Governer: Newtone Deningo

Hense Note: Archival copies of all preserved Coffee Blossom issues dating back to Rotary Year 2000/2001 are available in pdf format at no charge to Rotary members. Go to: http://sorfhawaii.net/clients/CoffeeBlossomArchives

Four-Way Test

Of The Things We Think, Say, Or Do: is it the TRUTH? Is it FAIR to all concerned? Will it build GOOD WILL and BETTER FRIENDSHIP? Will it be BENEFICIAL to all concerned?



At the Podium - Gina Gualielmelli - Coldwell Banker



Gina is a California girl who has called Hawaii home for over a decide. Drawn to the islands by her love for the cean, open spaces and island life, she is passionate about crafting magical experiences for others during their time in paradise. Prior to joining our team, Gina's entrepre-neurial spirit helped her to successfully launch two coffee

Actoria Morse was wel-

im and Janice Gustin.

omed as the newest mem-

er of the Rotary Club of

Kona. She was sponsored by

hops. With a focus on customer experience and the drive of a business owner herself, we know our guests and owners alike will benefit greatly with Gina on our team.

She will be discussing short term vacation rentals, the various types, the zoning of Hawall and the process to apply for an STVR.

Just Last Week - President Elect Scott Unger & Wife, Karen

Scott and Karen took to the podium and dispensing with a traditional talk, they opted for a O & A where each member present was invited to ask a question about the cou-ple, the president elect and his lovely wife.

Questioners discovered during the Q & A that Scott never actually proposed to Karen. so an impromptu proposal ended the delightful interaction.



Just Last Week - New Member Induction - Victoria Morse



Rotary Prayer

Unighty God, bind us together in the true spirit of Rotary, keeping our hearts pure, our lives clean, our spirits humble and our thinking straight. Amen.

June 23, 2022

This Week D NOON - LAVA JAVA, 75 5719 Alifi Dr. + Ia, Kaikas Kon

Uso-on Zoom: https://us02w om.as/j/81824267706 Opt Phone: 253-215-8782

fogram: Gina Gugliemelli 06/23 Coldwell Earlier lecting Greeter: Tom Romici **Zoom Facilitator** Innice Gustin

Coming Up

Dama McLaughlin 06/30 Havaii Keiki Museum ason Sith 07/07 EMW of Harraii 07/14 Ross Birch Hawaii Visitor Fureau cting Greeter: Tony Bonnici Victoria Morse 06/30 07/07 Victoria Morse 07/14 Zoom Facilitator Jamice Gustin

In This Issue At the Foclium Just Last Week Just Last Work At the Club Around the World Around Town Around Town Just for Fun At the Helm

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Addisor: Yanna Levilli

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Rotary International 1560 Sherman Avenue

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Dani Kurazawa

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Rotary Club of Kona Newsletter

Kona Coffee Blossom

At the Partition - UNIVERSITY OF HAWAII SEA GRANT, Sup Park

Sara Peck, Education Specialist West Hawali is currently with the UH Sea Grant Extension Service, School of Ocean and Earth Science and Technology, SOEST located at the Natural Energy Lab. She has worked here in West Hawafi for approximately nine years

Well known in the community for her events and activities related to SOEST. Sara previously was the UH Sea Grant Education Director of the Walkiki Aquarium, and a leacher of marine science and related topics in formal and informal settings in Hawaii, Australia, New Zealand, Papua New Guinea, Fill, Belize, Caumun Island and Turks and Calors Islands.

Popular activities such as the well attended Reef Talks, her work with the West Hawaii Fisheries Council and the Reef Teacher programs all help inform and involve local residents, students, and a concerned public in marine science topics and environmental

Her topic for the Rotary Club meeting is: University of Hawaii SEA GRANT in West Hawari. She will htehlight the multi faceted approach to education and outreach here. in our community to raise awareness and understanding of our marine and costal resources. The goal is to have Rotary members be able to know what Sea Grant is doing and to encourage community members to join volunteer programs that protect and preserve our unlose habitat.

She will be giving a power point presentation.

At the Club - CENTENNIAL PROJECT WORK DAY THIS SATURDAY

PLEASE come out to the Makae'o Walking logging Path this Saturday, March 13th to help with our Centennial Project. This is also our Malama Aina Day project. We've invited the Interact Club to join us (although the Senior Ball is Saturday evening ...) We'll do have some clean up to do as some damage was done a couple of weeks ago from all the rain and wind. We also have 30 holes to dig for trees to be planted, and trees to plant. It's always a fun and exhilarating morning topped off with a great BBQ and potluck. Come out and Join in the Fun! We'll start at 7A and be done by 11:30A.





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Service Above Self

Mar 11, 2004

Royal Kona Resort

Program: UH SEA GRANT

Sara Peck

Greeter: lenv Coho

Door Piler Ron Luizzi

In This Issue

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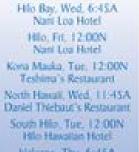
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Almighty God, bind us together in the true spirit of Rotary, keeping our hearts pure, our lives clean, our spirits humble and our thinking straight. Amen,

Rolary Prayer

At the Helm Island Clark



Valcano, Thu, 6:45A Köbues Loder

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Submit articles, meetin offices, pictures, suggestik and other information to Schard by Toesday, 12:008 All material must be in dia ormat: NO EXCEPTIONS

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v29 THE CRAPPER MUSE

Canyons in the Sky

I have glimpsed the glorious shades, the colors: white, gray, vellow, purple, green and blue. With shapes knewer changing, in ever different bass,

he towers, canyons, mountains hills, and plateaus, delight the

I shall simply never get enough time to view, The Carryons of the Sky.

I've flown around, and through and beside them, watched them toney far above Slipped my plane so close above them, felt them close

around me, like a glove. Preseen their power; greatly found them, when the lightning Loshes high But the fear was tinged with wonder, for the Canyons of the

What a place they would be to Iwell, or besome already there. Maybe Angels, God or Spirits suspended in the air.

With views and shapes, forever changing, delighting each and Existing there in horsen. among The Canyons of the

ometimes Heaven is too abstract. It seems very far away. Set, when I'm flying in these carryom; it's close, it's here

So I'll strive to be more worths to be a better man, I'll try. That when my life is done my spirit may live; among The Canyons of the Sky.

Chuck 7/8/06



perceived by the general population they make up 21%1. Wrow, what a difference?

Gay and Lesbian 3% (30%), Biseruale 4% (29%), Transgender. 6%, (21%) Vegan 5% (31%), White 64% (59%), Hispanic 17% (39%), Black 12% (41%), Asian 66 (29%) Native American 1% (27%), Jewish 2% (30%), Mailim 1% (27%), Christian 70% (58%)

Folks, the purpose of me putting out these ACTUAL percentages vs. the PERCIEVED percentage of the population is this. There is a concerted effort by the Socialist/Communist. countries of the world to weaken and destroy our American way of life by dividing, tribalizing, and separating us a people. One of the ways to do this is to constantly portray, in many rases, tiny subsets of our population as being unfairly marginalized, downtrodden, maligned or taken advantage of "The Socialist/Communist countries would like nothing better than to see we as a people tear our great country spart trying to right, in many cases, nonexistent injustices for tiny percentages of our population.

There is no doubt that now, or in the past, people and groups of people in the United States have been misused and abused. Decades ago, when my ancestors came to America from Indand, unbelievable as it may seem today, many businesses at the time posted signs "NO IRISH." In the American Civil War, over 500,000 white people died in order to, among other things, free black daves. Of course, in the past and even now, not all people are getting exactly the advantages of other people. However, the fact remains that we, as a nation, give more opportunity, more advantages, and more assistance to our people, in hdping them to succeed, than any other nation on the face of the earth.

People, we are Americans, and the vast majority of us accept people for who they are not what color their skin is, what they like to est, what religion they have, or what senaal preference they have. Once again, "We are Americans and we are dedicated to the proposition that all men are created equal." The vast majority of us also feel that, though everyone is created equal, it is up to the indiridual and their efforts to achieve whatever

they want to accomplish in our great country. Of course, as a people, we are not perfect. No one person or country is. However, the path to being a better people, and country, is not to tear apart and dismantle the greatest nation on earth and turn it into another failed Socialist/ Communist hell hole. In view of the marder and havoc being brought upon the innocent people of Ukraine at this very moment inhistory, there is ample proof of the saying "You may vote yourself into Commanism but you will have to shoot your way out of it." Socialism/Communismkills free will, innovation, and opportunity. It allows no separation of civilian/military goals and sharing of data. Why do you think our colleges are stuffed with stadents from Communist countries desperate to steal our intellectual property?

We are Americans and this battle assimt Socialism will be fought and won at the local and state level. This effort to divide us as a people and indoctrinate our children is as real as it is dangerous. It is time for all Americans to think about it, talk about it, and if at all possible, do something about it.

Praver Corner:

Prayer has power. If you have a moment, sit down, bow your head, and say a prayer for someone you know who is in pain, suffering, or are in need of guidance. Better yet, give them a call: Let us

As always, I hope you enjoy reading this issue of the Orapper, and remember, we have our families, our friends, our health, and time ... The rest is simply smoke and mirrord



Prayer Corner The Crapper Muse

Disclaimer: this publication contains political material

Channeling my Buddy, Jack (He may be gone, but his ideas live on.)



fre terrible news, as most Gappet readen abrady know is that after an amazing 16 year adventure filled 2%, our loyal, fierce, and steadfast friend Jack has "fown west." The good news is that he lived about as amazing a life as any TIfotan Terrier could have possibly had. Also, as many of you know, Jack was one of the few dogs who could cororumicate directly with himans, and thanks to this adulity he and I worked for the past two years putting together his incredible life's story. His book, Jet Dog Jude, is the result of this collaboration between the

two of us. J can tell you that, in reading his story, you can count on faughing out loud, being anazed that Jack level though some of the things that happened, and shedding a few tears at the sad events that impacted his life. The book is now in print and available in soft cover for \$30 and \$40 for hard cover, postage included. If you would like a copy send your check and address to Chuck Tompkins at 1940 5 Broadway, PMB 172, Minot, North Dakota, 58701, or just give my a call at 701-721-5101 and I light one out to you. You can also purchase books on the web site: TomphinsPublishing com

Jack on Smart Water: "Dad, the word up here in Dog Heaven is that even in spite of consumer prices rising, people on Earth ars still paying \$3.75 a bottle for 'smart water." In my dream I laughed and said, "Jack, obviously the 'smart water' is not working."

lack on Wahan Relief Checks: "Dad, the word up here in Dog Heaven is that Hunter Biden's art gallery received over \$500,000 in Wuhan Relief money." In my dream I replied, "Yeah, isn't it funny that the Hunter Biden Art Gallery only lists two employees."

The High Cost of Toast

Years ago, Linda and I purchased a Hamilton Beech to aster for \$30 at our local ACE Hardware store. It wasn't the fancy model, but it had all the ingredients of a great toaster: bread toasted evenly on each side, and toasting adjustments were easy and accurate, but most importanty bread was toasted guiddy. I remember, more than once, remarking on what a nice to ster it was for such a bargain price. Linda, I, and the to aster enjoyed a happy co-existence for many years. However, like so many things in life, there was trouble ahead when Linda and I bought a new home in a city far away, packed our things, and moved the hundreds of miles to the new home.

I'm sure most of you have been through the process of carefully packing your belongings and then when unpacking them, finding some items in great shape from the move, and some not so ludry. To say the least ,since we had shipped quite a bit of our contents by common carrier, in spite of the fact most of our belongings came through in good condition, we

IUST SAYING!

It seems that, in our retire ment, Linda and I are sim-ply not seeing old friends enough. Not only are we are busy every single day, but we are in Arizona quite a bit of the year. And now that I'm out of the business world It seems we just don't see everyone like we used to.

VOLUME

June, 2022

29

That is one reason I have been writing Crapper Chronicles for these past few years. It is a way for us to stay in touch with old friends and gives me an excuse to keep writing. I hope you enjoy it, but since some of the times I get toooooo opinionated, be sure and let me know if you want off the "Crapper" list.

By the same token, if you want to add someone to the list, just shoot me an email and I'll get it done. Richard Farnham of Farnham Associates on the Big Island of Hawaii does my layout work and makes sure my email list is kept secure.

For past issues of the Crap per go to:

SANDWICH ISLES

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AMUSE WINE BAR AND STAGE RESTAURANT Honolulu Design Center - Second Floor 1250 Kapiolani Blvd, Honolulu, HI 96814 - 808-237-5429



Ideally situated in the exciting settings of the Honolulu Design Center, Amuse Wine Bar and Stage Restaurant has become Hondulu's most popular place to meet new people and friends.

Amuse Wine Barfeatures a cool wine serving system that incorporates state-of-the-art automated technology, allowing the preservation, management and serving of wine. When from around the world are available for your taking with a simple swipe of a card. Amuse's ediectic selection of when range from the inexpensive to guile excito. Each serving vields an ounce, just enough to get a sample before indulging in the virtage of your choice.

For those looking to enhance their whe experience. Amuse Whe Bar also offers delicious, decadent and wonderfully appealing appellaers made by the award winning Stage Restaurant also in the Honolulu Design Center:

Stage Restaurant offers well priced Asian-American Culsine, showcasing fresh premium ingredents. With hand selected, quality local products, each dish is carefully crafted to enhance every ingredient and provide a burst of provocative flavors.

With modern comfort, mood lighting and superior service, Amuse Wire Bar and Stage Restaurant provide a welcoming atmosphere for fun and romance _ a great beginning for a night out dubbing.

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Sandwich Isles Realty, Inc. is giving away HavaiianMiles. One lucky winner will receive a round trip for one to a neighbor island of his/her choice. Just imagine what a little time off will do. Take a break from the every day hus/le and bustle. Enter for your chance to win. To enter and to view complete rules and eligibility, visit: www.Sandis/ef/awaii.com/promo.

Verser insult have a Haveslandfilm apparet. Price is possible in the fairs of 20,000 Newslandfilm, which is physical to a round by Gaach Larve taker or Resultanticities, con. Other rules and methodisms may app



2050 September & October

In This Issue: **Business Profile** Amuse Wine Bar and Stage Restaurant The Sandwich Isles Way Featured Listings Win a Trip to a Neighbor Island!!

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Our office is located at The Kahala olessional Building across from Kahala Mali at 4747 Kilauoa Avonue. Suite #205.

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HAWAIIANMILES NAWAITAN ADELINES Win a Trip to a Neighbor Island!! Details Inside



Kimo Smigielski (R), (ABR, GRI, e-PRO) Direct Line: (808) 255-2400, Email: Kimo@SandisleHawaii.com

Luxury condos are in demand!

In the last six months, 15 of the 21 sales at the Moana Pacific have been for 55-100%. of the assure price".

Interest rates are at an all time low, promoting buyers to act now.

Sandwich Isles REALTORS® are experts that understand the unique condition of the area and the market. Want to get more information and enter to win the neighbor island trip; join Kimo for a drink at Amuse Wine Bar on Thursday, September 16th and 23rd from 6 – 8 pm.

"Statistics are as of 6/19/10.

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pool to the most eleborate water scap

they can extend a feature environment that beckeen you to come out, relax and

andr at Kenne Rei Pe

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Recreational time at residential samming pools and spars is a favorite activity

inclusion and many Supervise children at all times and emphasize the need.

to constant supervision by baby alters. Be expectedly eighted when having a

projucty or optimizing as it is not in be distanted and assume correcte else.

is waiting the children. If alcohol is being served at the party, make the prod-

of Anits to party goins. Conjectio official pool wetchers, then by hears the next

witchers so that everyone can ergor the party install complete barriers around all

pools and/or properties will pools. If small children are in residence, it is a good

ides to lock doors leaded directly to the pool so that wandering children stay safe.

Also consider safety covers and permeter or in-water stams to provide additional

laws of protection. Learn to pairs and feach your children to pairs. Never

install a dving board or allow diving in a private pool. Rissen keep a phone

have rescue and hell ad equipment available at the pool. To countery of Steve

near the post. On training in basic water responsible, but ad, and CPR and

Whenever you're doing planting repairs or temodeling including planting

consider doing a bit of preventative plumbing. Many repairs and remodels involve

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consider replacing metal proving with new high siterarch plantic proving. It is easy to

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TIP: Funeral Pre Planning Options

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TIP: Pool & Spa Salety

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Plumbing Stranging, Inc. Ad Pg 8

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TIP: Preventative Plumbing

Kona's Quarterly Newsletter of Great Tips, Good Deals and Helpful Information Winter, 2009-2010

HE INSIDE SCOOP!

 Facial Fitness Facts
 Pg 2

 Title Service Professionals
 Pg 2

 Household Electrical Safety
 Pg 2

 Catch of the Day
 Pg 3

 Getting Ready for Your Closeup
 Pg 3

 Look Out for Vitamin D
 Pg 3
 lood Flooring 101 Color and Compromise Beware of Phantom Power Loan Payment Calculator Easter Basket Lore Lefa Go Banners What is Your LO? Hiring a Lawyor Mailing Tips for the Holidays Out Dollars Off Your Mortgage Cosul Free Control hed Those Documents ngineered Lumber exputer Salety rewing the Perfect Cup Asking a Good Impressi Get "Linked in." Pool & Spe Safety uneral Pre Planning Options

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· Cambonene & Mandarin,

PICTURE THIS! Majestic humpback whales request Kona waters, from oproximately mid December to mid April.



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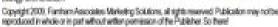
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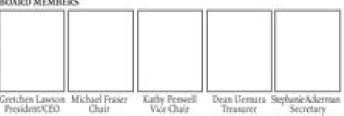
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WHO'S ON FIRST - Board Members and Staff

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Just in Times

Press the Director's Chair-Wheel's Note: 1 New Kid on the Block. In Part of the Program. In Fact of the Program. Representation in Manufacture When's When Three Windows Contract Productions Wheele ent Paret

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FROM THE DIRECTOR'S CHAIR - Caring Kona Community Saves Group Home

The combined efforts of the Arc of Korals Board of Directors, the staff, the parents and guardians of the residents in the Group Home and the wonderful caring Kona community has saved our Group Home (for now). Minaculous as it seems, a group of private donors banded together to commit enough funding to insure we can supply quality residential/assisted living services for five people with developmental disabilities. Not only does this keep our residential services alive, but it means we save a considerable asset for the community of the Island of Hawaii. It was a long, hard pull but when we undertook it together, it made the eventual success that much sweeter. May will bring the annual Visitor Industry Charity Walk. The Arc of Kona

has been participating in this Spring event since the beginning. We make it a celebration with new Tshirts every year. This year's T-shirts will beast the new company logo and we want to invite anyone who wants to walk with us to call the office to get a pledge form All walkers contributing a minimum of \$35.00 get a new shirt. This event takes money for Big Island charities. The Arc of Kona has benefited from the proceeds and we like to make a good showing. Call Xandria at 323-2626 to get your pledge form. June is membership drive month. When you get your renewal form, don't forget that by joining, you have an opportunity to make a real-difference in the lives of people who have some burriers to living fully. A good idea would be to send in your membership form (does will stay very low to allow all to participate) and save your bigger donation for the Foodland drive in September, If you donate at the Foodland/Sack and Save in September and use our Code 78176 --- in the name of Kona Association for Retarded Citizens/Kona Krafts, Foodland Give Aloha Program will match the donation up to \$249.00 --- a good way to get more bang for your buck. We are very provid of our effort to operate Inside This Issue New Life Skills: Corriculum 2: Welcome New ADH: Classroom Manager: 2: Arts Gallery Offering -Programs in Hamakou 3 New DVD Highlights Arc of Kona Services 5 Wish List 4 Spring 2005 Gretchen Lawson. Executive Director: the new bottle redemetion centers in West Hawaii. The Arc of Kona, under the direct management of Ed Corona, was able to set up. the centers at Wolmea, Puako, Kealakehe and Keanhou with three weeks notice. During our tenare operating these centers, we succeeded in diverting over 108 tons of waste from the solid waste stream, we put a number of people with disabilities to work, and provided cash payments to those who are dedicated to reducing waste. However, the operational difficulties means we were unable to continue, but our sister agency, the Arc of Hilo will continue. Stay tured, we hope to launch a public participation program to donate redeemable bottles, cans and plastic to the Arc of Kona as a fund raiser. Adriana Fosts joined the staff as the new Program Manager for the Adult Day Health Gassroom, Adriana is a familiar face as she completed her internship with us in 2004. See the accompanying inside story to get to know her. Getchen Kons Krafts is CARF accredited What is CARF CARF is a not-for-profit organization that accredits human services providers throughout the United States, Canada, and Western Europe in the areas of rehabilitation, employment, aging, and family services. The mission of CARF is to promote the quality, value, and optimal outcomes

PAGE 6

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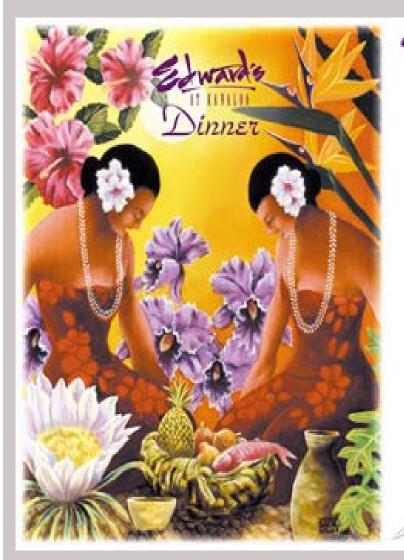
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- Joufes --

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- Salads -

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We exciting assertizes features wild falapenaespers staffed with cheese, then deep fried -

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anche leads three beauties with your choice of -Baron & chorse or Grucanale & sour creats or Istrind beam & cheese - 4.95

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Panaba brought his favorite necipe from OM Menten-Frech turnilla china hauled with sales. mountains of cherne, peppern, guarannels and seet create - 7.95

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Nust to improve on perfection? Try Lefty's tersion of our famous nachon sortilla chips mathered with refried beans, spice beef and cheese, peppers, guaranale and seer creatslefinitely far the hearty apportiest - 8.95

Neuro Shina, Bellalo Wings and Calimeticas. For 12.95. Ter 4 9.95



a sip on the wild side etten mesterits

Geara Mango Strawberry Miduri Passion Raspherry from Lefty's secret recipes cone the onsothest, most solveshing Margaritas perior over tasted!

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Mexican style shrings in a tangy Bloody Mary minters 7.95

Sectors Said

Pancho mixes tarty seaload in a longe tace shell with criep growns, fresh tonatoes and plenty of thredded choses. Finished with generations, sort stream and our own seafood dressing - 19.95

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Stuffed in a hope tace shell with beef or chicken. lettuce, tanature, shredded cheese, generature and sour create-you'll love it -8.95

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Did you have the Caeser salad originated in Distant, Mexica? Well, it's tend The suthenti Caesert - 6.95 With grilled chicken breast - 8.9

Dissign Saidd

Fresh crisp greens with tanatase; served with any hanse dressing (Ranch) - 2.95



LIGHT BROW Colden Ale

Fire Rach

Trenate Drives Datestric (Any way you like 'end. fronical field (Pancha makes this anoth CN-CM Lava Plaw (PinaCalada) Tegella Sentise Mai Tai

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Byrrit?s

Served with related beans and they

Evenity Venie

Lefty's favorite: a loge flour tortilla filled with park and green chilles, topped with green same and plenty of cheese - 10.95

Svenite Can Carne/Falls

A giast floor tortilla loaded with chrobbed beef or chicken, method choose and any special sance - 9.95.

Chill CRIMINAL SYMPLET

Top siriais is our special Colorado red sates.a. ment toy1 - 10.95

Tece Pletter

neuts your own for two - 26/95 of t cars or floor tottillas you can off with ...

Carnitan (Park) Carne Anada (Steak) Palla (Chicken) Generatedle Salar Chevrolet Same Conam-Latters Tenate

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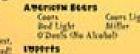
Beartes.

A pair of deficient taxes loaded with your choice of the following, served with refried heats and Water.

Shradded Beel - 8.95 Shradded Chichen - 8.95 Hamburger - 7.95 Fish - 9.95 Carnitan 9.95 Carne Anala 9.95



His personal flavorite in Lefty's Margarita!



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Tate 2.95 + Quesalilla Bard (Chickey 6.95 Refried Beats - 3.95 * Rice - 3.95

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A crisp tortilla layered with your choice

of chicken as heef, selvind heave, choose,

A pair of any any two enchiladas, chicken

heaf or choose, smothened with our special

taxes and terried with refried beans and

tatuators, cheese, guacanole, lettuce and

A floor shell filled with your choice of

beef or elicities, deep fried and served with

seer crean and macaniele-includes rice.

lettice, tomataes, peacamale and seen-

cream, with Merican rice - 9.95

Tapped with strips of sold chilles.

gnatamole and user cream - 8.95

TOUGHOU

TOSIGA

CHENGHARD

elce - 8.95

diana 7.65

Chimich/9974

and beam +11.95

Nanisfie Breger.

Barrito Vende - 6.95 + Eachflade - 2.95 Quesalilla - 5.95 + Berrite Beel-Chicken - 5.95 Tartillas - 1.75 * Talle Out Chins & Salva - 2.95 Seer Orean - 150 * Gearanale - Seasanal

QUENCI YOUR THREET! unter Solar Sea Selard

- IIIII

Fants

NEST

BREAKFAST undes Breakfest age perived with white or an ead load, white side or and now and choice of bacon. Portugante taxinge. m, Barn or link baupage Acres 1 Pancaka Sandwich aberralit previated cerved with 2 eggs and choice ein. Portoganon Sauzagit, sparn, harn in bes pap いえいる Mattie Sandwich mit Deigan valle served with two rogs and into Etaron, Folkgaven zaszagi, iznan, ham er ink MILL 24 treakte st Sandwich d egg American cheese & decise of bacon, Parts Coke wide taxonick, locally or half on wheat, while or he In French Rose, Accord grows or much value Charl Steek Peneskes [7] Full Stack Pancakre (2) Existen Wetter Passake Matte Toppings: 1-121.2 or mine - 21 amatas, mannuts, shawberry tooping, chos ships." **Ber**o tes Meca bride of Northuson suffy some bains have not kete tautage, kako pork, dticket katsu, polik outet ope burger pally. Dent & Court Sori we age a Omelation of character Meetlover's Onelet (phheese)

erve than topped of probled manfreorep & mice I served with nor an offwa eggs any thyle. Create Your Date Created 3 choices - 9.96, 4 or more 10 fan, been, Poligerte teatige span, firmloet, rûnt, bel peper, matroom k direce. Omie privad with white-or leaders & lines Chubby's Orwist aned with EVERYTHING. Teenie Tery Breakfast access fired rice lopped with 2 eggs any style. KEIKI (CHILDREN) MENU Onified Channe & Fries Hat Dog & Fries Chicken Nacarls of Ranch & Fries Daimin. Hamburger Staak **Chicken Hallou Furk Cutlet al brune prevy** Terhald Chicken Karpan Chicken Fried Shrimp Fish & Chips Liver uf Bacan & Onions Park Chap **Fabi Short Ribs**

Carlie Ahi Furthabs Ahi

Baultind Abi

	tone mecaroni axief.	
	Hamburger Steak	
95	Topped al' saidted margino on a, prices à provi	
4	Chicken Katse	1
	Terlyski Best Diso, style, mensaled in og house mope 5, sk	
35	Fack Cutlet al broms gravy	1
<i>x</i>	Kalus Pork & Cebbage	
	Karaan Chickan	*
	Fred Switzeether & warge togend in Horsen can	
10	Shoys Ald Pole (Fried or Res)	
	Park Chara	
	Sepped will mayhed mushrooms, selects & gra-	N.
98	Seriyahi Chicken	
15	Restore dicker Bight manufald & leaded	
15	Find Shimp	. 11
205	Light process hind & proved with tartar pause.	
59	Fish & Chips	. 1
	Breaded Doo flota hind & perved with Baltar cas	
50	Unter of Section & Onlines	
ter:	Mix Plate - Any 2 shokes abave	. 1
	Kallel Short Fills	
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1	Katol Mix Plats	t
1.1	Fred Chicken	
58	A3 piece combo of dumthick, Bigt & beaut	
	Chop Deal Deef stin-field with bell poppers, exists & much	-
95	Gente AN Griedfrich als Sets doped in a partie marinad	1
90	Furlake AN	1
60	Orabled with furthalise and topped with Oriental a	810
15	Southed Ahi With mushroom and raper cream savite	1
	Rib-Eye Strak	. 1
_	Dolled & topped with statised mathering & on	1001
1.1	Sainin	
	Wi char siu, fish calia, green oniona & scrainble	d #3
95	Fried Saimle of Shitrap	
20	Ob fried w/ canvals, intens, celery fait raise & o	nar,
	Chill Seal	
95 95 95 95	March 1	-29
25		-
28	SIDES	
10	Rice or Nucleal Pathloss	
25 14	Macaroni Saled - 1 scoop	1
25	Taxs ed General	13
85	Garlis Erned	3
25 25 55 55 55 55 55 55 56	Breakford Meats	
95	Epps 1-1.25, 2-2.25 Paneska - 1 pikes	
30	Trast	
89		

PLATE LUNCHES

Revent with white rice, fried size, or breast rice and

8.55

Our Entire Menu is Served ARDay

Bas Distring & Dravy

QUUNCY YOUR THREE SANDWICHES & BURGERS PUPUS (APPETIZERS) 8.58 eved with franch tries. where the traded should be the the third of the 2: MIN 1 Charpet urger & Frien 1.96 med with American choose, lefters & Somalo Couble Cheeneburger & Fries te poors of bird durintifies and wings served with mund with American channel, tellson & Somalia and a printy sicks with rands dessing anger teppinger Gooor, machroome, saubled Falus Park Sectors or Chill Sectors 5.00 1-125.2 crimos-2.50 good with method charace, tomations, owners, clines, curroin, peur crisari & calcaatty Mult aned on the bread with thems choose, madeed 8.85 pieces hied & fasted with our special soloy recipe percent & Thousand induiting writing 9.95 habby's Club table-dector canchedr will have below. man of welling to contract opprove

Chill Cheese Fries

Satey Euffals Wings

Same in Same I. Back and

Executed Curly Fries

Chabby's Passa Fielder

Filed Cembs - Choice of Tao

Bake Tour Own Pape Platter

onhos Punch Griantyl Thousan

Canone or Large Tonned Greens

Chipken Kalsu Caesar

Oriental Chicken Salad

peouls, boiled ergs & places.

visite montheville & mariners.

Chubby's Dupreme

Ehring Cassar

Find Pain Saled

Chef Caled

Charles of

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Veipele

and in book make maked with batter

Chesens Fries 6.36 Chesens Fries 7.85

Rings, Sarlic Friet, Catly Files or Regular Friet

ambrader of our bodi asterd. Tarten bodi, pro-

Choren, Kala Shot Kits, Field Storm, Babersofielt, Terpak Ohidee, Shop Pow, Poport Shrino, Clease (Jame Once Rings, Fries, Gato Inter, Carly Field, Ros

SALADS

anod shi shoyi poke sendor a bed at heavy groots

win honeloos, caturbens, special & Orientel Bessing

Convect with slowd berijski utickes, formalizes, capazzibers,

doed maanship olingy fried to oddes & Directal directing

odbart, lokey meets kreakes, assembles,

12" PIZZAS (eight slices)

tahis baked to ergor. Alkia 25 minutes col

in much some, silver, bell peppers & miune

incluings, manhecing, chicas, but peoplers & mach

in monthevela, parmetas & contains

at dvorp, Korean disken and main might

Choose 5 Serue: Chuthen Hattu, Tari Boot, Korson

Small 235 Large 455

6.85

2455

17.85

8.55

10.85

11.85

10.85

Papears Divise

Onion Riegs

French Fries

Gardic Fries

Ehrun Ahi Poks

Chicken Wines

Transfer all

Sector Sector

CELA

Coke

2010

duce & longly powed on wheel or while bread Chill Burger tamburger pulty isoped with our homemade and staticited therete.

while Beef Burger ed with liefs on & torhald eggin Berger Th Malaie, formato & American or Device cheeste Brilled Harr & Cheson 1.25 In American chorese on wheat, while or rye total

furin Madt the tarled topped with Arrances, shows, etraditional bacent. Mituoe & formabil

Chill Dog apported), on homework shill & should all donne.

Since designed ened with lefts de, tretado, aproats & your choice of red, while or the blend. Choose from hart, turn or

SWEETS	
Apple Pie	4.80
Apple Pie als Hode	
If this reflacion or wate	5.85
Erstente Gender	1.00
Get a over flocth? Try the warm homemaon of dep & microdumia nul private lopped with each mann, hill to opp, whapped onean and machinal	
Earners Epil You find envirop for the day! Screechedt van its discoule and strawberry to cerain with hothedt discourse topping, shapped mean and stacked where	Pt.
Elevelarry Diadeate From pound cale disertioper with three-bery icong, whoped onem & manufa	5.50
Floats of Venille Ice Cream Choice Frat Care, Roobeer or Drange.	4.35
	10.000
Smoothies	3.8

Our Entire Menu is Served ARD

ertein Soniat Gine Seine tere ar Greek





APPETIZERS

Crob Cokes \$9 Served with resisted red bell pepper sauce, best ell & heney mayo,

Vegelable Napaleon \$9 Pert grilled particully making eggplant, & tonators stacked with brek good cheese, & finished will a haloomic reduction & hould all

French Fries \$6 Served with quelic magn.

Pito Chips \$6 Served with human

LIGHTER FARE

Organie Waimea Baby Greens \$9 Orçanic grown-in-Waimea cucumbers, Tomatom, and peions with our housemade vinaigreffe. Soup Du Jour \$7

Inspiration and evolution daily Angus Burger \$9 Surved with clock force.

Coprese \$10 Local Vise expanded tomotors, Imperged with fresh mergerrello di ballalu with basil oil and o sweet balannic reduction.

Coesar Salad \$8 Local romains lessed in closure dreasing with left of parameters choose, homemade creations and anabovy gamich.

Calamari \$10

Coloniant deep-fried und tosan

in a garlic tomato caper sauce.

Cheese with Fruit & Nuts \$14

Thing different change duly from cround the Mediterranean Sec.

served with homenade crustini.

Shrimp Cockfail \$12

Coconut Fish & Chips \$12 Served with a sweet chill digging souce. To use of our values add: Cherdiathd Clother Board \$5 * Olympic Shares \$7 * Presh Media Fish \$ Media Press



CAL DINNER PASTA

Marinara Classic \$15

A recipe passed down through

penarotions, heally arrived

Scallop and Scampi \$21 Sullop and programshift in

butter, white week, garke & alive

10 cr. Ribeye Steak \$32

This steak is rabbed in soll, grilled and finished with our

homemode garlic herb better

along with our house vegetable

Beef & Reef \$ Market Price

scampi and pololom.

Enjoy 10 oz. ribeys with your choice of leash fish, or shring

& polators.

here for you to enjoy.

ed, Served our Inputei.

Spicy Garlie Chiden \$16 dation and and will goods, dids listes, sandetal troubles, alves loabed with bottor, white same & brolk. Served over tinguist.

Gorgonzola Shrimp \$18 Boy shring & mashecore south in white wave, googlegede & headsad with second.

Special ties OF THE HOUSE

Torchy's Cioppino \$30 This Classic Mediterraneas seaford view contains our daily fish, shrimp, mussels, and class simmered together in a white wine temate broth.

Chicken Parmeson \$21 Parmeran breaded chicken united & baked with lots of managealla & our marinera souce, served with our heave vegetables & your choice of polates or paste.

Fish Du Jour \$ Market Price Fresh fish with a littlement preparation everyday.

A contonery 18% proteing will be added for portion of six or more

WHITE & ROSE	Rate	Glas
Rentry-Kalanett, Selborh-Ovier, Germany, 'Ot	\$34	\$7
Direct Greigies, Kaia, Boly, 'O4	\$29	\$6.
Bodoge Potsoes, Spain, '05	\$41	\$9
Chardenney, Kandall Jochan, Coldowe, '04	\$34	47
Chardensey, Reynted "E Collector", Mosterey, CA '04 White Zielandel, Berteger, Californie, '04	\$24	\$0
SPARKLING	100	-
Improper Chamles, Colderate NV	855	Ghus \$12
Champagage Verre Chaptel Passardin, Bral, NV	\$110	
Champagare-Verre Cloquet Powerdin, Brut, NV 375ml	\$55	
Spariling White Wine, Pressure Zardette, Italy	\$53	\$11
RED		1
	D-th-	Gim
Colored Sampson, Auden, Culturate, "C3	\$34	\$7
Calarrett Sauripeer, Jarden, Sanama, '01	\$95	4.5
Paul Pate, Carlidge & Brown, Coldensia, 'Od	\$.14	\$5
Market, Stalin, Italy, 'Origin, California, 'O4 Dead Patr, Cardidap & Broan, California, 'O4 Dead Patr, Fanna, Santa Maria, 'O4 Zadandal, Raha, Thom Vallage, Sommer, 'O3 Zadandal, Raha, Thom Vallage, Sommer, 'O3	\$66	- C
Zinlandel, Easter, Anoder Crunty, CA '04	\$41	59
Zislandal, Bilden Them Valleys, Second, Ca Zislandal, Queers, California, '04	\$47	
Sude, Spate, '04	\$39	45
Syrah Grannella, la Jalla de Jan, Lonnee, "05	\$34	\$7
Shour, Calard Londong, Seath Andralus, '05	\$39	\$8
PORT		and a
ALL THE TELLEN	Balla	Glas
Parla, Reserve, "Six Gregor," Gershaw's, California Parla, 20-year , Gredian s, California		\$12

Cologie "Fale Waters" Cologie "Fale Waters" (son-shabeb) \$4.50 Bud Light Come Light Seconda Paras Ala melage fee \$15

Ask shind Hogen Hour prime from 3:00:5:30 pm





Light & creamy, with a mecodamia nut graham crecker crust. Tegged with a Littler (gaussian fruit) sance. Traditional family receipt

3-Layer Clocolate Cake lasts and Bowerful tople logared, with the freshest southlike trait fillings, topped with a komenande chocolate ganache. Ask your server for this week's fruit flower,

Haupta-Banana Pie Family recipe pie crust filled with tocated macadamia rada, feeds banana & haupta (coconel) pudding. Topped with a generous here of whisped errors & toosted excend sharings. A Torchy's eriginal

Terchy's Tropical Leman Cake A tropical hard on a classic: pixespple, mengo, popago, & strouberry upside down cake. Fresh Jamon cake & high frast flavore.

Kahlun-Konn Chevalate Mausan Rich delicieus abaeelate mause made with Kahlun-Jawawe & Kann-Blend celler. Topped with leich whipped cream & leich raspherries "when ovailable.

Iropical Dream Ice-Cream Flavors Talettan vanilla, checolate mac-ecconst, lyches or cocorat sorbet. \$5

add ice-cream to any dessert for only \$3.

ask your server for this week's dessert special & other iss-cream flowers.







Avecade Chick Melt

He Periscope Terigate Chicken Sub-

Turkey Melt-88Q Com Stratiled Post & Coleston Splasher's Hearty Dip- server

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Poulen-I NO WHEN THE Autorn Club-

Kona Philly Cheese Steak

Rent Contractor

Big Kahuna Burgers

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Chili Palmerhash diord arrisms by reasonid \$1

Relie

Mark Mar

Sprice Ortega Velcane-

Catch 22-

BBQ Bacon Cheese

Gratted Mustreem & Onion-



Join the Splasher's Club

BETwith TCC-Testing's Fresh Weggen Spelast-

Renst Beck

Format Gan Cabrons

Tuskep

(lained) Chill Cheese Fries Chicken Steins Questille-Bembers-Besternord & party In The South Famous Fish and Chips and the party of the state Sti Great to Me Thugans Cheston Sugard Conto Show Bachet-Fresh Big Scient One - Out 880.84 Fish Them-Parla Sou Bord STORESULLED 180.9 Two salad Must Course Belgins White Plan Viggin Two Buchet Han and Channe-Planeabo Breeklast Kens Onehile-Barrile-Mate Bass Own-What French Teast Breakfast Stor & Go Statted French Trast-Flash On Orner Why Light Brasiched Say to Solut Sectore Baged Jurgle What-Fruit and Gegent-Branklast Burriss. Trademind Toxi Wrop available alla carte Chicken Flind Strate & Egg Burghin Himselferich !! Braadsport Side (Kienenna) FOR ANK EGGS-Bearl & Cream Channe Soft Drinks Send and Eggs-Handurger Scent & Egg Colles-Level that Tone Loca Merca Causage prattices and Performance reasons Orange Quee in Mile

French Fries-Onion Prings

Small Side Sala



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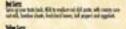
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and a second						1 1110	BRICANTS	
SER	/ICES - Con	fort Food				LU	BHIGANIS	
PETROLEUM DURIER	3 boof pulling Ser	ias & American chonan, bacon, on & pericle, served with free		FUEL HAND	NAN WATER			40.00
	and the second se	and the second se	19:95	900A		Oska	Diel Colas, Sprile, Leonorade,	+1.90
BACON PLUE CHEESE PURCER	Served with billor	n. Lonnales emism de Érima	+8.95	TWOMAS HE	MEER 900A	Back	Cherry Crean Sola Orange Crean	42.75
CHEEGE PURKER	Served with letter	e, torodo, onton A friea	(295	HAND CRAFT	HAND CRAFTED ROOTDEER From The O		The Old Ref	12.75
FIGH CANDWICH	Corved with Larba	Indiana, Lorendo, celon & Drins	+0.95	DOMOGTIC B	DOMESTIC REERS Cours Light But But Light With Miler		er Light +2.75	
CIRCULN GAMPAREM	Served with Jack	chense, BDQ Saure & frinz	48205	WPORTED	PECEG	and a second sec	ies, Corona Shinlayer, Docks	+3.50
MEATLONE CANONIN'S	Served with free		19205	NOA-ALCONE		O'Doula		+2.75
PRIME BID FRENCH DIP	Served with fries.		+9.95	CNORAFT			ner Core Light	1125
CIRCLEN FRIED GTEAN		on the cols reashed polatous & g			_	the second second second second	Buiden No. 37A. Hofesetzen, Guineau	42.75
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INLE BAKED CHICKEN	Served with veget	ables, reashed polisions it gravy	+92.95	_		Raspb	erry Rate or Petroloum Punch	
S	ERVICES -	Pasta					LUBRICANTS	
MACARCALE CHEERE		ee milel & french broad	19.95			SPECIALI	LUBHICANIS	
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OPROVETTI E MEAT GAUCE	Served with a loss	se adal & frenk lonal	410.95	FRANT MARK	DARYING		e from any of our Fire Premium Topa	
where the second s	RVICES - S	the second s			-		on Fruit, Basana, Raspherry, Marg	
and the second				PAX	NAL TIUL		Contraction in the second s	Por Guine
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NO CUZ FREIME RIND	And Children and Con-	bay & halad poldo	+0.596	ACCERSORIES			MISO, MEROHANDISE	
10 CZ T-PCNE	and the second design of the s	ber it balled politio	+13:95	For all your	outo needs.	call our friends	PARTS	
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MARKEN DEPENDANCE OF A	Served with seled Served with fries					e Center Inc.	TAX	
M CZ NY PEPPEROORN OTEAN		IN STATE BALLER	15.95	Photo	a 326-1401 F	fax 329-5316	TOTAL	
HALF BACK BARY BACK RIPS	Concerning for the Art of the Art	Anna & Andread and Anna					10 ML	
the second s	Servel with solid	bar & baked polido	15.95		·			
HALF BACK BARY BACK RIPS	Concerning for the Art of the Art	her & helod poteto	45.95	and a	(Colific	Parman a	THANK	
HALF BACK BARY BACK RIPS	Servel with solid	her h helad polido	15.95		600	B) Paraget	THANK Be sure to visit our and	
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HALF BACK BARY BACK RIPG NO GZ TOP OREGON FIE OF THE DW	Servel with solid FINISHES	her k helted polido	+1.95	73 4820 Kanalan	i Street Bay#1	Anthen Kerne, Kernel 1979	Be sure to visit our ami	gos next door at Lefty's





 Kettle Tortilla Chips" & Homemade Salsa (Grais Tellow Con Sertle Oxjo and Kona Brev's Exclusive, Authenic "Rand Crahed" Sala Na Nachos Yellow Con Kettle Oxjo," Layered with Oxeddar & Nouseella Oxese, Sour Crean, Green Oxb Black Olives, Jalepetos, Salas. Roasted Gartlic Sered with Tousied Speci Grain Focaccia and Warned Creany Gorgonsola Oxese. Fresh Mozzarella, Tornatoes & Blassil With Toused Spec Grain Focaccia, Taro 01 & Babasic Yanger. Mac Nut Pesto Cheese Bread 		14.95
Nachos Yellow Corn Keitle Oligo ^m Layered with Oleddar & Nozaerella Oleeses, Sour Crean, Green Odie Black Olives, Jalepetos, Salsa. Roarsteed Garlic Seried with Tousied Spent Grain Focaccia and Warned Creany Gorgonzola Cheese. Freesh Mozzarella, Tornatoes & Bassil With Tousied Spent Grain Focaccia, Taro Oli & Babastic Yangar.		15.00
Served with Toasted Spent Grain Focarcia and Warmed Creany Gorgonaola Cheese. Fresh Mozzarella, Tomatoes & Bastil With Toasted Spent Grain Focarcia, Taro OI & Babastic Vinegar.		1.2.6
Fresh Mozzarella, Tomatoes & Basil With Tousind Speer Grain Focarcia, Taro Ol & Babanic Vioegar.		\$5.91
		12.9
Fire Bock ¹⁹ Eccarcia Bread Topped with Homemade Macadamia Nat Pesto, Roasted Garlic and 9 Served with a Side of Marinara.	Nocsarella	15.4
Garlic Twists Fire Rock. ¹⁰ Focaccia Twists Made with Spent Grain Gooked Right In. Served with a Side of Mari	inara.	43.0
Cheesy Garlic Bread Tresh Garlic Aidi, Nozarrila & Parmesan, Served with a Side of Marinara.		43.2
Pele's Fire Wings Fire Rock Marinated Wings with a Spicy Tertyaki Glase. Served with a Side of Ranch.		15.9
KBCIIIn Kona Brew's own Qweaddilla Made with Macnaerilla 5 Cheddar, House Made Salua & Sour Cenam. Toppod with Tomato 5 Green Oraion.	\$3.99 Hal	1076.99 Whol
KBCIIIa Po'okela Quesadila Nade with Norsarella, Cheddar, Green Chiles, Jalapeoos, House Made Kalua Pig, Sals Topped with Tomato 6 Green Onion.	IS-99 Hal	U/19-99 Whole L
	0000	0.0.00
SALADS We live Only the Finese Island Produce Available and Choose Organically Grown Ingredients 1	Bhenryer Poss	ilde.
 Big Island Mixed Greens Tresh Organic Honasman Lenner, Baby Greens, Tomanoes, Cacambers, Mani Onions, With a Baba Visaipreter or House Made Ranch and Sprinkled with Toasted Macadamia Nets. 	Side	Dinner %.9
Greeck Solard Greated with Genathers, Kalamata Olives, Masi Onions, Pepperoscini, Tomators & Teta Onewa 2009 Kalawan Romaine with Bahamic Yanalgerten.	15.99	52.9
FY'LE CONFIDE 2000 BALTERIA ROTATINE WITH BALLETIC FULLY STRUCT		
Coesar Salad Kona's Best Spicy and Fresh, We Start with Crisp Kabaka Tarms Romaine Lettuce and	14.99	56.9
🕰 Caesar Salad	15.99	0
Coessar Salad Kon's Bed Spicy and Fredy, We Start with Crisp Kabuka Farms Romaine Lettace and Then Tosa with Our Josey Garlic Gaesar Dressing, Topped with Fresh Parmesan Cheese. Mourna Loa Spinach Salad Ka's Sun Tarms Spinach (When Available) Toosed in Balamic Vinalgerers with Toased	0.0000	58.9
Core sor Salad Kona's Beat Salad Ka's Son Farms Spinach (When Available) Tossed in Balaanic Vinaigerste with Toasted Ka's Son Farms Spinach (When Available) Tossed in Balaanic Vinaigerste with Toasted Ka's Son Farms Spinach (When Available) Tossed in Balaanic Vinaigerste with Toasted Ka's Son Farms Spinach (When Available) Tossed and Orions. Strawberry Spinach Salad Ka's Son Farms Spinach (When Available) with Strawberries, Toasted Macadania Nats, Ka's Son Farms Spinach (When Available) with Strawberries, Toasted Macadania Nats,	15.99	St.g St.g by.g Add 51.9

\$3.05

Sliced Oscken Breast Served Hot with Mozzarella Cheese, Roasted Red Proper Coulis, **BBQ Chicken & Canadian Bacon Sandwich** \$8.99 Pineapple Nesquite 880 Sauce, Herb Chicken, Roasted Red Peppers, Red Onions, Canadian Bacon and Cheddar. \$8.99 Roast Beef Marinated and Cooked in Our Black Sand Porter, Topped with Grilled Bed Onions and Melsed Cheddar & Mozzarella Cheeses. Porter Aa Jus for Dipping. \$5.99 Smoked Turkey Breast and Nozzarella Served with Nayoenaise, Dijon Mustard, Lettuce, Onion and Tomato. Pacific Golden Ale Garlic Shrimp Melt 59.99 Gartic Strimp Brolled in Pacific Golden Ale and Topped with Roasted Gartic, Spinach and Then Topped Kainaliu Garden (Hot Or Cold) \$2.99 Our Fire Rock Focaccia Topped with Only the Garden's Freshest Available Ingredients. Imu Style Kalua Pork Sandwich \$2.99 Kalaa Pork with Cabhoge, Pineapple Mesquite IBQ Sauce, Roassed Onions, Cheddar and Nocaarella. Indicates predomisatedy organic impredients when available. Also available for take-out. Call 134-BILW (2733). An sIX granuity may be added to parties of 8 or more.

PIZZA

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	We Hand Tors our Authentic Spent Grain Crust and Use only Whole Milk Nozarella, I	leggianit	10		
May we suggest a beer with that?	Parmesan and Fresh, Locally Grown Organic Horbs.	Sm. 10*	Med.	1.g. 14	
	Cheese - Our Homemade Sauce Topped with Whole Milk Nozuevilla.	12-99	19.99	No.99	
à	Pepperoni-Alesy Casic.	18.99	10.99	14.99	
	Korna Wild Mushroom - Garlic Infued Olive Oli Baw, Mozarella 5 Chever, Wild Mushroom, Roasted Garlic, Roasted Onion, Roasted Red Peppers.	N2.99	\$15.99	\$20.99	
	Greek - Garlic Infused Olive Oll Base, Moccarella, Kalamata Olives, Articholar Bearts, Tomatoes, Feta Cheese.	\$11.99	\$15.99	fir9.99	
A	Kohala – Garlic Infused Olive Oli Base, Mozzarella, Gorgonzola, Roissed Red Peppers, Fresh Spinach, Fresh Garlic, Parmenan Sassage, Macadamia Nars.	hz.99	\$15.49	119.99	
*	Korna Garden - Ionato Saor, Mozarella, Zochini, Organic Tomato, Roazed Garlic, Moshroom, Roazed Ontony, Black Olives.	10.99	Nr5-99	119.99	
12	Kornece La – Tonato Savor, Mocuarella, Parmenan Savage, Roasted Onion, Roasted Red Peppers, Garlic.	812.99	\$65.99	118.99	
-42	Pele's Ovvn - Gaan Tomato Sante Base, Normerella, Andouille Sausage, Rock Shrimp, Roasted Red Peppers, Roasted Onions, Smoked Notzarella.	N6-99	548.99	101.99	
à	Ka'u Pesto - Organic Macadamia Nut Pesto Base, Berb Chicker, Sun Dried Tomaroes, Artichoke Bearn, Kalamata Olives, Monarella.	\$15.99	NE.99	121.99	
d.	Homaumau – Tonato Saore, Necarella & Snoked Necarella, Parmesan Saoage, Black Olives, Nashrooms, Garlic.	Nz.99	\$65.99	\$20.99	
Å.	BBQ Chicken - Pintapple Neupite BD0 Saver, Norsamla, Cheddar, Tomators, Berli Chicken, Roasted Onions, Reasted Peppers.	\$12.99	\$14.99	\$17.99	
-42.	Pepperori All'i - Tonaro Saser, Mozarella & Snoked Mozarella, Pepperoni, Tonatoes, Pepperoncini.	\$12.99	\$45.49	119.99	
*	Purna Pie - Garlic Inford Olive Od Base, Noszarella & Smoked Noszarella, Gorgonzola, Chever, Roazed Garlic, Olive Od.	ha.99	\$15.99	frg.99	
10.12	Captain Cook - Tonto Saor, Natardia, Parmsan Saoage, Canadian Bacon, Pepperuni, Tonatoes, Mushroom, Black Olives.	\$14.99	10.99	\$21.99	
×	Haveailan Lunau - Tonato Saice, Monarella, Bicona, Canadian Bacon, Pineapple, Buasted Onions.	hz.99	516-99	\$13.99	
Å.	PARTIOLO – Fresh Salsa as a Base, Parmesan Sassage, Mozzarella & Cheddar Cheeses, Green Chiles, Tomatoes, Tornilla Chips, Fresh Romaine on Top. Jalepenos Optic	hz.99 mail.	\$65.99	109.99	
*	Maturna Keta – Girlic Better Base, Fresh Mostarella, Parmesan, Tomatoes, Rosand Red Peppers, Rock Shrianj.	\$44.99	548.99	\$21.99	
x	Thai Chicken Or Shrimp - Spiry Peane Thai Base with Roased Red Bell Peppers, Mozarella, Green Orion, Sesane Seeds, Chill Flakes.	NI-99	80.99	\$20.99	
15	Holo Holo - Howe Made Caesar Dressing, Nozarella, Artichole Hearn, Herb Chicken, Parmesan Cheese and Organic Romaine on Top.	\$12.99	\$15.99	148.99	
	Colzone - All of Our Pittus are also Available as a Calzone. Made with Ricona Cheese Inside, Brushed with Gardic Ibutter and Sprinkled with Parmesan.	d 12.00 1	o seal pi	tia price	
20-				-	ļ
	DDEW VOUD OWN				Ī

BREW YOUR OWN Brew Your Own Pizza - Sart with a three pizz with spent gain crust and theire of sasce, then add ...

Sanacors Barborae Tonato Gajon Tonato Gajon Tonato Garlie Sotte Oil Thai Pranat Garlie Batter	Chresenaes Neczarella Sanded Mozzarella Cheddar Onror Pieta Goopennia Bicotta Phemesian	Voggsters Tonators Sen Dried Tonators Black Olives Ralamata Olives Mushcoms Wild Moshytoms Mix Properotoin Jaloprios Artichole Ilearts Dathin Fredh Spinach Fresh Spinach Fresh Spinach	Recarsted Veggies Red Biol Red Red Peppers Gartic	Meats Propensi Berk Okken Parensis Sasage Andoulle Sasage Gatalian Boos Seafood Bock Skring
Cheese Pina with 5 10 12 10.99 59.99	Auce Intra Che	14 10 12	es Nears 6 Sealood 14° 10° 12° 14° 1 12:00 12:00 12:00 12:00	Rock Shrimp 10° 12° 14° 12.50 15.00 15.00

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DESSERTS

Seasonal Cheesecake We Serve Our Fresh Big Island Lillicsi When We Cast Existe Our Other Haven When It's Out of Season.	14.99
KILaucea Lawa Flow A Occulare Fedge Brownie with Nacadania Nets Topped with Big bland Nade Tabitian Vanilla Bean Ico Gram and Our Poeter Fudge Saare. Topped with Witipped Gram. Topped Nac Nets and a Oversy.	\$4.99 Hal057.99 Whole
Ice Cream Sundae Big Island Made Tahitian Vanilla Bran Ice Crean Layered with Our Porser Fudge Sauce. Topped with Whipped Grean, Toassed Mac Nots and a Cherry.	54.75
Thomas Kemper Root Beer Floats Grany Stafi faot feer and lig Island Made Tabitan Vasilla Beas fee Gran. Try It with Lifthei of Fire	Nock For No. 201
Fresh Big Island Ice Creams 549 Ak Tee Server for Televil Haved	g (u) Scoop/14-se (u) Scoops

DRINKS

Kid sizes available	
On Draft	
Kona Brew ^a Gingerade	\$4.75
2001 Hawaiian, 2007 organic Gorgor Lemonade by Processes Organics. Specially Brewell for a powerful and delicious beverage.	
Thomas Kemper Root Beer	\$4.55
Only by carefally herwing the extracts of sassafras root and other essential ingredients do we get such a smooth, rich taste and foamy finish.	
Thomas Kemper Vanilla Cream Soda	86.75
Rerwed with a blend of real vanilla, herbs and boney for a smooth creamy flavor. This cream soda defines indulgence. Some people say it belongs on the dement memd	
In Bottles	
Black Cherry, Orange Cream Soda	\$2.75
San Pellegrino ^a Sparkling Water (soon)	\$3.00
Fresh Brewed	
Iced Tea	8.98
Kona Coffee (the other Kona Brew)	10.00
used Kana Corewell Estates House Roast coffee.	

Aloha and Welcome to the Kona Brewing Company Brewery & Pub.

Brewmaster Rich Tucciarone and his talented staff create a new ale or lager for each season of the year. Please be sure to ask your server about what's new on tap.

From time to time, Kona Brewing Company creates the Kona Brewing Company Brewhouse Oasis. This concert venue has hosted such greats as Jonny Lang, John Mayall and Eric Johnson. You never know who might be next; keep posted.



Hot Drinks - 12oz/16oz

Kona Coffee - \$2.10/\$2.65 Americano - \$2.25/\$2.95 Latte Love - \$3.25/\$3.80 Cappuccino - \$3.60/\$4.15 Mocha Love - \$3.55/\$4.10 Select Hot Teas - \$1.75 Chai Tea - \$2.95/\$3.45 Cocoa - \$2.95/\$3.45 Steamer - \$2.95/\$3.45

Mocha Lean - 20oz (0 Carbs, 0 Fat)

Lean Vanilla Latte - \$9.99 Lean Frappacino - \$9.99

MOCHA

Organic 1% or Soy Milk - Add \$.65 Extra Flavor - Add \$.45 Extra Shot - Add \$.95



Wraps

Chicken Salad- \$3.85 Turkey Avocado - \$3.85 Ham & Cheese - \$3.85 Veggie - \$3.85





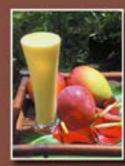
Sandwiches Chicken Salad- \$5.95

Turkey Avocado - \$5.95 Ham & Cheese - \$5.95 Veggie - \$5.95



Sushi

Spicy Tuna - \$7.80 Shrimp Tempura - \$8.95 California Roll - \$5.95 Special Trio - \$7.80



Smoothies - 12oz/20oz

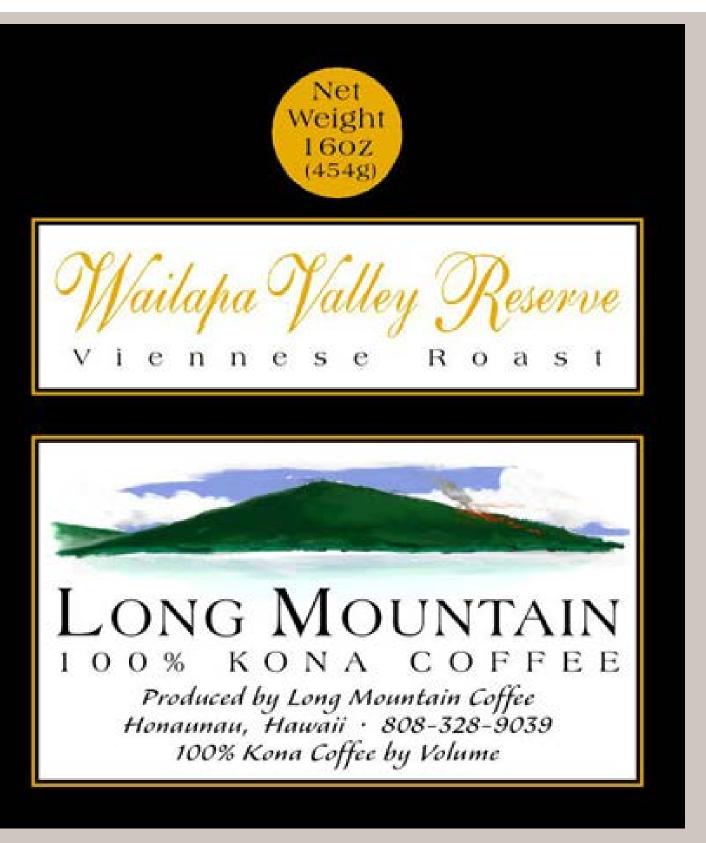
Strawberry/Banana - \$3.30/\$4.80 Strawberry/Passion - \$3.30/\$4.80 Mango - \$3.30/\$4.80 Mocha Monkey - \$3.30/\$4.80 Add Yogurt or Spiralina - \$.25/\$.45



Fresh Squeezed Juices - 12oz

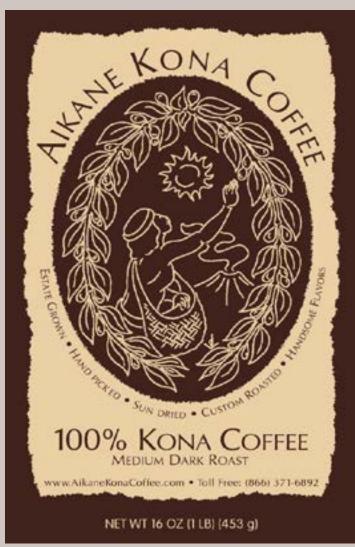
Carrot/Celery - \$3.25 Carrot/Ginger - \$3.25 Orange - \$3.25

NON NON DISCOUNT with Hospital ID or Mocha Love Card



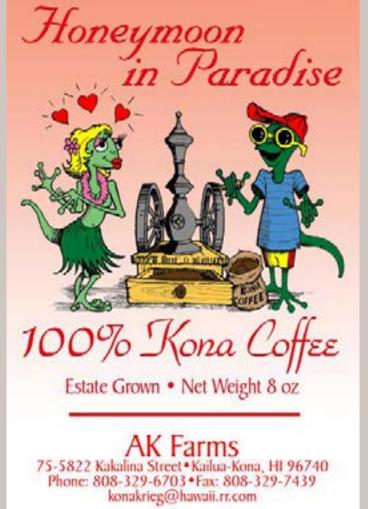
Labels & Tickets

Labels





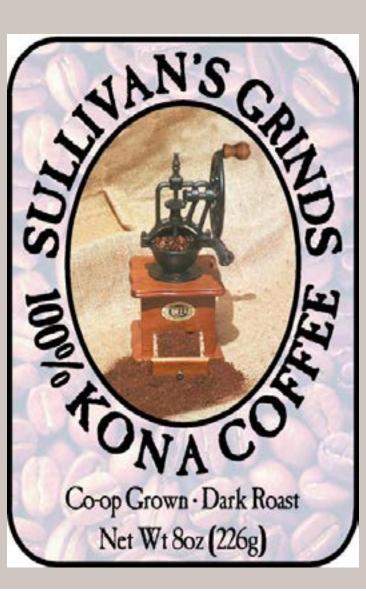
P. O. Box 457 · Captain Cook, Hawaii 96704 Email: KonaLake@hialoha.net



STILES 'OHANA NUI KONA KOPE



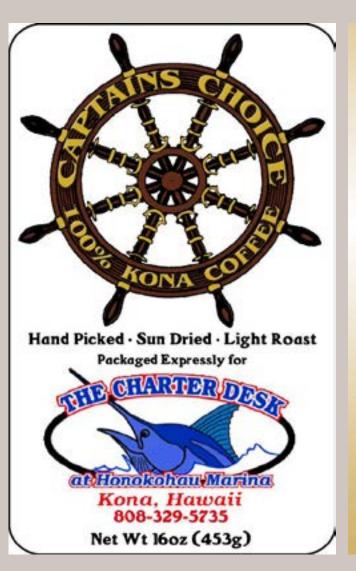
100% ESTATE GROWN KONIA COFFEE NET WEICHT IS OZ (454C)

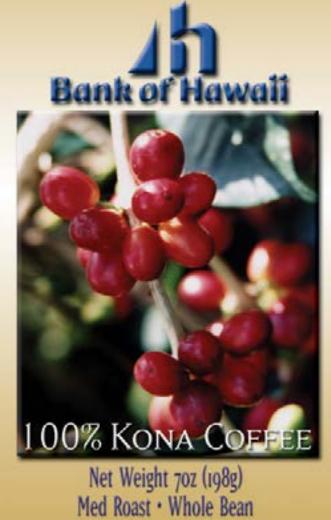


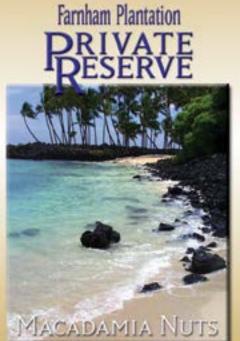




[X]Med Roast | |Dark Roast | |Whole Bean [X]Ground

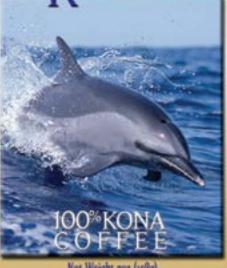




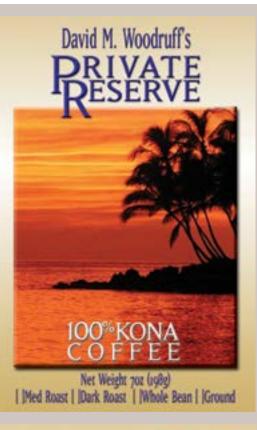


Net Weight 8oz (226g) | | White Chocolate | Milk Chocolate | Dark Chocolate

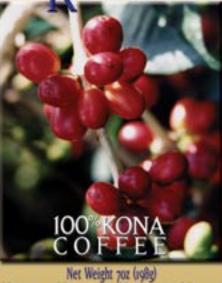




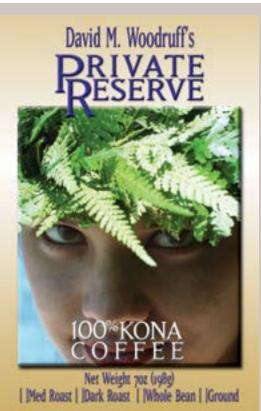
Net Weight 702 (1989) | [Med Roast | [Dark Roast | [Whole Bean | [Ground



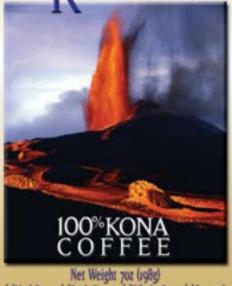
J.P. Maloney Kona Coffee Products IVATE



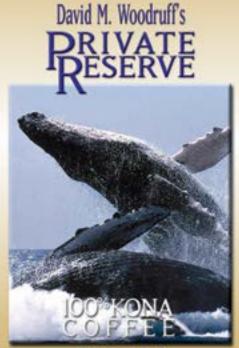
Net Weight 702 (1989) | Med Roast | Dark Roast | Whole Bean | Ground



J.P. Maloney Kona Coffee Products RESERVE

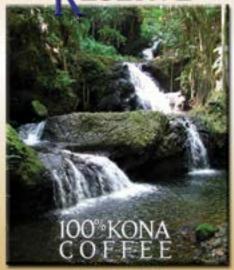


Net Weight 70z (198g) | Med Roast | Dark Roast | Whole Bean | Ground



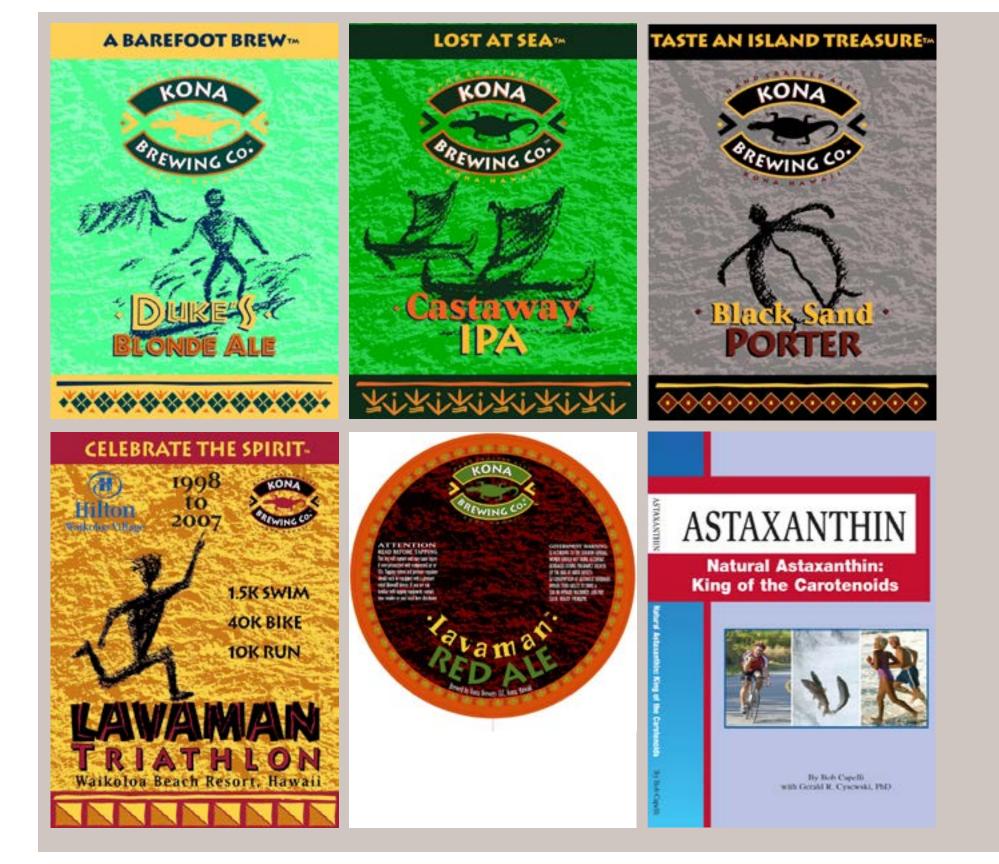
Net Weight 702 (1989) | Med Roast | JOark Roast | Whole Bean | Ground

J.P. Maloney Kona Coffee Products RESERVE



Net Weight 70z (198g) | Med Roast | Dark Roast | Whole Bean | Ground







Tickets





at the Royal Kona Resort

And the second

143

Rotary Club of Kona 64th Annual

President Alan Clark's Installation Dinner and Reast

Saturday, June 9, 2012 6:00 pm Kona Vista's Restaurant at Kona Country Club Tickets \$45 (includes two drink trickets) Contact # 808-895-9538

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KEALAKEHE HIGH SCHOOL WAVERIDERS BAND

Dinner • Concert • Silent Auction 6:00pm, Saturday, May 24, 2008 00 []Adult \$20 []Child \$5

Into, Chris Johnson at 327-4300 X264 or jchrisj007@yahoo.com

KEALAKEHE WAVERIDERS . [] Adult \$20 [] Child \$5

A dramatic performance

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Alcohol addiction is a disease, a disease that affects over 14 million people in the U.S. alone. It is a disease that always debilitates, often devastates and sometimes kills.

There is no cure for alcohol addiction. The only real solution is to stop drinking, completely and forever.

Kailua Sunrise Enterprises can help you stop. Our "Counter Strategy" technique combines a supportive withdrawal in a beautiful Hawaiian setting with a proven medical procedure. We can keep you alcohol free for the rest of your life.



"Drinking took over my life. I went through three rehabs, relapsed every time and lost all my savings. Finally I realized that I had to live life on life's terms and death was not an option for me. I got the procedure. Thank you, thank you for this lifesaver!"

Enterprises Dedicated to restoring alcohol addicted individuals to a productive life.

Websites



Propane is Propane, People are the Difference 808-329-5150 ScottAliiGas@Gmail.com

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OUR MISSION is to provide propane service to Hawaii Island consumers with integrity, great pricing and service beyond compare.



Propane for Your Home Propane appliances offer exceptional performance for a variety of applications in your home. Discover all the ways propane can add comfort and efficiency to your home.

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Make the Switch Tired of poor service, high prices and restrictive terms? Want 24/7 propane service the way it should be? It's much easier to switch propane providers than you think. The service you deserve is just a phone call away.



Propane for Your Business Our customers rely on All'i Gas to keep their businesses running. Our supply network and dedicated employees ensure your peace-ofmind knowing you have safe, reliable, and responsive propane service.

Website by FAMS



ALOHA!

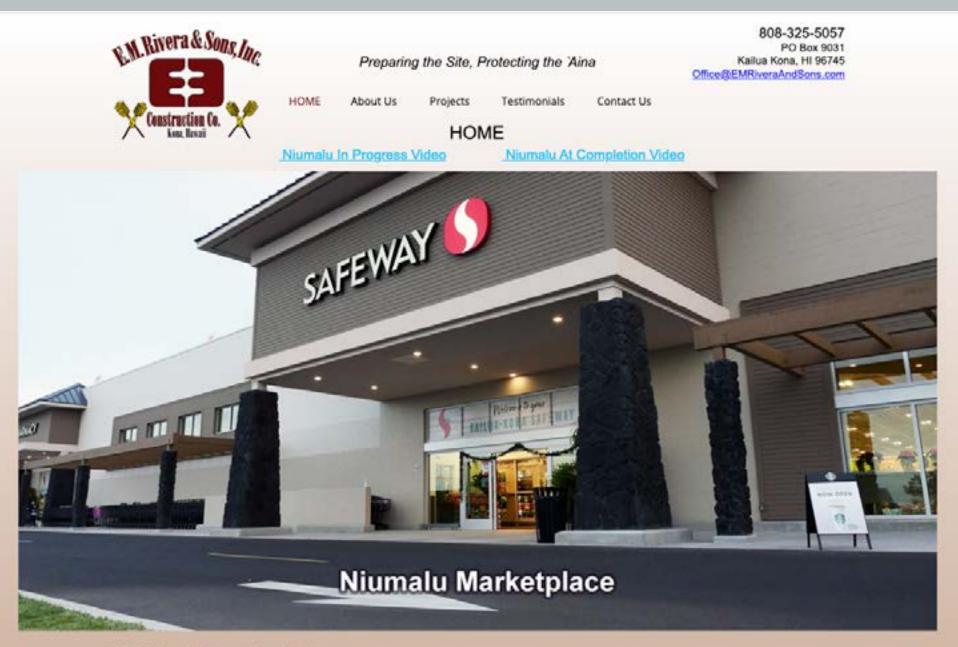
Walcome to Aloha Kona Coffee Farm. Situated on beautiful Hualaial Mountain, our farm overlooks the historic town of Kallus-Kona. Here the warm morning sun and misty afternoons breathe lifs into the coffee beans. There is literally no better place on earth to grow rich, gournet coffee with the flavor and aroma that comes only from 100% pure Kona coffee beans.

Aloha Kona Coffee grows, harvests, processes, and roasts all our coffee on the farm, guaranteeing that each bag of coffee is the very finest and freshest you can buy. Enjoy the best, 100% Estate Grown Kona Coffee.



All our beans are hand picked by experienced pickers.





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E. M. Rivera and Sons, Inc. is a family owned and operated General Engineering Contractor specializing in site preparations for subdivisions, commercial projects, custom homes, roadways and utilities. This includes mass excavation, roads, water mains, sewer systems, drainage systems, underground electrical, structural fill, curbs, gutters, sidewalks, and retaining walls. The Company specializes in mitigating the impact of development on ancient archaeological sites.

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The Hawakan Islands are a kaleidoscope paradise filled with glistening sands, crystal waters, pastel reets, focund forests and trembling canoes. While these landscapes may enrapture the senses and satisfy the siren song of ones wander lust, no natural wonder can guite entice the soul and instill in oneset that sense of grandeur and awe than having a close encounter with the humpback whate.

Of all the paths we have tracked and all the beaches and coves we have explored in Hawaii as naturalist guides over the past 20 years no expereince can compare with spending time out on the water with the whates.

The South Kohala Coast of the Big Island, our backyard, has some of the bost whale watching in the entre Pacific Basin. Please come and join us and experience for yourself firsthand, these majestic glants of the sea.

Aleba.

Beth Goodwin & Mark Grandoni, co-founders,

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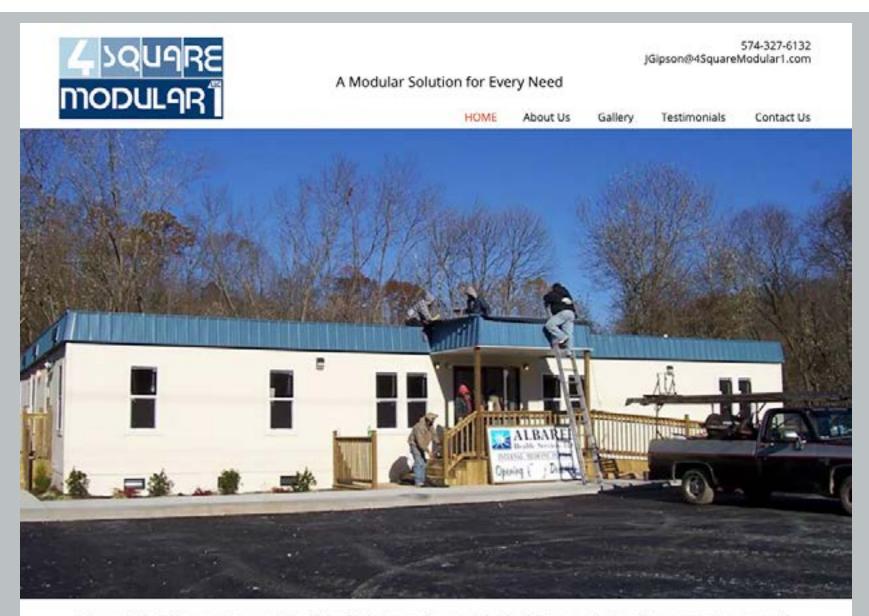


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"Our mission is to create a variety of the highest quality modular buildings, while treating our customers with courtesy and excellent service, and our community with respect."

Ingenuity

of the sharpest minds in the modular construction business. Our designers and craftsmen have modular construction business. the skills and ingenuity to make it happen, no matter how difficult or "done it all." If we can't build it, it's Check, check and recheck. If it isn't challenging the project may be.

Experience

employees have combined experience of over ?? years in the We literally have "seen it all," and likely that it can't be built.

4 Square Modular 1 employs some 4 Square Modular 1 managers and At 4 Square Modular 1, quality is number 1. Our designers and craftsmen are the best in the business, in large part, because they never compromise on quality. right, it doesn't go out the door.

Quality

Sarvica

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'Expanding the Possibilities"

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The Arc of Kona is a private, nonprofit charitable organization established to aid people with disabilities, their advocates and families.

The Arc of Kona believes that people with disabilities are as individual in their needs, abilities and gifts as any other cross section of society.

The Arc of Kona is committed to helping people with disabilities achieve the fullest possible independence and participation in society consistent with their wishes.



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Hawaii Island Hardwoods LLC specializes in the processing of locally grown & harvested hardwood timber into lumber products with an emphasis on quality, service, & consistency of supply.

We sell green lumber, kiln dried lumber, solid lineal flooring, exterior decking and interior trim.

Our company is owned and managed by a group of individuals who are highly experienced in timber management, manufacturing & marketing of wood products.

Hawaii Island Hardwoods LLC is a limited liability company that is committed to producing high quality lumber products from sustainable and renewable timber lands in Hawaii. The company focuses on locally grown species that can be delivered to the markets efficiently, consistently and reliably and with superior quality and characteristics. The principal owner member managers of the LLC are all residents of the state of Hawaii and each has extensive experience in the management and direction of successful wood related enterprises.

The company currently stocks Acacia Koa, Lehua Ohia, Tropical Ash, Eucalyptus Saligna, Eucalyptus Robusta, Australian Red Cedar (Toona Ciliata), Mango, Monkey Pod and Nepal Alder.



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HOME "WAKE UP TO KAYAKING WITH KONA COFFEE."

This Kealakekaa Bay Hawaii kayaking tour. "Wake up to Kayaking with Kona Coffee!" is the newest in Hawaii Pack and Paddle's list of exciting trips on the island of Hawaii. We offer a variety of Hawaii Big Island kayaking, hiking, and multispert adventure tours. Hawaii Pack and Paddle has served the Big Island kayaking and hiking interests since 1992, and is the most experienced and longest established kayak tour company on the Big Island.

We paddle, hike, and explore many beautiful and interesting places on the island of Hawaii, also called by some the Dig Island. Hawaii Pack and Paddle is fully insured and has permits from all county, state, and federal agencies and parks.

Besides day kayak and snorkel trips—and this very special one with a tour of a coffee mill—Hawaii Pack and Paddle also offers kayak and hiking "round the island" multi-spect adventure trips. Our trips lost anywhere from this halfday Hawaii tour to the seven day "Hawaii Pack and Paddle special." Our four-day trip that includes a B and B stay, Volcano lava exploring, kayaking, hiking, and some beach camping is a very popular trip with families and school groups.

Take a look at our other website http://www.hawaiipackandpaddle.com for a complete description of these longer trips for your next visit to Hawaii!

Whether it is for a half day or for a full week, we can make your dream trip happen for your family, youth group, corporate meeting, school and college, teachers or students for credit, or special interest group tours.



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The Hales at kona Plantation Estates

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Brand new to the Fractional Ownership market, The Hales at Kona Plantation Estates represent a lifestyle of affordable luxury and comfort. For those who wish to live in Hawaii for extended periods without the hassle and expense of a year round home, Fractional Ownership and The Hales at Kona Plantation Estates could be the perfect choice.

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Hospice of Kona's family-centered approach to end-of-life care provides warmth, compassion and that needed personal touch. Based in Kallua Kona on the Big Island of Hawaii (also known as "The Healing Island"), Hospice of Kona focuses on the whole person, and believes life should be celebrated with the highest guality of compassionate care.



Hospice of Kona

A life that touches others goes on forever

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Click Here to See What's Happening at the Foundation!



Make a Donation



Established in 2020, the Hospice of Kona Foundation, a 501c3, was created as the foundation for the future of Hospice of Kona. It's sole purpose is to generate funding for programs and services through community awareness and education. The Foundation supports the Residential Hospice Home and Bereavement Center, events and activities, assuring support and sustainability surrounding the commitment of Hospice of Kona to provide care for all, turning no one away.

In addition to direct donations, the Hospice of Kona Foundation relies on a variety of facilities and events to help raise funds to provide family-centered support, education, and care for those approaching end of life.



To provide an alternative comforting and compassionate home-like set-ting, Hospice of Kona offers Nakamaru Hale Residential Hospice Home. Situated on a peaceful coffee plantation in Holualoa, Nakamaru Hale is able to accommodate up to five residents in semi-private rooms for respile, transitional or longer-term care within a safe, supportive and nurturing environment during the final months of life.

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Maluihi Grief Center is for anyone seeking support, understanding and education on how to manage the emotions surrounding the death of a loved one. In a home-like setting, those needing grief support can meet with counselors and others to connect and heat."

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Deep SeaWater International, Inc.



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Our Company

What is Kona Deep8

Sourced from the Global Conveyor Belt

Our Mineral Balance

The NELHA, State of Hawas Mark of Authenticity

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Escape for a momentTH, with Kona Deep[®]1

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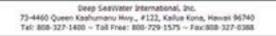
The source of unique Kona Deep (2) desalinized drinking water lies in Hawaii, in the undersea currents of the Global Conveyor Belt, at the exceptional depth of 3000 feet. At this depth, the pristine deep seawater is unspolled, electrolyte-rich, and aged for millennis.

Kone Deep(), bottled and certified at the source in Hawaii, is the result of this ancient water being shepherded with special care through a proprietary process that takes out almost all of the salt, but retains important natural electrolytes that are essential for the body and are easily absorbed.

Kona Deep(\$) has a clean, rich taste that guenches your thirst and replenishes body, mind and spirit. To enhance the flavor of all your favorite foods and beverages, prepare or complement them with Kona Deep/E.

So escape for a moment, throughout your day, with Kona Deep 2, bottled with "aloha" in Kona, Havaii.

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ALOHA! It is not only our name, it is our promise to you. Aloha Insurance Services is dedicated to providing Hawai's business community and families with an avenue to excellent insurance carriers, risk management and customer service.

A MESSAGE FROM THE PRESIDENT



Well, it has been a little over four years since we opened our doors as Aloha insurance Services and a little short of fifteen years for me in Kuakini Tower. The construction of our new building is well underway, and with a Rttle luck, we should make the move to our permanent home by the first of the year. We are currently "bursting at the seams" with a remarkable office staff and account executives to serve your needs.

In an ongoing effort to maintain our "cutting edge" position in the insurance marketplace, we are constantly upgrading and, when necessary, replacing old systems. For example, we are moving to become paperless through the use of high-speed scanners and a barcoded software system.

In today's environment, where time is such a crucial factor, our new paperless filing system has proven to be invaluable in reducing the time it takes to find something and get back you in a timely fashion. In addition, we are acutely aware that we are not the only business who is currently very busy in this growth environment and we try hard to return each and every one of our phone calls by the close of work each day.

The insurance market is also in a constant state of change, and we make every effort to keep abreast of those changes that will inevitably affect your coverages and bottom lines.

Our commitment to you is to provide you with the best service and coverages, along with competitiv pricing.

Mahalo for your confidence in our team of professionals.



75-5722 Kuakini Hury, Suite 215, Kailua Kona, Hawali 96740 Phone: 808-334-0044 + FAX: 808-334-0115 + Free: 800-483-0333 Office Hours are 8 AM to 4 PM, Monday through Friday

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HOME It's a Big Island Link's We Like Who We Are Policies Please Email Us Online Concierge RESERVE IT

This elegant home has been completely remodeled, with white marble throughout RESERVE IT KONA The vibrant interior features elegant LOCATION Kia Aina Estat paintings, some bamboo walls and designe Alli Makai furnishings throughout. Teak furniture is on KEAUHOU Hale Ikena Mau each spacious yet private lanai. There are 4 bedrooms with 2 master suites, 3 full and 56/1. Hale Malia 2 half baths. The ground level, the pool, and half bath by the spa are all handicap 3700SF4 Hale O'Lihi Kai Infinity House BLORDOMS. accessible. Koa cabinetry and front entry Ka Hale Luakaha 3-4 doors are custom. There is a greatroom, Kia Alna Estate clegant dining room, modia room/office, i SLUPS UP 10 Lopakatu "cook's dream" kitchen and seperate wine room with cooler. Extras include beautiful 8-10 Lyman's Bay copper design elements, a waterfall with EATIKSNIGHT Oceanfront fiber optics and tranquil pond. All this in an exclusive neighborhood with remarkable 800 - 1200 ocean views and beautiful sunsets. EXTRAS Exclusive Neighborhood • Great Views • Waterfall Garden • Outdoor Hot Tub • Pool Exquisite Furnishings + Gourmet Kitchen + Wine Cooler + Grand Plano + Computer/Web 3 Baths, 2 Half Baths + Salt Water Fish Tank + Laundry Room + Big Screen TV PANORAMAS (Click on picture for 160 panorama view.) **3** Panoramas will be here





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Welcome to our web site and on-line catalogue. Among the many web sites selling Kona coffee today, we are unique. We do not offer a "generic Kona coffee". Instead we offer you coffee from seven distinct Kona coffee estates, and two grades, which are not mixed. We hope you'll enjoy the process of reading about our Kona coffee estates - their descriptions, cupping notes and awards, before making your selection(s). We even offer a "sampling tour" to aid in the process. Learn more about our adventure.



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Plumbing Strategies Incorporated, of Kailua Kona, was founded in 2006 by Alex Austin and Tony Welsh. They have been triends for nearly 50 years and are experts in their respective areas of plumbing. Alex is the head of construction operations and Tony spearheads the service division. They also work together on many projects. P.S.I. is a proud member of the Kona Kohala Chamber of Commerce, the Kona Executives Association, NARPM and IAPMO.

THE PSI STORY (As told by Tony Weish)

After visiting the Big Island several times, it became apparent to Alex and I that there was a demand for dependable, knowledgeable plumbers in Kona, Hawaii. Many of our friends would put us to work when we were in Kona on vacation. The economy was booming at that time, and quality help at reasonable prices was hard to find.

Then it hit us! We would escape the rain of the Pacific Northwest and build a business in Kona, from the ground up! It would be easy: just return phone calls and show up when you say you will. Of course, as soon as we started in business, the economy went into the toilet! But amazingly, we persevered. We stuck with our business plan, went out on foot and delivered filers, met with local business owners and worked the hours and jobs that other plumbers wouldn't.

Finally it started to happen. Through word of mouth (the coconut wireless as its known in Hawaii) the phone began to ring. In fact it began to get a little overwhelming. We were installing fixtures and unclogging drains, but also changing light bulbs, replacing smoke alarm batteries and even removing renegade geckos from kitchen pantries (no kidding).

Now an established business, we have purchased equipment and increased staff so we can serve more people, faster and better. Our business in Kona has become very successful but we have not changed our original business plan at all. We still work the hours and do the jobs that other plumbers don't want, and with fewer plumbers, we are always busy. Of course we're never too busy to provide excellent service to new customers and triends. And evil geckos beware; we know where you live!

Kona's Most



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From the steep, lush slopes of Mauna Loa Volcano, overlooking the Pacific Ocean in Kona, Hawali, 100% ORGANIC KONA RAINFOREST ESTATE COFFEE grows with nature's creatures and drinks with them only from the clouds

The cool temperatures of 2000 feet, high in Kona Coffee country adjacent to South Kona Forest Reserve contribute to slow growth, large sized Kona coffee beans and intense coffee flavor and aroma. We grade the coffee into Peaberry and the top grades, which translates into the highest quality specialty 100% certified organic Kona coffee, the king of Hawalian coffees.



Red Kona coffee cherry is hand picked at the peak of maturity, and the beans are naturally sun dried. The mbination of gentle limate, morning sun. flernoon showers, perfect soil and strictly organic coffee cultivation produces this shade grown, full bodied

flavor for coffee lovers enjoyment. Planted, cultivated, produced and shipped by Kona coffee fanatics and perfectionists, who daily prove that there is no fertilizer more effective than the farmers footsteps, 100% certified organic Kona coffee you can trust. Call us anytime. We are here on the Big Island, looking after your coffee.



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The second second second

Chuck Tompkins Entrepreneur, Photographer, Pilot, and Poet



HOME

Chuck Tompkins was an Independent Insurance Agent in North Dakota for over 40 years and founded Western Agency, Inc., which currently has offices in 12 cities and three states. He is a past president of the North Dakota Professional Insurance Agents (PIA), a past North Dakota Agent of the Year, and has been nominated for National PIA Agent of the Year. Tompkins also is a Commercial, Instrument Rated pilot with over 2000 hours flight time and is single-pilot rated in Cessna Citation 500 Series jet aircraft. His last airplane was a Cessna Citation II.

His first book, The Insurance Wars is, a story about how he grew Western Agency, Inc. from nothing to a grade-one agency that insures over 1000 farms and ranches in the upper Midwest. The book is essentially an entrepreneurs handbook on how to bootstrap a business. It is a good read for anyone who is or is thinking of becoming self employed, and Tompkins wrote the book to help people avoid many of the mistakes he made as he grew his company.

His second book, Dakota to DaKine, couldn't be more different. It is a compilation of short stories and poetry about people, places and things from the upper Midwest area, where he was born and raised. The selection ranges from the cowboy poetry of Father of the Bride, about his daughter getting married, to the breathtaking story of a ranch wife saving a neighbor from certain death in Rancher Down.

Tompkins did another total turn around in his third book, Minot Down Under. This is a largely pictoral book of unforgetable aerial photos Chuck and his brother Casey took from their plane during the tragic and unprecedented Souris River flood of Spring 2011. The photos portray the flood's frightening advance as it engulfs the cities of Minot and Burlington and totally devastates the north central North Dakota Souris River Valley.

Chuck's fourth and latest book, The Insurance Wars II, continues the story of Western Agency, Inc. It is primarily about that time between age 50 and 65 when Chuck and his wife, Linda, faced new challenges, prepared to pass on the business, and had to decide when, how, and where they going to retire. This book is about how they, and many of their friends, made that transition.

All four books are riveting stories about real events, real people, and life on the Great Plains and elsewhere.

What People Are Saying about Chuck Tompkins.

"I have known Chuck for many years and have worked with him on the creation and marketing of his four books: The Insurance Wars, Daloton to Dakine, Minor Down Under, and The Insurance Wars II. Self described as an entrepreneur, photograper, pilot, and poet; he is certainly all of those. But in my experience, he is far more than just a man of many talents. I have found him to be always amicable, genuinely kind, incredibly generous and honest to a fault. I am honored to consider him a friend." Richard Farnham, Kona, Hawaii

Website by FAMS

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On 3/3/06, 700+ letters of legal notice were mailed to Congress, Exexcutive and Judicial branches of USA government and media.

UNITED STATES OF AMERICA UNCONSTITUTIONAL LAWS BY CONGRESS AND PRESIDENT RESPECTING AN ISLAMIC IRAQ THEOCRACY.

The USA Constitution 1st Amendment states: "Congress shall make no law respecting an establishment of religion

The USA Congress and President made laws waging nation building war respecting a Nov. 2005 establishment of the Islamic religious nation Theocracy of Irag.

That USA - Iraq engagement is Unconstitutional respecting an establishment of religion in Iraq.

Congress and the President are hereby notified:

1. Cease making and immediately repeal all laws respecting an establishment of religion in Iraq or anywhere.

2. Cease all USA government operations in/for Irag, Afghanistan, Israel and/or any other Theocracy.

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Books

Minot Down Under

Victorial of the Great Souris River Flood of 2011





Minot Down Under A Pictorial of the Great Souris River Flood of 2011

by Chuck Tompkins

Minot Down Under A Pictorial of the Great Souris River Flood of 2011

by Chuck Tompkins

CRITICAL ACCLAIM FOR INSURANCE WARS

Gene Reiling from Western Dakota Insurors writes:

"In The Insurance Wars, Tompkins tells every mistake he made and how he solved those mistakes to build his agency from scratch into the powerhouse it is today. In The Insurance Wars, the how not to is as important as the how to..."

> -Western Dakota Insurors Rapid City, SD

Bruce E. Cook writes:

"I started reading it at four in the afternoon, and I finished it at at midnight...I wish I read it 30 years ago; it would have saved me literally millions of dollars."

> —Aloha Insurance Services, Inc. Kailua Kona, HI

WHAT PEOPLE ARE SAYING ABOUT THE INSURANCE WARS

It is impossible to read this book and not be able to save money on your insurance program.

Insurance: everyone's buying it; this book demystifies it.

There is information on the insurance industry in this book that you simply cannot get anywhere else.

If you are in business for yourself or are thinking of going into business for yourself, you should read this book.

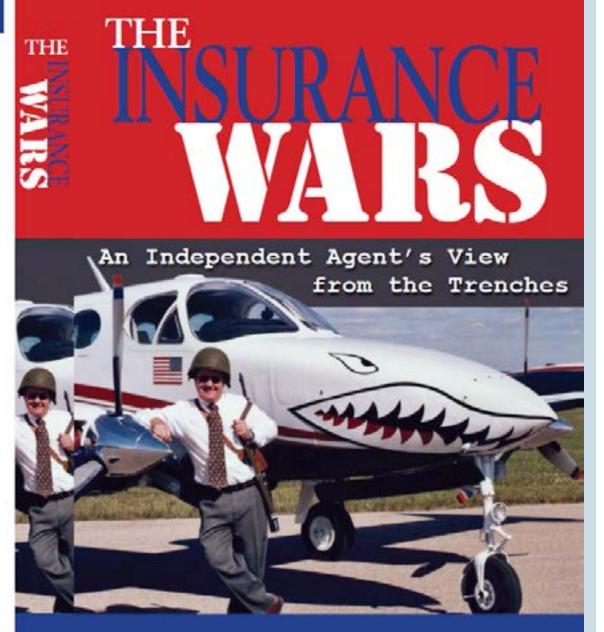
If you have ever been in debt up to your eyeballs with nowhere to go, you should read this book.

If you have ever made a major purchase on a credit card and had to haggle with the credit card company to raise your credit amount to pay for it, you should read this book.

And finally, if you own or operate an Independent Insurance Agency, you should FOR SURE read this book.



To Order Books: Chuck Tompkins Western Agency, Inc. 408 20th Ave. SW, Ste 101 Minot, ND 58701 800-735-4955 www.theinsurancewars.com Chuck Tompkin



Chuck Tompkins

CHUCK TOMPKINS, ON WRITING THE INSURANCE WARS II

We of the baby boomer generation were a group of children who came along after World War II. Our parents had been changed and tempered, both by this terrible conflict and by the Great Depression, years previous. They were constantly reminding us to not be wasteful, to work hard, and be grateful for what we had. Further, and maybe this was because of the experience so many of them had received in the war, to take orders and believe we could accomplish anything we set our minds to if we worked hard enough to achieve it. Therefore, many of us Baby Boomers, no matter if self employed or working for others, became successful in our chosen careers.

The problem that has inevitably happened is that we of the Baby Boomer generation are aging. Due to this, no matter if we are self employed or part of another business organization, a major change is happening in our lives. This book is primarily about that time between age 50 and 65 when we realize we are going to have to decide when, how, and where we are going to retire. This book is about how my wife Linda and I and many of our friends, made this transition.

WHAT PEOPLE ARE SAYING ABOUT THE INSURANCE WARS AND THE INSURANCE WARS II

"If you are in business for yourself, or plan to be someday, you should read this book."

"As the title suggests this book is about the insurance business, but it is about far more. It is a personal story, it is a love story, and it is a story of passing the baton and moving on to an active retirement."

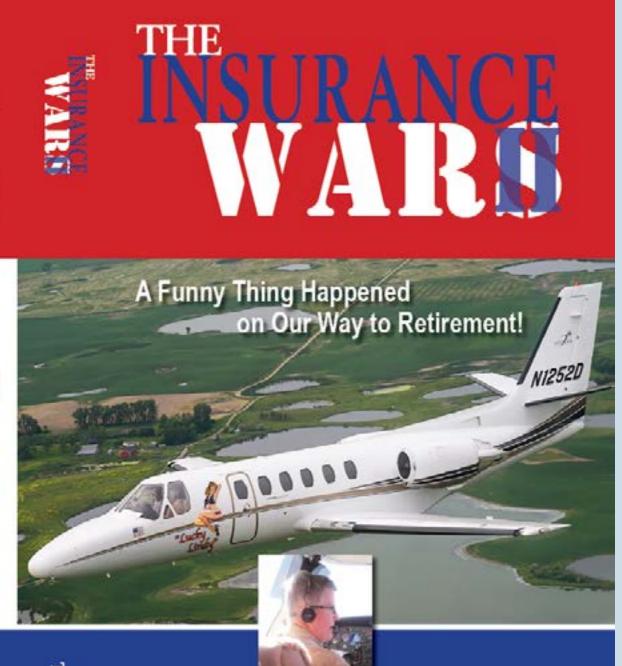
"This book is a wonderful combination of highly informative, a little bit scary, remarkably insightful, and at times, very funny."

"I have known Chuck for many years and have worked with him on the creation and marketing of his four books: *The Insurance Wars, Dakotoa to Dakine, Minot Down Under,* and *The Insurance Wars II.* Self described as an entrepreneur, photograper, pilot, and poet; he is certainly all of those. But in my experience, he is far more than just a man of many talents. I have found him to be always amicable, genuinely kind, incredibly generous and honest to a fault. I am honored to consider him a friend."

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www.TompkinsPublishing.com



Chuck ^{[ompkin}

Chuck Tompkins

Dakota to DaKine

The poems, stories and thoughts in this book are about the events, people and things that have im-pacted my life over the years. Be it a simple scene of a run-down old barn on the North Dakota prairie (Old Barn), horses running and jumping during a North Dakota winter blizzard (Horses in Snow), my daughter's wedding (Father of the Bride), wife Linda's terrifying bout with cancer (Fear), or the death of a friend (The Old Bulls Go Down); all are things that have impacted my life.

As you may guess, some of the events are funny, some are very sad and some describe scenes we have all witnessed. As you go over these few pages I hope the word pictures will be enjoyable to you. Many who have read these poems and stories have said they helped bring back memories of similar events and stories in the mind of the reader. I hope this book helps you re-discover events of your own life and you find this a fun book.

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Dakota (Native American for

"Friend")

Dakota to Da

ine

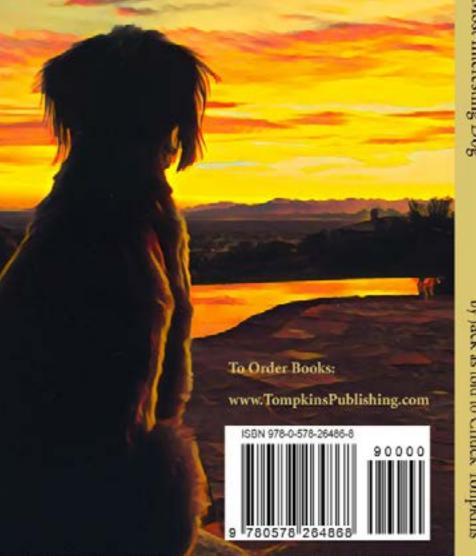
with Haikus Kirchner



.....

Let me introduce myself and tell you why I wrote this book.

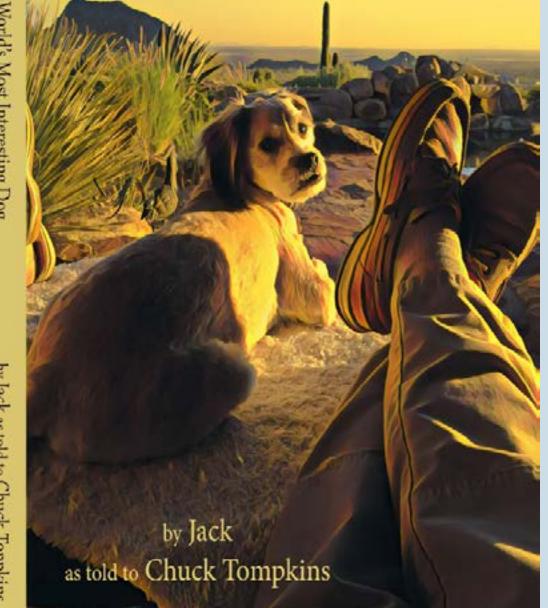
My name is Jack and my nickname is "Jet Dog" Jack. I am a rescue dog and although most rescue dogs have an interesting story to tell, in my short life; I have found myself placed on death row not once but twice, I was nearly run over by a huge truck, and I was shot at and nearly killed by a drunk with a Colt .45 pistol. I acquired my nickname because to my amazement, a crazy few years later. I found myself sitting in the co-pilot's seat, flying around the country in a Cessna Citation II private jet with my current pack leader. To say the least, my story is a bit more complicated than most and although there is no doubt my views on life in general are a huge part of the book, I guess you could say the main reason for writing all of this down is simply to tell you my very interesting story.



"Jet Dog" Jack The World's Most Interesting Dog

"Jet Dog"

Jack



I Plan to Live... ...Until I Die

Hearned I had cancer December 11, 2008, while I was setting up Christmas decorations with my son Mark and his family. My uterus had been bleeding, but I hesitated to get caught up again in a series of tests and waiting rooms and office visits; the last time this happened the bleeding just stopped by itself and there was no cancer. So I waited too long (five weeks) before getting a biopsy and the biopsy was not good news.

I burst into tears. There followed a series of e-mails between me and my 20 closest girlfriends which tell the story up to March 2009. At first I thought it was a minor female inconvenience, like a heavy period, and I would just moan to my girlfriends. As time went on, and the prognosis became more serious, the list expanded to include the men I am close to. A friend from the office set up a 'friends of Sally' mail group and friends of friends joined in. When I finally got the stage 4 diagnosis, I asked this expanded list of friends to send me their memories, with the hope that I might have time to turn them into some sort of memoir. This slim volume is the result of everyone's e-mails and visits.



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Plan to Live_Until | Die

I Plan to Live...

by

Sally

Hunt

Sally H

... Until I Die

Ordering Dessert Before Dinner

Hearned I had cancer December II, 2008, while I was setting up Christmas decorations with my son Mark and his family. My uterus had been bloeding, but I hesitated to get caught up again in a series of tests and waiting rooms and office visits, the last time this happened the bleeding just stopped by itself and there was no cancer. So I waited too long (five weeks) before getting a biopsy and the biopsy was not good news.

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Despiter of Mapholene continues the spellionding story that began in The Megholene Dispersion, witness of a Fresh Vinces Award, Best Banks An and and India Existence Award.

Sands, the Jacquer of Mary Maplaline, tells the story of her mother's energy from the Huly Land across the Moditerranean Sou to safet general after the orac factor of Yorkus and how the compared to preserve the undert evolution to the legs file the factor availability of homosopy to its Diversity. Two theorems lyran lates, the time has come to reveat the natural application that satill now more reserved for a when her is next contained with the Accorded Mexico.

Mary Mapheletis, in the periods of Constance Washerstand, calls types harsh and See other concerning matters to assessible on the Big bland of Hawaii to accelerate their peakswerg. Not takes fluori on a journey to a concession underground Temple in a MaN file Assessed Masters divering the despet Testis and fluor shared Destary to asher in a new golden age of Peace on Earth.

Paraghter of Magdalows is the second back in a trilogy.



Exemply presence is a new domain/antioned minister and spectrum af life crowch are the Big Island of Harrow. She performe succed corresponder and rites of personge. More sufermation is available of www.lonalysta.com and www.remanic.heat.keeddings.com.

High Probe for The Maphalese Dispensation

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11 kights an ensured The Magdaline Disperantice is people also experimenting correct markade state as a promoty with a deeper level of exploration within the contract." Proc. Hardd Lev. Evalue Views

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Daughter Magdalene





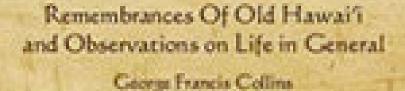
George Francis Collian passed away in 7777. Prior to his passing he resided in Kallus Kona on the Big Island of Hawai'i with his wife Nancy. He was the author of several books including Geoflyr Seuli Arabit and Hard Right.

In The Mitnoa Gang, Collins relates many humorous ancedotes of growing up in Mitnoa Valley on O'alsa, Hawati, as well as adult capers such as painting the median stripes down the length of Kalifacua Avenue in Walkiki a bright green to celebrate St. Patrick's Day.

His business life involved joining a number of clubs and organizations including the Pacific Club thome of the three martini lunch), the Honolulu Chamber of Commerce the was president in 1964), the Friendly Sons of St. Pastrick funnigators of the painting job mentioned above); and the Rotary Club of Kona, Hawaii. Socries about these clubs, working in Honolulu, and many life experiences are graphically described in The Mitnos Gang.

In Goodbye Saudi Anabia, Collans shares stories and personal observations about his years living these while working for Bechtel Corp. In Hard Eight, he relates stories of his activities in the U.S. Merchant Matter for five years during World War II, along with stories of his years in South East Asia during the Vietnam War.

The Manoa Gang



Albums

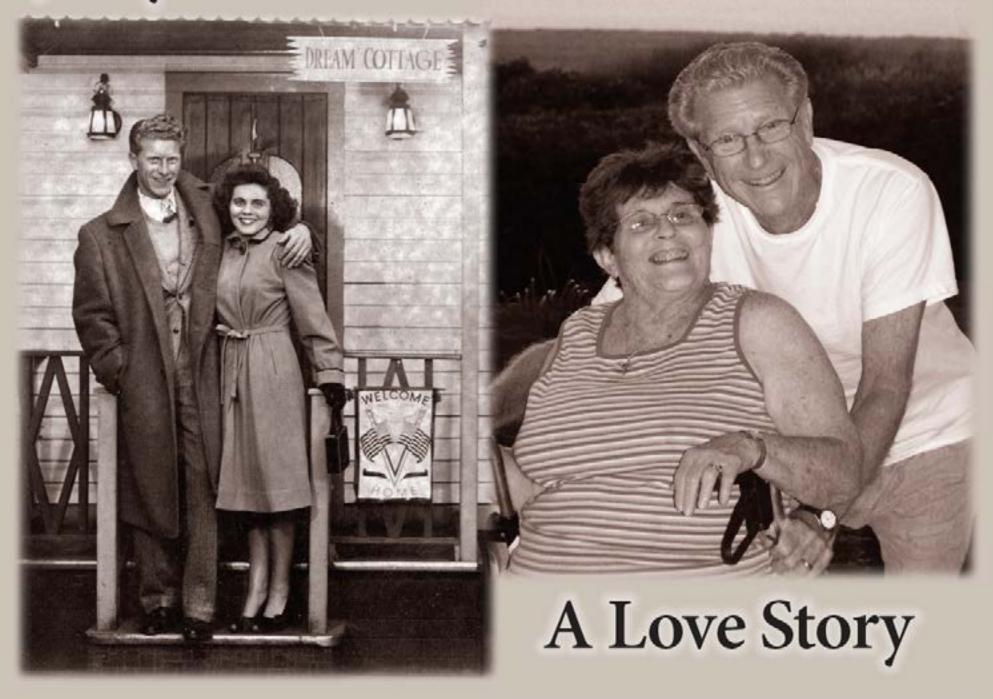


Willard & Phyllis

Uncle Don, Willard, Mom, Dad, Karen, Aunt Hilda, Uncle Bob, Uncle Bob's Dad, Richard, Donny, Grandpa, Susan, Grandma, Sarah, Aunt Fran, Pam, Janet, Jeff, Rick

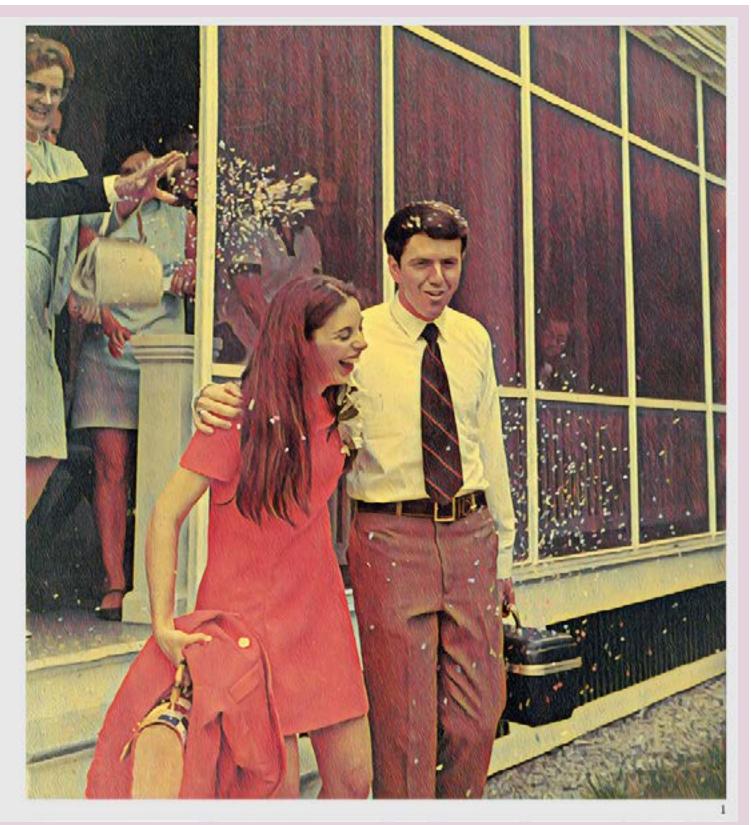
A Farnham Family Album

Jerry & Norma



Richard & Jill

1969 to1981

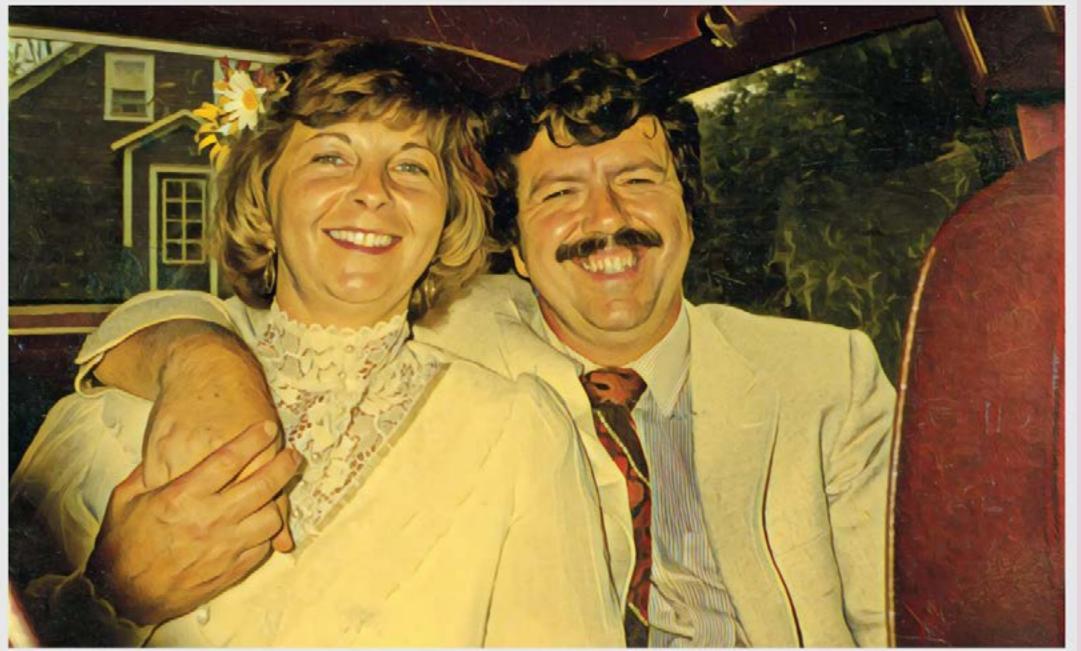


Nancy & Doug

1967 to 1976



Richard & Linda 1982 to1992



Nancy & Ed 1983 to1989



Nancy The In Between Years

1976 - 1983 & 1989 - 1992



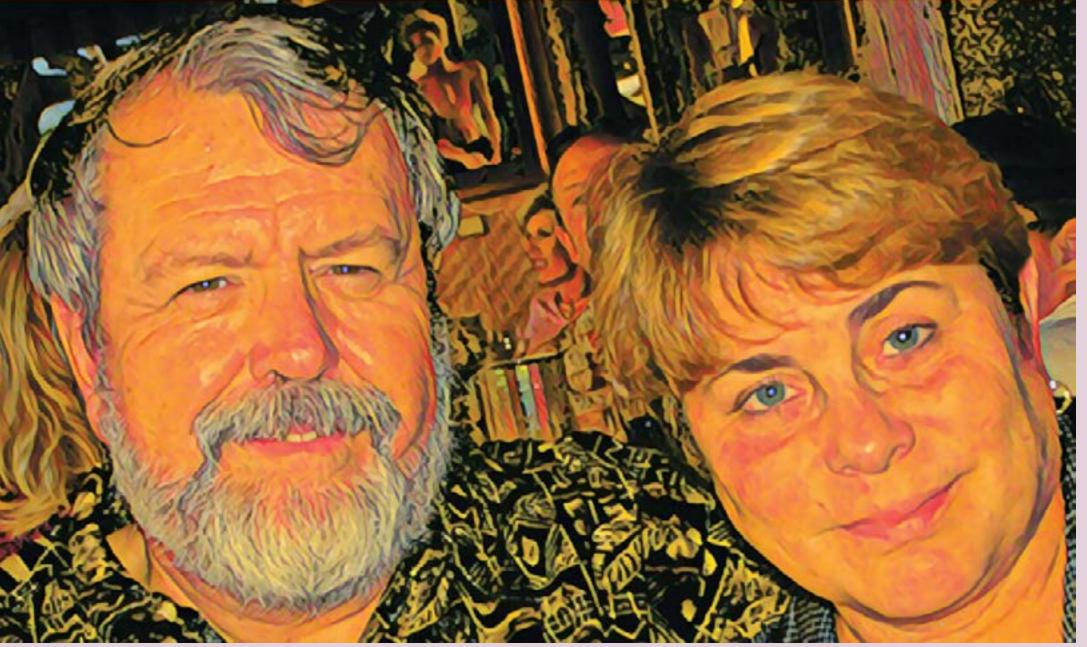
Richard & Nancy in Vermont, The Journey Begins 1991 to1993

Richard & Nancy in the 90's 1993 - 1999

Richard & Nancy in the 00's 2000 to 2009



Richard & Nancy in the 10's 2010 - 2019



Architecture - 1969 to 2020



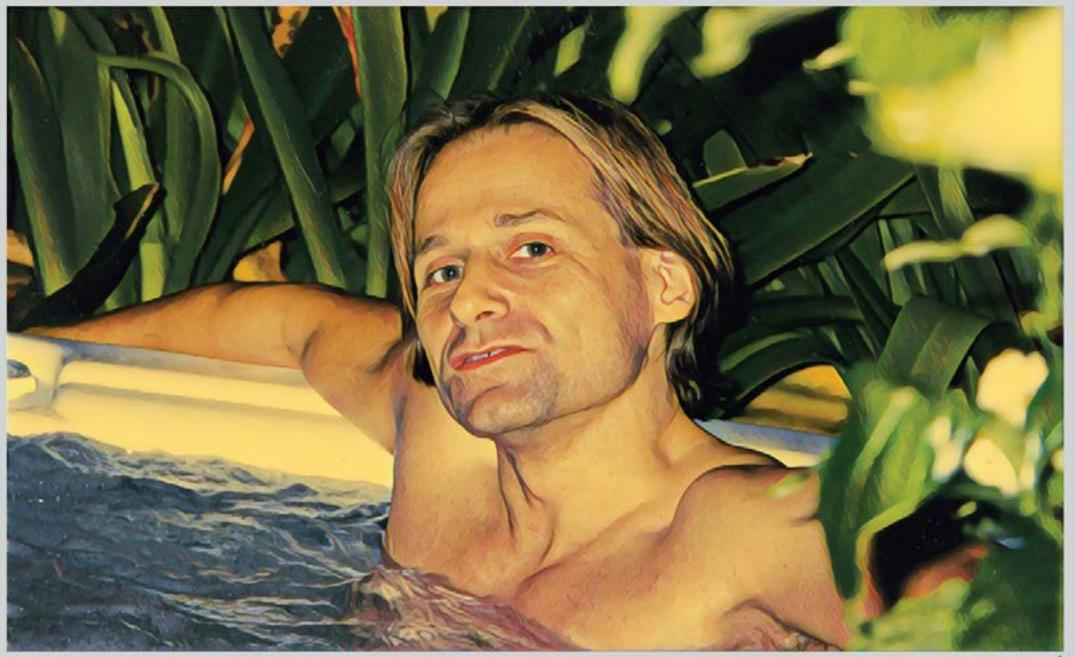
Richard & Nancy in Europe 2002, 2006, 2008, 2012

Richard & Nancy on the Mainland and in Ecuador

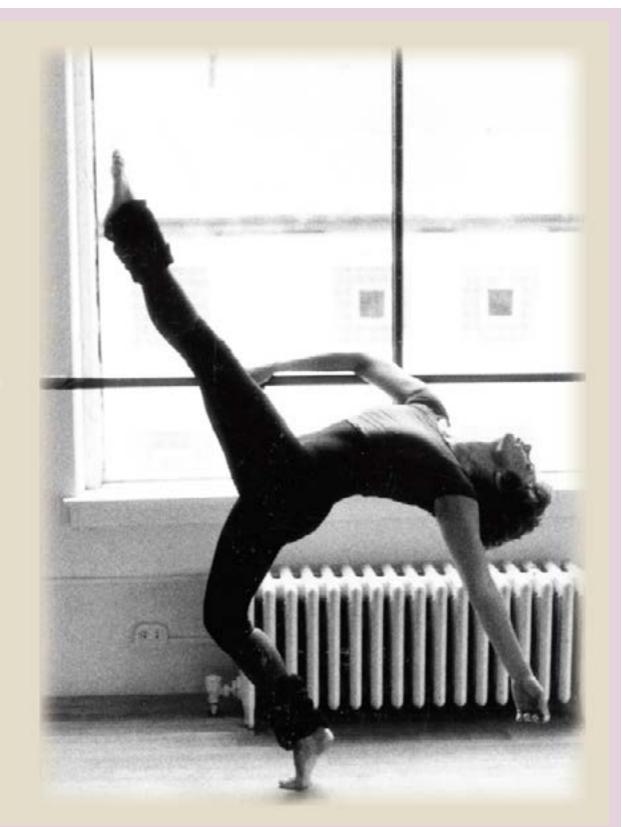
Bob Dean

October 4, 1934 to July 7, 2018

Charles Henry LaHaie Moments in Time



Life in Motion

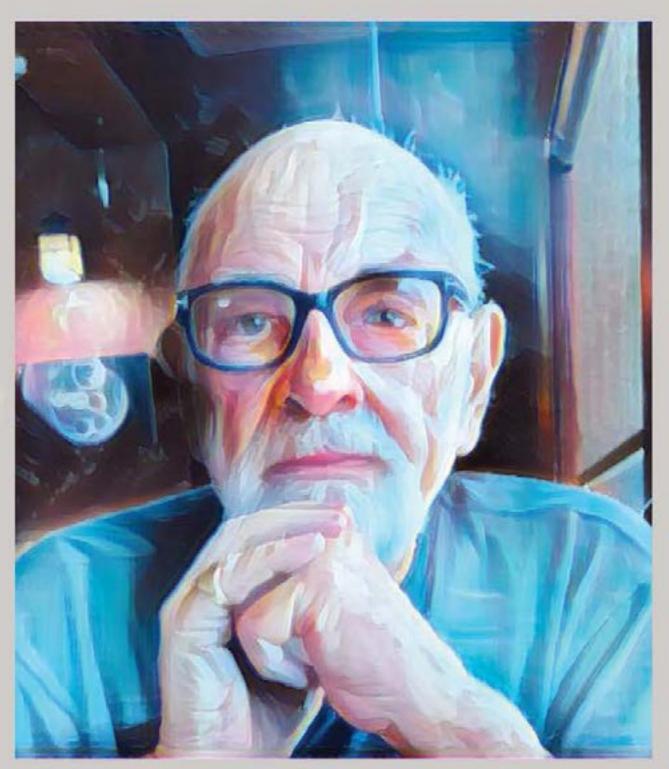


With a Little Help From My Friends

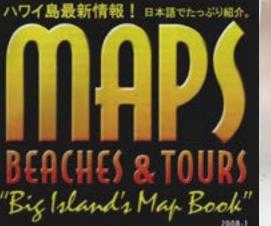
David Cranleigh Rees-Thomas

43 Years of Service Above Self





Magazines



Atlantis Submarines, page 4





uww.MapsBeachesTours.com Airpart Shottle page 50, Atlandable Jours and Gear Restals, page 40 Relation to the beautiful Island of Hawaii, a place we consider paradise. We hope that you find Maps, Beaches & Tours useful on your travels around the Big Island. It is the only Big Island guide that provides comprehensive maps plus information about the beaches and activities on the island. It is the only guide to list nearly provery four available with all the details, including features, capacities, prices, times, and destinations. We

also publish a Maps, Beaches & Tours Web Edition. Be sure to check it out at www.mapsbeachestours.com.

Mahalo for picking up Maps, Beaches & Tours. Enjoy your visit to the Big Island!

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Aloha, Richard & Nancy Famham

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On the Cover



Atlantis Submarines - Ad Pg 4 Atlantis Submarines, the world leader in high-tech submarine advertures, takes you on an exciting journey through Hawaii's natural undersea world. Every dive offers a new and different experience. Discover the island's unique marine species and explore close-up the mysteries of the sea.

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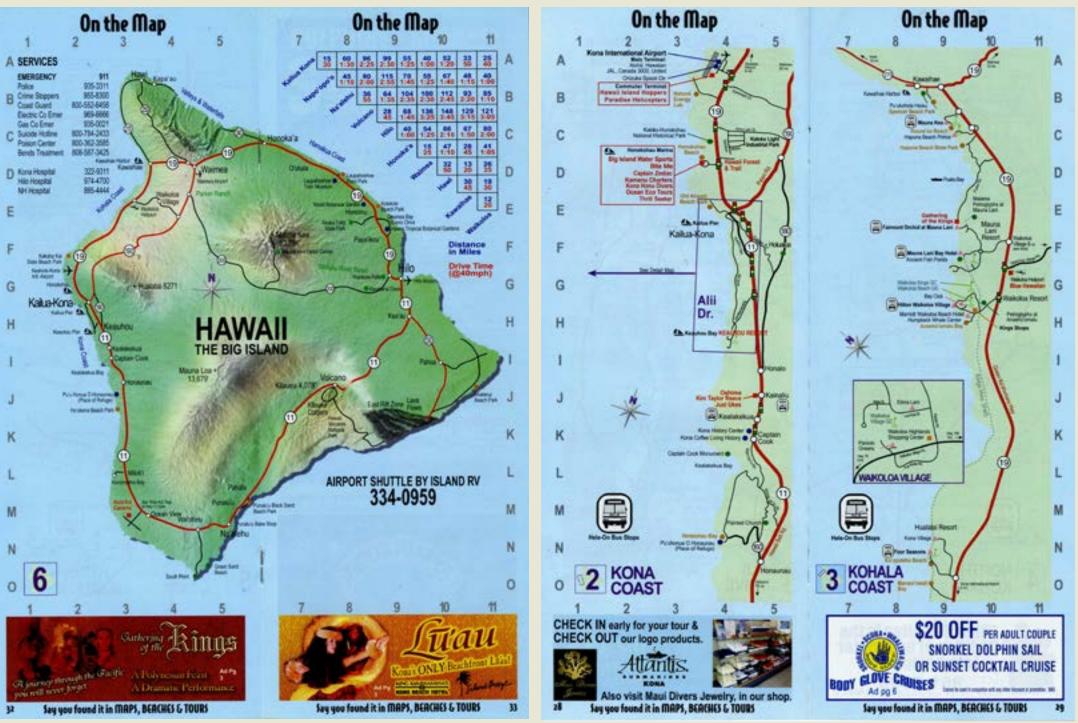
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Some hiking to the beach is required. Always use caution and avoid this activity during Facibles may not meet ACA guidelines for disat Driving should be done only by qualified individu buddes, dive flags and caution for boats. Camping requires a permit, call 961-8311. Closed on Wednesdays. Say you found it in MAPI, SCRCHCU	sed acces als, with d	s. WB		4	4		**	4	1	sl	e	40	ch	le	đ	a	m			0	*

At the Beach

where are the beaches? This is one of the most asked questions by visitors to the Big Island each year. You're sure they se here, but finding the best beaches the island has to offer can be a chore. The Big Island boasts the greatest variety of beaches of anywhere in Hawaii. We have pristne white sand beaches, salt and pepper beaches of crushed coral and lava, grey sand beaches, black sand beaches formed instantly when motion lava hits crashing waves and even a green sand beach, rich in givine. Learn all about the beaches in the next lew papers, check the chart for the features of each and locate them in the maps at the center of the guide. But remember, when you find the perfect beach, treat it gently and leave it as you found it.



og, porvæing and explosing. Numerous lidepools contain a multitude of any ocean sections. Adjacent to the beach, the last survey is great for watering, paging or roler Mac-group a brand new paging half, and the continuinty restaution fields are just acute of the many. For show strategroups, and we for end of the old survey and enter about 25 years. orth. - Down Palani, then north on Kuakin Hary to the end. Map 2, E4



Beach - A short take along the north side of the harbor brings you to a Cand private area of white sand beaches. The beaches, part of Kaloko Horokohau National Park, have several protocold pack and are specification to children. Resis, near months, show or realizes the protocol fabroards. The most protocold protoc are at the packfull of the park - Hay 11 north 2 Stellar to all at Honoraban shock way not protocold is marina to the gale at the west end. Mop 2, D4



Lab - Near the arport, this collectors of shallow lidepools and sandy while is a part of the part with the participant of a part of a part of a part of a part of the part o tour wheel drive is that north past the methodna loads to several private sandy spots, and would in Prior Tries, a long pand dure and lave strip popular with the local surfers. • Route is nextly 5.7 miles to left at Energy Lab sign, then 1 mile to the beach. Map 2, B3



Park - Pormerly Kora Coast State Park, the road is long and rough aut the trip is worth it. The beach, with sail and papper sand, is a nice spot for swim micking, sounialing, during, both boarding and seasonal whole watching. Turties, doctrim nd team have been spotled here. Stop short of the park and take the road behind the ga on the right to a private sandy beach. There is a good shore dive entry point south of the red foldas. - Route 19 north 5.3 miles to sign on failt, then 1.7 miles to park. Map 6, G1



at 24 - Hittis the more long hell hikes or burnpy four wheel drives, one of the islands I hept secret beaches is now open to everyone. Be advised, here is only limited periory pet there early. Part of Kakata Kai State Park, this is one of the most beaches on the file A creaced of soft while sand, sandy bottom and crystal clear water create a perfer each day. You'll find brand new realmonts but no inleguants so be careful when the surf a sp. The beach is a gern. Reals 19 north 13.2 miles to sign on left. Map 3. Of



a lovely while sand beach that has yet to be discovered by the masses. The area around Kaupulefu is historically important, and the resort has weiched a halasi stance houses at a particularly significant site. Fishing is allowed here, but be sure to read all the watholices d signed to protect this eco-sensible area. The alle has payed parking and rever ever flowers. • Hwy 79 to turn at Hualasia Resort. Left at access agr I new resort. Map 3, NP



Bay + A lovely family beach in the paine, contentative and fun for young and old. "A day" is consistently calm, has nice sand and excellent facilities. You can nert fastboerde, a salboart or other water gear and play it the water, or expose the another fash ponch. Bring your tencoulant for seasonal whate watching - Route 19 outh 21.8 miles to left at Walksola, then it miles to left at stop sign (at Kings' Shops), then 3 miles to well. There is a short walk to the beach. Map 3, HS



Repurse Beach State Park - One of the monit beaches on the seand and pose anywhere. Hapuna has beautiful while sand, a clean sandy bottom and great surf. This is the See basch on the island for the beginning body builder. Covered participes are swatche, along with good facilities and linguards. This is a truly great sets: On words dans, bioarmy and may become among a Robert fororth 30.3 million to left at Hapana sign, then it miles the parking life. Map 1, CB



Kaunaoa Beach - This beach at Mauna Kee is a delightful spot with white sand, clear water and moderate suff. The smokeling is good at the left end of the beach, and this is a great place for children to by body boarding. The beach is clean with next facilities. The Marine fee Hotel limits perving people, so get them early - Route 10 room 31.5 roles to left at Marine Kee supp. Get a level 2 people at gets, then thisles road 1.3 roles to perving or part in hotel, Fourier work to be to be able Marg 3. CO



encer Beach Park - Amost sways cam, Spencer Beach is a great specific young children. While sand and clean facilities make this a popular beach for ecals and tourist This is one of the noah beach parks where comping a advanced. Sincholog and show down are good to the eouth, and was turtles are often spotted here. What the Puschalas Head while you're hore. • Route 19 north to the left at junction of Route 311, them 3 miles to left at Spencer Beach sign, them to beach Map 3, BR



Lookea Beach Park - New the end of Route 210, the balk makes for a pleasant we iting and pione spot for those exploring North Kurtuta. Factores new and good and compre-is allowed. There is a non-protected little cover for the scie to splant around in, but more water activities are decorrelated because of the yater encorr high suff. The naged processors conditive can be enjoyed from a hilliop sheller. • Route 19 north to left on Route 270, then 221 million to with a Routes right, then 1 million park. May 4, EE

On the Water

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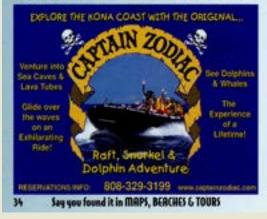
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On the Land

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Hawaii Forest & Trail Van/Nature Tours 331-4105 Ad Pp 4 Theory & House, H. M. House, T. S. House, S.

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Nana Kee Summittian	HFT Stop	PMM	en Maurie Kee	344	\$176.04		W Her
Kitala Waterful Adv	Kings Shops	730/0	45N Kuhala	504	\$133.96	18.6	
Meriman's Culnery Adv	Mentman's	Varies.	Nichala	204	\$10.46		illy.
Kilauro Vokanc-Adv	HETHS	6534	Volcano	25-124	\$161.46	\$100.21	
Ran & Dry Forest Adv	HETRS	630A	Maura Los	15124	\$171.88		18.80
Humation Provest Refs	HFTINS	630A	Malainu	15-1241	\$195.63		MBg
Kitala Visit	Poha Valley	83010	45N Kohas	3.54	\$109.38	\$88.54	W.fer
Hudela Holo Holo*	HFT Skre.	8:30/12	45Hummi Mm	154	\$10.38	\$85.54	Mer
His Waterfalls"	No	8.30/12	45N Kitale	2.5H	\$82.71	\$71.88	M fer.

Kuka Kai Caverns Lava Tube Tours senseration and parts T Dave & Wark 1 1 Thomas 7 . 1 and not but

Lighted Trail Tour	Ocean Vew Varies	Lealine	54	\$1583	\$11.42	(512)
Extended Cave Taur	Ocean View Varies	Lealde	2.54	SIGH	\$67.71	(8-12)
Tweight Rear	Otean Vew Evening	Lava Tube.	2.0%	58.96	\$87.71	(5-12)
The Crawl	Ocean Vew Varies	Lava Tube	1.011	\$31.25	\$21.25	

Waipi'o RideTheRim TIS-Selected Parts TDays & Week, F. K. W.

ATV Adverture Tear Wage-Artifie & 50/12:50 Vaccolubu/Rev 3.0m \$355543 \$36.54

Package Name: Location Bar Type Time Adult' Child" Notes

Gathering of the Kings Luau 106-669 Ad Pg 3 Tuesday, Saturday & R

Genergy in the Korp Lulas : Fairword Orchat Open Bar 4:30P \$123.12 \$87.71 (5-92)

Island Breeze Lun 225-698 Ad Pg 2

Sunday, Tuesday, Wednesday, Thursday, Friday & R. Mand Brocer Lulau King Kamehamaha Open Bar 4 30P \$72.56 \$36.40 (5-12) ShowCodals Only King Kamehameha Open Bar 6.30P \$46.35

KEY

Features:

F-Food G-Gifts Logo Products K-Kamasina Rates P-Hotel Pick-up -Eco-Tour &-Databled Access & Child Prices

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On the Land thering of the Kings 128-4949 Ad Pg 3 at the mands of Hassa's Santos, New Jealand and Tahit as



serience the legends and the dances and tasks the culinary surve that any the cride of Polynesia. Enjoy the drama and on that uses a fusion of both traditional and modern dance recognizity as the Gathering of the Kings' retells the story to purry of the Polynesians who settled the Paolis. Our yous builtet luss leatures authentic dates from three of Kands we experience. Map 3: E3

ましましての「第一」に知いします。ハワイ島、キモア、ボルージーフンド、 イント島、小の川ににしてポチネシアの島・日時の自時の最近的度できます。 オート島と加っていた。ボチキンアのバレイン・ア島市最近人間の知道。 低しまったのたいたち、ドナーの間の登録店してくだろい、低声1回

sland Breeze Lugu tos-reet Ad Pall



is only beachitont lusur. Focusing on Hawai's heritage, the Breeze Luou et King Kamehameha's Kona Beach Hotel an evening of must Polynesian feasible and authentic island convent. The 22-dath luau buffet features a wide variety d including kalus pig basif, chicken, fish, vegetarian dishes and ore. The two is set at sturving Kanakahoru, the helpric site of Comehametra the Great's former Kalus Bay beachiltont intalle Ramehamehal's Kona Beach Hotel, All Drive, Map 1,99.



We Kohalo Naslaga you'l be at home on the range, and what spectacular range it of Enjoy breathlaking week of the Kona Chaia coastines, the magnificent volcanic peaks of the Ko-Mountaine, Mauria Kea, Mauria Loa, Hualalai and Haimakala the latence of Maul. Map 4./2. With Walpip Naslaps you note trough the beautiful Wapio Valley, a lust tropical paradee with ingle train, taro patches, magnificent waterfalls and Naturcial spiritual places. All separations lovers. Map 4, E2, 4,34

● なびまです。またが、もいくなく、 をないまでのローラインは、他の時代、他の時代はマウチング、マウキング、ブブ いくは、そして、他の時に、1はマクイルバルングラク、他のには美たかない体現 いたがいたいのでは、ロインとを読み、ジャング・アンドを低、大規な いたがいたいたいでは、ロインとを読み、ジャング・アンドを低、大規な いたがいたいたいたいできます。 相応 4.22 4.4

la Kai Caverns 429-8725 Ad Pg 45



Its hall Caverins Role TS All reals. a wak under the baged neutral in the planet En-terna historical pumer through a spettending labyreth interleventie trauty as your guide lined you on a cultural to or of rule and Caverins. Havaillans under these wand year of lars block in resource caves for water wand year of lars block in resource caves. If the ection and shotlar on their mauka-makal journeys. Kula Caverra is located in Ocean View, half-way between ra and Volcanc on the south side of the teland. Tours table 7 days a week. Reservations required. Map 6.M3.

・ラカイ開催はコナから単で約1時間後に下がったオーシャンピル。 にある回覧のツアーです。よく勉強されたツアーガイドが歴史ある 回覧を提明しながら寄さんをハワイ島の誕生からこれまでの経緯を BUTBURBUCCHRT. 6MD

io RideTheRim 175-1450 Ad Po 45



A is part of your vocation plans then take it the top. The top of Rasp's Vales that is. What could be more fun than riding the if a beautiful valley in Hawaii. Choose your lide with an ATV or van through outarigotus and ganger towarts which overtook the span of the Naturcal valley beins. Tain waterfails and a mile de black sand beach will be part of your vacation photo album to semanifier lorever. Call today and pit some FUN in your Hawaii vacution. • Vlagi's Valley Artworks, Map 4,34.

sipio Ridge Stables 775-1987 Ar Pg 48



48

athraking signey along the rim of Walpic Valley, to the top ne of Hawai's highest waterfalls. Hear the tushing waters or prin the united beings as you saver the visits of a mile wide a sand beach and valley floor stretching out before you. Or had about a hidden weterfail ide? Ride back along a stream to a areas of beautiful waterfails and pools, followed by a short hike to very private waterfail and ginger level pool. Fantanies contentral in this hidden paradice. «Weip'o Valley Artworks. Map 4,34.

2.4 「ジインナルの小田やから供加を見」、用の上まで扱っておく、このう たな、本地なファー、単純の上から使わら、長的のなジャースは、自動構成な かられていたのためにはその時間にしたで、知れた単純に加まり したで、そのチャンションについたか、一般的くよ

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In the Air

Depart Destinations Langh Price' Communits Packale Name

Blue Hawaiian Helicopters 186-1788, 981-9808 Ad Pg 31

Circle of Fee (AStar) Hits ER21VF 45-5384e 5217.40	
Kohale Coset Adv (Alitar) Walkolos VLW 45-53Min \$226.55	
The teared Spectroscoper (ASSer) Walkaciton EAC, MAC, KNC 110-120Min \$440.00	
LUFILMILE	
Kohuto Crost Mdv Enellitary Madatoa VCM 45-5386v \$232.50	
Betrated Texture are Emilian Teakoka ERZ HAYC KNC 110-12/Min \$405.00	
OFICIALS	

Paradise Helicopters Min 7312, 325-6611 Ad Pg 53 Register 500 Bell 497, 45 Pasa, 7 Deps A Week, L.G. K. N. Vps

Hits fire and fails	Hitz	ERZLYFINE 45-53Min	\$202.00
Doors DR w/ Waterful	His	DRZLVFWLB 45-SIMIN	\$225.00
Havai Experience	Kora	ERZ/MAC/KNC 116-120Min	\$410.00
		LIFICIANE	
Private Vollialey Landing	Kone	ERZHMCKNC175180M/r	\$535.00 wh
		DENDORIA	

Tropical Helicopters MIANT

Hughes 500/5ell 407, 46 Pa	BL 7	Days A Week, I. G. K.	N, Vpx	
Vokano Adventure	Hit	ERIM	30-43Mn	\$142.00
Voicano & Waterfalls Advent	Hb	ERCLIVENUE	455Min	\$165.00
Feith Hubblartalcom In	Ma	ERCLIFFIER	45.5385	\$190.00
Big latend's Best	Kona	ERZHMCKNC	110-120Min	\$342.00
A STATISTICS		DEXEMPLE		

Hawaii Island Hoppers Airplanes 22-4818 Ad Pa St

Cessora 172, 6 Pass. 7 Day	A Beet, 1				
Kona Circle Inland Tour	Kora	ERCHINCK	4C-140-15085n	\$261.96 \$226.04/Hz	
		DEMONIPLE	100000		
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KEY

Features: K-Kamaana Rates P-Hotel Pick-up A-Ar Conditioning

G-GitheLogo Products M-Music Vo(x)-Pre-recorded Video jextra N-Live Nenaton Vicki-Video of Actual Fight Javon \$ 1-Intercom

Destinations:

ERZ-East Rift Zone: HMC-Hamakus Coast. KHC-Kohola Coast. KMC-Koho Coast. D/F-Lava Flows VU/F-Valleys-Waterfalls WLB-Waluku River Basin

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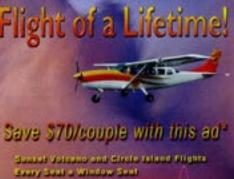
tawaii Island Hoppers 325-0018 Ad Pg 52 awai lalard Hoppers of instantia burs from both Hilo and Koro ports that explore from above all the wonders of the Big Island

From active volcano to tainforests and waterfails, taland Proposi-effers the affordable and genoted way to see it all. They confirm tours with as few as two possengers and operate seven days a week. They also provide an charter service, custom tours, fight وغروان Puetton, and ancraft rental. -Air Cargo Terminal, Hile Anglo Commuter Terminal Kona Algort, Map 5.19 2.04

Paradise Helicopters 969-7382 Ad Pg 53 kin sur experienced pluts on an exceedble purrey of Haves'

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wither you and your family choose to view traves its only engine volcano or land in a remute valley. Paradise Helicoplans w 4 the state provided therein one has Experience Head of the state of a sector state Headland SOD or in the control and one of the state of the SOL of the state of the state of the sector state of the st al designed os to talk with your transis and the pilot. Map 2.84



fally Departures Hills & Kons Personalized Billot Nametics. Alconatt Restate

Reservations 329-0018 日本人バイロットがご案内します。 Ask about Senior Citizen and AAA placeurts what valid with any other prior Photo: G. Brad Lewis - volcanodian.com

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On Exhibit GARDENS, PARKS & MUSEUMS

Houn Abz ONt Serior* Looplan Deschars

Azwali Tropical Botanical Garden 964-5220,7 Days A Week, 🕊 X Onones Bay Source Rt North of His \$ 0004-4:00P \$15:00 \$5:00 (6-16)

Invali Volcances National Park INS-6016 7 Days & Mers. (Sep 7.45A-ESIP), & 🕊 Notaria Rt 11 South al Visicano (24 Hours (\$10.00 per which

Hulibee Palace 325-1877, 7 Days & Week, (10:084-8:009 Se & Sul, 4 Kalus-Ame 49 D South of Per \$1064-4100P \$1.00 \$1.00 \$4.00

imiloa Astronomy Center of Hawaii Novata, Tan-Ser. 4 Ad Py 55 His Names St. U.d.H & 008-400P \$14.30 \$7.50

Kona Coffee Living History Farm 125-200, Monday Brough Friday (Call about). Castal Cock Rep 113 of Romanua 9004-1007 \$1500 \$750 (512)

Kona History Center 123-1222, Wooday Brough Printer, 5-4 Residentia Hey 11 E of Kona \$1004.300P \$2.00 \$2.00 (0-11)

supahoehoe Train Museum 904380 7 Days & Week, # Laupatoshoe Hay 19 2004-430P \$130 \$2.00 \$2.00

yman Museum sts-sizt. Nordey through Saturday, 64 His 276 Hall 10 8 304 4 30P \$10 36 \$1.00 \$8.00

Nani Mau Gardens 105-300, 7 Dept & Week 🕊 5 100 RT1 South of Hip #00A.430P \$10 05 \$1.00 (4-10)

Inizuka Space Center 328-3441, 7 Days & Rend, 6-4 Kern Kashim Arport 830A-430P \$330 \$1.00 (5-11)

Pacific Tsunami Museum visiolos, Monday timogh Seturday 1 His His Baytori Ana 900A-4.00P \$7.10 \$2.00 \$4.00

anaewa Zoo HIP-7204,7 Days A Week, 5-4 His Hey 11 S of His #30A450P Feet Scene amount

Parker Ranch Historic Homes an Will, Montry Investigh Saturday, 6-4 Wartes Rt 190, West of Town 30:504-600P \$14:00 \$10:50 \$10:50

Parker Ranch Museum ses-test, storday through Saturday Warma Stop Center & Rt 190 (935A-430P \$14.00 \$10.50 \$10.50

Pua Mau Place statist 7 Davi A West w 7 Kutala REPERCHANDER REALINF \$10.00 Free5-0 SEE

Pushonua O Honaunau (Pass of Religie) 325-3258, 7 Days & Week, 🕊 🖲 Monautrau Rt 160 to End 7 30A-810P \$5.00 (per vehicle)

World Botanical Garden 343-5427, 7 Days A Week, 🕊 4 Unsuna Mile Maner 16, R: 19 (430A-530P \$8.50 \$4.25 (15-18)

KEY

Features: Child Promp

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ravel is a time for many of us to visit the gardens, parks and museums at our vacation destination. Fortunately the Big Island has several to facebraic you. From the nainforest beauty of the Hawaii Topical Botanical Garden to the magnificnet collections at the Lyman of Parker Ranch Museums, there is something to impress or educate around every comer of our beautiful stand. And, of course, no hip to the Eig Island can be complete without a visit to Hawai Visicanops National Park. Nowhere else in the world is an active volcano

Constant Voltantice Instante Part, Nowhere ease in the world a share work with an entry work of the stant of the stant



Hawaii Tropical Botanical Garden - He The nature preserve has been created in protect the beauty beneficient of a trapical Headlan services. Values can enjoy worked at a manuar, seconds through environment at the of Onomea Bay Scenic Drive. Map 6, FP

ヘライ・トロビカル・ボタムカル・ガーデン

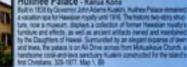
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Hawaii Volcances National Park - Volcano coording to Howakan legends, this is the forme of Pale, got I fire. Her first home was on Niñau, but the goddess of the and her from soland to soland, destroying mach sheetly Description of the four prove to Manual Annual Annua Annual Annua Annual Annua Annual Annu on. 985-8010 + Route 11, Volcano: Map 6, JT

References and the second second







Imilea Astronomy Center of Hawaii His Acryste Intee den inten an adverte haveau some tirtugt the and teas. This experience includes the furst Lips chart and adverteement the trib the priors of the strength from a scorely could of one b will know what it was like to go on an undertication wayage of The cause by the same wat have of these submitted as the first test. Charten the causes of access, table values are traverse invested for the extension in the 4000 These a present to the intervent Accessment Observation of Agent WHYTE March 19

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Kona Coffee Living History Farm - Seute Kona To rel last our heatry --O our way of the A the wester of the authoritic semi-acce working coffee and reactaments on them where you can learn here codes was grown, harvested, and received by Japanese integration in the turn of the 27° contar-built enjoy their educational. Lin guided trans of the ortherid ambicuse, and coffee-processing mill, paus free samples -besh 107% Kona coffee. 325-2008. - Route 11, Captal Jock Mar 2. HI

On the Green Check-In House Bitteles" 18 Holes" Cart Notes

Big Island Country Club 325-5544, MDH Yes, Par 72, Sa-Sa, C. E. F. G. K. Repair Solf Shop 700A-800P \$176.04 Ind -Twitter Gut Shar 12:004-00P \$1:354 Int Hapona Golf Course ano son assertes Par 72, So-Sa, B, C, E, K, C, R, E, P. Nor-Gast Gold Stop EX044.00F _ \$151.04 Ind Non-Guest Twight Got Shop 100P-400P \$130.21 Ind Kona Country Club mass assume sets and accertance sets Non-Guest Ocean Golf Shop 615A-6.00P \$165.00 mit Non-Guest Mountain Gold Shop 815A-800P \$150.00 ind Non-Guest Ocean Twight Guil Stop Viries \$107.00 INC \$187.00 Helt Makalei Golf Club 1054805 TIBYTON PW 12, So-SA C.E.F.G.K.L.R Got Shop & SGA400F \$10342 Ind Pegular Gull Drup 12:30P-4:00P \$51.29 Incl Mauna Kea Golf Course asosas atot yea, Par 72 Soda, B.C.E.F.G.K.L.R.R. Non-Guest Golf Stop 6.304-100P Non-Guest Twilight Golf Shop 100P-600P \$182.29 Ind

Mauna Lani Courses assess anotazina. Par 72 Suida B.C.E.F.G.K.L.R. Non-Guest Golf Shop 8504-800P \$203.12 Ind Non-Guest Twight Golf Shop If available \$78.12 Inti

Walkoloa Resort Courses Intimit Internetion, Partitiz Suita BORFERZ, PA Not-Gent Got Shop #30A-4-30P \$160.29 Indi-Non-Guest, Tarlight Golf Shop If available \$88.54 Int ..

Features:

Package Name

8-8# C-Carts E-Esubment Rental F-Food G-Golf Shop L'Lessons F-Food K-Kamaaina Rates P-Hotel Pick-up R-Driving Rang "Drings"

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assed historical site as you walk through Kalus Villace. The na Helau (temple), perhaps the most significant helprical site lawai, is the place from which King Kamuhamaha | ruled his ad Hawalan nation. This sacred ground is also where he ded

- 乙炔酮基

wouldn't be a try to the dig bland of Hawai without absorbing spiendor of some of the eland's waterfails. 440 high Alaska ds, main feature of the 65-pore Akaka Falls Park, is at the d of an enchanting but oncesionally strenuous 1/2-mile walk Brough the reinformet. Also in the park is Kahura Fals. Picric tables, dimking water and reinfrooms are available. • Route 19 to Route 222 north of Hilp, 5 miles to park. Map 6, E8

Akatsuka Orchid Gardens - Hio

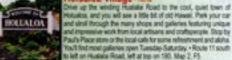
have an Mile, alog by Hawai's largest cumbidium prohid farm, and and what fills they failure has been up to failth a little help from her in Rends). You'll are orchids in an array of shapes, sizes and on deploy and for sale. Many plants are arready inspected ready to board the plane or be shoped to the mainland. Ope why 8 304M - 5 00PM - Route TI, between mile markers 22 & Generated area analy of His Map 5, KTT

Ancient Fishponds - Verne Lavi

12.1

he peners of Mauria Lans Report have done a wonderful job storing and maintaining the ancient Hawailan fishponds at Kalahupuas. Take a leaunly waiking tour around the ponds, and you can see how the native Hewakens used aquaculture and worked with nature to feed themselves. Also on the property are interesting trails through the laws Seids. + Route 19 to Mauna Law tive. Rollow signs to public access particing. Map 3, FU

ualoa Village - Keta



mpback Whale Center - Kowa

ewly opened exhibition at the Walkotca Seach Marriot. dail, adjusted to its learns center, features extraordinary graphic images and video lootage of humpback whates aken by renowned nature photographers and uldeographers In Hawakan and Alaskan waters. Educational materials veloped by the National Marine Whate Sanctuary and local arine naturalists provide insight into the underwater world of e magnificent mammals - Malkolos Resort, May 3, HD

クイニックスロープマリオントックスでは、第しく第一部である2000とでいます。ハン クイニック第二部についたいとうとうないのである。第二人の中のキントのション・ハン を用いての時にです。おり始めたのであたのであた。その時ののモントル、ここ の者を見かれて、1000年7月に、日本のの中心になりためののモントル、ここ の者を見かれて、1000年7月に、日本のの中心になりため、他のも、100

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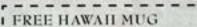
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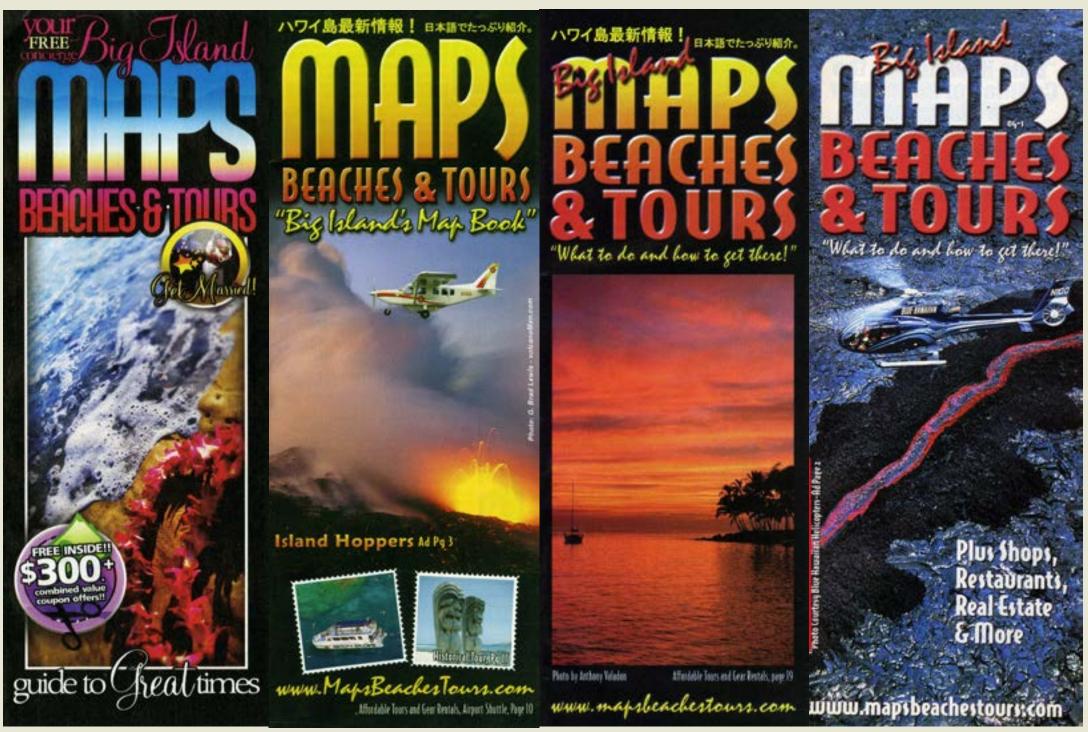




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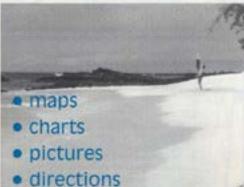


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- Shore Diving Locations

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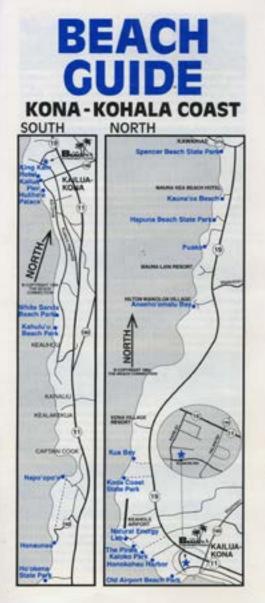


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