

Molokai Advertiser-News

Volume 21 Number 8

The Militia of Molokai's Community Newspaper—Every Wednesday

February 22, 2006



Standing third from right: Diabetologist Dr. Steven V. Edelman and Honolulu Endocrinologist Dr. Richard Arakaki, fifth from right, were principal speakers at Sunday, Feb. 12th educational and motivational conference and health fair held at the Pumehana Senior Center. Na Pu'uwai and TCOYD staff coordinated and participated in the health fair with vendors from Honolulu.

TCOYD --Taking Control of Your Diabetes

Will the incidence of diabetes become epidemic? With the prevalence of obesity increasing, the tendency for diabetes and effects will be increasing according to specialists. Steven V. Edelman, founder of TCOYD opened the conference with "Taking Control of Your Diabetes: Living a Healthy and Active Life," emphasizing the importance "glucose control matters," understanding your numbers and the differences between Type 1, Type 2, Gestational Diabetes. Dr. Edelman stressed the importance of annual eye exams, kidney function, regular foot care, cholesterol checks, blood pressure monitoring and dental care.

Dr. Richard Arakaki, Honolulu endocrinologist emphasized the importance of knowing, understanding and controlling blood pressure, HgbA1c, triglycerides, LDL and HDL- "Trust Me You Don't Want to Have a Heart Attack or Stroke>"

Dietician Alice Toguchi Matsuo gave a concise lesson on Fats: friendly and harmful and reading food labels with educat-

ed eyes. Dr. Edelman concluded the conference with exciting information about the newest treatments: Amylin, Byetta ("Hila Monster saliva") inhaled insulin and soon to be on the market, continuous monitoring glucose sensor. Though the effects of diabetes, kidney failure, poor wound healing, eye sight failure and more is ever present with neglect, treatment for diabetes has changed and there is optimism for people taking responsibility and control. As comedian Bo Irvine said, "At first you're in denial," but he and marathon runner Bill King spoke about working hard at keeping diabetes under control. "It's labor intensive said King. The complex diabetes diagnosis and care was summed up by Dr. Edelman urging people with diabetes to be in the best shape to be the recipient for the cure when it happens.

Is it still a scary diagnosis? Yes, but there are well-educated caregivers on Molokai with resources they can seek through TCOYD, Na Pu'uwai .



Comedian Bo Irvine, Na Pu'uwai's Kamela Horner and insulin pump wearer marathon runner Bill King

Commercial Fishing Boats to be Tracked like Airplanes ?

FAA TRACKING for FISHING BOATS ?? Fishermen protest tracking devices

"Commercial fishing vessels will soon be required to carry expensive tracking devices that Coast Guard officials say will help reduce at-sea collisions and protect the country against terrorist attacks

The Automatic Information System (AIS) transponders continuously broadcast a vessel's name, course, speed and other data to the Coast Guard and other AIS-equipped vessels like the FAA tracks airplanes.

Commercial fisherman say they cannot afford to buy the AIS transponders, which range in price from \$2,500 to \$7,000 depending on the model. "It doesn't make sense at all. Most fishing vessels are already required to carry \$7,000 satellite-based vessel monitoring systems (VMS) that transmit real-time catch reports to NOAA Fisheries Service and allow the agency to keep tabs on where boats are fishing.

As Coast Guard Lt. Cmdr. Robert Hendrickson explained, the two tracking systems differ in purpose, communication method and capability. VMS is used as a fisheries management and enforcement tool, while AIS is used to increase maritime safety and security, said the

Coast Guard liaison officer to the NOAA Fisheries Office for Law Enforcement. AIS "is a good tool" that can help vessels avoid deadly accidents, he said.

On a foggy night in 2001, the 83-foot fishing vessel Starbound collided with a 590-foot Russian tanker and sank, taking with it three of the vessel's four crewmen. If both boats were equipped with AIS, the accident may have been avoided, Lt. Cmdr. Hendrickson said.

Most commercial fisherman argued that they have avoided collisions in the past using radar and VHF radio.

But, AIS is more accurate and efficient than radar and VHF radio equipment since it provides the voiceless exchange of navigation information between vessels, Lt. Cmdr. Hendrickson said. "AIS is like getting on VHF radio every two to 10 seconds and saying, 'I'm here and in this position,'" he said. AIS reduces radio confusion, especially at night and in bad weather, by automatically identifying nearby ships and noting their course and position, he said.

Most fishermen, even those who have already installed the AIS equipment, are still uneasy about the "Big-Brother" aspects of the device. "The government does not need to know where we are and what we are

doing," he said.

The Maritime Transportation Security Act of 2002 listed tug boats among the vessels required to carry AIS. The act, which was passed by Congress to increase the safety and security of U.S. ports and coastlines, mandated that U.S. and foreign-flag commercial vessels 65-feet and over carry AIS by Dec. 31, 2004. The Coast Guard postponed AIS carriage requirements for fishing vessels and small passenger vessels to allow more time to review a stream of public comment letters.

Congress recently directed the Coast Guard to move forward with AIS requirements for fishing vessels and small passenger vessels, Lt. Cmdr. Hendrickson said. AIS improves national security by increasing "maritime awareness so we know who is out there in our waters," he said. "It helps us identify who the good guys are and makes it easier to sort out the bad guys."

Currently, more than 60,000 international vessels and 19,000 domestic vessels carry AIS. So far, there is no official deadline for fishing vessels to purchase AIS, but Coast Guard officials said they want to give local fishermen plenty of time to prepare. Boat owners may want to get together and ask AIS vendors for a group price discount, Lt. Cmdr. Hendrickson said.

Fly Paragon Air 1-800-428-1231

Moloka'i

Kalaupapa
• Damien Molokai Tours

Kualapuu
• Kualapuu Market
• Purdy's Mac Nuts
• Kualapuu Cookhouse

Kaunakakai:
• Molokai Fish & Dive
• Molokai Realty, Inc.
• Imports Gifts
• Kanemitsu Bakery
• Molokai General Hospital
• Molokai Princess
• Molokai Public Library

East End
• Molokai Advertiser-News
• Neighborhood Store
• Militia Of Molokai target shooting range
• Windsurfing Molokai
* Surfing Lessons
ph. 558-8253

DANGER
UNEXPLODED
MILITARY
EXPLOSIVES

Full Service Kualapuu Cookhouse
6-Days Week *"...Molokai's eating landmark"*

Mondays: 7 am - 2 pm
Breakfast & Lunch 7 am - 8 pm Daily
Dinner Served 5 pm- 8 pm Daily
Thursday Night: Prime Rib
Closed Sundays
located in Kualapuu off Hwy. 480

567-9655
ONO
Kaukau!

SPECIAL: Round Trip Airfare only

Keiki Special 69⁹⁵
Limited time and age 2-12 with I.D. 1-way: 59.95

Adult Special 99⁹⁵
Limited time special flights ONLY 1-way 59.95

Molokai Air Shuttle

Flights available daily between Honolulu and Molokai
Molokai Air Shuttle is an unscheduled, on demand FAR part 135 certified air carrier.
Flights subject to aircraft availability and prior bookings, and price changes.

Reservations: Molokai - 567-6847
Oahu - 545-4988

No Refund for NO Show - \$20 change Fee

Da Kine Ads
SERVICES OFFERED

Architectural Drafting Office
Ph. 553-9045
email: luigis@aloha.net

LICENSED ARCHITECT
Rich Young - Custom homes
Portfolio available online at
www.richyoungarchitect.com
553-5992 ryoung@aloha.net

FOR SALE.....1988 B.M.W.325 I
2-door Convertible [whiter]
asking price \$4,000 or B/O
phone: 553-5111

ALSO:
1 only ArcWelding.....\$225
2 Hydraulic body/fender tool...\$175
1 only white sheep skin rug...\$65
3-piece Lion stuffed animal....\$60
ph. 553-5111

1-McCulloch gas chainsaw...\$75
gas power roto-tiler.....\$300
Propane cook top 4-burner \$125/offer
Grey metal desk w/draws \$125
12' paddleboard.....\$750
2-gasoline Honda engines, 5-hp...\$500
Cement Scarifier, w/9-hp Honda \$3K
17-Stair Railing For Sale
Galvanized Iron to last. \$300
5-step pipe hand railings-2: \$100 ea.
ph. 558-8253

BECOME A Mystery Shopper!
GAPbuster is currently recruiting mystery shoppers. Get paid to shop and improve customer service. Apply now at: www.gapbuster.com/xec

12-V Solar Electric System
Inverter, 4-Batteries, 2-Panels, Wind Gen
VERY good condition...\$3500
Call 558-8253

The pay is \$20/hr. I am painting an ongoing series of portraits of the people of Molokai. These paintings, displayed at Stanley's street level gallery, are clothed, full-length portraits. I seek a wide variety of people to paint as I continue this series. Please call Stanley at 553-9966 or 558-8996. See the model page at www.artmolokai.com .

Instant/Tankless Water Heater
Propane, works good, new parts \$275
Large Paloma model used....\$395
service and sales, call "Mr. Pono"
New Aqustar heaters \$525...up/
Pono SolarPower ph. 558-8253

BANK FORECLOSURES!
Homes: from \$10,000! 1-3 bedroom available! HUD, Repos, REO, etc. These homes must sell! For listings Call 1-800-425-1834 ext. H404

Hot Water Heater
Instantaneous
Tankless
DEPENDABLE
SIMPLICITY
ENERGY EFFICIENT
PROPANE

starting at only \$525

Simple to light pilot, and VERY energy efficient
Simple to install new, or to replace your old gas water heater!

NEW AND USED! SAVE BIG on your electric bill!

Call George Peabody: 558-8253

Pono's Solar Electric Power
for Molokai Homes,
farms, businesses.
"FREE Electricity"
from the Sun

Call Today!
"Mr.Pono" is
Solar Power
558-8253

MGH Family Planning Project
553-3145 or 553-5331
CONFIDENTIAL
FREE or Low Cost General and Reproductive Care for all Ages. Pap smears, breast exams, pregnancy tests, and birth control methods (including ORTHO EVRA "the patch" and DEPO-PROVER "the shot")

DOC MOTT'S
MOTOR SPORTS ART
Signs & Graphics
558-8359

Molokai Advertiser News
We get your attention!
558-8253

Molokai Advertiser News
We get your attention!
558-8253

NOTICE OF PUBLIC HEARING MOLOKAI PLANNING COMMISSION

The Molokai Planning Commission for the County of Maui hereby gives notice that it will conduct a hearing on March 22, 2006, commencing at 1:00 p.m., or as soon thereafter as is practicable in the Meeting Hall, Mitchell Pauole Center, Kaunakakai, Molokai, on the following:

MR. MICHAEL W. FOLEY, Planning Director, transmitting Council Resolution No. 05-103 referring to the Lanai, Maui, and Molokai Planning Commissions, a proposed Bill amending Chapter 19.15, Maui County Code, pertaining to B-CT Country Town Business Districts. (J. Alueta)

The purpose of the amendment is to include multi-family residential, educational, recreational, and related uses as permitted uses in the Country Town Business Districts.

The subject public hearing will be conducted in accordance with the Hawaii Revised Statutes, the Maui County Code, and the Rules of the Molokai Planning Commission. Information pertaining to the subject application are on file at the Maui County Department of Planning, 250 South High Street, Wailuku, Maui; the Office of the County Administrator, Mitchell Pauole Center, Kaunakakai, Molokai; and the Molokai Public Library, Kaunakakai, Molokai.

All testimony regarding the subject application may be filed prior to the date of the hearing by providing 15 copies of said written testimony to the Department of Planning or may be presented at the time of the hearing.

Those interested persons requesting accommodation due to disabilities, please call the Department of Planning at 270-7735 or 1-800-272-0117 (Molokai) or 1-800-272-0125 (Lanai) or notify the Maui County Department of Planning in writing at 250 South High Street, Wailuku, Maui, Hawaii 96793 at least six (6) days before the scheduled meeting.

MOLOKAI PLANNING COMMISSION
by Michael W. Foley
Planning Director

Publish in: Maui News - February 20, 2006
Molokai Advertiser News - February , 2006
S:\ALLSUZETTE\MoPC\032206.ph.wpd

WATER WISE TIPS FOR THE HOME

Here are tips for how you can help prevent pollution and protect our water supply:



•**Household Chemicals:** Choose Household Chemicals Wisely: Many chemicals commonly used around the home are toxic. Pick up a brochure for selection of less toxic alternatives at the Department of Water Supply!



•**Proper Disposal:** Do not pour chemicals down the drain or dispose of on ground. For information on household chemical disposal and recycling, call the Department of Public Works and Environmental Management : 270-7875



For more information contact the Department of Water Supply (808)244-8550 www.mauiwater.org

Protect Your Groundwater, Because
By Water All Things Find Life



Fly: Honolulu, Molokai, Maui *George's Aviation*

**Mention this ad and
get \$10.00 off our regular
price of \$100.00 between
Honolulu - Molokai and
Molokai - Honolulu ONLY**

CASH or CREDIT Cards welcome
Call toll free: 1-866-834-2120
on Molokai call 553-8554 on Maui call 893-2120
Mahalo Molokai for your SUPPORT !

Welcome to

"MOLOKAI"



House modified by owner

**For more information, please contact
Stephanie (808) 552-2644 or Bill (808) 552-0032**

MAIL TO: HALE1105

Wholesale Builders Supply, Inc.
18777 East Valley Highway
Kent, WA 98032

Please send me the information packet on your HOUSE PACKAGES at Mainland prices. I understand this packet is free and that, because of WBS's constant improvement policy, WBS reserves the right to make changes in plans, materials and specifications without notice and without liability for such changes prior to the delivery. I understand that there is no obligation to purchase.

Name: _____
Address: _____
City: _____
Phone: _____ Fax: _____



Let us quote our plans or yours

1-800-426-4513

Fax 425-251-8868

Email: wbs@wbsbuildingmaterials.com

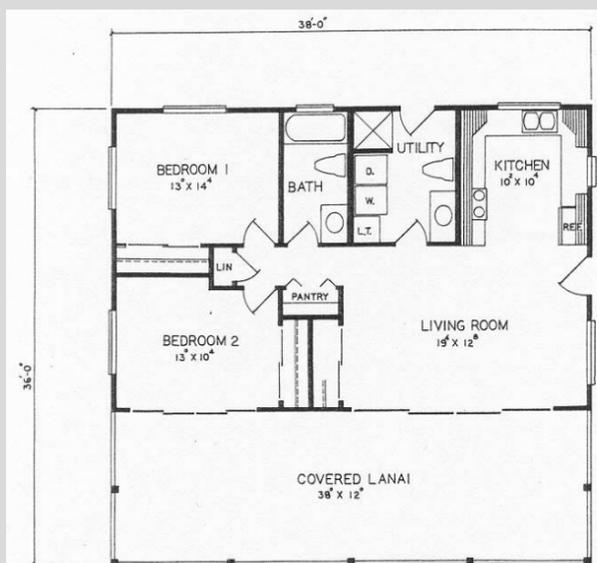
**GO TO OUR WEBSITE www.wbsbuildingmaterials.com
TO SEE ALL OUR BEAUTIFUL HOMES.**

Hale Mohalu

**Wholesale Builders Supply
Standard Package**

Price \$ 58,750 material cost only
FOB nearest Hawaii dock

Visa, Mastercard, Discover, Amex bankcards welcome





Molokai's Forum For Freedom Individual's Sovereignty vs Slavery

by George Peabody ph. 558-8253 email: molokaiman@flex.com

"We have staked the whole of all our political institutions upon the capacity of mankind for self-government, upon the capacity of each and all of us to govern ourselves, to control ourselves, to sustain ourselves according to the Ten Commandments of God." —James Madison

Bill of Rights 2nd Amendment:

"A well regulated militia being necessary to the security of a free State, the right of the people to keep and bear arms shall not be infringed."

Wake up militia! Use it , or lose it ! Got your gun, yet?

"...with a firm reliance on the protection of Divine Providence, we mutually pledge to each other our lives, or fortunes and our sacred honor." (Decl. of Indep.)

If you will not fight for the right when you can easily win without bloodshed, and, if you will not fight when your victory will be sure and not too costly, you may come to the moment when you will have to fight with all the odds against you and only a precarious chance of survival. There may even be a worse case. You may have to fight when there is no hope of victory, because it is better to perish than live as slaves.

Defender of the U.S. Constitution and Enemy of the New World Order Police State

DEMOCRACY by War?

"Democracies have ever been spectacles of turbulence and conflict; have ever been found incompatible with personal security or the rights of property and have in general been as short in their lives as they have been violent in their deaths." —James Madison 4th President of the USA and primary framer of the US Constitution

"Those who make peaceful change impossible, make violent change inevitable." -- Robert F. Kennedy

"Rebellion against tyrants is obedience to God." Thomas Jefferson

Enforce the Bill of Rights !

Stop Judicial Immunity! Jail for Judges!

Dear Mele Carroll and Rep. Luke and all Judicial Committee Members:

Should judges or other attorneys be allowed to deliberately violate the law WITH IMPUNITY? Should judges be allowed to commit fraud or conspiracy WITH IMPUNITY? Should judges be allowed to intentionally violate due process of law WITH IMPUNITY? Should judges be allowed to tell lies and or commit perjury? Should judges be allowed to deliberately disregard material facts WITH IMPUNITY? Should judges perform judicial acts without jurisdiction WITH IMPUNITY? Should judges be allowed to impede the lawful conclusion of a case WITH IMPUNITY? Should judges be allowed to deliberately violate the Constitutions of Hawaii or the United States WITH IMPUNITY?

HELL NO! But they do, so legislate away the unConstitutional judicial immunity! Remember Lingle's appointee Richard Bissen, Jr.'s perjury and his record of prosecutorial misconduct, and now he is a judge in Maui 2nd Circuit! And Rhonda Lai-Loo, judge in Maui District Courts !! MORE !

SUGGESTED BILL: remove judicial immunity for willful commission of crimes [aka the Jail for Judges law] Judicial Accountability and Integrity Act: No immunity shall extend to any judge of this State for any deliberate violation of law, fraud or conspiracy, intentional violation of due process of law, deliberate disregard of material facts, judicial acts without jurisdiction, blocking of a lawful conclusion to a case, or any deliberate violation of the Constitutions for the State of Hawaii and/or the United States of America.

Punishment for any of the above enumerated violations shall be 5-years in prison without paroll, and \$10,000 fine per violation, and bad conduct discharge from judicial position, and he violator shall be prohibited for 20 years from holding any appointed or elected position in the government. Effective upon passage by the 2006 Legislature.



Homeland Security Camps for who?

The federal government had awarded a \$385 million contract for the construction of "temporary detention facilities." These would be used, the story said, in the event of an "immigration emergency."

Jamie Zuieback, an official with U.S. Immigration and Customs Enforcement (ICE), explained such an emergency like this: "If, for example, there were some sort of upheaval in another country that would cause mass migration, that's the type of situation that the contract would address."

That sounds a tad fuzzy, but let's concede that the camps do have something to do with immigration, illegal or not. In fact, there already are thousands of beds in place at various U.S. locations for the purpose of housing illegal immigrants.

But for anyone familiar with history U.S. or European the construction of detention camps for whatever purpose should prompt a chilling scenario.

The new detention camps will be built by Kellogg, Brown and Root (KBR), a subsidiary of Halliburton. The latter, as you likely know, is the defense-related corporate giant with fists full of contracts from their friends in the White House involving the war in Iraq. Halliburton was led by Vice President Dick Cheney from 1995 to 2000.

Democrats in Congress have accused the administration of favoring the company via no-bid contracts. But KBR says the detention contract was competitive.

Tuesday's story also said the contract was awarded by the Army Corps of Engineers. However, Halliburton says it was awarded by the Department of Homeland Security in support of ICE.

The contract is for a year, but includes four one-year options.

KBR, in fact, had the \$9.7 million contract to build the detention facility at Guantanamo Bay Naval Base, Cuba. This facility, popularly dubbed "Gitmo," holds 660 prisoners classified by the government as "enemy combatants."

This column is written with the distinct feeling that not many people will give a hoot about any or all of this. But as already noted, a news story about construction of government detention centers should give us all pause.

Considering what took place in Nazi Germany, as well as the shameful incarceration of Japanese-Americans in 1942, no detention camp should be built without the widest possible public scrutiny.

Bottom line: The contract cries out for greater attention. So far, the government's expressed reason for building them is insufficient and ill-defined. And even if the camps do relate to illegal immigration, their purpose could be changed overnight.

This is an instance in which we could be well served by our representatives in Congress. They need to look at this and give constituents a better picture of what is going on.

Let's not have it said, years from now, that no one ever questioned their authority.

Crimes of Politicians Must Be Stopped by The People (You are The Militia)

The crime on our streets is a tiny fraction of the crime in the offices of our politicians and bureaucrats - the massive majority of crime is committed by the criminal classes in power. Just look at the constant abuse of power in our State government offices and you will realize the extent of crime in Government. Just consider just how many BILLIONS of dollars a day Government extorts from the people and how little WE get in return; and just how comfortable the politicians make themselves at the expense of the peoples they extort!

The goal of the founders of America was to restrict government within severe limits and to protect the rights of sovereign individuals. Government has NO rights!

Judges are impeachable. Furthermore, judges may be removed immediately for violating oaths of office, involvement in conspiracies, extortion, and failing to uphold their duty to the common law. Judges can also be arrested, they are not exempt from this nor are any other officials, including the President of the United States.

Do the people have the power to do this? Yes, the people have the power to do everything to defend our country against all enemies foreign or domestic politician, and government has no power to say otherwise. Fascist bureaucrats might send out its armed marauders, but a huge group of The People (Militia) armed with guns as guaranteed their Right to keep and bear arms by the 2nd Amendment is likely to stop them unless the governments decide that it is time to begin mass killings of all people who believe in the rights of Man. **Wake up ! Enforce the Bill of Rights !**

"A well regulated militia, being necessary to the security of a free state, the right of the people to keep and bear arms shall not be infringed." Exercise the 2nd Amendment.

S A F E T Y !	<p>Private Lessons; Livefire Practice</p>	<p>M.O.M.'S Guns & Safety Training/ Education Shooting Range</p>	<p>Militia Of Molokai SUPPORTS</p> <p>AGAINST ALL ENEMIES</p>	F R E E D O M	<p>Bill of Rights 2nd Amendment : "A well regulated Militia, being necessary to the security of a free State, the right of the people to keep and bear arms, shall not be infringed." Use it or lose it ! ph. 558-8253 Join the club! N.R.A.</p>		L I B E R T Y
Call 558-8253							