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HC01 Box 770 K'Kai email: MolokaiMAN@basicisp.net

Molokai, HI 96748

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Molokai Advertiser-News

Volume 27 Number 32 The Militia of Molokai's Community Newspaper—Every Wednesday August 10, 2011



London Rioters, Thieves, Race Violence Destroy Peace

The British people and the world are shocked by the race biased riots that have ravaged the country. 1,900 people arrested, thousands injured and six dead, a nation terrorized, struggling economy businesses destroyed.

In USA, Philadelphia has been plagued by teen flashmob black on white violence, after a string of attacks on white residents by groups of young blacks who are called to flash mob attacks via e-mail and social media.

Mayor Michael Nutter announced a robust initiative that began with a stiff curfew at 9 p.m. Friday. Nutter delivered tough remarks about the problem in a church sermon Sunday that has received national and international attention, a blunt no-excuses scolding that coincided with the start of the England riots.

An African-American himself, Nutter noted that those involved in the Philadelphia attacks are predominantly black and said their behavior "damaged themselves and damaged their race."

Humanist David Duke reflected that all this was warned way back in 1978 when he traveled to Britain and warned the British people on national television that they still had the chance to avoid the racial riots and strife of the United States, but only if they stopped the massive immigration pouring into their nation. Now, he has made a new video about it for world wide audience, especially USA.

The politicians sold them out and now they are reaping the whirlwind, but with shifting demographics the riots of Britain can only get worse. The same horrific conditions are on the way to every European homeland as well as Canada, the United States. Australia and New Zealand, he predicted.

Watch this emotional powerful film that has the ability to wake up millions of our people if only they get to see it. Watch it online, for free!

Here is the Link:

http://www.youtube.com/watch?v=Ig_bJdTIXEU

And please take a moment to go to <http://www.DavidDuke.com> and give us a gift that will enable us to fight back against the efforts to silence us!

Racebiased Riots and Terrorism and Mayhem reported in Milwaukee's Riverwest neighborhood over the July 4 holiday, when about 60 young black people beat and robbed a smaller group of white people who had been watching fireworks from Kilbourn Reservoir Park. The injured people were white; the attackers were African-American blacks, witnesses said. Another group of blacks looted a convenience store during the violent flasmob attacks.

Wisconsin State Fair Black on White Race Riots

The incidents Thursday night come as the State Fair Board has worked to increase diversity at the annual fair, expanding its entertainment lineup and attempting to appeal to a younger, more multicultural audience. Diversity was a priority for former State Fair Park Chairman Martin Greenberg, who spoke of making it a "place of inclusion, not exclusion." Witnesses told the Journal Sentinel that the attacks appeared to be unprovoked and racially motivated.

"You could just tell they were after white people. That was the main thing. If you were white, they were coming after you," said Jon Stikl of Oak Creek.

He said he was stuck in traffic as a group of young people blocked cars near the fair gate on S. 84th St. near I-94 after he picked up family members attending the fair. "We noticed a group of five to 10 young black males run up and jump a young white male for no other reason than him being white," Stikl said.

They knocked him to the ground, and then a group of 15 black men kicked and stomped on him, Stikl said.

Hawaii DOH and Attorney General Violate Subpoena Refuse to Show Obama's B.C. Federal Judge Orders Court Appearance Sept. 14

Loretta Fuddy, Governor Aberblabbercommie's DOH Administrator and the Attorney General refused to comply with the Subpoena from the Federal District Court to show attorney Orly Taitz and her computer forgery expert the birth certificate for Barack H. Obama, 1961, the long form BC Obama claims is his BC certified copy from DOH Fuddy. Obama had it posted on internet April 27.

Instead of complying with Subpoena, DOH officials presented Taitz with a letter refusing to comply with her subpoena on grounds that Hawaii privacy laws prevented officials from releasing Obama birth records to the public.

"It's ridiculous," Taitz said, "Obama waived all privacy rights by releasing his long-form birth certificate to the American public at a White House press conference April 27."

So, Orly Taitz secured another order from United States District Court Magistrate Judge Richard L. Puglisi demanding Fuddy appear in federal court Sept. 14 to show any good reason why Taitz was prevented on August 8 by DOH officials from seeing whatever original 1961 documents the agency has on record regarding Barack H. Obama aka Barry Soetoro's birth.

The ExParte Emergency Motion for Order to Show Cause and to Compel Attendance for Production of Documents that Taitz filed with the federal magistrate asked the court to demand Hawaii DOH head Loretta Fuddy appear in court to explain why she would not comply with the subpoena.

"Getting a federal judge to demand Fuddy's attendance at a show-cause hearing is a victory," Taitz said. "I will return to Hawaii on Sept. 14 and I expect then to be able to force the Hawaii DOH to turn over the relevant records as demanded by the subpoena."

Computer scanning expert Doug Vogt and typesetting expert Paul Ireys say they will accompany attorney Orly Taitz to examine Barack Obama's original 1961 typewritten birth certificate at DOH.

"Vogt said, " if the document we see varies from the birth certificate documents the White House released, we plan to file criminal charges in Hawaii immediately." Vogt has filed a 22 page Complaint against Obama with the FBI.

Shocking scientific poll on Obama's eligibility Not even one person in 10 believes Barack Obama has shown that he is eligible to be president of the United States, according to a stunning new scientific poll that also reveals political Independents have less tolerance than even Republicans for his efforts to obfuscate the issue. See: <http://www.wnd.com/?pageId=276865> on WND.com.

To date, the Hawaii Department of Health has kept whatever record of Obama's birth that exists in its files in the agency's vault. The department refuses to grant any requests to show the original document to the public or to allow independent forensic examiners to authenticate it.

The DoH and the office of the HI Atty General believe they are above the law. IMO, the power of the federal courts to compel the production of evidence means nothing to these bureaucrats.

The American right to possess and bear arms is all that separates us from dictatorship.

Maui Charter Commission 8-15

The Charter Commission Leadership Meeting

WAILUKU, Maui, Hawaii The Maui Charter Commission will meet with the leadership of the Maui Police Department, the Fire Department, the Board of Variance and Appeals and the Board of Code Appeals to review how these departments and boards function at its next meeting, Monday August 15 at noon.

The Charter Commission is an 11-member board appointed by the Mayor and approved by the Maui County Council to conduct a review of the County Charter. The charter is the equivalent to the County's constitution, the blueprint that the county government must follow. The Commission may make recommendations to amend the charter to the voters in the next election.

At its next meeting, the commission will hear presentations by the County Police Chief Gary Yabuta and Police Commission Chair Leil Koch; Fire Chief Jeff Murray and Fire and Public Safety Commission Chair Mark Vaught; Kevin Tanaka, Chair of the County Board of Variances and Appeals, and representatives of the Board of Code Appeals. Members of the public are also encouraged to attend the meeting, and give testimony regarding Charter.

The August 15 meeting will be held from noon to 4 p.m. at the Planning Commission Conference Room in the Kalana Pakui Building on High Street in Wailuku. For more information about the meeting, call 270-7742, OR, email to charter.commission@mauicounty.gov

Molokai High School News

Students' Grades and Assignments Online

Students and parents can access class assignments and grades at www.engage.com/molokaihigh. User id and password to students' accounts were given to students on August 10, 2011 in advisory. Grade and assignment information will be updated on the following dates:

- Monday, August 15, 2011
- Friday, August 26, 2011
- Monday, September 12, 2011
- Monday, September 26, 2011
- Monday, October 24, 2011
- Monday, November 7, 2011
- Friday, November 10, 2011
- Monday, November 21, 2011
- Monday, December 5, 2011

If you need technical assistance, contact Julia De George at 567-6950 ext. 229.

Molokai High Graduating Class of 2012 Parents and Students

Wednesday August 24, 2011 Kauanakakai School Cafeteria 5 - 7pm

Very important parent meeting for the parents (and students) of this year's graduating class. Graduation, graduation requirements, senior project, BOE diploma, PTP, project grad, ordering of cap and gown..... and the list goes on. Please attend to help assure your student's success!

Molokai High School Drivers Educaiton

Please check out the website <http://molokaihigh.weebly.com/driver-education-program.html> for information regarding driver's education. This web page will provide up to date announcements as well as prerequisites students need to complete.

Molokai High School Open House August 18

Please come and join us for our Open House on Thursday, August 18, 2011 5:00pm-8:00pm, in the cafeteria. Parents will be able to meet with teachers and counselors. Spaghetti dinner will be served. RSVP lisa_takata@notes.k12.hi.us or call 567-6950 x246 for tickets. See posted flyers in town for more information.

Democrats demand lesbians as what in school?

A band of six Democrats in the California state Senate voted today to advance a bill that has been described as "the worst school sexual indoctrination ever" and would require that school children be taught to admire "lesbian, gay, bisexual and transsexual" role models. [Read the latest now on WND.com.](http://WND.com)

"A free people ought not only to be armed and disciplined, but they should have sufficient arms and ammunition to maintain a status of independence from any who might attempt to abuse them, which would include their own government." - George Washington

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Guns Preserve YOUR Sovereignty !
Enforce the Bill of Rights!**

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Susan
George
G & S Enterprises.....Publisher.....George Peabody....Editor
email to MolokaiMAN@basicisp.net

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Obama's "Super Congress" Corruption!

Nine names (of twelve) of the members of the Super Congress are out. This may very well become the most powerful ad hoc committee ever formed by Congress. Influence here is going to mean large influence over Americans. Lobbyists are going to be all over those who become members.

When Congress is talking about axing special tax carveouts and cutting federal spending, you know you'll have plenty of powerful businesses and labor unions using their lobbying clout to protect their subsidies.

That's made the Supercommittee of great interest to those of us who follow lobbying. Knowing that some lawmakers are more receptive than others to lobbyists, and some are cozier with some industries than others, the makeup of the committee intrigues me. We now have the names of nine of the twelve members, and at least four of them have particularly strong ties to K Street.

Foremost among Baucus's lobbyist buds is his former chief David Castagnetti is a partner at powerhouse lawfirm Mehlman, Vogel, Castagnetti, which, representing the biggest insurers and drug companies, played a central role in crafting ObamaCare.

Sen. Max Baucus, D-Mont.: You would be hard pressed to find a lawmaker more entangled with lobbyists and the revolving door than Baucus.

It seems that one requirement of being Max Baucus's chief of staff is that your next job must be as a lobbyist. Some of K Street's most powerful lobbyists are Baucus's former chiefs.

Foremost among Baucus's lobbyist buds is his former chief David Castagnetti is a partner at powerhouse lawfirm Mehlman, Vogel, Castagnetti, which, representing the biggest insurers and drug companies, played a central role in crafting ObamaCare.

Sen. Rob Portman, R-Ohio: Last election season, I divided the incoming Republican Senate class into the K Street wing and the Tea Party wing. Portman was decidedly in the former.

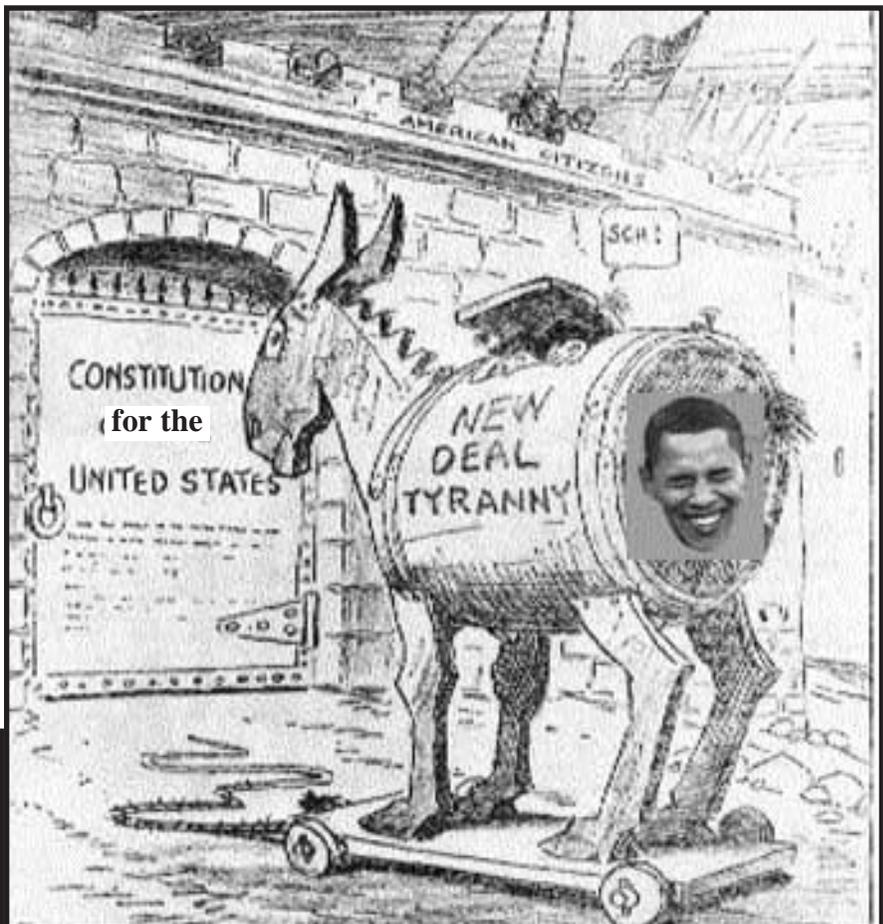
Portman received more money from lobbyists than any other Republican politician in 2010, and his job until the campaign was at a law/lobbying firm...

Sen. Patty Murray, D-Wash.: Murray raised more from lobbyists than even Portman last election, and through the revolving door, she is closely tied to McBe Strategic, a hub of the green-subsidy lobbying network.

But most importantly, she's chairman of the Democratic Senatorial Campaign Committee, making her the top fundraising official for Senate Democrats..

Rep. Fred Upton, R-Mich: Upton chairs the Energy & Commerce Committee, which is a festering hub of the revolving door. He is very tight with the cable industry, and has staffed up from K Street.

The call to the feast has almost begun. Being served at the feast table will be the people of the United States of America, garnish will be shredded Bill of Rights and the Constitution for the United States of America.



Molokai's Forum For Freedom



Validity of 2nd Amendment is the Primary Indicator of the Overall Moral and Political Health of Our Nation

"The health of the nation is reflected in the health of the second amendment when public servants actively support your personal independence from them as our servants. Official affirmation of the second amendment is the beginning of this respect for you as the sovereign and them as our servants in the totality of all our other rights."

A closed mind to Gun Rights on Campus Prevents Education

Where anti-gun and anti-freedom policies say that colleges are safest with no guns, they should ask gun owners and learn the truth, instead of the lies.

FALSE: The only "well-regulated" militia that exists currently in the U.S. is the National Guard; there is no longer a militia made up of regular citizens as there was in 1776.

FACT: United States Code Title 10, Section 311: the militia within the meaning of the second amendment is affirmed in Title 10; the first and current Militia of the country predated all military and all law enforcement in this country. It is still in existence and subject to being summoned. Citizens are certainly Militia or they couldn't be called up. Also, Congress affirmed Militia within the meaning of the second amendment in its Disaster Recovery Personal Protection Act of 2006. So, have you got your guns and ammo, yet?

Readers with friendly comments on the article likened the idea of concealed carry to emergency medical services. Very astute. I go one step further over the decades and compare the ubiquitous armed citizen to the idea of a CPR-trained society. The idea is the immediacy of persons among any population of people who act in the absence of Police and EMS. We Militia are First Responders!

Thugs are not to be scared by guns, they are to be stopped by lethal force if necessary, and when that lethal force has a ubiquitous presence yet unseen among adult students, the deterrent effect is at its best.

This brings me to what violence prevention announces. The part anti-gun aficionados leave out is that all adults have the legal right and the legal authority to stop a violent act in progress. We can't dwell on what anti-gun people fear, but do focus on avoiding what adult students fear: violent crime without defense.

Virginia Tech student Cho killed 32 people because he was not stopped.

Not only is more guns the answer, but more latitude in self-defense and affirmation of law instead of gun prohibitions that are ignored by criminals. After Cho killed 32 people at Virginia tech, student Annie Le was stabbed to death on campus. Beatings, robberies, rapes and murders continue. Crime on campus persists. Abductions and disappearances on college campuses persist.

Anti-gun rights dummies have not consulted gun owners in the guns on campus issue. For years, violence prevention has excluded the choices adult students really have. Being armed is a valid and law abiding choice, and it makes as much rational and practical sense as more people knowing CPR.

**"Rebellion against tyrants is obedience to God." T.J.
Guns Preserve YOUR Sovereignty!
Enforce the Bill of Rights!**

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."

(Unanimous Declaration of Independence)

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.

"The people cannot delegate to government the power to do anything which would be unlawful for them to do themselves."- John Locke

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

"Rebellion against tyrants is obedience to God." T.J.

Enforce the Bill of Rights!

"And how we burned in the camps later, thinking: What would things have been like if every Security operative [insert your favorite alphabet Gang DEA, BATFE, H.S., TSA, FBI, IRS, NSA, CIA, LEOs etc. here], when he went out at night to make an arrest, had been uncertain whether he would return alive and had to say goodbye to his family? Or if, during periods of mass arrests, as for example in Leningrad, when they arrested a quarter of the entire city, people had not simply sat there in their lairs, paling in terror at every bang of the downstairs door and at every step on the staircase, but had understood they had nothing left to lose [neither do you now] and had boldly set up in the downstairs hall an ambush of half a dozen people with axes, hammers, pokers, or whatever else was at hand. The Organs would very quickly have suffered a shortage of officers and transports and, notwithstanding all of Stalin's thirst; the cursed machine would have ground to a halt!" -- The Gulag Archipelago, Aleksandr Solzhenitsyn

Gun Rights Refresher

1. An armed man is a citizen. An unarmed man is a subject.
2. A gun in the hand is better than a cop on the phone.
3. If guns cause crime, then pencils cause misspelled words.
4. "Free" men do not ask permission to bear arms.
5. If you don't know your rights you don't have any.
6. Those who trade liberty for security have neither.
7. What part of "shall not be infringed" do you not understand?
8. The Second Amendment is to enforce the other 9 Amendments.
9. 64,999,987 firearms owners killed no one yesterday.
10. Guns only have two enemies; rust and politicians.
11. Know guns, know peace, know safety.
12. No guns, no peace, no safety.
13. You don't shoot to kill; you shoot to stay alive.
14. 911 - government sponsored Dial-a-Prayer.
15. Assault is a behavior, not a gun device.
16. Criminals love gun control -- it makes their jobs safer.
17. If guns cause crime, then matches cause arson.
18. Only a government that is afraid of citizens prohibits guns.
19. You only have the rights you are willing to fight for.
20. Remove the people's right to bear arms, you create slaves.
21. The American Revolution was about gun control.

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.

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Failure through Socialism Forced by Obama Democrats

When is failure part of getting the desired results?

As long as the people are distracted from the real goal, and for those hostile to the U.S., the goal is to take USA down. For those persons, Failure is not only an option, it is the entire objective.

There really isn't a lot to say beyond this: the electorate needs to grasp that the left is not merely another legitimate opinion, but a force hostile to America. Such people have their own serious excess baggage and hang-ups as the real motivation behind their agenda. These people are the last to have power in a free country. The real safety rests in the electorate who would have shunned these people a generation ago for being cruel, anti-social and 'pixilated'. But that didn't happen. Maybe there's still time to dump PC and regain our sovereignty?

Their 'Failures' were crafted to fail so they can string the electorate along a bit further, playing us for our tolerance and good-hearted cooperation. Believe me, there will come a threshold when this cannot be reversed, and it is what immigrants have been trying to tell us for a generation or two now.

Immigrants and heads of state such as France and Germany tell us not to go socialist; they ought to know, experiencing now regrets for having travelled with fellow travelers that path to national destruction.

Immigrants tell us not go give up our guns. They ought to know, having surrendered theirs to their regret. The Philippines, England, Australia, India, and one or two other nations are pleading for the arming of citizens, their right to defend themselves with more than sticks and knives. As you can see, liberty (and being armed) is a lot harder to get back than it is to keep it.

Failures in all institutions are not due to straying from the social blueprint, Failure is the blueprint.

What is really frightening is that these red flags are only the adverse conditions as part of the early stages; costly mandates, rising energy costs, shortages, joblessness and other side-effects of this early implementation. The real terror is on the blueprint pages underneath this first one on the drawing board.

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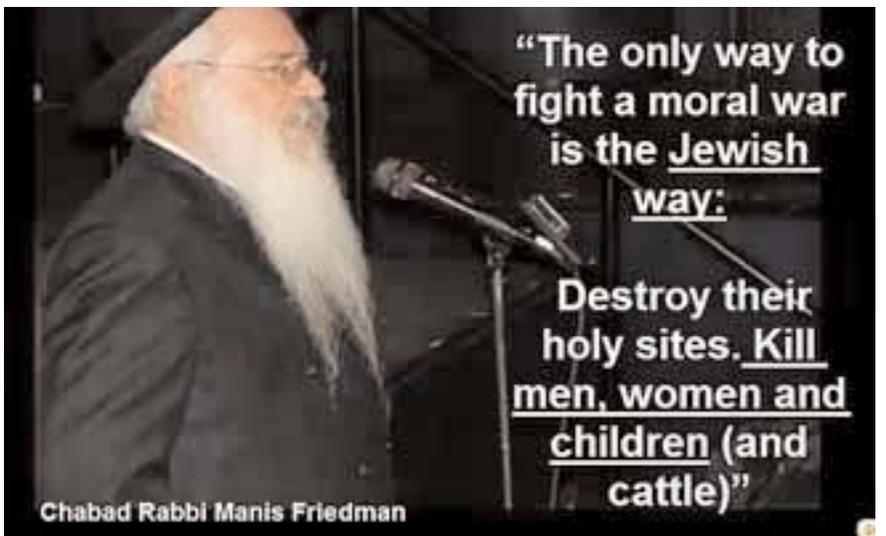
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**Freedom Is NOT FREE  
Enforce the Bill of Rights**

**Freedom is not a spectator sport!**

**An armed man is a Citizen;  
un-armed man is a subject.**  
~~~~~

**One is called an "anti-Semite"
simply for exposing Jewish extremism
and Jewish hatred toward Gentiles**



Helen Thomas: Jews Control White House, Congress

Veteran US Journalist Helen Thomas said that Jews have "total control" over the White House and US Congress, telling Playboy magazine in an interview to be published in April, "Everybody is in the pocket of the Israeli lobbies."

Thomas, who covered the White House for more than six decades, was forced to resign from her position at Hearst Corp. last year, after saying in an interview that Jews should "get the hell out of Palestine" and "go home to Poland, Germany and the United States."

Thomas appeared to show no regret for last year's comments, reiterating in the Playboy interview her belief that "Israelis have the right to exist-but where they were born."

"Why shouldn't I say it? I knew exactly what I was doing-I was going for broke. I had reached the point of no return. You finally get fed up," Thomas said.

Thomas denied claims that she was anti-Jewish. "I think they're wonderful people. They had to have the most depth. They were leaders in civil rights. They've always had the heart for others but not for Arabs, for some reason. I'm not anti-Jewish; I'm anti-Zionist."

She explained her comment that Jews should go back to Poland and Germany meant "they should stay where they are because they're not being persecuted-not since World War II...If they were, we sure would hear about it." Thomas added that Jews "carry on the victimization. American people do not know that the Israeli lobbyists have intimidated them into believing that every Jew is a persecuted victim forever-while they are victimizing Palestinians."

When asked whether she believed their was a secret Jewish conspiracy at work in the US, Thomas stated that it is "not a secret. It's very open...Everybody is in the pocket of the Israeli lobbies, which are funded by wealthy supporters, including those from Hollywood. Same thing with the financial markets. There's total control."

Your U.S. Passport Doesn't Belong to You

Most Americans think they are entitled to a U.S. passport and have an inalienable right to travel.

It's a reasonable expectation to have as a citizen.

However, you may not be aware that the U.S. government has the power to revoke your U.S. passport for many reasons.

Just open your U.S. passport and turn to the fifth page. There, you'll see a highly revealing statement... U.S. GOVERNMENT PROPERTY.

Your passport is the property of the United States, and you must surrender it to the government upon demand.

The circumstances under which the government has the power to refuse or renew your passport vary... from a federal warrant being issued for your arrest to owing more than \$5,000 in delinquent child support payments.

When the State Department revokes your passport, you lose all privileges associated with it. That includes the right to travel or live in a foreign country. If you're traveling or living abroad, suddenly you're an illegal alien subject to deportation to the United States.

It's safe to say that the government's control over passport issuance and revocation will only expand as time goes on.

This is already starting to happen... the government has come up with a way to use the tax system to limit our freedom of movement.

A recent report released by the Government Accountability Office claims the IRS could collect billions in owed taxes by blocking delinquent Americans from acquiring or renewing U.S. passports until they settle their alleged debts.

It really leaves me wondering when people are going to put a stop to the tyranny and oppression coming at us at excellerating pace from Obama-government agents against our Liberty? Wake up America! Restore USA, the Republic, that is !

God Bless America !

**Support the Troops
Bring Them Home.....NOW !**

You Can Protect Freedom: Question Authority!
"Where Rights secured by the Constitution are involved, there can be no rule making or legislation which would abrogate them." Miranda v Arizona, (1966)

Every Wednesday

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Ono Avocados

by Glenn I. Teves, County Extension Agent, UH College of Tropical Agriculture and Human Resources

Avocados are one of those healthy fruits available year-round in Hawaii. Eaten straight from its own bowl or combined in a salad, it's one of those healthy alternatives for lunch or even dinner. Hawaii farmers produce about half of the avocados we consume through retail markets, but who knows how many avocados are shared, traded, and sold within our communities.

The consumption of avocado in Hawaii has skyrocketed in recent years. From 1999 to the present, avocado consumption increased from 600,000 pounds to over 2 million pounds annually, with most of this increase filled by California-grown avocados. From 1989 to 1999, Hawaii's consumption fluctuated between 1 to 1 million pounds annually. California growers produce the Hass variety almost exclusively for export. Kona is the major production area in the state, where around 10 avocado cultivars are grown commercially. It's estimated that there are about 150 avocado farms throughout the state.

Avocado was introduced to Hawaii in the early 1800s, probably by Spanish horticulturalist Don Francisco de Paula Marin. Avocados are native to Central America and the Caribbean area. There are three main races of avocado. The Guatemalan is a winter-spring bearer with its characteristic hard, tough, thick, pebbled skin is medium to large in size with each fruit weighing more than 150 grams. The Mexican race, with its characteristic anise-scented leaves, is a summer-fall bearer with its thin and smooth skin and fruits less than 150 grams in fruit size. The West Indian race is a late summer-fall bearer with smooth, thick, and pliable skin, and is medium to large, with fruits usually larger than 150 grams. Most of the cultivars grown in Hawaii are crosses of these races, and some cultivars can be as large as a football.

Through the natural crossing of these races, it's possible to have avocados available year-round by planting cultivars for the different seasons. Cultivars are categorized based on the time of year they're available. Sharwil, Kahaluu, Malama, Linda and Nishikawa are fall to winter bearers, while Yamagata, Ohata, Murashige and locally-grown Hass are spring to summer bearers. Almost half of the avocados grown in Hawaii are of one cultivar, Sharwil. A selection from Australia, Sharwil bears well on Molokai and will usually mature around Christmas. It's easy to determine ripeness due to its drying pedicel or stem.

Green Gold is a compact seedling of Sharwil and selected by the University of Hawaii. Malama is the newest cultivar developed by UH with purple skin when mature, very greasy texture, and matures in late fall/early winter. Other recommended varieties include introduced selections Semil-34 and San Miguel. Most of the recommended varieties were discovered in farms and backyards and named after the family or the area. Kahaluu is a late fall/early winter bearer from the Kahaluu area of Kona, and has a high oil content.

Avocado prefers cool and moist conditions similar to those found in upper Hoolehua, Kualapuu, Kipu, and Kalae, and also grow well in many of the east end valleys. In drier areas, supplemental irrigation is required or they will die back. It's important that trees get sufficient water after flower set, while too much water will result in a watery or bland taste. Well drained soil is a must due to a disease that attacks the roots. My grandfather used to tell me when the avocado tree is full of flowers, a windy season would be coming our way. I think it just arrived. Like many tropical fruits, only a small percentage of the flowers will reach full maturity, and this means a fraction of 1%. For more information on growing avocados, go to: <http://www.ctahr.hawaii.edu/oc/freepubs/pdf/HC-4.pdf>

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New Book

My Parents' Passing

author: Earlene Cummings-Lamnek

Earlene Cummings-Lamnek's parents were always loving and wide and trustworthy, so it never crossed her mind that one day she would have to face the harsh reality of Alzheimer's. In *My Parents' Passing*, the author presents candid story of her parents' life and death from Alzheimer's Disease. Woven throughout the book are the ten warning signs of Alzheimer's along side examples of these as displayed in Earlene's parents. Easily understood and concise medical, daily living and practical approaches are presented for caregivers in this prevalent disease once called "hardening of the arteries" now called dementia or Alzheimer's. Whether someone you know is one of the 5.3 million in America currently affected, or you just would like information and advice from one who's been there, *My Parents' Passing* is an inspirational story for Victims of Alzheimer's and their families.

[*My Parents' Passing*, ISBN 978-1-61739-294-8, Tate Publishing & Enterprises, \$10.95, b&w illus, 127 pp.]



The Madman • The Marathoner

author: Juanita Tischendorf

The Madman The Marathoner is the story of eighty-five year old Don McNelly who holds the world record for the number of marathons completed over the age of eighty. The author Juanita Tischendorf has been a friend of Don and Phyllis McNelly since he asked her to do a marathon and later, learned his story.



This book is the result of the friendship. The book is more than a chronicle of marathons and ultramarathons around the world and throughout the US. Don McNelly, an engineer, who took up running long distances in an effort to lose weight after a college friend died of a heart attack. His doctor gave him Dr. Kenneth Cooper's new book AEROBICS, the new (1968) running book. Don decided that running would be his choice to reduce his weight, cholesterol and heart rate. Every evening after work he ran around the high school track, at first running and walking until he ran his first mile. His family, wife Phyllis, two sons and daughter encourage him and later participated in marathons or helping support runners in events. Committed to the sport of running and improving his health, Don McNelly has run more than seven hundred marathons and ultramarathons.

Even after a bout of prostate cancer, the sudden death of their daughter and loss of several marathon friends, Don McNelly has continued to participate and help organize events, now walking more than running, but always committed to completing the course.

Even if you are not a runner or marathoner, Don McNelly's story gives the reader inspiration to make healthful choices, give back to the community and family in big or small ways, and persist in spite of some dark days.

The Madman The Marathoner [ISBN 978-1-61566-594-5, Tate Publishing & Enterprises, b&w photographs, pp325].--SP

Rita: a Red Wolf's Story

author: Marjorie Wallé

Rita: a Red Wolf's Story, is based on an actual event: Rita is a pregnant red wolf who escaped from the Henson Robinson Zoo in Springfield, Illinois.

Rita wants more for herself and her pups than life in a zoo! Her chance encounter with Linneus, the most unusual luna moth, starts a chain of events that leads Rita from her confined past to a contented future. But, her path is strewn with difficulties, disasters and memorable characters such as: Sarah - who doesn't believe that anyone's dream comes true; Janie - who loves animals like other people love chocolate. Read Rita's story!

The story is written for teen-young adult readers. [*Rita: a Red Wolf's Story*, ISBN: 978-0-9840770-0-7; E'criture, Inc. Morningstar Press; Springfield, IL]

