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PONC board to get more authority to administer open space grants

BY NANCY COOK LAUER
WEST HAWAII TODAY
ncook-lauer@westhawaii.com

A land management fund that voters approved in 2012 will finally get rules to ensure proper disbursement and monitoring, thanks to a bill the County Council will consider Wednesday.

Since 2006, when voters first authorized an open space fund, the county has spent millions purchasing hundreds of acres of sweeping ocean vistas and other pristine properties from Waipio in North Hawaii

to Kawa Bay in the south. But managing and maintaining the new acquisitions has become a challenge.

Bill 90, sponsored by North Kona Councilwoman Karen Eoff, gives the county Public Access, Open Space and Natural Resources Preservation Commission authority to review, evaluate and make recommendations to the director of Department of Parks and Recreation regarding applications for stewardship grants that come

SEE ACCESS PAGE 4A



Waipio Valley is seen from the lookout on July 2.
LAURA SHIMABUKU/WEST HAWAII TODAY

Robbery suspect leaves jail after legal error

MAN OUT ON A RECOGNIZANCE BOND

BY GRAHAM MILLDRUM
WEST HAWAII TODAY
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A man charged with stealing a man's bag on Aug. 4 is out on his own recognizance after an error by the Hawaii courts.

Christiansan Kaawa, 25, is charged with second degree robbery.



Kaawa

Originally his preliminary hearing was set for Friday. However, the state had lacked sufficient time to serve the necessary subpoenas, said deputy prosecuting attorney Kauanoe Jackson, and asked it be delayed to Monday.

In her motion, she said the state still had a day to start the hearing. Under Hawaii penal rules, an in-custody defendant must have their preliminary hearing within two business days of their initial appearance.

He was scheduled for a 2 p.m. hearing on Monday, but first the other cases of traffic issues, open container violations and a disputed dog dung case, were heard.

It wasn't until 2:40 p.m. Judge Margaret Masunaga was ready to call the case.

But Kaawa was nowhere to be found.

Defense attorney Terry McCabe said that his client had not been transported from Hawaii Correctional Center.

McCabe said the jail staff was not told that Kaawa was due in court and therefore did not transport him with the other inmates.

Kaawa had to be released

SEE ROBBER PAGE 7A

Closures abound



A Hawaii County police officer directs traffic at the intersection of Palani Road and Queen Kaahumanu Highway during the Ironman World Championship in 2012. FILE PHOTO/WEST HAWAII TODAY

HOW TO GET AROUND ON ROADS DURING IRONMAN

WEST HAWAII TODAY

Allowing extra time to arrive at your destination during the Ironman World Championship triathlon is a given, but knowing ahead which roads are open is a necessity because some roads will be closing earlier and some later than last year.

Access to the majority of downtown Kailua-Kona and the Kona and Kohala coasts will remain closed to drivers for much of the weekend. Roads begin closing as early as 6 a.m. Thursday; some closures remain in effect until Sunday afternoon.

Here is a breakdown of the closures during the triathlon:

At the pier:

— Kailua Pier and Kaahumanu Place access is restricted to vehicles bearing an Ironman pier pass from 6 a.m. Thursday until 2 p.m. Sunday.

On Alii Drive:

— The section of road

between Likana Lane and Kailua Pier will be closed from 9 a.m. Thursday until 2 p.m. Sunday. The section from Likana Lane to Hualalai Road will be closed from 9 a.m. Saturday until 12:30 a.m. Sunday. The Keauhou-bound lane of Alii Drive will be closed

SEE IRONMAN PAGE 7A

US, Chile declare new marine reserves, fight overfishing

BY BRADLEY KLAPPER
THE ASSOCIATED PRESS

VALPARAISO, Chile — President Barack Obama declared new marine sanctuaries in Lake Michigan and the tidal waters of Maryland on Monday, while Chile blocked off more than 200,000 square miles of the Pacific Ocean near the world-famous Easter Island from commercial fishing and oil and gas exploration.

The announcements came as top officials, including U.S. Secretary of State John Kerry, attended an international conference on marine protection in the Chilean port city of Valparaiso. Several nations also

outlined plans for tracing seafood imports to combat overfishing and stemming increased pollution in the ocean.

The new protected waters in the United States are the first to be designated as such in 15 years, the White House said in a statement.

The 875-square mile area of Wisconsin's Lake Michigan extends from Port Washington to Two Rivers, containing a collection of 39 known shipwrecks. Fifteen are listed on the National Register of Historic Places.

The Mallows Bay-Potomac River in Maryland encompasses a 14-square mile area of the tidal Potomac River next

to Charles County. Nearly 200 vessels, some dating to the Revolutionary War, are found in the largely undeveloped area that provides habitat for endangered species of wildlife and fish.

The actions are the latest in a series of environmental steps by Obama, who last year set aside some 400,000 square miles of the central Pacific Ocean from commercial fishing, deep sea mining and other forms of resource extraction. The Pacific Remote Islands Marine National Monument is now the largest marine reserve in the world.

SEE OCEAN PAGE 4A



Chile's President Michelle Bachelet, left, speaks with U.S. Secretary of State John Kerry during the Our Ocean international conference on marine protection in Vina del Mar, Chile, Monday. LUIS HIDALGO/THE ASSOCIATED PRESS

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Island Life



The sky is full of intense color just before sunrise. Mauna Kea is in the background. MARCY LATTEMAN/COMMUNITY CONTRIBUTOR

Events planned at VFW post

Veterans of Foreign Wars Post 12112 is located behind Kona Locksmith off Kaiwi Street. The following events will be conducted this week:

Wednesday, free coffee will be served starting at 9 a.m. Veterans are invited to meet for camaraderie with others who have served honorably.

Thursday Night Football will be on the TVs at 3 p.m. with free light pupu provided.

A \$5 Oktoberfest Friday dinner of bratwurst, red potato salad, pretzel bread, German apple desert and salad will be served from 5 to 7 p.m. A German beer will be offered.

The post will be closed on Saturday because of the Ironman World Championship.

Sunday, the doors



open for football at 10 a.m. Bring pupu to share.

For more information, call Don Zero at 509-879-1040.

Caregiver classes being offered

Hawaii Community Caregiver Network is sponsoring Powerful Tools for Caregivers classes at two locations beginning in October. The free six-week class

series is designed to help family caregivers cope with the demands of caring for their loved ones.

Classes in Kailua-Kona are held from 9 to 11 a.m. Oct. 17 and continue every Saturday through Nov. 21 at Life Care Center of Kona, 78-6957 Kamehameha III Road. In Waimea, classes will be held from 9:30 until 11:30 a.m. at Tutu's House, 64-1032 Mamalahoa Highway, No. 305, starting Oct. 19 and continuing every Monday through Nov. 23.

The series teaches family caregivers about using self-care tools to: reduce personal stress; change negative self-talk; communicate their needs to family members and health care or service providers; communicate more effectively in challenging situations; recognize the messages in

their emotions, deal with difficult feelings; and make tough caregiving decisions.

A \$25 deposit for course materials will be collected at the first class and refunded upon completion of the series. Participants who complete the series may keep "The Caregiver Helpbook."

Class size is limited to 10 participants and advance registration is required. To register for either series, call Judy Bell at 322-0056.

Quilters' group meeting in Waimea

Mauna Kea Quilters in Waimea meets from 9:30 a.m. to noon Saturday in the meeting room of the Thelma Parker Memorial Library.

For more information, call Becky Parkinson at 937-2159.

OBITUARIES

Editor's note: Obituaries are published free of charge as a public service. The content is subject to editing to ensure parity treatment and style continuity.

Date of publication cannot be guaranteed. Memorial advertisements may be purchased through the newspaper advertising department.

Jake Conol

Jake Justin Conol, 29, of Hilo died Sept. 27, 2015, at Hilo Medical Center. Born Jan. 17, 1986, in Hilo, he formerly worked as an office clerk/warehouseman and musician. Friends may call at 5 p.m. Oct. 10 at Dodo Mortuary chapel for a 7 p.m. service. Family requests casual attire be worn. Flowers are welcome.

He is survived by fiancée, Coco Malunay of Hilo; father, Jacinto Conol Jr. and mother, Carolyn Conol of Mountain View; brothers, Jino Conol of California, Jacin Conol of Mountain View; two nephews; numerous aunts, uncles and cousins.

Kelly Asato

Kelly "Braddah K" Shofu

Asato, 60, of Hilo died Sept. 18, 2015 at his residence in Hilo. Born Nov. 24, 1954, in Laupahoehoe, he was a retired automotive diesel mechanic for the state Department of Transportation Highways Division and member of Laupahoehoe Congregational Church.

Friends may also call at 8 a.m. Oct. 13 at Laupahoehoe Congregational Church for a 10 a.m. service. Luncheon will follow services. Family requests casual attire be worn.

He is survived by wife, Dawn Asato of Hilo; son, Kellen (Marlena Midallia) Asato of Hilo; daughters, Arly (Earl Carvalho Jr.) Asato and Kira (Adrian Bacdad) Asato, both of Hilo; mother, Shizue Asato of Ooakala; sister, Blossom (Bob) Lee of Washington state; brothers, Tracy (Louise) Asato of Kailua, Oahu, Mack Asato of Ooakala; numerous grandchildren, hanai sons, hanai daughters, uncles, aunts, nephews and nieces. Arrangements by Dodo Mortuary.

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NATION & WORLD

IN BRIEF

US cargo ship with 33 aboard sank during hurricane

JACKSONVILLE, Fla. — The captain of the 790-foot El Faro planned to bypass Hurricane Joaquin, but some kind of mechanical failure left the U.S. container ship with 33 people aboard helplessly — and tragically — adrift in the path of the powerful storm, the vessel's owners say.

On Monday, four days after the ship vanished, the Coast Guard concluded it sank near the Bahamas in about 15,000 feet of water. One unidentified body in a survival suit was recovered, and the search went on for any trace of the other crew members.

Survival suits help mariners float and stay warm. But even with the water temperature at 85 degrees, hypothermia can set in quickly, Coast Guard Capt. Mark Fedor said. He noted that the hurricane had winds of about 140 mph and waves topping 50 feet.

The ship, carrying cars and other products, had 28 crew members from the U.S. and five from Poland.

United States and 11 other Pacific Rim countries reach a sweeping and controversial trade deal

WASHINGTON — Having hammered out an ambitious trade deal with 11 Pacific Rim countries, the Obama administration now faces a potentially tougher task: selling the deal to a skeptical Congress.

The countries reached a contentious trade pact Monday that cuts trade barriers, sets labor and environmental standards and protects multinational corporations' intellectual property after marathon negotiating sessions in Atlanta through the weekend.

The Trans-Pacific Partnership is designed to encourage trade between the United States, Australia, Brunei, Canada, Chile, Japan, Malaysia, Mexico, New

Zealand, Peru, Singapore and Vietnam. Together, the countries account for 40 percent of world economic output.

For President Barack Obama, the trade deal is a major victory on a centerpiece of his international agenda.

Netanyahu vows 'strong hand' against Palestinians throwing stones, firebombs

JERUSALEM — Israeli Prime Minister Benjamin Netanyahu warned Monday that he will use a "strong hand" to quell violent Palestinian protests and deadly attacks, signaling that the current round of violence is bound to escalate at a time when a political solution to the conflict is increasingly distant.

Netanyahu said he has sent thousands more soldiers and police to the West Bank and Arab neighborhoods of Jerusalem and that "we are allowing our forces to take strong action against those who throw rocks and firebombs." He said restrictions limiting what security forces can do were being lifted, but did not elaborate.

Netanyahu's warnings came after a rash of violence that began Thursday when Palestinian gunmen killed an Israeli couple in their car near a settlement in the West Bank as their four children watched. Two days later, a Palestinian stabbed an Israeli man to death and seriously wounded his wife as they walked in Jerusalem's Old City, then attacked and killed another Israeli man.

Israeli forces, meanwhile, killed two suspected Palestinian assailants over the weekend and on Monday shot dead two teenage stone-throwers, one of them a 13-year-old boy, in West Bank clashes.

In all, eight Palestinians were wounded by live fire and 45 by rubber-coated steel pellets in the West Bank and Jerusalem on Monday, the Red Crescent said.

By wire sources

US commander says Afghans requested US airstrike in Kunduz

BY ROBERT BURNS
THE ASSOCIATED PRESS

WASHINGTON — Afghan forces who reported being under Taliban fire requested the U.S. airstrike that killed 22 people at a medical clinic in northern Afghanistan over the weekend, the top commander of American and coalition forces in Afghanistan said Monday, correcting an initial U.S. statement that the strike had been launched because U.S. forces were threatened.

The strike wasn't sought by U.S. forces, Gen. John F. Campbell said at a hastily arranged Pentagon news conference.

"We have now learned that on Oct. 3, Afghan forces advised that they were taking fire from enemy positions and asked for air support from U.S. forces," Campbell said. "An airstrike was then called to eliminate the Taliban threat and several civilians were accidentally struck. This is different from the initial reports, which indicated that U.S. forces were threatened and that the airstrike was called on their behalf."

The clinic was operated by the medical charity Doctors Without Borders. The attack killed at least 22 people and wounded dozens more, setting the hospital on fire.

In response to Campbell's remarks, the organization's general director, Christopher Stokes, said the U.S. had admitted that it attacked the facility.

"The U.S. military remains responsible for the targets it hits, even though it is part of a coalition," Stokes said. "There can be no justification for this



The Doctors Without Borders hospital is seen in flames, after explosions in the northern Afghan city of Kunduz, Saturday. Medecins Sans Frontieres/The Associated Press

horrible attack. With such constant discrepancies in the U.S. and Afghan accounts of what happened, the need for a full transparent independent investigation is ever more critical."

On Saturday, Afghan officials said Taliban fighters were in the hospital at the time of the airstrike, but that is in dispute.

On Sunday, NATO, under whose umbrella the U.S.-led coalition operates in Afghanistan, issued a statement saying U.S. forces had conducted an airstrike against "insurgents who were directly firing upon U.S. service members" who were advising Afghan forces in Kunduz. The statement also said NATO was undertaking a preliminary assessment of the incident by a multi-national "casualty assessment team," and that it would produce initial results "in a matter of days."

The U.S. military is doing its own standard investigation under the Uniform Code of Military Justice.

Campbell's revised account does not clarify whether the clinic was targeted in error or whether U.S. military personnel followed procedure. They are required to verify that the target of the requested airstrike is valid before firing. Asked about those procedures, Campbell said he would not discuss the rules of engagement under which U.S. forces operate.

Asked whether he could confirm in general terms whether hospitals and other civilian facilities like mosques and schools are off limits to U.S. airstrikes, Campbell replied, "Very broadly, we do not strike those kind of targets, absolutely."

He declined to say who authorized the strike. He said it was carried out by an AC-130 gunship, which is an Air Force special operations aircraft sometimes used against close-range ground targets. The aircraft is armed with side-firing weapons including 40mm and 105mm cannons and a 25mm Gatling gun.

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President Barack Obama pauses as he speaks Sunday in Emmitsburg, Md. CAROLYN KASTER/THE ASSOCIATED PRESS

OCEAN: Obama seeks to protect more American waters

CONTINUED FROM PAGE 1A

In a videotaped message to conference participants, Obama recalled his childhood in Hawaii and Indonesia and said he always maintained “a special love for the ocean.”

“Our economies, our livelihoods and our food all depend on our oceans,” he said, “and yet we know that our actions are changing them. Greenhouse gas emissions are making our seas warmer and more acidic. Marine pollution harms fish and wildlife, affecting the entire food chain. Illegal fishing depletes the world’s fisheries.”

Obama said he would seek to protect more American waters in the coming months.

Chile made its own ambitious declaration, cordoning off a vast expanse of the South Pacific Ocean.

President Michelle Bachelet said the new marine park would protect the ancestral species of Rapa Nui, the name used by the native Polynesians of Easter Island, which is celebrated for its hundreds of human statues carved out of volcanic rock. She was joined by representatives of the island, who clapped their hands and sang after the announcement was made.

Bachelet called it the third-largest protected marine zone worldwide.

Britain, Gabon, Kiribati, New Zealand and Palau have taken steps as well to protect sections of the sea in recent months.

The “Our Ocean” conference also targeted marine pollution resulting from discarded plastics and increasing

levels of ocean acidification, which damages coral reefs and shellfish populations. Such concerns are shared by the U.S., which imports 90 percent of the fish it consumes, and Chile, whose coastline of almost 2,500 miles is vital to the economy.

To address overfishing, the Obama administration announced a global initiative, “Sea Scout,” to identify unregulated and unreported activity, and help prosecute illegal fishing organizations. The U.S. National Oceanic and Atmospheric Administration is expanding a program for detecting boats that use lights to attract fishery catch at night and will implement it in Indonesia, the Philippines and three other countries next year.

The “traceability” initiative is supposed to start for the most commonly exported fish species such as tuna, cod, shrimp and crab in September 2016. It would apply to all fish a year later and is designed to provide a full accounting of where exporters are getting their catch and whether they are operating in a sustainable manner. Anyone who wants to export fish to the United States would have to adhere to the conditions. The program needs final approval from the U.S. Senate and several additional countries before entering into force.

“There is literally too much money chasing too much fish,” Kerry told the conference. A third of the world’s fish stocks are over-exploited, he said, calling overfishing a \$10 billion-a-year industry.

ACCESS: PONC commission will be tasked with conducting interviews and performing site visits

CONTINUED FROM PAGE 1A

from the maintenance fund.

The 2012 charter amendment set aside 0.25 percent of property taxes to go into a maintenance account. That’s in addition to the 2 percent set aside to buy land.

After allowing the maintenance fund to accumulate to about \$1.2 million, the county is readying its first round of grants. According to the charter, the county must advertise by Aug. 1 of each year, provided money is available.

But there is no formal process in place to solicit, evaluate and award proposals from qualifying nonprofits, or to monitor their use of the money. Parks and Recreation, the department charged with overseeing the maintenance fund, has struggled with the program, saying it doesn’t have the staff or expertise to handle it.

“We realized that the Public Access, Open Space, Natural Resources Commission is actually the most knowledgeable group with regards to the properties that the County has acquired,” Eoff said Friday in an emailed message. “They are very familiar with the parcels of land as well as the community advocates, the cultural and lineal descendants and the nonprofit groups, so this seems to be a perfect fit.”

The PONC commission will be tasked with conducting interviews and performing site visits, as well as reviewing reports from grant recipients, to verify that grant objectives are being met.

Two councilmen still seem unsure that Parks and Recreation and the Finance Department can handle the added work without extra staff.

Puna Councilman Greggor Ilagan wondered whether the county could use some of the maintenance money to hire staff, rather than having to pay for them with general fund money.

“Parks and Recreation has so many different projects all across the island,” Ilagan said during a Sept. 16 committee hearing on the bill. He noted in particular new regional parks in the works for Waimea and Pahoa. “How is this program going to be staffed?”

“We realized that the Public Access, Open Space, Natural Resources Commission is actually the most knowledgeable group with regards to the properties that the County has acquired.”

KAREN EOFF | NORTH KONA COUNCILWOMAN

“My concern is who is going to be monitoring them?” asked Hilo Councilman Dennis “Fresh” Onishi.

Ken Van Bergen, deputy director for Parks and Recreation, tried to put council members’ concerns to rest.

“It’s not like it’s a whole bunch of (grant recipients),” Van Bergen said. “We’ll be managing it with existing staff. It won’t be a problem.”

According to the charter amendment, the money can be used only for maintenance of property bought with open space funds. It can be used for repair work, conservation and restoration of soil, forests, shorelines, native wildlife, streams and wetlands. Wildfire and fire prevention activities and repair of existing buildings to meet code requirements, replacing signs and installing and repairing fencing and cattle guards are also allowable projects. Archaeological surveys, buffering of Native Hawaiian historical and cultural sites and biological studies for protection of Native Hawaiian plants and animals round out the list.

The council meets in Hilo council chambers starting at 9 a.m. Members of the public can testify there, or by videoconference from the West Hawaii Civic Center, Waimea council office, the conference room adjacent to the Hisaoka Gym in Kapaa, the Naalehu state office building or the Pahoa neighborhood facility.

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 • Fri & Sat 7:30pm

Adults: \$22
 Seniors/Young Adults: \$20
 Halloween \$25 All Seats
 Participation Kits \$3 with online ticket purchase, \$5 at the door.

Aloha Theatre, Kainaliu
 Purchase today for best seat selection

Late one dark and stormy night, an innocent young couple find themselves stranded on a dark, deserted road. They seek assistance at a gloomy castle. What happens next will change them in ways they could never have dreamed. Richard O’Brien’s cult classic returns to the Aloha Theatre stage. Let’s do the Time Warp again!

This show contains adult situations. For the safety of our actors, we kindly request that patrons refrain from bringing rice and squirt guns into the theatre. Please be advised: strobe lighting will be used during this performance.

TICKETS AVAILABLE AT ALOHATHEATRE.COM OR 322-9924

Entertainment Lineup

Monthly Mini Concert

FREE Every 3rd Saturday

Saturday, October 17th, 6pm to 8pm
 Coronation Pavilion

Alii Keanaaina Hawaiian Music

Movies Under The Stars

FREE Every 4th Saturday

Saturday, October 24th
 Movie Starts at 6pm

Three teens discover that their neighbor’s house is really a living, breathing, scary monster.

Director: Gil Kenan
 Writers: Dan Harmon, Rob Schrab
 Stars: Michel Musso, Sam Lerner, Spencer Locke

Queens’ MarketPlace

The Gathering Place of the Kohala Coast

Center Hours Daily 9:30am–9:30pm
 Restaurant and Food Court Hours may vary.
 Located 20 minutes North of Kona International Airport on Waikoloa Beach Drive

886-8822 | www.QueensMarketPlace.net

IN BRIEF | BIG ISLAND & STATE

Man arrested on contempt charge

Police have arrested a man wanted on a bench warrant and for questioning on other cases.

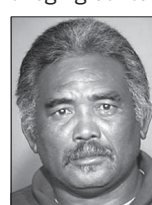
**Volpa**

He was also arrested on suspicion of theft and abuse of a family or household member, according to police.

He is being held at the Kona police cellblock while investigations continue.

Police looking for man on bench warrant

Police are searching for Tirino Balik, 45, of Ocean View, on a bench warrant alleging contempt of court.

**Balik**

He is also wanted for questioning in connection with a violation of court order investigation, according to the Hawaii Police Department.

He is described as 5 foot 5 inches, 180 pounds with brown eyes and graying black hair. His last known address was in Ocean View but he is known to frequent Hookena Beach Park.

Police ask anyone with information on his whereabouts to call the department's nonemergency line at 935-3311. People who prefer to remain anonymous may call the islandwide Crime Stoppers number at 961-8300. All Crime Stoppers information is kept confidential.

Punahou School receives \$10M from anonymous donor

HONOLULU — The second-largest private school in Hawaii has received a \$10 million gift from an anonymous donor and alumnus.

KHON-TV reported that the donation to the Punahou School in Honolulu will go toward the student financial aid program.

Punahou School President Jim Scott said socioeconomic diversity at the school has increased dramatically, with an 84 percent increase in the number of financial aid awards over the past 20 years. He said during the same time period, the percentage of students receiving financial aid has grown from 8 percent to 15 percent.

Officials said the gift is one of the largest philanthropic contributions in the school's history.

Untreated wastewater spills from sewage plant near Hilo

About 400 gallons of untreated wastewater were spilled out of a sewage pump station near Hilo Monday morning.

The Paukaa Sewage Pump Station released about 250 gallons to the ground and about 150 gallons to the shoreline through a storm drain, the Wastewater Department said in a press release.

The pumps did not start, they said in a press release, and the alarm system to alert employees failed to activate.

The station overflowed, with the wastewater running over the ground and reaching the shoreline.

Workers disinfected and washed down the surrounding areas and restored the system to function, the release said.

Warning signs were placed along the shoreline, which is largely cliffs.

The station is about 1,200 feet north of Honolii Beach Park.

The signs will be removed after approval of the Department of Health.

19 arrested for suspected DUI

Hawaii Island police arrested 19 motorists for driving under the influence of an intoxicant between Sept. 28 and Sunday. Four of the drivers were involved

in traffic crashes. Three were younger than 21.

Kona police arrested seven drivers, while South Hilo cited 10 drivers and South Kohala arrested two motorists for DUI.

So far this year, there have been 803 DUI arrests compared with 884 during the same period last year, a decrease of 9.2 percent.

There have been 1,146 major accidents so far this year compared with 1,195 during the same period last year, a decrease of 4.1 percent.

So far this year, there were 16 traffic fatalities on Hawaii Island compared with nine during the same period last year, an increase of 77.8 percent.

To date, five fatalities related to drugs and four fatalities were attributed to a combination of alcohol and drugs.

Hilo man wanted on bench warrant

Police are searching for a 56-year-old Hilo man wanted on a bench warrant for failure to appear in court.

Morris John Paiva is also wanted for questioning in connection with theft and forgery cases, the Hawaii Police Department said. He is described as 5-foot-7, 175 pounds with brown eyes and brown hair.

Police ask anyone with information on his whereabouts to call the department's nonemergency line at 935-3311.

Those who prefer to remain anonymous may call the islandwide Crime Stoppers number at 961-8300 and may be eligible for a reward of up to \$1,000. All Crime Stoppers information is kept confidential.

By West Hawaii Today staff and wire sources

Dog rescued after falling in 20-foot crack at HVNP

Romeo, a 4-year-old Labrador retriever, was hoisted out of a ground crack within Hawaii Volcanoes National Park on Sunday.

The dog was found in good condition 20 feet down inside the crack near the Volcano golf course, according to park officials. The owner lost Romeo Saturday evening while walking her two pet dogs off-leash near the boundary of the park and golf course.

After searching into the night, she returned Sunday morning and heard faint whining deep within the crack and called for help.

Park rangers responded and performed a high-angle technical rope rescue. Ranger Arnold Nakata placed Romeo into a harness as a topside rescue team slowly pulled them out of the ground.

The grateful dog "bestowed his rescuer with lots of dog kisses," the park said.



Park Ranger Arnold Nakata and rescued dog Romeo.
COURTESY OF HAWAII VOLCANOES NATIONAL PARK

Data hack at 7 Trump hotels confirmed

THE ASSOCIATED PRESS

NEW YORK — Customer credit and debit card numbers may have been stolen at seven Trump hotels after its payment systems were hacked for over a year.

The Trump Hotel Collection said on its website that hackers gained access to its systems between May 2014 and June 2015 at the front desk of those hotels. Hotel restaurants and gift shops were also hacked.

The hotel operator said an independent forensic investigation has not found any evidence of customer's information being misused. The company is offering affected customers a year of free identity theft protection.

The potential thefts occurred at the Trump SoHo New York, Trump International New York, Trump National Doral in Miami, Trump International Chicago, Trump International Waikiki in Hawaii, Trump International Hotel and Tower Las Vegas and Trump International Toronto.

Republican presidential candidate Donald Trump is chairman and president of Trump Hotel Collection and three of his children have executive roles.

Trump Hotel said it is working with the U.S. Secret Service and the Federal Bureau of Investigation to help "catch these criminals and prosecute them to the full extent of the law."

Other luxury hotel chains, such as the Mandarin Oriental, have reported data breaches this year.

ROAD CLOSURE NOTICE Saturday, October 10, 2015



ROAD CLOSURES FROM KONA TO HAWI

For answers to questions not covered by this information, Call our ROAD CLOSURE HOTLINE - 334-3400 from Oct.2nd to Oct.12th

Akoni Pule Highway (270) between Kawaihae / Waimea Junction (19) and Hawi

- ▶ Road CLOSED (8:00 a.m. – 3:30 p.m.)
- ▶ Alternate Route to Hawi is Kohala Mountain Road (Hwy 250) which runs from Waimea to Hawi

Queen Ka'ahumanu Highway between Waimea Junction (270 & 19) and NELHA

- ▶ Road CLOSED (7:00 a.m. – 5:30 p.m.)
- ▶ Alternate Route for traffic between the hotels, the airport and Kona will be via Waikoloa Village Road, Mamalahoa Highway 190, Kaiminani Drive (Palisades) and the Ane Keohokalole Highway, race traffic permitting.

Queen Ka'ahumanu Highway between NELHA and Henry Street

- ▶ Road CLOSED (6:30 a.m. – 12:30 a.m.)
- ▶ Alternate Route for traffic between Palani Rd. and Hina Lani St. is the Ane Keohokalole Highway.

CLOSURES FOR KAILUA TOWN AND ALI'I DRIVE

Thursday, October 8, at 6:00 a.m. through Sunday, October 11, 2015 at 2:00 p.m.

Kailua Pier & Ka'ahumanu Place

- ▶ CLOSED (Thurs 6:00 a.m. - Sun 2:00 p.m.)

Ali'i Drive

- ▶ Kailua Pier to Likana Lane (Hulihe'e Palace) CLOSED (Thurs. 9:00 a.m. - Sun 2:00 p.m.)
- ▶ Likana Lane (Hulihe'e Palace) to Hualalai Road CLOSED (Sat. 9:00 a.m. - 12:30 a.m.)
- ▶ Hualalai Road to Kahalu'u Beach Park CLOSED with limited access for residents as safety permits (Sat 9:00 a.m. - 9:00 p.m.)

Palani Road

- ▶ Kailua Pier to Courtyard Marriott King Kamehameha's Kona Beach Hotel CLOSED (Thurs 6:00 a.m. - Sun 2:00 p.m.)
- ▶ Courtyard Marriott King Kamehameha's Kona Beach Hotel to Kuakini Highway CLOSED (Sat 6:00 a.m. - 12:30 a.m.)
- ▶ Kuakini Highway to Queen Ka'ahumanu Highway westbound lanes CLOSED (Sat 6:00 a.m. - 12:30 a.m.)
- ▶ Kuakini Highway to Queen Ka'ahumanu Highway eastbound lanes CLOSED (Sat 6:30 a.m. - 12:30 a.m.)

Kuakini Highway

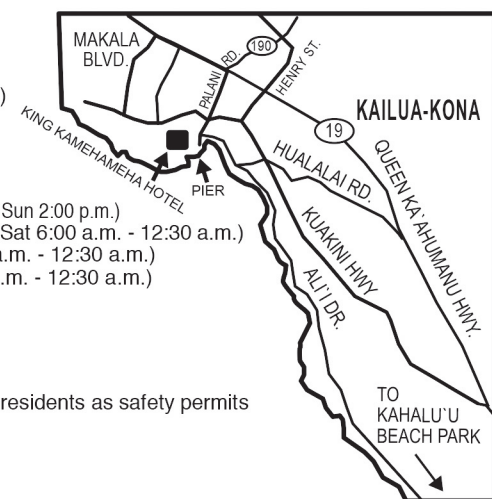
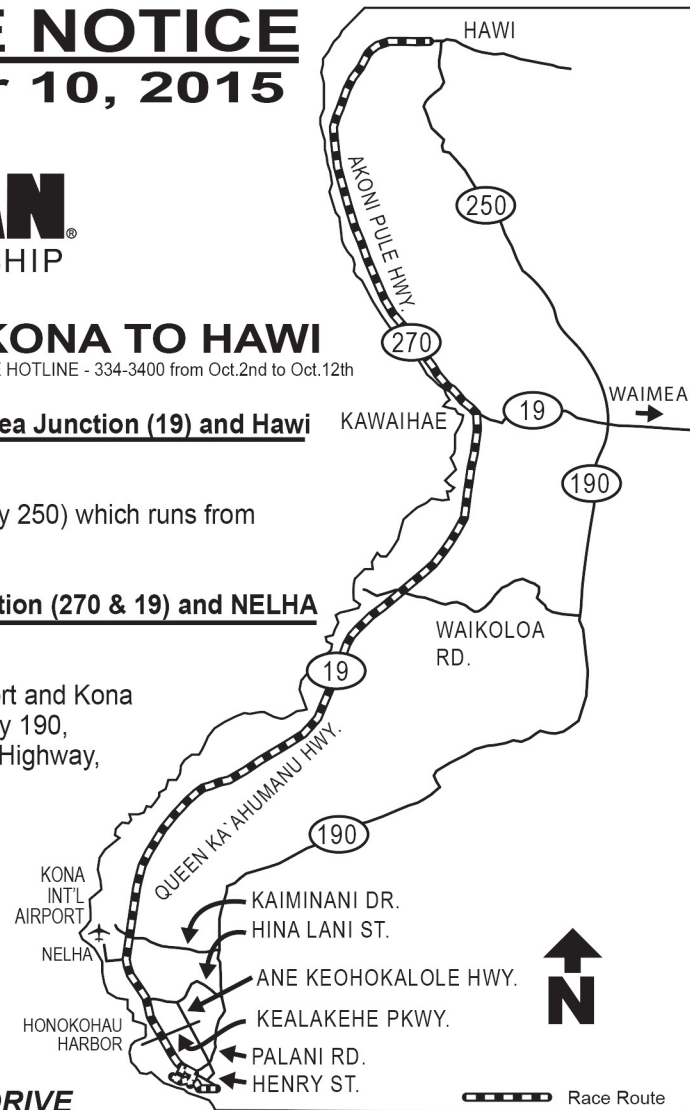
- ▶ Palani Road to Makala Boulevard CLOSED (Sat 6:30 a.m. - 5:30 p.m.)
- ▶ Palani Road to Hualalai Road CLOSED (Sat 6:30 a.m. - Noon)
- ▶ Palani Road to Hualalai Road SOUTH LANE CLOSED (Sat 10:00 a.m. - 12:30 a.m.)
- ▶ Palani Road to just before Kahakai Estates Subdivision CLOSED with limited access for residents as safety permits (Sat 6:30 a.m. - 10:30 a.m.)

Makala Boulevard

- ▶ Kuakini Highway to Queen Ka'ahumanu Highway CLOSED (Sat 6:30 a.m. - 5:30 p.m.)

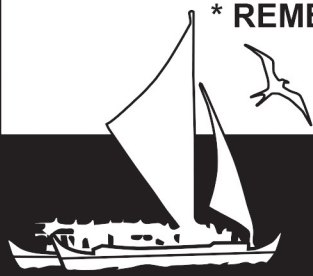
Hualalai Road

- ▶ Ali'i Drive to Kuakini Highway CLOSED (Sat 6:30 a.m. - 12:30 a.m.)



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* REMEMBER TO ALLOW EXTRA TIME TO GET TO YOUR DESTINATION *



'ONIPA'A

Race Day
Oct. 10, 2015

OPINION

TUESDAY, OCTOBER 6, 2015 | WEST HAWAII TODAY

EDITORIAL
LOS ANGELES TIMES (TNS)

Privacy vs. the Secret Service

At 10 a.m. on March 24 of this year, the House Oversight and Government Reform Committee, chaired by Rep. Jason Chaffetz, R-Utah, began a hearing into allegations of misbehavior by Secret Service agents. At 10:18, Chaffetz's name was entered into a database at the agency's headquarters and the search turned up the confidential information that the congressman had applied for a position with the Secret Service in 2003 but hadn't been hired.

In ensuing days, dozens of Secret Service employees gleefully accessed the information about Chaffetz. Like teenagers texting their friends, the agents spread the message far and wide. According to a recent report by Department of Homeland Security Inspector General John Roth, "One agent reported that by the end of the second day, he was sent on a protection assignment in New York City for the visit of the president of Afghanistan, and many of the approximately 70 agents at the protection briefing were talking about the issue."

One official thought it would be a good idea if the information had even wider circulation. According to the inspector general's report, Assistant Director Ed Lowery emailed a colleague: "Some information that (Chaffetz) might find embarrassing needs to get out. Just to be fair." Lowery denied directing anyone to release the information, and Roth said he had no information to the contrary. But somehow the information got out. On April 2, The Daily Beast posted a story with the headline: "Congressman Who Oversees Secret Service Was Rejected by Secret Service."

The misuse of Chaffetz's confidential file was not only unprofessional but possibly illegal. Roth notes that "Chaffetz's application was protected by the Privacy Act, and each disclosure of information ... to an individual without a need to know it ... constituted a violation" of that law.

Secret Service Director Joseph Clancy, who was apparently kept in the dark about the improper access of Chaffetz's file, said last week that he would ensure that "appropriate disciplinary actions are taken" and that he would "demand the highest level of integrity of all our employees." As for Lowery, it's impossible to see how he could credibly continue in his position now that it's known that he broached the idea of retaliating against a congressional critic by divulging confidential information.

Using the machinery of government to invade the privacy of political opponents is outrageous whether the intended target is a private citizen or a member of Congress, but there is something especially chilling about the idea of a government agency targeting an elected official who is charged with overseeing it. An apology isn't enough. The Secret Service needs to ensure that this doesn't happen again.



MICHAEL GERSON | THE WASHINGTON POST

Presidential tantrums won't end gun violence

WASHINGTON — Following the mass shooting at Umpqua Community College, a "smoldering" (as one commentator put it) President Barack Obama gave a revealing speech — a clarification, a culmination, of much that had come before. "What has become routine," he said, "of course, is the response of those who oppose any kind of commonsense gun legislation. Right now, I can imagine the press releases being cranked out. 'We need more guns, they'll argue. ... Does anybody believe that?'" "This is a political choice we make," he claimed, "to allow this to happen every few months in America."

The president's frustration, after delivering a sad series of similar speeches, is understandable. But his argument is still indefensible.

Even if you support "commonsense gun legislation" (as I do), there was nothing in Obama's speech that effectively argued for it. No policy proposals or serious justifications. No one listening to the speech would be persuaded to take a position he or she did not already hold. Obama was saying, in essence, that it is obvious what we should do about mass gun violence, that evil people are blocking it, and that they have innocent blood on their hands.



This is apparently what some liberal people think when anger releases them from civility and rationality. Obama speaks as if the gun laws he wants passed would put an end to these killings — a position for which there is no evidence. I believe that more thorough background checks and further restrictions on the type and firepower of weapons, along with improved health services for the severely mentally ill, would be good for our society, apart from mass killings. I hope that, in the long term, this system might, just might, intervene before a prospective mass killer strikes (though such causality would be very hard to demonstrate). But I have no basis for the calumny that people who disagree with me are choosing to allow mass murder.

This is the politics of moral posturing, not an argument rooted in social science. With his last election behind him, Obama is free to be Obama. And it appears that he is, deep down, a liberal commentator of the

MSNBC variety — perhaps providing a preview of his post-presidency. The only apparent purpose of his gun speech was to incite the faithful by expressing a seething arrogance.

Obama would surely blame the other side for the sorry state of our politics. Didn't Mitch McConnell have it out for him from the beginning? Hasn't every attempted compromise been slapped away?

But it matters when the president of the United States decides that democratic persuasion is a fool's game. It encourages the kind of will-to-power politics we see on the left and right. In this view, opponents are evil — entirely beyond the normal instruments of reason and good faith. So the only option is the collection and exercise of power.

When the main players in our politics give up on deliberative democracy, it feels like some Rubicon is being crossed. Our system is designed for leaders who make arguments for their views, seek compromise and try different policy angles to break logjams. And when they lose, their proper recourse is ... to make more arguments, seek other compromises and try different policy angles.

At this time, gun control legislation would probably not pass. Because such a law would not directly prevent mass murders (even if the law had useful

purposes). Because Obama doesn't know how to work with Congress. Because the National Rifle Association would oppose it. Because the political environment is not right. But someone who supports gun control should still argue for it, because that is what we do in a democracy.

The spirit of our democracy is very much at issue. Donald Trump says we have a corrupt system run by stupid people. Obama says we have a corrupt system run by evil people. Both of them are part of the same problem. I really don't give a damn if they are disillusioned and fed up with democratic processes or not. If they are tired of the game, they should stop playing it, not engage in ideological commentary or entertain fantasies of personal rule.

The best way to restore faith in our democratic structures is to spend a lifetime trying to make them work, like Hubert Humphrey did, or Jack Kemp did, or Henry Jackson did, or Ronald Reagan did, or Ted Kennedy did. But it is easier, and surely satisfying in its own way, to throw a tantrum when democracy disappoints you.

Michael Gerson's email address is michaelgerson@washpost.com.

LETTERS | YOUR VOICE

letters@westhawaii.com

High prices fuel health care costs

Recently, I had to go to the hospital to get an imaging test. I have insurance so my usual procedure is to pay the small deductible and ignore the actual cost of the test. This time the actual cost of the imaging test caught my eye as it seemed very high for the 15 minutes the test took.

I researched this imaging

test on the Internet and found the Healthcare Blue Book website. This site lists the costs of almost every medical procedure or test. It shows you from the low range to the highest range of prices then shows you a "fair price" based on your ZIP code and a fair profit for the provider. To my shock, the amount I was charged for my imaging test was almost three times the "fair price" shown.

If you are wondering

why your health care and insurance costs are skyrocketing it is because of predatory profiteering by those who do these types of tests and procedures. In Hawaii, we are a captive audience since we can't shop around for a better/fair price. We are forced to pay what they say or die.

The insurance company doesn't care about cost either. It just raises premiums and co-pays and it still makes out like a

bandit. Win, win lose. With the loser being the patient.

The next time you need to get a test or procedure done at your local hospital, check the actual cost, not your co-pay, and research the "fair price" on the Healthcare Blue Book website. You will be shocked and it will clarify what is wrong with the "business" of health care in the United States.

Joseph Appleton
Waimea

Tell us about it

Do you have a story idea or news tip? Is there a community problem that has not been addressed?

Do you know someone unique, whose story should be shared and enjoyed with the rest of the community?

We want to know.

Call the West Hawaii Today newsroom at 329-9311 or email news@westhawaii.com and share the information with our readers.

It's our community — and we care.

Letters policy

Letters to the editor should be 300 words or less and will be edited for style and grammar. Longer viewpoint guest columns may not exceed 800 words. Email or address letters to:

EDITOR
WEST HAWAII TODAY
PO BOX 789
KAILUA-KONA HI 96745
EMAIL: LETTERS@WESTHAWAII.COM

IRONMAN: Allow extra time to arrive at your destination

CONTINUED FROM PAGE 1A

between Hualalai Road and Kahaluu Beach Park from 9 a.m. to 9 p.m. Saturday.

On Hualalai Road :

— The section of road between Alii Drive and Kuakini Highway will be closed from 6:30 a.m. Saturday to 12:30 a.m. Sunday. Access to parking areas will be restricted.

On Kuakini Highway:

— On Saturday, the section between Palani Road and Makala Boulevard will be closed from 6:30 a.m. to 5:30 p.m.; traffic won't be allowed on the stretch between Palani and Hualalai roads from 6:30 a.m. to noon with south-bound lanes in the area closing at 10 a.m. and remaining closed until 12:30 a.m. Sunday. The section of road between Palani Road heading south toward Kahakai Estates will only be open to local traffic from 6:30 to 10:30 a.m. Saturday.

On Palani Road :

— The section of road between Kailua Pier and King Kamehameha's Kona Beach Hotel will be closed from 6 a.m. Thursday to 2 p.m. Sunday. The area between the hotel and Kuakini Highway will be closed from 6 a.m. Saturday to 12:30 a.m. Sunday. The mauka-bound lanes of Palani Road between Kuakini and Queen Kaahumanu highways will be closed from 6 a.m. Saturday until 12:30 a.m. Sunday. Mauka-bound lanes on Palani Road between the two highways will be closed from 6:30

“For more information, call the triathlon's road closure hotline at 334-3400.”

a.m. Saturday to 12:30 a.m. Sunday.

On Makala Boulevard:

— The stretch of road between Kuakini and Queen Kaahumanu highways is closed from 6:30 a.m. to 5:30 p.m. Saturday.

Queen Kaahumanu Highway will be closed in the following areas:

— Henry Street to the Natural Energy Laboratory of Hawaii Authority will be closed from 6:30 a.m. Saturday to 12:30 a.m. Sunday.

— From NELHA to Kawaihae Road, the highway will be closed from 7 a.m. to 5:30 p.m. Those traveling to the airport on Saturday should use Kaiminani Drive and those traveling to resorts should use Waikoloa Road.

— Akoni Pule Highway, between its junction with Kawaihae Road and Hawi, will be closed between 8 a.m. and 3:30 p.m. Access to Hawi is via Kohala Mountain Road from Waimea.

For more information, call the triathlon's road closure hotline at 334-3400.

3 Scientists Win Nobel Prize in Medicine for Parasite-Fighting Therapies

BY LAWRENCE K. ALTMAN
THE ASSOCIATED PRESS

Three scientists who used modern laboratory techniques to discover anti-parasitic drugs long hidden in herbs and soil won the Nobel Prize in Physiology or Medicine on Monday.

Their drug therapies “have revolutionized the treatment of some of the most devastating parasitic diseases,” the Nobel Committee of the Karolinska Institute in Stockholm said in announcing the winners. They are William C. Campbell, formerly of New Jersey, and Satoshi Omura of Japan, who share one-half of the \$960,000 award with Tu Youyou of China.

Campbell and Omura developed Ivermectin, the parent of Ivermectin, a medicine that has nearly eradicated river blindness and radically reduced the incidence of filariasis, which can cause the disfiguring swelling of the lymph system in the legs and lower body known as elephantiasis.

Tu was inspired by Chinese traditional medicine in discovering Artemisinin, a drug that is now part of standard anti-malarial regimens and that has reduced death rates from the disease.

“These two discoveries have provided humankind with powerful new means to combat these debilitating diseases that affect hundreds of millions of people annually,” the Nobel Committee said in a statement. “The consequences in terms of improved human health and reduced suffering are immeasurable” because parasitic diseases “represent a huge barrier to improving

“These two discoveries have provided humankind with powerful new means to combat these debilitating diseases that affect hundreds of millions of people annually.”

NOBEL COMMITTEE

human health and well-being.”

Parasitic diseases are a threat to an estimated one-third of the world's population, particularly among the poor in sub-Saharan Africa, South Asia and Latin America. Insects transmit both river blindness (black flies) and malaria (mosquitoes).

Ivermectin and Artemisinin are included in the World Health Organization's list of essential medicines and are distributed free or at low cost. The Nobel Committee said it was not aware of any active patents on the drugs. In 1987 Merck, which had profited handsomely from use of Ivermectin in domestic and farm animals, began distributing the drug free to people because those who needed it the most could not afford it.

Campbell and Omura collaborated but worked independently on different aspects of the discovery of Ivermectin.

Campbell was born in Ramelton,

Ireland, in 1930 and earned a Ph.D. at the University of Wisconsin. He worked for decades at the Merck Institute for Therapeutic Research before moving to Drew University in Madison, New Jersey, as part of a program where retired industrial scientists direct research of individual undergraduates. Five years ago he moved to North Andover, Massachusetts.

Campbell learned of his award when a reporter awakened him.

“I thought he was kidding, and when I asked how I could find out, the reporter suggested the website,” Campbell said in an interview.

Omura, who was born in 1935, earned two Ph.D.s from the University of Tokyo, in pharmaceutical sciences and chemistry. He is emeritus professor at Kitasato University in Tokyo. Omura applied what the Nobel Committee said were “extraordinary skills in developing unique methods” for scientifically characterizing natural products in *Streptomyces* bacteria found in soil. Bacterial cousins have yielded antibiotics like streptomycin.

At a news conference Monday in Tokyo, Omura played down his accomplishments, saying, “I merely borrowed the power of microbes.”

He said he was surprised by the recognition.

“I never imagined I would win,” he said. “If I had, I'd have worn a nicer necktie.”

Omura carries a plastic bag to collect soil samples. From several thousand cultures of *Streptomyces* he focused on the 50 he thought showed the most promise against

ROBBER: Kaawa will not have to post the \$25,000 bail

CONTINUED FROM PAGE 1A

on his own recognizance under the Hawaii Rules of Penal Procedure, McCabe said, making a formal motion.

The rules say that, unless the delay is the result of the defendant or the court finds “... such compelling fact or circumstance would render such a release

to be against the interest of justice,” a person held that long has to be released on their own recognizance.

As a result Kaawa will not have to post the

\$25,000 bail set by the court.

Matsunaga granted the defense's motion.

Kaawa's preliminary hearing is now set for 2:30 p.m. Oct. 12.

IRONMAN® WORLD CHAMPIONSHIP

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Calendar of Events

SATURDAY, OCTOBER 3

7:00 a.m. - 4:00 p.m.
7:00 a.m.

Official IRONMAN® Store - Store 2
Ho'ala IRONMAN® Training Swim - 2.4 miles

SUNDAY, OCTOBER 4

7:00 a.m. - 4:00 p.m.
7:30 a.m.
9:00 a.m. - 4:00 p.m.

Official IRONMAN® Store - Store 2
Annual P.A.T.H. 5K & 10K Run
Official IRONMAN® Store - Main Store

MONDAY, OCTOBER 5

7:00 a.m. - 4:00 p.m.
8:00 a.m. - 4:00 p.m.
9:00 a.m. - 4:00 p.m.
5:00 p.m.

Official IRONMAN® Store - Store 2
IRONMAN® Race Office Opens
Official IRONMAN® Store - Main Store
Heroes of Hawai'i

TUESDAY, OCTOBER 6

7:00 a.m. - 4:00 p.m.
8:00 a.m. - 4:00 p.m.
9:00 a.m. - 2:00 p.m.
9:00 a.m. - 4:00 p.m.
Noon - 8:00 p.m.
4:00 p.m.
5:00 p.m.

Official IRONMAN® Store - Store 2
IRONMAN® Race Office
Ahlele Registration Check-In
Official IRONMAN® Store - Main Store
IRONMAN® Village and IRONMAN® Souvenir Retail Opens
UnitedHealthcare IRONKIDS® Keiki Dip-n-Dash
IRONMAN® Parade of Nations

WEDNESDAY, OCTOBER 7

7:00 a.m. - 4:00 p.m.
8:00 a.m. - 4:00 p.m.
9:00 a.m. - 2:00 p.m.
9:00 a.m. - 4:00 p.m.
9:00 a.m. - 4:00 p.m.

Official IRONMAN® Store - Store 2
IRONMAN® Race Office
Ahlele Registration Check-In
Official IRONMAN® Store - Main Store
IRONMAN® Village and IRONMAN® Souvenir Retail

THURSDAY, OCTOBER 8

7:00 a.m. - 6:00 p.m.
8:00 a.m. - 4:00 p.m.
9:00 a.m. - 2:00 p.m.
9:00 a.m. - 4:00 p.m.
9:00 a.m. - 6:00 p.m.
6:00 p.m.
8:00 p.m.

Official IRONMAN® Store - Store 2
IRONMAN® Race Office
Ahlele Registration Check-In
Official IRONMAN® Store - Main Store
Official IRONMAN® Store - Main Store
E Komo Mai (Welcome) Banquet
Mandatory Athlete Meeting following E Komo Mai Banquet

FRIDAY, OCTOBER 9

7:00 a.m. - 4:00 p.m.
8:00 a.m. - 4:00 p.m.
9:00 a.m. - 4:00 p.m.
9:00 a.m. - 4:00 p.m.
Bike/Helmet/Gear Check-In: Bike Compound Area, Kailua Pier
Noon - 2:30 p.m.
2:30 p.m. - 5:30 p.m.

Official IRONMAN® Store - Store 2
IRONMAN® Race Office
Official IRONMAN® Store - Main Store
IRONMAN® Village and IRONMAN® Souvenir Retail
RACE DAY
Race #1 to #1000
Race #1001 to #2000+

SATURDAY, OCTOBER 10

6:25 a.m.
6:30 a.m.
6:55 a.m.
7:10 a.m.
7:00 a.m. - 5:00 p.m.
7:00 a.m. - 6:00 p.m.
10:00 a.m. - 2:00 p.m.

Race Start - Male Professional/Elite Athletes
Race Start - Female Professional/Elite Athletes
Race Start - Age Group Males
Race Start - Age Group Females
Official IRONMAN® Store - Store 2
Official IRONMAN® Store - Main Store
IRONMAN® Village and IRONMAN® Souvenir Retail

SUNDAY, OCTOBER 11

7:00 a.m. - 6:00 p.m.
7:00 a.m. - 6:00 p.m.
10:00 a.m. - 2:00 p.m.
6:00 p.m.

Official IRONMAN® Store - Store 2
Official IRONMAN® Store - Main Store
IRONMAN® Race Office
Banquet of Champions

MONDAY, OCTOBER 12

10:00 a.m. - Noon.
10:00 a.m. - 3:00 p.m.

Official IRONMAN® Store - Main Store
IRONMAN® Race Office



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Oho continues to move away from Big Island

BY JOHN BURNETT
HAWAII TRIBUNE-HERALD

maximum sustained winds of 65 mph.

Although Tropical Storm Oho has changed paths several times in its brief existence, forecasters are predicting it will continue on its northeasterly track and pass south of the Big Island.

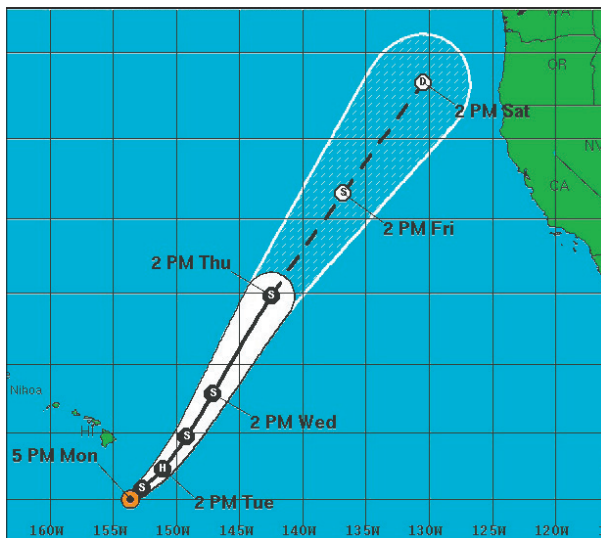
Although no coastal advisories were in effect at that time, the NWS website stated "all interests in the main Hawaiian Islands should continue to monitor the progress of Oho during the next couple of days."

"All the (computer models) have it going to the northeast, so we have a pretty high amount of confidence it's going to continue in that general (direction)," National Weather Service forecaster Maureen Ballard said Monday afternoon.

"On the Big Island, you are going to be the ones to feel whatever impacts there are going to be from it," Ballard said. "There could be some rain, some moisture that could be going over the Big Island, but we're not really expecting any significant problems from the rain."

As of 5 p.m. Monday, the storm was 340 miles south-southeast of Hilo, moving northeast at 6 mph and packing

swells in toward the Big Island. We're not talking about massive surf or anything like that, but you'll probably see some



NATIONAL WEATHER SERVICE MAP

swells in toward the Big Island. We're not talking about massive surf or anything like that, but you'll probably see some

increases on the south shores and in another day or so, you might see an increase on the east side, as well. We're not expecting the winds from this storm to reach the Big Island or the immediate coastal waters of the Big Island."

Asked if the swells are expected to bring a high surf advisory to the Big Island, Ballard replied, "It's kind of hard to tell because we don't have a lot of gauges between the area where the storm is and the Big Island. It might be approaching advisory levels."

Ballard said forecasters, who have been kept busy by an unusually active hurricane season caused by strong El Nino

ocean conditions still are watching the former Tropical Depression 8C in addition to Oho, but "don't really expect anything there."

"It is still hurricane season and we're still monitoring, but there's nothing else that we're monitoring," she said. "As long as Oho is still out there, we'll be looking at it. It seems that each day and each week brings us another thing to look at. The water temperatures are still warm enough to support (the formation of tropical cyclones) and until there's a general pattern switch, we'll be looking to see if anything else will develop."

Email John Burnett at jburnett@hawaiitribune-herald.com.

State to conduct animal control operations on Big Island

WEST HAWAII TODAY

State efforts to control invasive species damaging the critical habitat for the palila will result in closures of several areas of public land over the next three months.

percent of its food from green mamane tree pads, according to the federal Fish and Wildlife Service.

The FWS estimates there are 3,000 individuals in the wild, 95 percent on the southern slopes.

The control dates are scheduled for Oct. 15 and 16, Nov. 16 and 17, and Dec. 14 and 15.

The hunts are to control feral goats, feral sheep, mouflon and mouflon/feral sheep hybrids. The areas involved include Mauna Kea Forest Reserve (Unit A,) Mauna Kea Ice Age Natural Area Reserve (Unit K) and the Kaohe Game Management Area (Unit G.)

"Public access to Mauna Kea Forest Reserve from Waikahalulu gulch, north to Kemole, and east to Puu Kole, Mauna Kea Ice Age Natural Area Reserve, the Kaohe Game Management Area and Mauna Kea Hunter Access Road will be by permit only for animal salvage from 7 a.m. on Oct. 15, Nov. 16 and Dec. 14. and from 6 a.m. on Oct. 16, Nov. 17 and Dec. 15.

The Mauna Kea Observatory Road will remain open.

The Hale Pohaku and Kilohana gated entrances to Units A and G, and the gate behind Mauna Kea State Recreation Area will be blocked at 8 p.m. the day before each control period and opened at 7 p.m. the day after.

There is a map showing

the areas subject to aerial shooting at the Division of Forestry and Wildlife offices.

The interest in salvage permits has lead the DOWFA to arrange for telephone call-ins to the Waimea office at 887-6063. Calls can be made from 9 a.m. Oct. 7 to 10 a.m. before each shoot day. There will be one permit per call per vehicle valid for one day. Applicants can have their names placed on a standby list for additional days. Callers will need to provide the driver, occupants, license plate and make and model of the vehicle.

There will be up to 15 vehicles in the Ahumoa location and a maximum of 10 at the Puu Mali location.

Salvagers planning to go to the Ahumoa site need to meet at the Kilohana Check Station at 7 a.m. Those looking at Puu Mali area need to be at Kuhio Hale at 6 a.m.

Standbys at the gates will not be allow access.

The Division of Forestry and Wildlife in Hilo at 974-4221 or in Kamuela at 887-6063 have additional details regarding meat salvage or access permits.

Oregon gunman ranted in writings

THE ASSOCIATED PRESS

ROSEBURG, Ore. — The gunman who executed nine people at an Oregon community college before killing himself ranted in writings he left behind about not having a girlfriend and thinking everyone else was crazy, a law enforcement official said Monday.

The official also said the mother of 26-year-old gunman Christopher Harper-Mercer has told investigators he was struggling with some mental health issues. The official is familiar with the investigation but wasn't authorized to speak publically because it is ongoing.

Harper-Mercer complained in the writings about not having a girlfriend, and he seemed to feel like he was very rational while others around him were not, the official said.

He wrote something to the effect of: "Other people think I'm crazy, but I'm not. I'm the sane one," the official said. The writings recovered at the shooting scene were a couple of pages long.

Local pastor Randy Scroggins has said his 18-year-old daughter, who survived the shooting, told him the gunman gave an envelope to another student and instructed him to give it to police. The envelope contained a flash drive, Scroggins said.

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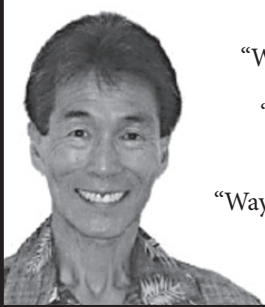
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A triathlon athlete swims in Kailua Bay, on Wednesday, training for the Ironman Race on Oct 10. PHOTOS BY LAURA SHIMABUKU/WEST HAWAII TODAY



Triathlon Athletes cycle on Queen Kaahumanu Hwy. on Wednesday.



A triathlon athlete cycles on Queen Kaahumanu Hwy. on Wednesday.

Russian Soldiers Join Syria Fight

BY ANDREW E. KRAMER AND ANNE BARNARD
THE ASSOCIATED PRESS

MOSCOW — Ratcheting up the confrontation over the Syria war, Russia said Monday that its “volunteer” ground forces would join the fight, and NATO warned the Kremlin after at least one Russian warplane trespassed Turkey’s airspace.

The saber-rattling on both sides reflected a dangerous new big-power entanglement in the war, as longstanding differences between Russia and the United States over President Bashar Assad of Syria and his opponents increasingly plays out not only in the halls of the United Nations but on the battlefield in Syria.

Russia squared off with Turkey and its NATO allies, calling the air incursion on Saturday an innocent mistake because of foul weather — a claim U.S. officials rejected.

News services said late Monday that a second airspace violation might have been committed on Sunday, but that report could not be

immediately confirmed.

The Russian air and ground deployments in Syria challenge the regional policies of President Recep Tayyip Erdogan of Turkey, President Barack Obama and NATO.

A Russian ground force could fundamentally alter the conflict, which has left 250,000 people dead and displaced half the country’s population since it started in 2011.

Although President Vladimir V. Putin of Russia said he would not put troops in Syria, the plan for so-called volunteers was disclosed on Monday by his top military liaison to the Parliament, Adm. Vladimir Komoyedov. It seemed similar to Russia’s stealth tactic in using soldiers to seize Crimea from Ukraine in March of 2014 and to aid pro-Moscow rebels in eastern Ukraine.

Moreover, U.S. military officials said they believed more than 600 Russian military personnel were already on the ground in Syria, not counting aircrews, and that tents for nearly 2,000 people had been seen at Russia’s air

base near Latakia, in northwest Syria near the Turkish border.

Russia intensified the airstrikes it began in Syria last week, with new attacks on territory near Palmyra that is indisputably held by the Islamic State. But Russian targets remain a matter of deep contention.

Russian officials say they are targeting the Islamic State, though their bombs have mainly hit territories held by other insurgents who oppose Assad, Russia’s ally. The strikes have hit the Army of Conquest, an Islamist faction that includes the Nusra Front, al-Qaida’s Syrian affiliate, as well as more-secular groups that often fight alongside it, including some that have received covert U.S. aid.

The Obama administration, by contrast, says its own airstrikes against the Islamic State in Iraq and Syria can succeed only with a political transition that ends with Assad’s removal.

The administration’s position was ridiculed on Monday by Sergey V. Lavrov, Russia’s foreign minister, who said the U.S.

airstrikes, which began more than a year ago, had done little militarily. In comments carried by Russia’s official Tass news agency, Lavrov said that even the Americans had acknowledged their faltering efforts to create a force of so-called moderate insurgents in Syria.

“Nobody knows about these people,” he said. “Nobody’s really heard about the moderate opposition.”

Foreign Minister Mohammad Javad Zarif of Iran, Assad’s regional ally, also was dismissive of the U.S. efforts in Syria, both to unseat Assad and to combat the Islamic State. Sounding emboldened by the Russian airstrikes, Zarif said at a talk in New York that there was a difference between Russia — which was invited by Assad to help — and the American-led coalition that has been bombing Syria. “Why are you there?” he said. “Who gave you the right to be there?”

The Russian disclosure that so-called volunteer forces might soon be in Syria fueled speculation

of an impending ground offensive against insurgents, one that would involve unprecedented coordination between Assad’s allies.

It could include Syria’s army fortified by forces from Russia, Iran and the Lebanese militia Hezbollah, which has deployed fighters in Syria for years to help Assad. Likely targets are Army of Conquest insurgents who threaten Assad’s coastal strongholds from territory they have seized in the northern province of Idlib.

In the aftermath of the Turkish airspace incident — which, at least in theory, could have escalated into a confrontation between Russia and NATO — an Obama administration official called Russia’s behavior “deliberately provocative,” while Komoyedov said his country’s “volunteers” on the way to Syria “cannot be stopped.”

As the global powers postured, gaps also deepened between local and regional participants in the war, and predictions that the Russian action would strengthen radicals

in the Syrian insurgency appeared to be accurate.

Insurgent groups opposing both Assad and the Islamic State, including some supported by the Americans, declared that they would no longer participate in any peace process sponsored by Russia — which they accused of occupying their country. Some vowed to work more closely with the Nusra Front.

Forty-one insurgent factions said in a statement that Russia’s “brutal occupation has cut the road to any political solution,” the latest challenge to diplomatic efforts by a special U.N. envoy, Staffan de Mistura.

Separately, in a statement laden with sectarian language, a group of prominent Saudi Arabian clerics called on Muslim and Arab countries to support a jihad, or holy war, against Assad and his Russian and Iranian patrons — even comparing the Syrian war to the Soviet Union’s invasion of Afghanistan in the 1980s and the jihad against it that drew fighters from around the world.

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SPORTS

TUESDAY, OCTOBER 6, 2015 | WEST HAWAII TODAY

MLB PLAYOFFS

Astros have something to prove against Yankees

BY HOWIE RUMBERG
THE ASSOCIATED PRESS

NEW YORK — For Dallas Keuchel, pitching on three days' rest for the Houston Astros in the American League wild-card game is just one more chance to prove a season's worth of doubters wrong.

"I play with a chip on my shoulder," Keuchel said Monday at Yankee Stadium. "I think a lot of the guys do in there as well. And we'll always carry that."

Before they take on a pitcher who shut them out twice this season, the New York Yankees faced another difficult challenge: Clubhouse leader CC Sabathia is not going to be with the team in the postseason because he is checking into an alcohol rehabilitation center.

"For tomorrow, not just for the team, but maybe we can get the win for CC as well," Yankees starter

SEE AL PAGE 2B

Cubs take aim at Pirates after making postseason leap

BY ANDREW SELIGMAN
THE ASSOCIATED PRESS

CHICAGO — No matter how the playoffs turn out for the Chicago Cubs, manager Joe Maddon wanted to know one thing. "How can you possibly be disappointed with anything our players have done this year?" he wondered.

The emergence of several young prospects helped elevate the Cubs to their first postseason appearance in seven years despite finishing third in their division. They visit Pittsburgh on Wednesday night for a matchup of two of the majors' best teams in the NL wild-card game.

"Fast forward from a year ago, we put our organization in a great position top to bottom for success," All-Star slugger Anthony Rizzo said. "Now it is on us players to go out and repeat that success."

Jake Arrieta gets the ball against Gerrit Cole and the Pirates, hoping his dominant run continues into the postseason. If they win, the Cubs meet St. Louis in the division series. Otherwise, it's on to next year.

Given the youth and the strides this team made,

SEE NL PAGE 2B

IRONMAN WORLD CHAMPIONSHIP

LEGENDS SPEAK



World Champions Craig Alexander, Paula Newby-Fraser, Heather Fuhr and Mark Allen celebrate their accomplishments at IRONMAN Heroes of Hawaii. RICK WINTERS/WEST HAWAII TODAY

WEST HAWAII TODAY

Legendary names from IRONMAN's past gathered at King Kamehameha's Kona Beach Hotel for an event that celebrated incredible accomplishments and moments in the sport, while also giving visitors a overview of Hawaii's history.

Mark Allen, a six-time IRONMAN World Champion and member of the IRONMAN Hall of Fame, was among the endurance sport icons on hand.

Allen's accomplishments in the sport speak for themselves, but he will always be remembered for the 1989 race known as "Ironwar"

HEROES OF HAWAII EVENT PUTS HISTORY IN FOCUS

against fellow hall of famer Dave Scott. Allen and Scott raced shoulder to shoulder for a large chunk of the race. Both ended up crushing the previous world record mark and crossed the finish line a mere 58 seconds apart — Allen in front.

Allen dominated on the Big Island after that, reeling off his other five wins, the last coming in 1995 at the age of 37.

Paula Newby-Fraser was also introduced as one of the IRONMAN Heroes. Newby-Fraser broke barriers and

changed the perception for female endurance athletes during her title run from 1986 to 1996.

Her 1988 Ironman finish — when she crossed as the 11th overall finisher — has been called the "greatest performance in endurance sports history."

The "Queen of Kona" finished her storied career with eight world championships.

Heather Fuhr, who will be inducted into the IRONMAN Hall of Fame on Wednesday, was another hero in attendance.

Fuhr, originally from Alberta, Canada, is considered one of the best runners in the sport of triathlon. Throughout her professional career, she captured 15 IRONMAN titles from around the world. In 1997, her seventh time racing in Kona, she captured the title, and became IRONMAN world champion.

Three-time IRONMAN World Champion and two-time IRONMAN 70.3 World Champion Craig Alexander also took the stage as a hero. The man known affectionately as "Crowie" last won in 2011, when he set the current course record with a time 8:03:56.

NFL

Chancellor's big play allows Seattle to beat Detroit

BY TIM BOOTH
THE ASSOCIATED PRESS

SEATTLE — With one big punch, Kam Chancellor showed his importance to the Seattle Seahawks.

And once again, the Seahawks may have received another Monday night break from the officials in the same end zone where the infamous "Fail Mary" took place.

Chancellor knocked the ball free from Detroit wide receiver Calvin Johnson at the 1-yard line when it appeared the Lions were going to take the lead, and Seattle held on for a 13-10 win.

With Detroit on the verge of capping a 91-yard drive with the go-ahead touchdown with less than

SEE NFL PAGE 4B



Seattle strong safety Kam Chancellor (31) knocks the ball loose from Detroit receiver Calvin Johnson (81) for a touchback in the second half. ELAINE THOMPSON/THE ASSOCIATED PRESS

SHORT HOPS

Konawaena basketball camp and tournament

Konawaena basketball will be running a basketball camp next week from Oct. 5-9 from 9 a.m. to noon at the Konawaena Gym. The cost is \$20 per day and registration starts at 8:30 a.m. daily. Contact coach Bobbie Awa at 896-6433 for more information.

In support of the "Cats to the Capital" fundraising, the Wildcats will be hosting a 3-On-3 tournament with youth and adult divisions from November 14-15 at Kekuaokalani Gymnasium in Kona.

Teams are requested to register by Oct. 16, but can register later with an additional fee.

For more information, contact Kevin Yamasaki at 960-3545, Tory Guillermo at 345-7987 or Awa at 896-6433 or coachbawa@yahoo.com.

UnitedHealthcare IRONKIDS Fun Run and Keiki Dip-n-Dash

UnitedHealthcare is teaming up with IRONKIDS for the second IRONKIDS Keiki Dip-n-Dash, aimed at inspiring and motivating young people to lead active, positive and healthy lifestyles.

The UnitedHealthcare IRONKIDS Fun Run and Keiki Dip-n-Dash will take place Oct. 6 at 4 p.m. at Kailua Pier.

Onsite registration begins at 3 p.m., and each athlete will receive a race bib, T-shirt, goodie bag and finisher medal. The course for "triathletes to be" will take place along portions of the IRONMAN World Championship, which begins later in the week.

The cost for registration and to participate is \$10 for kids ages 2 to 15. All participants must be able to swim 150 yards in open water, and no flotation devices are allowed. The distances include a Keiki Run (ages 2-14): ¼ and 1 mile, and Keiki Swim-Run (ages 6-14): 150 yard swim/1 mile run. Registration details are available IRONKIDS.com.

Multiple Parks and Recreation youth leagues and clinics

The Department of Parks and Recreation Kona District will be holding a Biddy Basketball League for girls and boys 5-8 years old. League play is scheduled for Oct. 13 to Dec. 8. The league is also looking for volunteers, coaches and officials.

The Department of Parks and Recreation is also holding an Age Group Basketball League for ages 9-14. League play is scheduled for Oct. 21 to Dec. 9. The league is also looking for volunteers, coaches and officials.

There will also be a youth tennis clinic hosted at the Kailua Park Complex from ages 10-17. The program is scheduled for Thursday evenings from 6-7:30 p.m. Oct. 15 to Dec. 10. Each participant must submit a new can of regular tennis balls with registration to participate.

Registration forms for all activities are available at Kekuaokalani Gym, Monday to Thursday from 12:30-2:30 p.m. For more information,

SEE SHORT HOPS PAGE 3B

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UH NOTEBOOK

Hawaii Football at crossroads after latest shutout

Where does Hawaii football go from here?

The simple answer is home.

"Just go back to work, try to get better," coach Norm Chow said Saturday after a 55-0 loss at Boise State.

The hard part for the Rainbow Warriors (2-3, 1-0 Mountain West) will be finding ways to muster offense. Hawaii already has been shutout three times this season, something that hasn't happened since 1966.

There was hope that lopsided road losses at Ohio State and Wisconsin would at least better prepare Hawaii for conference play, but Saturday's drubbing in which it was outgained 554-170 and trailed 49-0 at half-time was the fifth-worst league setback in program history.

"It's just one loss, it's just one game," Chow said. "That's what I told the kids, it's just one game. You hope to come through healthy, and we'll have to check that out."

When asked if Boise State was the best team he'd faced this season, Chow shrugged. "That's a good football team, and we've played some other pretty good teams this year too."

Chow added that he didn't think any team in the Mountain West would offer the challenge the Broncos did.

Hawaii returns home Saturday night to face San Diego State at Aloha Stadium, the Rainbow Warriors only home contest in a five-week stretch. The Aztecs are also 2-3 and coming off a 21-7 victory against Fresno State in their home opener.

"Regroup, keep fighting," Chow said. "I thought some guys stepped up, played pretty good, (defensive back) Dejaun Butler in particular. We knew this was going to be tough, you guys knew that, but it's still tough. We need to play better, which we'll do."

Volleyball

As expected, the No. 10 Rainbow Wahine (14-1, 4-0) cruised past a pair of teams it has never lost against.

The downside was the injury bug in Southern California.

Sophomore outside hitter Kalei Greeley went down in the Game 2 of a 25-17, 25-15, 25-5 victory Saturday against UC Riverside and did not return. Setter Taylor Higgins missed her first start in 43 matches as she sat out because of an injury suffered Friday at Cal State Fullerton.

Junior opposite hitter Nikki Taylor saw her streak of finishing with double-digit kills end at Fullerton, but she posted a match-high 14 kills on .448 hitting against Riverside. Hilo native Tai Manu-Olevao finished with nine kills and 11 digs for the Wahine, who's Game 3 rout tied the program's largest victory in a set.

Olivia Magill, Manu-Olevao and Greeley each smacked eight kills in the 25-11, 25-16, 25-13 win against Fullerton.

Soccer

Caitlyn Kreutz and Elise Kriehoff each scored twice Sunday night as Cal Poly overpowered Hawaii 7-2 at Waipio Peninsula Soccer Complex on Oahu.

Tiana Fujimoto and Keala Parker-Lee netted goals for the Rainbow Wahine (3-9-1, 0-2 Big West).

Cal Poly (5-3-5, 1-1) was outshot 16-11 but put 10 shots on frame.

No minor mistakes allowed for college grads

BY KEVIN JAKAHI
HAWAII TRIBUNE-HERALD

As a first-round draft pick, Milwaukee Brewers farmhand Kodi Medeiros is a prized prospect, and so is Tampa Bay Rays minor leaguer Kean Wong, who's being fast-tracked.

But for other players with Hawaii ties, they face long odds in reaching the big leagues, and luckily some who wash out end up on TV, such as KHON2's Sam Spangler, a former University of Hawaii pitcher.

Baseball America once did a study and found that one in six picks, or 17 percent, from the Major League Baseball June draft will reach the big leagues.

No surprise, the success rate is higher for first-round picks, around 73 percent, and falls off a cliff from there, down to 7 percent after the 20th round.

From 1999 to 2014, there were 73 players with Hawaii ties (college or high school) drafted and signed by MLB organizations. Of the group, 10 players, or 14 percent, have made it to the major leagues, including only five (Jerome Williams, Shane Victorino, Brandon League, Kurt Suzuki and Kolten Wong) with more time than a small cup of coffee.

Suzuki, the Minnesota Twins catcher, and Kolten Wong spent little time in the minors, and were fast-tracked. Each advanced a level after every season.

If there's one trend, it's that college-drafted players have little margin for slumps because there's roster spot competition with the annual MLB draft.

A good example is former UH first baseman Marc Flores, the Chicago White Sox' 30th round pick in 2014. In the Arizona Rookie League, he batted .222 with a .660 OPS in 117 at-bats. He was released and played independent ball this year.

Wong, the St. Louis second baseman, kept earning promotions because he hit everywhere he went. After only two pro seasons, he was sent to the Arizona



St. Louis Cardinals' Kolten Wong follows through on a two-run single in a game on Sept. 26 against the Brewers. JEFF ROBERSON/THE ASSOCIATED PRESS

Fall League, the tough off-season competition for the best prospects.

It's a small sample size, but Wong batted .324 with a .342 on-base average and .734 OPS (on-base plus slugging) in 74 at-bats in the AFL, nearly on par with his Double-A numbers, .287, .348 on-base and .754 OPS in 523 at-bats.

Spangler was drafted by the Pittsburgh Pirates in the 20th round in 2009. He lasted two seasons in the low minors, and finished with a 1-3 record and a 4.95 ERA in 72 2/3 innings.

The Rainbow Warriors have been pretty steady in developing draft talent. They've had at least one player drafted in 14 of the last 15 years; 2013 was the lone shutout. (In 2015, UH pitchers Tyler Brashears, LJ Brewster and Quintin Torres-Costa were drafted.)

In that 14-year span, 34 UH players have been drafted with a six-player class in 2011, highlighted by Wong, a first-round pick and the 22nd overall selection.

Wong and Blake Amaral are 2008 Kamehameha-Hawaii graduates. Amaral was drafted by the Los Angeles Angels as a Hawaii Pacific senior in the 40th round in 2012.

Like Flores, Amaral played one

season in the Arizona League and was released. He batted .176 in 68 at-bats.

LONGER LEASH

In that 16-season span (1999 to 2014), 19 prep players from Hawaii were drafted and signed, and only one was released after a single season. Aiea pitcher Randy Castillo, a 31st round pick by the Seattle Mariners in 2008, was that unfortunate anomaly. He went 1-1 with a 4.81 ERA in the Arizona League.

The patience with youth should provide outfielder Jodd Carter, a 2014 Hilo graduate and the Cleveland Indians' 24th round pick, a bit of breathing room.

He's spending his offseason working out at Kaha Wong's batting cage on Railroad Avenue. Carter couldn't be reached for comment.

Carter, 19, started the year in extended spring training. When camp broke and players were assigned to their affiliate teams (Low, Advanced A, Double-A, etc.) or released, Carter was held back at the Goodyear, Ariz., facility to work with instructors. There were no games to be played, only daily practices.

After the June draft, that's when the rookie leagues and short-season leagues start. Not

all teams have a short-season club; the Indians have one, the Mahoning Valley Scrappers.

Carter was sent to the AZL for the second straight time and performed well; he hit .273 with a stellar .828 OPS in 55 at-bats, and earned a promotion to Mahoning Valley.

In the New York-Pennsylvania League, Carter batted .233 with a .607 OPS in 159 at-bats in his first taste in slightly higher caliber competition.

He played with Saint Louis graduate Ka'ai Tom, a fifth-round pick out of Kansas. Tom batted .283 with a .777 OPS in 258 at-bats. Nathan Lukes, a seventh-round pick out of Cal State Sacramento, also added to the outfield depth.

Tom and Lukes, the 2015 draft picks, and Carter will all be fighting for spots on the Single-A full-season affiliate, Lake County Captains, who carried only four outfielders.

If Carter doesn't become a Captain, he'll likely have the safety net of another round of extended spring training, and an opportunity at Mahoning Valley, again, playing with another draft class.

NEVER TOO SMALL

Bryce Uegawachi, a Kaiser graduate, is a good example that MLB doesn't necessarily draft giants.

The slick-fielding shortstop stood 5 feet 6 and weighed 150 pound when the Indians drafted him in the 26th round out of HPU in 2001.

He played two seasons at Mahoning Valley, and finished with a .224 batting average in 250 at-bats, and held a .950 fielding percentage.

The biggest Hawaii hit in a small package is Kolten Wong, who's listed at 5 feet 9.

The Cardinals claimed the NL Central with 100 victories and Wong, 24, is going to the post-season for the third consecutive season.

AL: 20-game winner Keuchel has held Yankees scoreless this season over 16 innings

CONTINUED FROM PAGE 1B

Masahiro Tanaka (12-7) said Monday after a meeting that not only focused on the Astros but also how players could support their friend and teammate.

To advance to the Division Series and face the Royals in a best-of-five matchup that begins Thursday night in Kanas City, the Yankees will have to figure out how to beat the AL's only 20-game winner in a winner-take-all playoff Tuesday night after going scoreless against him in 16 innings this season.

Keuchel (20-8) might have trouble walking the streets of Manhattan these days with his distinctive bushy beard giving him away to fans, but he's been elusive on the mound in a season that has made him a Cy Young Award candidate.

And first-year manager A.J. Hinch, who pressed all the right buttons in guiding the surprising Astros to their first postseason in 10 years, is confident his

27-year-old ace will handle the short rest without a problem.

"I think his preparation is fine. Physically he's fine. It's just a little bit of a different routine," Hinch said. "It probably garners more attention than it needs to. But at the end of the day, I think if he pitches well it will be a lot of guts and he came through on short rest. If he doesn't pitch well, then it's a change in routine and a lack of rest."

Keuchel sees the questions about his ability to start without regular rest just one more reason for Houston to defy expectations. The young ballclub, with a rising star in rookie shortstop Carlos Correa, is two years removed from a 111-loss season. But the Astros surprised almost everyone in baseball by racing out to a big lead in the AL West only to fade in September before rallying and earning the second wild card on the final day of the schedule.

"We proved people wrong continuously throughout the season

and we're going to try to continue to do that," Keuchel said.

The storied Yankees were also a bit of a surprise; not much was expected from an aging roster with pitching questions the year after Derek Jeter hung up his spikes. But led by the resurgent Alex Rodriguez and Mark Teixeira (who is injured), New York sat atop the AL East late into the summer before slumping down the stretch.

Keuchel will be facing a New York lineup that has limped into the postseason, losing six of seven games.

In better times for the Yankees, Keuchel shut them out with a six-hitter in Houston on June 25. He repeated that impressive performance in the Bronx, pitching three-hit ball for seven innings on Aug. 25.

"He's a guy who keeps the ball down in the zone," Yankees manager Joe Girardi said. "You can't chase on him."

Jason Castro, who has caught Keuchel throughout his

development into this year's AL All-Star Game starter, credits a slider the left-hander can spot well repeatedly as one of the keys to his success.

"He's come a long way. He's made some great improvements over the last few years," Castro said. "His slider has developed into a plus pitch."

If the Yankees are going to finally get to Keuchel in their first postseason game since 2012, they might need Brett Gardner, Jacoby Ellsbury and Rodriguez to emerge from their second-half swoon.

But A-Rod, who has struggled mightily in many Octobers past, sees things differently.

Just as this season was for him after sitting out last year because of a drug suspension, the postseason is a clean slate for everyone.

"It all goes back to reset," he said.

NL: Cubs go from 73 win season to third best record in Major League Baseball

CONTINUED FROM PAGE 1B

that does not sound like a terrible proposition. But the Cubs are looking for more than just a one-game cameo in the playoffs.

"Joe said at the beginning of spring training that the hardest thing to do is crack the postseason the first time," Rizzo said. "Then you learn how to win. I think this organization has really grown, especially since I've been here."

The Cubs went from winning 73 games to finishing with the third-best record in baseball at 97-65.

They are in the postseason for the first time since the 2007 and 2008 teams won the NL Central. And if they beat Pittsburgh, the Cubs will do something they have not done since Game 4 of the 2003 NL championship

series — win a playoff game. No need to recount what happened in that series against the Florida Marlins. Or that the Cubs last won the World Series in 1908.

Chicago comes in as arguably the hottest team in the majors with eight straight wins and a 46-19 record since July 27. No team had as good a road record (48-33) and no pitcher won as many games as Arrieta (22).

Yet, the playoffs also are new territory for him. Same goes for rookies Kris Bryant, Kyle Schwarber and Addison Russell, as well as some of the veterans in the lineup.

"Obviously the adrenaline is going to be running a little more, but I think we are ready for it," Rizzo said.

The Cubs have been building to this moment ever since they hired president of baseball

operations Theo Epstein, who knows a thing or two about ending curses, and general manager Jed Hoyer in the fall of 2011.

They began restocking the farm system, loading up on prospects, and this is the payoff. Not that it was an easy process.

The overhaul tested fans' patience, and it showed at the box office. Attendance dipped every year from 3,300,200 in 2008 to 2,642,682 in 2013. There was a slight increase in 2014 (2,652,113) followed by a big jump this year (2,959,812).

Outside Wrigley Field on Monday afternoon, the famed marquee had the usual ads. A few fans stopped to take pictures, as usual.

But make no mistake there is a noticeable buzz around the old ballpark. It has been building since last season when the team

started to call up some of its touted prospects.

It got kicked up another notch in the offseason when the Cubs brought in Maddon and Jon Lester, signaling they felt they were ready to contend. And it reached another level this season.

There is a belief that the Cubs are built to last, that this is not just a short window of contention. Whether this ultimately leads to that elusive championship at some point is obviously to be determined.

This much is certain. A big moment arrives Wednesday.

"Everyone feels really good going into there and hopefully get past that one and get to a full series," pitcher Dan Haren said. "The team's been amazing with 97 wins. I think we like our chances."

RACE TO FITNESS RESULTS

Lava Lava Beach Club Hulakai 5th annual Race to Fitness Oct. 3			1 Hunter Anderson :51:49	1 Maitland / Akau :49:12	3 Susan Lalanne 1:17:15
OC1 12-16 Male			2 Christian Giardina :53:58	2 Berengue / Lindsey :49:56	SUP 50-59 Female
Pic	Name	Time	3 Jr Lai :55:10	3 Kauahi / Laub :51:15	1 Barbara Haight 2:17:43
1	Samson Castillo	:54:13	4 Lin Cox :55:39	4 Desoto / Soc :54:59	14' Female
2	Sean Arellano	:57:58	5 Jon Salvador :56:34	5 Peter Lasich / Greenwell :57:00	1 Susan Anderson 1:31:59
3	Gregory Kim	1:05:21	6 vale Wilson 1:04:27	6 Berengue / Estioko 1:00:25	12'6 Female
17-39 Male			7 Randy Ring 1:05:00	OC4 Male	1 Donica Shouse 1:28:38
1	Derek Park	:51:05	8 Dave Yamagata 1:09:23	2 Tawai Marquardt :59:54	2 Yuki Tagami 1:55:10
2	Kepa Weller	:51:41	60-69 Male	SUP Elite Male	OC2 Female
3	Joe Meheula	:53:31	1 Kerry Long :59:05	1 Jerry Bess 1:01:09	1 Danials / Alani :53:26
4	†Kade Pelekane	:53:34	2 Cole Salera 1:00:51	2 Dylan Lacy 1:09:35	2 Sawyer / Simmons :53:49
5	Jr Meier	:55:17	3 Clay Ching 1:11:47	OC1 Elite Male	3 Andrade / Agorastos :54:41
6	Kyle Keamo	:55:18	4 Keven Rinkenbach 1:12:11	1 Keakua Kiolan :47:22	4 Beime / Dawrs :57:26
7	Steve Longballa	:57:47	SUP 40-49 Male	2 Kainoa Tanoai :47:58	5 Hatanaka / Adams 1:04:22
8	Joe Zenk	:58:36	1 David Kauahi 2:03:50	3 Puni Freitas :52:53	6 Thomas / Oswald 1:06:04
9	Nick Matsuoka	:58:51	60+ Male	4 Jostin Yong :58:53	7 Mersburgh / Meersburgh 1:17:35
10	†Ha'aeo †Kaiawe	:59:08	1 Haole Limu 1:49:14	Rudderless Male	OC4 Female
11	Casey Nagamine	1:03:50	14' Male	1 Ina Ynigues :50:52	1 Nancy Concepcion 1:07:20
40-49 Male			1 Nick Muragin 1:12:35	OC1 17-39 Female	2 Namakana Divis/l'im 1:09:58
1	Keone Au	:49:46	2 Jeff Okuna 1:15:21	1 Leilani Olson :59:03	3 Apryl Sasaki 1:10:43
2	Thibert Lussiaa	:50:33	3 Jesse Logan 1:17:13	2 Mealoa Hooton 1:01:38	4 Renee Balanga 1:14:30
3	Ikaika Hauanio	:50:47	4 Guy Yamada 1:17:50	3 Amawda Degraeve 1:02:12	SUP Elite Female
4	Theron Ogata	:51:56	5 Gene Macion 1:45:15	4 Alana Cabatu 1:09:00	1 Mehealani Gambill 1:15:32
5	Eddie Hayward	:51:58	6 Alec Fierman 1:51:00	5 Erin Foley 1:13:00	OC1 Elite Female
6	Nick Ah Yo	:53:01	12-6' Male	6 Kananoihoea Makaimoeu 1:18:50	1 Alisa Prendergast :55:27
7	Paul Streiter	:53:45	1 Chris Paulachak 1:19:05	40-49 Female	2 Heather Kalei :59:39
8	Benjamin Krome	:55:06	2 James Hanley 1:19:38	1 Tina Flower :59:12	OC2 Mixed
9	Scott Laursen	:56:00	3 Serrell Kanoaha 1:21:18	2 Shieniu Stokiesbarm 1:00:29	1 Doherty / Doherty :51:57
10	Paul Stanley	:56:28	4 Kaili 1:25:02	3 Jennifer Randall 1:04:32	2 Leahy / Ferry :56:18
11	Matthew Kaahue	:56:40	5 Tomohiro Yoshida 1:35:51	4 Danielle Downey 1:05:38	3 Spencer / Spencer :57:39
12	Alton Kanono	:57:20	6 Brandon Hickman 2:05:15	5 Julaine Keamo 1:08:58	4 Oye / Oye :58:13
13	Jason Napihaa	:57:24	Surf Ski Male	50-59 Female	5 Kaiawe / Kuiawe :58:33
14	Theodore Ireland	:57:32	1 Iven Mclvor :45:18	1 Lesley Crawford 1:05:11	OC4 Mixed
15	Sean Ingram	:58:29	2 Barff Jean-Pierre :45:33	2 Leila Duimi 1:07:09	1 Koa Ortiz 1:12:24
16	Mark Paneke	:58:44	3 Aoran Makaimaku :49:40	3 Carol Farkas 1:10:50	
17	Kea Shaw	1:00:41	4 George Abood :50:42	60-69 Female	
18	Rodrigo Romo	1:02:10	5 Lambert LeeLoy :51:48	1 Patty Eames 1:03:41	
19	Gabriel Pelekane	1:03:21	Prone Male	2 Karen Mickievie 1:13:02	
20	Jody Whitney	1:03:25	1 Marr Kaneshiro 1:31:12		
50-59 Male					

BIIF CROSS COUNTRY RESULTS

Friday at Hawaii Prep			25. Breana Arakawa, 9 Kealakehe 25:51.29	60. Mykelah Ojano-Daly, 10 Waiiaka 29:00.62	26. Brandon Baca, 12 Hilo 20:26.39
GIRLS Team			26. Teiala Bartolome, 12 Hilo 25:52.97	BOYS Team	27. Keawe'iwi Pilayo, 10 Honokaa 20:27.18
1. Hawaii Prep, 27; 2. Hilo, 80; 3. Kamehameha, 111; 4. Waiiaka, 125; 5. Kealakehe, 146; 6. Konawaena, 154; 7. Honokaa, 187; 8. Pahoa, 226; 9. Keaau, 256; 10. Kohala, 260; 11. Parker, 291; 12. Christian Liberty, 319			27. Tola Mahoney, 11 Hawaii Prep 25:54.40	1. Hilo, 56; 2. Hawaii Prep, 58; 3. Waiiaka, 84; 4. Kealakehe, 93; 5. Konawaena, 101; 6. Kamehameha, 162; 7. Honokaa, 203; 8. Makua Lani, 220; 9. Christian Liberty, 266; 10. Pahoa, 282; 11. Parker, 316; 12. Keaau, 323	28. Kovee Rivera, 10 Hilo 20:29.15
Individual	Place, Name, Grade, School	Time	28. Ashlyn Cabatbat, 12 Kealakehe 25:58.21	Individual	29. Cole Dill-Desa, 11 Hilo 20:34.49
1. Zoe McGinnis, 10 Hawaii Prep 22:34.22			29. Nana Ueno, 12 Hawaii Prep 26:03.77	1. Louie Ordo, 12 Waiiaka 17:07.84	30. August O'Shea, 11 Kealakehe 20:35.51
2. Saya Yabe, 11 Waiiaka 22:43.13			30. Madison Pratt, 10 Keaau 26:17.10	2. River Brown, 12 Hilo 18:10.13	31. Hokua Tarnas, 9 Hawaii Prep 20:36.63
3. Sam Marrack, 9 Hilo 23:05.32			31. Gabrielle Bartolome, 12 Kohala 26:17.90	3. Nate Ludwig, 12 Hawaii Prep 18:11.36	32. Skyler Roque-Sunahara, 9 HPA 20:39.29
4. Ada Benson, 10 Hawaii Prep 23:05.73			32. Eva Garces, 10 Kealakehe 26:21.28	4. Cody Ranfranz, 11 Konawaena 18:18.24	33. Christian Ellis, 10 Hilo 20:42.60
5. Zoe Ganley, 9 Hawaii Prep 23:14.00			33. Keale Kim, 10 Hilo 26:22.41	5. Ziggy Bartholomy, 11 Kealakehe 18:25.32	34. Isaac Klein, 12 Kamehameha 20:43.16
6. Emri Higgins, 9 Hawaii Prep 23:17.79			34. Chloe Gan, 11 Ka'u 26:40.04	6. Adalberto Malagon, 12 Kealakehe 18:42.88	35. Majdi Mariano, 11 Kealakehe 20:46.83
7. Sophia Cash, 9 Honokaa 23:31.71			35. Jordan Zarate, 10 Hawaii Prep 26:45.92	7. Lawrence Barrett, 11 Konawaena 18:47.39	36. Logan Takizawa, 11 Konawaena 20:50.26
8. Nanea Wall, 9 Konawaena 23:53.52			36. Ashley Rynkewicz, 9 Waiiaka 26:49.75	8. Slater Inouye, 11 Waiiaka 18:52.18	37. Michael Hanano, 10 Hawaii Prep 20:58.70
9. Stella Javier, 11 Pahoa 24:02.07			37. Leilani Thompson, 12 Hilo 26:57.23	9. Rylie Cabalse, 11 Waiiaka 19:07.85	38. Jackson Cootey, 11 Kamehameha 21:00.50
10. Joey-Ann Cootey, 9 Kamehameha 24:08.98			38. Aubrey-Mich. Carter, 9 KS-Hawaii 27:04.86	10. Kai Shumway, 12 Hilo 19:12.36	39. Nicolino Kene, 11 Chr. Liberty 21:01.16
11. Savannah Cochran, 12 HPA 24:09.34			39. Mana Ho, 10 Kamehameha 27:06.12	11. Ilan Naibryf, 10 Hawaii Prep 19:24.78	40. Kolton Pang, 12 Hilo 21:04.67
12. Yuki Zbnytovsk, 12 Kohala 24:18.85			40. Casey Sanford, 11 Kealakehe 27:06.40	12. Daniel Cohen, 11 Hawaii Prep 19:31.45	41. DJ Madigan, 11 Makua Lani 21:07.90
13. Tove Fostvedt, 10 Hawaii Prep 24:27.81			41. Marley Young, 10 Kea'au 27:07.22	13. Steven Baca, 12 Hilo 19:48.92	42. Sheven Asejo, 12 Kamehameha 21:10.88
14. Jordyn Mantz, 10 Kamehameha 24:30.80			42. Hope Kudo, 10 Kealakehe 27:14.98	14. Jonah Hurney, 10 Hawaii Prep 19:49.78	43. Brandon Melton, 11 Hawaii Prep 21:11.94
15. Jodi Go, 11 Waiiaka 24:34.42			43. Evalani Cosgrove, 10 Waiiaka 27:17.46	15. Aris Aynezzajan, 12 Hilo 19:50.06	44. Josh Breitbarth, 12 Hilo 21:16.23
16. Halle Nottage, 10 Makua Lani 24:37.93			44. Keiko Mills, 9 Hilo 27:21.39	16. Shadoc Soukey, 12 Hilo 19:51.65	45. Yuki Lavoie, 11 Kealakehe 21:16.75
17. Caitlin Albrecht, 12 Hilo 24:38.80			45. Chalet Tautai, 10 Kamehameha 27:29.85	17. Kairimi Mossman, 11 Hilo 19:52.48	46. Chance Souze, 11 Kohala 21:20.22
18. Leina Ann Takizawa, 10 Kona 25:06.05			46. Maria Fratinardo, 12 KS-Hawaii 27:30.09	18. Malcolm Davis, 10 Hawaii Prep 20:01.61	47. Morgan Hauanio, 12 Chr. Liberty 21:20.85
19. Nani Varize, 9 Hilo 25:17.13			47. Ka'u Mossman, 12 Hilo 27:40.52	19. Simon Ellis, 12 Konawaena 20:08.55	48. Reid Murphy, 10 Makua Lani 21:31.84
20. Kanoelani Oblero, 10 Hilo 25:19.15			48. Malina Kobayashi, 10 Kealakehe 27:47.43	20. Shaun Kojima, 11 Waiiaka 20:08.55	49. Kauiki Feliciano, 11 Honokaa 21:39.42
21. Kacie Decoito, 9 Honokaa 25:35.13			49. Kristen Nielsen, 12 Hawaii Prep 27:58.41	21. Tristan Sienkiewicz, 11 HPA 20:09.22	50. Thomas Johnson, 12 Konawaena 21:44.34
22. Sneha Nair, 10 Hawaii Prep 25:36.31			50. Jasmine Early, 10 Waiiaka 28:10.62	22. Michael Christensen, 11 M.Lani 20:12.24	51. David Erskine, 10 Kamehameha 21:46.29
23. Kahala Huddleston, 12 KS-Hawaii 25:38.03			51. Sienna Byrne, 10 Hawaii Prep 28:16.13	23. Jason Lee, 9 Hawaii Prep 20:13.17	52. Levi Higa, 10 Honokaa 21:49.59
24. Sienna Levine, 12 Hawaii Prep 25:42.83			52. Alice Patig, 12 Hawaii Prep 28:17.78	24. Eric Osicky, 11 Kealakehe 20:18.89	53. Jantzan Hing, 12 Kealakehe 21:54.55
			53. Promise Roback, 9 Konawaena 28:24.08	25. Ryan Witthans, 12 Kamehameha 20:21.84	54. Chris Whitfield, 10 Hawaii Prep 21:56.73
			54. Mahina Orion, 9 Kamehameha 28:43.18		55. Kegan Miura, 11 Kamehameha 21:59.46
			55. Jayda Finory, 9 Konawaena 28:45.83		56. Josiah Randerson, 9 Kealakehe 22:00.32
			56. Mako Minoda, 9 Konawaena 28:47.05		57. Kobe Miller, 12 Pahoa 22:06.57
			57. Alana Kizanis, 12 Pahoa 28:54.01		58. Seneco Helfrich, 10 Waiiaka 22:06.82
			58. Jasmine Smeraglia, 12 Hilo 28:57.26		59. Jerome Quines, 11 Honokaa 22:15.01
			59. Centrie Carter, 10 Kamehameha 28:58.20		60. Juan Miche Rosales, 12 HPA 22:15.28

BIIF AIR RIFLERY RESULTS

Saturday at Waiiaka				BOYS Team			
GIRLS Team				1. Waiiaka 1,002; 2. Kamehameha 1,014; 3. Hilo 1,001; 4. Konawaena 911; 5. Kealakehe 825; 6. St. Joseph 493; 7. Christian Liberty 414			
Individual				Individual			
Place, Name, School	Prone, Standing, Kneeling, Total			1. Guy Yokoe, Waiiaka 95-87-87-269			
1. Cobi Broad, Kamehameha	93-84-85-262			2. Logan Aruga, Kamehameha 90-78-92-260			
2. Tiara Pacheco, Waiiaka	94-80-86-260			3. Mark Nemeth, St. Joseph 91-82-87-260			
3. Jeanette Tajiri, Waiiaka	92-73-87-252			4. Damien Saberon, Hilo 89-76-91-256			
4. Shaye Nishimura, Waiiaka	89-71-87-247			5. Kahekili Donner, Kamehameha 93-75-88-256			
5. Iceley Andaya, Kamehameha	95-70-79-244			6. Tre Soutlz, Waiiaka 93-72-89-254			
6. Lois Taylor, Kealakehe	89-75-80-244			7. Andruw Nakamura, Konawaena 90-79-84-253			
7. Anne Nakamoto, Waiiaka	91-72-81-244			8. Isalah Gali, Hilo 93-70-88-251			
8. Eve Nagareda, Kamehameha	86-71-86-243			9. Devon Morimoto, Waiiaka 90-67-93-250			
9. An Sasaki, St. Joseph	93-68-81-242			10. Preston-Lee Ching, Kamehameha 88-74-88-250			
10. Janae Pacheco, Christian Liberty	86-79-77-242			11. Isalah Galdones, Hilo 93-69-88-250			
11. Meghan Wong, Kamehameha	85-68-88-241			12. Bradon Miyake, Waiiaka 92-71-86-249			
12. Ammina Galdones, Hilo	88-77-72-237			13. Devev Aniol, Kamehameha 90-78-80-248			
13. Taylor Nishimura, Waiiaka	93-67-74-234			14. Jonah Kim, Hilo 91-69-84-244			
14. Pisila Spinga, Kamehameha	85-71-76-232			15. Nainoa Kalaola-Maruquin, Kamehameha 93-71-76-240			
15. Alisa Leung, Hilo	90-69-72-231			16. Jake Basque, Konawaena 81-76-77-234			
16. Jessica Snell, Christian Liberty	92-54-81-227			17. Daniel Honda, St. Joseph 92-57-84-233			
17. Bethany Maldonado, Christian Liberty	95-63-66-224			18. Kawika Aguiar, Christian Liberty 88-62-82-232			
18. Mana Nagata, St. Joseph	85-54-85-224			19. Hanalei Akazawa, Kealakehe 82-68-73-223			
19. Laryssa Takieue, Waiiaka	90-56-57-223			20. Kamaka Davis-Kaiwi, Konawaena 89-47-80-216			
20. Jaslinn Kamaka-Mauhihi, Kamehameha	77-57-78-212			21. Justin Seino, Waiiaka 79-61-75-215			
21. Nanea Karnuth, Kealakehe	87-60-57-204			22. La'akea Aki, Hilo 90-46-78-214			
22. Jiyun Shin, St. Joseph	87-43-71-201			23. Mackenzy Corpuz, Waiiaka 85-52-72-209			
23. Kandice Grow, Kealakehe	79-40-80-199			24. Brook Jones, Konawaena 79-61-68-208			
24. Courtneylyn Nagata, Kealakehe	75-49-75-199			25. Ethan Leite, Kamehameha 84-53-67-204			
25. Caycie Calpito, Konawaena	83-41-75-199			26. Wiley Chen, Kealakehe 71-57-76-204			
26. Jade Halemano, Konawaena	76-46-62-184			27. Kinolua Kelekolio, Konawaena 75-54-75-204			
27. Julia Lim, Konawaena	73-36-64-173			28. Coi Erdmann, Kealakehe 81-58-64-203			
28. Cheyenne Kekomaka, Kealakehe	67-33-57-157			29. Po'okela Naliielua-Ahloo, Kealakehe 84-49-62-195			
29. Angelita Camacho, Kealakehe	35-45-63-143			30. Steven Onaka, Konawaena 56-60-74-190			
				31. Jaron Ye, Christian Liberty 83-46-53-182			
				32. Zach Liddiard, Kealakehe 67-42-69-178			
				33. Dylan-Jay Gambia, Kealakehe 71-39-48-158			

SHORT HOPS: Konawaena High hosts Wildcat Golf Challenge

CONTINUED FROM PAGE 1B

tion, contact Diego or Wes at 327-3553.

Wildcat Golf Challenge

The Club at Hokulia will host the Wildcat Golf Challenge on Nov. 16.

The two best ball of four format with a shotgun start costs \$250 per golfer to enter. Entry fee includes a cart and a gift for all golfers.

The event will benefit the interscholastic athletics program at Konawaena High School. Space is limited and advance reservations can be made by calling the Athletic Office at Konawaena at 323-4500.

John and Judy Collins Co-Founders of the Ironman (1978) and their son Michael talk

about the early days of Ironman and their own personal experiences as participants and spectators. They reflect on the impact the sport has had on recreational athletes all over the world and share stories of when being endurance athletes was not common.

Emily T. Gail Show

Emily has updates on Kona Beach & Sport and Kona Bike works involvement with Ironman and some updates on Ironman week events.

Emily T Gail Shows are available at espnhawaii.com.

There is free iTunes podcast and Emily T Gail Talk Story on Facebook . The talk story with the Collins is also available on YouTube/ Emily T Gail Talk Story.

WEEKLY GOLF RESULTS

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THE PATH 5K-10K RESULTS

Peoples Advocacy for Trails Hawaii
THE PATH 5K-10K Walk Run
Oct. 4, 2015

5K	Plc	Name	Div	Time
	1	Frederic Funk	13 - 19	:17:16
	2	Cody Ranfranz	13 - 19	:17:50
	3	Thomas Gillodts	13 - 19	:18:54
	4	Igor Kogon	55 - 59	:19:04
	5	Manghelen Albright	13 - 19	:19:06
	6	Michelle Jones	45 - 49	:19:08
	7	Mitch Thrower	45 - 49	:20:02
	8	Tyler Guggemos	25 - 29	:20:10
	9	Dalton Guggemos	20 - 24	:20:22
	10	Lance Watson	45 - 49	:20:31
	11	Christopher Cruz	25 - 29	:21:12
	12	Paul Regensburg	45 - 49	:21:15
	13	Danilo Padilla	35 - 39	:21:58
	14	June Garrett	20 - 24	:22:06
	15	Katie Oden	20 - 24	:22:08
	16	Scendune Gardeux-Laroudie	35 - 39	:22:37
	17	Crystal Baysa	13 - 19	:22:43
	18	Daniel Sewell	13 - 19	:23:04
	19	Laura Ankrum	40 - 44	:23:23
	20	Jeff King	55 - 59	:23:27
	21	Mutielle Vanlerberghe	40 - 44	:23:30
	22	Bruce Wacker	65 - 69	:23:43
	23	Greg Lucas	50 - 54	:23:46
	24	Matthew Sandford	25 - 29	:23:48
	25	Alec Ankrum	13 - 19	:23:57
	26	Irene Garcia	35 - 39	:24:05
	27	Kaylee Rapoza	20 - 24	:24:15
	28	Lauren Siedlecki	13 - 19	:24:16
	29	Al Castro	55 - 59	:24:23
	30	Marc Roy	40 - 44	:24:31
	31	Christine Thaler	40 - 44	:24:39
	32	Bob Ranfranz	60 - 64	:24:54
	33	Riley Arroyo	13 - 19	:25:06
	34	Nicora Wacer	50 - 54	:25:18
	35	Abigail Mahnke	20 - 24	:25:22
	36	Dorothee Weppler	20 - 24	:25:24
	37	Laurelee Nelson	60 - 64	:25:29
	38	Beat Danzer	40 - 44	:25:31
	39	Antonita Villa	50 - 54	:25:37
	40	David Zhou	40 - 44	:26:04
	41	Sherri Hered	45 - 49	:26:05
	42	Anja Kraft	45 - 49	:26:08
	43	Judith Hill	50 - 54	:26:10
	44	Peter Stallknecht	70 - 74	:26:12
	45	Brody McConahon	7 - 12	:26:17
	46	Richard McDowell	65 - 69	:26:23
	47	Jon Kunitake	70 - 74	:26:34
	48	Logan Achay	30 - 34	:26:35
	49	Robin Barsantee	50 - 54	:26:37
	50	Ulli Lauk	55 - 59	:26:44
	51	Donna Jones	55 - 59	:26:49
	52	Nigel Abbott	60 - 64	:26:54
	53	Ali Steiner	40 - 44	:27:05
	54	Susan Griley	40 - 44	:27:11
	55	Sara Franco Garcia	13 - 19	:27:20
	56	Patricia Achay	25 - 29	:27:21
	57	Emma Sewell	13 - 19	:27:39
	58	Vanessa Croker	35 - 39	:27:40
	59	Ceine Guex	13 - 19	:27:41
	60	Andrea Sancher	30 - 34	:27:50
	61	Grete Brandtenborg	50 - 54	:27:55
	62	Florian Zielonka	20 - 24	:27:57
	63	Ian Deives	55 - 59	:28:04
	64	Toshiyuki Mochizuki	45 - 49	:28:11
	65	Susan Nixon	45 - 49	:28:14
	66	Aiden Ankrum	7 - 12	:28:15
	67	Jill Lucas	50 - 54	:28:21
	68	Geoffrey Hand	13 - 19	:28:22
	69	Jada Keen	7 - 12	:28:52
	70	Jay Keen	45 - 49	:28:53
	71	Sunnie Nash	25 - 29	:29:03
	72	Brian Boyle	75 - 79	:29:05
	73	Aaron Nakomura_Weiser	30 - 34	:29:09
	74	Mandy McConahon	40 - 44	:29:10
	75	Mac Amos	70 - 74	:29:27
	76	Ronda Steinbach	40 - 44	:29:48
	77	Hope Kudo	13 - 19	:29:54
	78	Jolene Head	40 - 44	:29:59
	79	Cornelia Loeffel	45 - 49	:30:02
	80	Kai Griley	7 - 12	:30:09
	81	Lily Hatanaka	7 - 12	:30:14
	82	Fariba Izadi	40 - 44	:30:20
	83	Maggie Murphy	60 - 64	:30:27
	84	Schulze Christian	40 - 44	:30:29
	85	Shell Perrot-Juhola	45 - 49	:30:40
	86	Bor Barbut	60 - 64	:30:55
	87	Templa Wyatt	50 - 54	:31:03
	88	Clint Lien	50 - 54	:31:05
	89	Patty-Lin Medeiros	50 - 54	:31:06
	90	Kathy Sangstad	60 - 64	:31:09
	91	Ryan Yelverton	25 - 29	:31:11
	92	Stefanie Cooke	40 - 44	:31:12
	93	Amanda Black	7 - 12	:31:28
	94	Jonathan Delgado	40 - 44	:31:32
	95	Mindy Gruber	60 - 64	:31:39
	96	Mike Schiff	45 - 49	:31:46
	97	Claudia Lupo	65 - 69	:31:54
	98	Jacqueline M Lutz	50 - 54	:31:56
	99	Shiho Mochizuki	50 - 54	:32:25
	100	Miranda Ming	35 - 39	:32:34
	101	Tobias Janke	25 - 29	:32:37
	102	Jessica Goodoni	25 - 29	:33:04
	103	Ryan Gerrits	25 - 29	:33:06
	104	Simone Thornholm	20 - 24	:33:08
	105	John Poetzel	45 - 49	:33:14
	106	Madeleine Turner	65 - 69	:33:17
	107	Mark Garboden	50 - 54	:33:20
	108	Kristine Babbitt	50 - 54	:33:21
	109	Rebecca Kung	25 - 29	:33:28
	110	Marlen Schiess	35 - 39	:33:30
	111	Cindy Wild	45 - 49	:33:39
	112	Apryl Sasaki	45 - 49	:33:41
	113	Mike Hamilton	60 - 64	:33:43
	114	Marlise Latta	20 - 24	:33:45
	115	Daniel Rick	55 - 59	:33:53
	116	Aulii Kaipo	20 - 24	:34:31
	117	Judai Wakayama	7 - 12	:34:40
	118	Tiffany Chow	45 - 49	:34:44
	119	Nigel Sloan	65 - 69	:34:45
	120	Jennifer Mason	35 - 39	:34:47
	121	Barry Sullivan	50 - 54	:34:49
	122	Mei Yang-Woytowitz	40 - 44	:34:50
	123	Lillian Lim	60 - 64	:34:53
	124	Heidi Mcvey	45 - 49	:34:58
	125	Felix Guerro Jr	13 - 19	:35:00
	126	Bruna Di Primio	30 - 34	:35:05
	127	Jojo Evans	20 - 24	:35:13
	128	Ken Okagi	40 - 44	:35:18
	129	Cliff Jenkins	30 - 34	:35:24
	130	Tracey Sewell	45 - 49	:35:25
	131	Beatriz Tober	40 - 44	:35:35
	132	Stefan Haseusdab	45 - 49	:35:35
	133	Elke Zang	40 - 44	:35:36
	134	Christina Staab	45 - 49	:35:37
	135	Kerstin Haseustab	45 - 49	:35:37
	136	Cordula Froehli	55 - 59	:35:38
	137	Priska Frohly	25 - 29	:35:39
	138	Sarah Thomas	20 - 24	:35:40
	139	Jamos Duffy	25 - 29	:35:40
	140	Larry Gregg	60 - 64	:35:42
	141	Amanda Steenman	50 - 54	:35:44
	142	Janice Huntz	30 - 34	:35:46
	143	Henry Schiff	7 - 12	:35:49
	144	Susan Gregg	60 - 64	:35:51
	145	Helon Duffy	55 - 59	:36:18
	146	Kevin Duffy	60 - 64	:36:20
	147	Hyewon Chang	30 - 34	:37:15
	148	Keeley McConahony	13 - 19	:37:26
	149	Sandra Washko	55 - 59	:37:36
	150	Rose Wilson	60 - 64	:37:38
	151	David Ayau	50 - 54	:37:44
	152	Elena Livesay	35 - 39	:37:45
	153	Danielle Benke	30 - 34	:37:46
	154	Candis Stansell	35 - 39	:37:47
	155	Stephanie Ayau	30 - 34	:37:48
	156	Mahealani Walsh	7 - 12	:37:48
	157	Baheer Dawud	30 - 34	:37:49
	158	Tomoko Black	50 - 54	:37:55
	159	Sally Hill	50 - 54	:38:02
	160	Nathan Hill	13 - 19	:38:03
	161	David Gonzales	45 - 49	:38:04
	162	Laura Nthgelles	50 - 54	:38:06
	163	Sharon Rowe	40 - 44	:38:07
	164	Lisa Bryant	55 - 59	:38:11
	165	Lilo Fyrliev	7 - 12	:38:13
	166	Coleen Sullivan	50 - 54	:38:15
	167	Bob Price	60 - 64	:38:34
	168	Cathie Price	50 - 54	:38:35
	169	Linda Osterholt	65 - 69	:38:44
	170	Megan Stobie	40 - 44	:39:08
	171	Stephen Rouelle	45 - 49	:39:09



Charles Pennintgon is the first athlete to cross the finish line in the 10K PATH Run on Saturday at Hale Hala Halawai Park off Alii Drive. RICK WINTERS/WEST HAWAII TODAY



Manghelen Albright runs down Alii Drive during the 5K Path Run. She was the first female to cross the finish line with a time of 19:06. RICK WINTERS/WEST HAWAII TODAY

172	Nancy Minas	60 - 64	:39:10
173	Cathy Neubauer	55 - 59	:39:12
174	Kelly Wiitala	35 - 39	:39:14
175	Scott Wiitala	40 - 44	:39:15
176	Renate Weinhold	70 - 74	:39:44
177	Marcie Davis	65 - 69	:40:09
178	Mike Vincent	65 - 69	:40:11
179	Gia Fontary	25 - 29	:40:43
180	Kaleo Shimaoka	35 - 39	:40:45
181	Nancy Ford	60 - 64	:40:55
182	Jeff Neubauer	60 - 64	:41:20
183	Eve Weeks	7 - 12	:41:36
184	Tony Weeks	40 - 44	:41:37
185	Courtney Sheldon	25 - 29	:41:48
186	Christine Woods	60 - 64	:41:58
187	Ruth Sloan	65 - 69	:42:15
188	Kenshin Wakayama	7 - 12	:42:20
189	Susan Le	35 - 39	:42:21
190	Robin Lie	40 - 44	:42:22
191	Tom Jeitz	55 - 59	:43:02
192	Nelson Estiko	45 - 49	:43:07
193	Kristie Roach Holmes	40 - 44	:43:39
194	Harnath Holmes	50 - 54	:43:41
195	Sandra Grichting	30 - 34	:43:43
196	Anneka Latta	13 - 19	:43:44
197	The Barry famil Barry	45 - 49	:43:53
198	Stephanie Onderdonk	40 - 44	:43:57
199	Evan Perdicchizi	1 - 6	:43:58
200	Jane Dierenfield	65 - 69	:43:59
201	Douglas Dierenfield	65 - 69	:44:01
202	Marne Carmichael Walsh	45 - 49	:44:27
203	Ray Rodriguez	65 - 69	:44:45
204	Conner Kimball	13 - 19	:44:46
205	Allen Lucas	70 - 74	:44:58
206	Kristine Dahlquist	45 - 49	:45:00
207	Mike Drutar	40 - 44	:45:35
208	Karen O'dennis	50 - 54	:45:36
209	Christopher Green	45 - 49	:45:38
210	Elaina Head	7 - 12	:46:19
211	Jacob Head	40 - 44	:46:23
212	Deeanne Thompson	35 - 39	:46:32
213	Rina Cachola	35 - 39	:46:37
214	Claudia Harz	40 - 44	:47:09
215	Debby Horn	45 - 49	:47:17
216	Stephanie Stubleski	40 - 44	:47:20
217	Linda Kahananui	55 - 59	:47:24
218	Dean Davis	50 - 54	:47:57
219	Lee Gruenfeld	65 - 69	:47:55
220	Erika Misiak	35 - 39	:48:12
221	Te'a Kanuha	7 - 12	:48:13
222	Dolly Alapai	65 - 69	:48:39
223	Pua Alapai	40 - 44	:48:40
224	Christa Stallknecht	65 - 69	:49:31
225	Laura Kniffin	55 - 59	:50:56
226	Danette Guerro	45 - 49	:50:58
227	The Barry famil Lauren	13 - 19	:51:01
228	Steve Horn	50 - 54	:51:05
229	Bryan Thomas	40 - 44	:51:20
230	Marlene Thomas	40 - 44	:51:21
231	Lenora Joens	50 - 54	:52:16
232	Gary Joens	50 - 54	:52:17
233	Rexanne Ring	60 - 64	:52:34
234	Laura Kelley	50 - 54	:53:05
235	Michael Kelley	55 - 59	:53:07
236	Valerie Newbold	50 - 54	:53:18
237	David Austin	50 - 54	:53:19
238	Danielle Vasquez	40 - 44	:53:44
239	Kyla Vasquez	20 - 24	:53:45
240	Margot Bias	55 - 59	:54:08
241	Jerrinda Cantrell	55 - 59	:54:10
242	Denifer Dant	30 - 34	:54:18
243	Aubrey Dant	1 - 6	:54:19
244	Amanda Bowman	30 - 34	:54:21
245	Kaia Delgado	7 - 12	:55:37
246	Noel Brelow	65 - 69	:56:15
247	Gail Barlow	65 - 69	:56:17
248	The Barry famil Jake	13 - 19	:57:13
249	Degan Morones	1 - 6	:59:00
250	Kylie Morones	7 - 12	:59:03
251	Crista Morones	35 - 39	:59:10
252	Nick Morones	35 - 39	:59:12
253	Randall Teixeira	60 - 64	:59:26

254	Amy-Noelle Gallo	40 - 44	1:00:48
255	Lizanne Carvalho	50 - 54	1:00:50
256	The Barry famil Barry	40 - 44	1:01:05
257	Barbara Higa	65 - 69	1:01:44
258	Florine Andrews	75 - 79	1:01:56
259	Alyssa Mccord	25 - 29	1:03:33
260	Nicholl Paoli		

SCOREBOARD

TUESDAY'S TV SCHEDULE

BOXING		
3 p.m.	Premier Champions, A series of pro boxing contests	FS1
GOLF		
4:30 p.m.	Presidents Cup, Day 1, at Incheon City, South Korea	TGC
MAJOR LEAGUE BASEBALL		
2 p.m.	American League wild card, Houston at N.Y. Yankees	ESPN
NBA PRESEASON		
6 p.m.	Utah vs. L.A. Lakers	TWSN

WEDNESDAY'S TV SCHEDULE

GOLF		
4:30 p.m.	Presidents Cup, Day 1	TGC
HORSE RACING		
9 a.m.	Trackside Live!	FSNPT/FSSD
MAJOR LEAGUE BASEBALL		
2 p.m.	National League wild card, Chicago Cubs at Pittsburgh	TBS
NHL		
2 p.m.	N.Y. Rangers at Chicago	NBCSN
4:30 p.m.	San Jose at L.A.	NBCSN

WOMEN'S COLLEGE VOLLEYBALL		
1 p.m.	Texas Tech at Baylor	ESPNU
1 p.m.	Kansas at Texas Tech	FSNPT/FSSD
3 p.m.	Tennessee at LSU	ESPNU
3 p.m.	Oklahoma at Texas Christian	FSNPT/FSSD

* Tape delayed broadcast

BASEBALL

MLB

AMERICAN LEAGUE

East	W	L	Pct	GB
x-Toronto	93	69	.574	--
y-New York	87	75	.537	6
Baltimore	81	81	.500	12
Tampa Bay	80	82	.494	13
Boston	78	84	.481	15
Central	W	L	Pct	GB
x-Kansas City	95	67	.586	--
Minnesota	83	79	.512	12
Cleveland	81	80	.503	13½
Chicago	76	86	.469	19
Detroit	74	87	.460	20½
West	W	L	Pct	GB
x-Texas	88	74	.543	--
y-Houston	86	76	.531	2
Los Angeles	85	77	.525	3
Seattle	76	86	.469	12
Oakland	68	94	.420	20

z-clinched playoff spot
x-clinched division
End of Regular Season

NATIONAL LEAGUE

East	W	L	Pct	GB
x-New York	90	72	.556	--
Washington	83	79	.512	7
Miami	71	91	.438	19
Atlanta	67	95	.414	23
Philadelphia	63	99	.389	27
Central	W	L	Pct	GB
x-St. Louis	100	62	.617	--
y-Pittsburgh	98	64	.605	2
y-Chicago	97	65	.599	3
Milwaukee	68	94	.420	32
Cincinnati	64	98	.395	36
West	W	L	Pct	GB
x-Los Angeles	92	70	.568	--
San Francisco	84	78	.519	8
Arizona	79	83	.488	13
San Diego	74	88	.457	18
Colorado	68	94	.420	24

z-clinched playoff spot
x-clinched division
End of Regular Season

PLAYOFFS

WILD CARD

Tuesday's Game
Houston (Keuchel 20-8) at New York (Tanaka 12-7), 2:08 p.m.

Wednesday's Game
Chicago (Arrieta 22-6) at Pittsburgh (Cole 19-8), 2:08 p.m.

DIVISION SERIES

(Best-of-5; x-if necessary)
American League
Kansas City vs. New York-Houston winner

Thursday: New York-Houston winner at Kansas City
Friday: New York-Houston winner at Kansas City
Sunday: Kansas City at New York-Houston winner

x-Monday, Oct. 12: Kansas City at New York-Houston winner TBA

x-Wednesday, Oct. 14: New York-Houston winner at Kansas City

Toronto vs. Texas

Thursday: Texas at Toronto
Friday: Texas at Toronto
Sunday: Toronto at Texas

x-Monday, Oct. 12: Toronto at Texas
x-Wednesday, Oct. 14: Texas at Toronto

National League

St. Louis vs. Pittsburgh-Chicago winner

Friday: Pittsburgh-Chicago winner at St. Louis
Saturday: Pittsburgh-Chicago winner at St. Louis

Monday, Oct. 12: St. Louis at Pittsburgh-Chicago winner

x-Tuesday, Oct. 13: St. Louis at Pittsburgh-Chicago winner

x-Thursday, Oct. 15: Pittsburgh-Chicago winner at St. Louis

Los Angeles vs. New York

Friday: New York at Los Angeles
Saturday: New York at Los Angeles

Monday, Oct. 12: Los Angeles at New York (Harvey 13-8)

x-Tuesday, Oct. 13: Los Angeles at New York

x-Thursday, Oct. 15: New York at Los Angeles

LEAGUE CHAMPIONSHIP SERIES

(Best-of-7; x-if necessary)
American League

Friday, Oct. 16: Texas-Toronto winner at Kansas City or New York-Houston winner at Texas-Toronto winner

Saturday, Oct. 17: Texas-Toronto winner at Kansas City or New York-Houston winner at Texas-Toronto winner

Monday, Oct. 19: Kansas City at Texas-Toronto winner or Texas-Toronto winner at New York-Houston winner

Tuesday, Oct. 20: Kansas City at Texas-Toronto winner or Texas-Toronto winner at New York-Houston winner

x-Wednesday, Oct. 21: Kansas City at Texas-Toronto winner or Texas-Toronto winner at New York-Houston winner

x-Friday, Oct. 23: Texas-Toronto winner at Kansas City or New York-Houston winner at Texas-Toronto winner

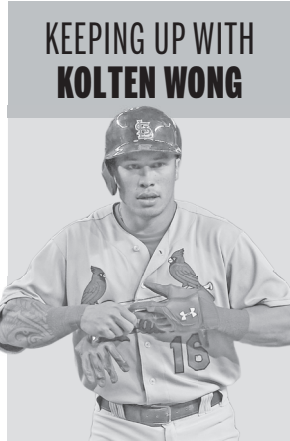
x-Saturday, Oct. 24: Texas-Toronto winner at Kansas City or New York-Houston winner at Texas-Toronto winner

National League

Saturday, Oct. 17: Los Angeles-New York winner at St. Louis or Chicago-Pittsburgh winner at Los Angeles-New York winner

Sunday, Oct. 18: Los Angeles-New York winner at St. Louis or Chicago-Pittsburgh winner at Los Angeles-New York winner

Tuesday, Oct. 20: St. Louis at Los



SEASON STATS

Games: 150	At-Bats: 557
Avg.: .262	Hits: 146
HR: 11	BB: 36
RBI: 61	2B: 28
R: 71	3B: 4
OBP: .321	SB: 15

7. LSU	4-0	1,212	9
8. Alabama	4-1	1,026	13
9. Texas A&M (1)	5-0	1,009	14
10. Oklahoma	4-0	976	15
11. Florida	5-0	935	25
12. Florida St.	4-0	922	11
13. Northwestern	5-0	753	16
14. Mississippi	4-1	731	3
15. Notre Dame	4-1	721	6
16. Stanford	4-1	617	18
17. Southern Cal	3-1	498	17
18. Michigan	4-1	452	22
19. Georgia	4-1	441	8
20. UCLA	4-1	415	7
21. Oklahoma St.	5-0	332	20
22. Iowa	5-0	254	NR
23. California	5-0	233	24
24. Toledo	4-0	87	NR
25. Boise St.	4-1	65	NR

Others receiving votes: Oregon 39, Duke 31, Houston 31, Temple 23, Memphis 19, Navy 19, Arizona 8, Pittsburgh 7, West Virginia 8, Texas Tech 4, BYU 3, Kansas St. 1, Missouri 1.

TOP 25 SCHEDULE

Thursday	No. 17 Southern Cal vs. Washington, 3 p.m.
Saturday	No. 1 Ohio State vs. Maryland, 6 a.m.
	No. 2 TCU at Kansas State, 1:30 p.m.
	No. 3 Baylor at Kansas, 6 a.m.
	No. 4 Michigan State at Rutgers, 2 p.m.
	No. 5 Utah vs. No. 23 California, 4 p.m.
	No. 6 Clemson vs. Georgia Tech, 9:30 a.m.
	No. 7 LSU vs. South Carolina, 6 a.m.
	No. 8 Alabama vs. Arkansas, 7 p.m.
	No. 10 Oklahoma vs. Texas, 6 a.m.
	No. 11 Florida at Missouri, 1:30 p.m.
	No. 12 Florida State vs. Miami, 2 p.m.
	No. 13 Northwestern at No. 18 Michigan, 9:30 a.m.
	No. 14 Mississippi vs. New Mexico St., 6 a.m.
	No. 15 Notre Dame vs. Navy, 9:30 a.m.
	No. 19 Georgia at Tennessee, 9:30 a.m.
	No. 21 Oklahoma St. at West Virginia, 1 p.m.
	No. 22 Iowa vs. Illinois, 6 a.m.
	No. 24 Toledo vs. Kent State, 9 a.m.
	No. 25 Boise St. at Colorado State, 1 p.m.

FANTASY POINTS LEADERS

Scoring System

OFFENSE: 1 point per 25 passing yards, 10 rushing yards or 10 receiving yards; 4 points per TD passing; 6 points per TD rushing, receiving or returned on a punt, kickoff or fumble recovery; 2 points per 2-point conversion; -1 point per interception; -2 points for fumble lost.
KICKING: 3 points per field goal 0-39 yards; 4 points per field goal 40-49 yards; 5 points per field goal 50-plus yards; 1 point per extra point.
DEFENSE: 1 point per sack; 2 points per interception, fumble recovery, safety or blocked kick; 6 points per TD on defense, kickoff and punt returns; 10 points per shutdown; 7 points if 1-6 points allowed in game; 4 points if 7-13 points allowed in game; 1 point if 14-20 points allowed in game; 0 points if 21-27 points allowed in game; -1 point if 28-34 points allowed in game; -4 points if 35-plus points allowed in game.

Through Week 4

QB

1. Aaron Rodgers, Green Bay, 96.5
2. Jamaal Charles, Cincinnati, 90.2
3. Cam Newton, Carolina, 87.9
4. Carson Palmer, Arizona, 85
5. Tyrod Taylor, Buffalo, 84.6
6. Tom Brady, New England, 79.4
7. (tie) Philip Rivers, San Diego; Matt Ryan, Atlanta, 74.7
9. Russell Wilson, Seattle, 72.9
10. Blake Bortles, Jacksonville, 69.9
11. Ryan Tannehill, Miami, 69.1
12. Alex Smith, Kansas City, 68.2

WR

1. Julio Jones, Atlanta, 71.8
2. Larry Fitzgerald, Arizona, 71.2
3. Antonio Brown, Pittsburgh, 61.8
4. DeAndre Hopkins, Houston, 60.9
5. Travis Benjamin, Cleveland, 60.8
6. A.J. Green, Cincinnati, 59.7
7. Brandon Marshall, N.Y. Jets, 56
8. James Jones, Green Bay, 55.7
9. Keenan Allen, San Diego, 54.7
10. Randall Cobb, Green Bay, 54.1
11. Steve Smith Sr., Baltimore, 49.3
12. Jeremy Maclin, Kansas City, 46

RB

1. Devonta Freeman, Atlanta, 86.8
2. Jamaal Charles, Kansas City, 73.7
3. Adrian Peterson, Minnesota, 62.4
4. Joseph Randle, Dallas, 54.3
5. Matt Forte, Chicago, 54
6. Karlos Williams, Buffalo, 51.2
7. Mark Ingram, New Orleans, 50.7
8. Chris Ivory, N.Y. Jets, 50.6
9. Latavius Murray, Oakland, 47.7
10. Chris Johnson, Arizona, 47.3
11. Danny Woodhead, San Diego, 46.7
12. Jeremy Hill, Cincinnati, 46.5

TE

1. Rob Gronkowski, New England, 54.8
2. Travis Kelce, Kansas City, 41.3
3. Tyler Eifert, Cincinnati, 40.2
4. Charles Clay, Buffalo, 37.5
5. Greg Olsen, Carolina, 36.3
6. Jason Witten, Dallas, 35.8
7. Gary Barnidge, Cleveland, 35.5
8. Martellus Bennett, Chicago, 32.1
9. Jordan Reed, Washington, 31.8
10. Eric Ebron, Detroit, 29.9
11. (tie) Jimmy Graham, Seattle; Ladarius Green, San Diego, 29.4

K

1. (tie) Brandon McManus, Denver; Justin Tucker, Baltimore, 46
3. (tie) Steven Hauschka, Seattle; Cairo Santos, Kansas City, 45
5. Josh Brown, N.Y. Giants, 44
6. Robbie Gould, Chicago, 41
7. (tie) Chandler Catanzaro, Arizona; Stephen Gostkowski, New England, 40
9. Graham Gano, Carolina, 39
10. (tie) Matt Bryant, Atlanta; Mason Crosby, Green Bay, 37
12. Sebastian Janikowski, Oakland, 34

DEF

1. Denver, 63
2. Carolina, 48

3. Arizona, 46
4. Detroit, 43
5. N.Y. Jets, 38
6. Minnesota, 35
7. Green Bay, 34
8. (tie) N.Y. Giants, Seattle, 33
10. St. Louis, 32
11. Atlanta, 31
12. Cincinnati, 30

HOCKEY

NHL PRESEASON EASTERN CONFERENCE

Atlantic	GP	W	L	OT	Pts	GF	GA
Detroit	8	6	0	2	14	33	17
Boston	7	4	2	1	9	16	15
Buffalo	7	4	3	0	8	26	27
Ottawa	8	3	3	2	8	27	28
Tampa Bay	7	3	3	1	7	19	23
Florida	6	3	3	0	6	15	18
Montreal	7	2	3	2	6	16	22
Toronto	8	3	5	0	6	17	22

WESTERN CONFERENCE

Central	GP	W	L	OT	Pts	GF	GA
Minnesota	6	4	2	0	8	22	10
St. Louis	6	4	2	0	8	22	11
Chicago	6	4	2	0	8	20	15
Winnipeg	7	3	2	2	8	16	22
Nashville	6	3	2	1	7	18	21
Colorado	6	1	4	1	3	6	16
Dallas	7	1	6	0	2	13	27

Pacific

GP	W	L	OT	Pts	GF	GA	
Edmonton	8	6	1	1	13	25	16
Anaheim	6	5	0	1	11	18	9
Los Angeles	6	4	1	1	9	16	8
San Jose	7	4	2	1	9	15	10
Vancouver	8	4	3	1	9	15	18
Calgary	8	4	4	0	8	17	17
Arizona	6	0	4	2	2	4	20

NOTE: Two points for a win, one point for overtime loss.

Sunday's Games

Washington 6, N.Y. Islanders 2

REGULAR SEASON

Wednesday's Games
Montreal at Toronto, 1 p.m.

N.Y. Rangers at Chicago, 2 p.m.

Vancouver at Calgary, 4 p.m.

San Jose at Los Angeles, 4:30 p.m.

TENNIS

ATP RANKINGS

Singles

Through Oct. 5
x-clinched year-end No. 1

x-qualified for ATP World Tour Finals-London, Nov. 15-22

1. xq-Novak Djokovic, Serbia, 15645
2. q-Roger Federer, Switzerland, 9420
3. q-Andy Murray, Britain, 8640
4. q-Stan Wawrinka, Switzerland, 6005
5. Tomas Berdych, Czech Republic, 5000
6. Kei Nishikori, Japan, 4540
7. David Ferrer, Spain, 3945
8. Rafael Nadal, Spain, 3770
9. Milos Raonic, Canada, 2740
10. Gilles Simon, France, 2530
11. Richard Gasquet, France, 2445
12. Kevin Anderson, South Africa, 2430
13. John Isner, United States, 2280
14. Marin Cilic, Croatia, 2270
15. Feliciano Lopez, Spain, 2040
16. Jo-Wilfried Tsonga, France, 1990
17. David Goffin, Belgium, 1970
18. Ivo Karlovic, Croatia, 1620
19. Dominic Thiem, Austria, 1600
20. Bernard Tomic, Australia, 1575

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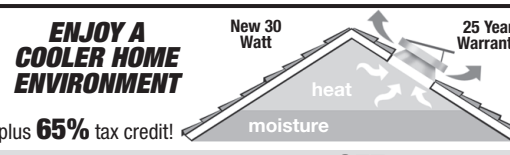
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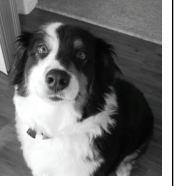
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ENDANGERED SPECIES ACT
U.S. FISH AND WILDLIFE SERVICE PROPOSES ENDANGERED STATUS FOR 49 SPECIES FROM THE HAWAIIAN ISLANDS

On September 30, 2015, the U.S. Fish and Wildlife Service published a proposed rule in the Federal Register to list 49 candidate species (10 animals and 39 plants) known from the Hawaiian Islands (Hawaii, Maui, Kahoolawe, Lanai, Molokai, Oahu, Kauai, Niihau, Lehua, Kaula, and the Northwest Hawaiian Islands) as endangered (80 FR 58820). The candidate species addressed in this proposed rule include the following 10 animal species: the Hawaii DPS of the band-rumped storm-petrel (*Oceanodroma castro*), the orangeback Hawaiian damselfly (*Megalagrion xanthomelas*), the anchialine pool shrimp (*Procaris hawaiiensis*), and seven yellow-faced bees, *Hylaeus anthracinus*, *H. assimulans*, *H. facilis*, *H. hilaris*, *H. kuakea*, *H. longiceps*, and *H. mana*; and the following 39 plant species: *Asplenium diellaciniatum* (no common name (NCN)), *Calamagrostis expansa* (Maui reedgrass), *Cyanea kauaulaensis* (NCN), *Cyclosorus* (previously *Christella*) *boydi* (kupukupu makalii), *Cyperus neokunthianus* (NCN), *Cyrtandra hematis* (haiwale), *Deperia kaalaana* (NCN), *Dryopteris glabra* var. *pusilla* (hohiu), *Exocarpos menziesii* (heau), *Festuca hawaiiensis* (NCN), *Gardenia remyi* (nanu), *Huperzia stemmermanniae* (NCN), *Hypolepis hawaiiensis* var. *mauiensis* (olua), *Joinvillea ascendens* ssp. *ascendens* (ohe), *Kadua* (previously *Hedyotis*) *fluviatilis* (kamapuaa, pilo), *Kadua haupuensis* (NCN), *Labordia lorenciana* (NCN), *Lepidium orbiculare* (anaunau), *Microlepia strigosa* var. *mauiensis* (NCN), *Myrsine fosbergii* (kolea), *Nothoecstrum latifolium* (aiea), *Ochrosia haleakalae* (holei), *Phyllostegia brevidens* (NCN), *Phyllostegia helleri* (NCN), *Phyllostegia stachyoides* (NCN), *Portulaca villosa* (hih), *Pritchardia bakeri* (Baker's toulu), *Pseudognaphalium sandwicensium* var. *molokaiense* (enaena), *Ranunculus hawaiiensis* (makou), *Ranunculus mauiensis* (makou), *Sanicula sandwicensis* (NCN), *Santalum involutum* (lilahi), *Schiedea diffusa* ssp. *diffusa* (NCN), *Schiedea pubescens* (maolioli), *Sicyos lanceoloides* (anunu), *Sicyos macrophyllus* (anunu), *Solanum nelsonii* (popolo), *Stenogyne kaalae* ssp. *sherffii* (NCN), and *Wikstroemia skottsbergiana* (akia).

The most significant threat to the 49 proposed endangered species (except the anchialine pool shrimp) is degradation and loss of habitat by introduced plant and animal species. Additional threats are: habitat destruction and modification by fire, stochastic events (e.g., hurricanes, landslides, flooding, etc.), urbanization and development, and climate change; predation or herbivory by ungulates, other nonnative vertebrates; and nonnative invertebrates; and inadequate existing regulatory mechanisms and other species-specific threats. In addition, small population sizes and lack of regeneration for all 49 of these species can lead to reduced reproductive vigor, negatively affecting their ability to persist.

A complete copy of the proposal was published in the Federal Register (80 FR 58820) on September 30, 2015, and can be found at <http://www.fws.gov/pacificislands>. Comments and materials related to this proposal are requested. If you would like a copy of the proposed rule to be mailed to you, please contact the Field Supervisor at the address or phone number below.

DATES: We will accept comments received or postmarked on or before November 30, 2015 (see ADDRESSES). We must receive requests for public hearings, in writing, by November 16, 2015, addressed to the Field Supervisor, Pacific Islands Fish and Wildlife Office, at the address below.

ADDRESSES: Written comments may be submitted electronically, or by U.S. mail or hand delivery. Written comments may be submitted electronically via the Federal eRulemaking portal at <http://www.regulations.gov>. Search for FWS-R1-ES-2015-0125 which is the docket number. Or written comments may be submitted via U.S. mail or hand-delivery to: Public Comments Processing, Attn: FWS-R1-ES-2015-0125, U.S. Fish and Wildlife Service, MS: BPHC, 5275 Leesburg Pike, Falls Church, VA 22041-3803. We will not accept e-mail or faxes. We will post all comments on <http://www.regulations.gov>. This generally means that we will post any personal information you provide us.

FOR FURTHER INFORMATION CONTACT: Field Supervisor, Pacific Islands Fish and Wildlife Office, 300 Ala Moana Blvd., Box 50088, Honolulu, HI 96850; telephone 808-792-9400; facsimile 808-792-9581. (WHT804111 10/6/15)

Public Notice
State Health Planning and Development Agency
Certificate of Need

The Agency has received certificate of need application #15-16A for administrative review from West Hawaii Home Health Services, Inc. for the expansion of its Home Health Agency service area, at a capital cost of \$10,000. Pursuant to Section 323D-44.5, Hawaii Revised Statutes, any interested person may request a public meeting on an application before the Agency renders its decision. Any request for a public meeting must be submitted in writing and directed to the Administrator, at the address provided below. Any such request must be received by the Agency within seven (7) days of the publication date of this notice. Important: Certificate applications are reviewed according to the following criteria: relation to the state health services and facilities plan, need and accessibility, quality, cost and finances, relation to the existing health care system, and availability of resources. The Agency's address and phone numbers are 1177 Alakea Street, Room 402, Honolulu, Hawaii 96813. Phone: (808) 587-0788 (voice) or (808) 587-0854 (TTY) or (808) 587-0783 (fax). (WHT803664 10/6/15)

FORECLOSURES

NOTICE OF FORECLOSURE SALE
ACTION: CENTRAL PACIFIC BANK vs. GEORGETTE KENNEDY, et al., Civil No. 14-1-375K, Circuit Court of the Third Circuit.

PROPERTY DESCRIPTION: 89-812 Hua Nui Road, Captain Cook, Hawaii 96704. Tax Map Key No.: (3) 8-9-007-027; living area 1,056 sq.ft; 3BD/2BA. County assessed value in 2015 is \$215,700.00. Currently occupied by tenant.

OPEN HOUSES: November 7, 2015 (Saturday) from 8:00 am to 10:00 pm, November 15, 2015 (Saturday) from 8:00 am to 10:00 pm.

AUCTION DATE: November 20, 2015 (Friday) at 12:00 pm noon, at the flagpole at Hale Halawai, Kailua-Kona, HI.

TERMS OF SALE: No upset price. Property will be sold subject to all encumbrances of record and in "as is" condition at public auction with 10% of the highest bid payable in cash, money order, certified or cashier's check at close of auction, balance payable upon delivery of title. Potential bidders must be able to provide proof of ability to comply with 10% of bid requirement prior to participation in the public auction (Plaintiff/Bank may credit bid). Buyer shall pay all costs of closing including escrow, conveyance and recordation fees, conveyance taxes and is responsible for securing possession of the property upon recordation. **SALE SUBJECT TO COURT CONFIRMATION.**

COMMISSIONER: For further information, please contact JENIFER HEIMGARTNER, ESQ., Commissioner, P.O. Box 4482, Kailua-Kona, HI 96745; Telephone 808-756-4900; email: jenniferhimada808@gmail.com (WHT803638 10/6, 10/13, 10/20/15)

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Completion of Contract

OWNER'S NOTICE OF COMPLETION OF CONTRACT
NOTICE IS HEREBY GIVEN that pursuant to the Provisions of Section 507-43, of the Hawaii Revised Statutes, the construction by HIROAKI & TOMOMI KOMATSU (OWNER BUILDER) of that certain RESIDENTIAL HOUSE, situated at 74-4992 MAMALAHOA HWY, HOLUALOA, HI 96725, TMK: 7-4-004-065-0002, has been completed.

HIROAKI & TOMOMI KOMATSU
Owner(s)
(WHT804053 10/6, 10/13/15)

OWNER'S NOTICE OF COMPLETION OF CONTRACT
NOTICE IS HEREBY GIVEN that pursuant to the Provisions of Section 507-43, of the Hawaii Revised Statutes, the construction by ROBERT L. MAXWELL of that certain NEW HOME, situated at KONALE PLACE, KOLOKO, HAWAII TMK: 7-3-024146, has been completed.

MICHAEL AHERN
Owner(s)
(WHT803682 10/6, 10/13/15)

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FLAVORS

TUESDAY, OCTOBER 6, 2015 | WEST HAWAII TODAY

Versatile apples in easy recipes



BY GENNY WRIGHT-HAILEY
SPECIAL TO WEST HAWAII TODAY

October is National Apple Month, when America's favorite fruit is at its peak abundance and lowest prices. All by itself, an apple is a healthy portable snack that offers fiber, vitamins A and C, along with flavor. My daughter likes a tart Granny Smith, cut into wedges and eaten with a bit of caramel dipping sauce. I prefer a crisp, juicy Gala, eaten out of hand. Cooking with apples doesn't have to take much effort, either. Try these easy recipes that showcase the season's versatile apples, perhaps while sipping a glass of trendy hard apple cider while you cook.

Grated apple fritters

An easy breakfast, these fritters can be ready in 20 minutes. Serve with sausage or bacon on the side, if desired; makes 12 to 16 fritters.

- 1 large apple
- 2 large eggs
- 1/2 cup all-purpose flour, sifted
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground cinnamon
- Vegetable oil for frying

Peel, core and grate the apple into a medium bowl. Separate eggs; drop the whites into a large bowl and the yolks into a small bowl. Whisk yolks until light; stir into the grated apple. Add flour, baking powder, baking soda and spices; stir to combine. Beat the egg whites until stiff; fold into apple mixture. Heat oil (at least 1/4 inch deep) in a skillet. Drop batter by heaping tablespoons into hot oil. Cook about 1 minute, turn, cook second side another minute. Fritters should be golden brown. Drain on paper towels. Serve immediately or keep warm in a low oven.

Walnut, apple and celery salad

This is a good fall salad for a quick lunch or a first-course at dinner. Recipe from "The Healthy Kitchen: Recipes For a Better Body, Life and Spirit," by Andrew Weil, M.D. and Rosie Daley; makes 6 servings.

- 2 cups cored and cubed apples
- Juice from 1 lemon (about 1/4 cup)
- 2 cups sliced celery

- 2 cups sliced hearts of palm, drained
- 1/2 cup chopped walnuts
- 1 head Boston leaf lettuce or red leaf lettuce

Dressing:

- 1/2 cup plain low-fat yogurt
- 1/4 cup apple cider vinegar
- 1 tablespoon grainy mustard
- 1 tablespoon

chopped shallots
1 tablespoon prepared pesto or 1 clove garlic and 1 tablespoon fresh basil leaves
Immediately after peeling and cubing the apples, toss them with lemon juice in a small bowl. Put celery, hearts of palm, and walnuts in a big bowl; add apples and toss. Put all dressing ingredients in a blender; blend until smooth. Pour dressing over salad ingredients; toss well. Tear six leaves off the head of lettuce; wash and dry leaves, then lay a leaf on each of six salad plates. Spoon equal amounts of salad on lettuce leaves and serve.

Carrot, parsnip and Granny Smith apple coleslaw

Try this as a side dish with pork or fried chicken. Recipe from "Apples, A Cookbook" by Robert Berkley; makes 6 to 8 servings.

- 4 carrots, peeled and shredded
- 3 small parsnips, peeled and shredded
- 2 Granny Smith apples, peeled, cored and finely chopped
- 1/4 head red cabbage, shredded
- 1 small red onion, thinly sliced
- 2 tablespoons chopped parsley
- 1/2 cup mayonnaise

- 1 tablespoon sugar
- Salt and pepper to taste

In a bowl, combine carrots, parsnips, apples, cabbage, onion and parsley. Add mayonnaise, sugar, salt and pepper to taste. Mix well and chill until ready to use.

Baked apple wedges

Here's an easy dessert from "What to Have for Dinner: Easy Menus for Every Night of the Week," by Martha Stewart Living. McIntosh apples are recommended because they become soft without falling apart. Makes 4 servings.

- 3 tablespoons dark brown sugar
- 1/2 cup rolled oats (not instant)
- 1/4 teaspoon cinnamon
- 1/4 teaspoon ground ginger
- Pinch of ground nutmeg
- Pinch of ground cloves
- 1/4 cup sliced almonds, toasted
- 4 McIntosh apples
- 1 large egg beaten with 1 tablespoon milk

Preheat oven to 350 degrees. Sprinkle 1 tablespoon brown sugar over a baking sheet. Combine oats, remaining 2 tablespoons sugar, and spices in work bowl of a food processor; blend until smooth. Add half the almonds; process until finely chopped. Add remaining almonds; process until coarsely chopped. Transfer to a shallow bowl. Peel apples and cut into quarters. Cut out cores. Dip apples into egg, letting excess drip off. Coat apples with oatmeal-nut mixture; transfer to prepared baking sheet. Bake 20 to 25 minutes or until soft. Serve warm with whipped cream or ice cream, if desired.

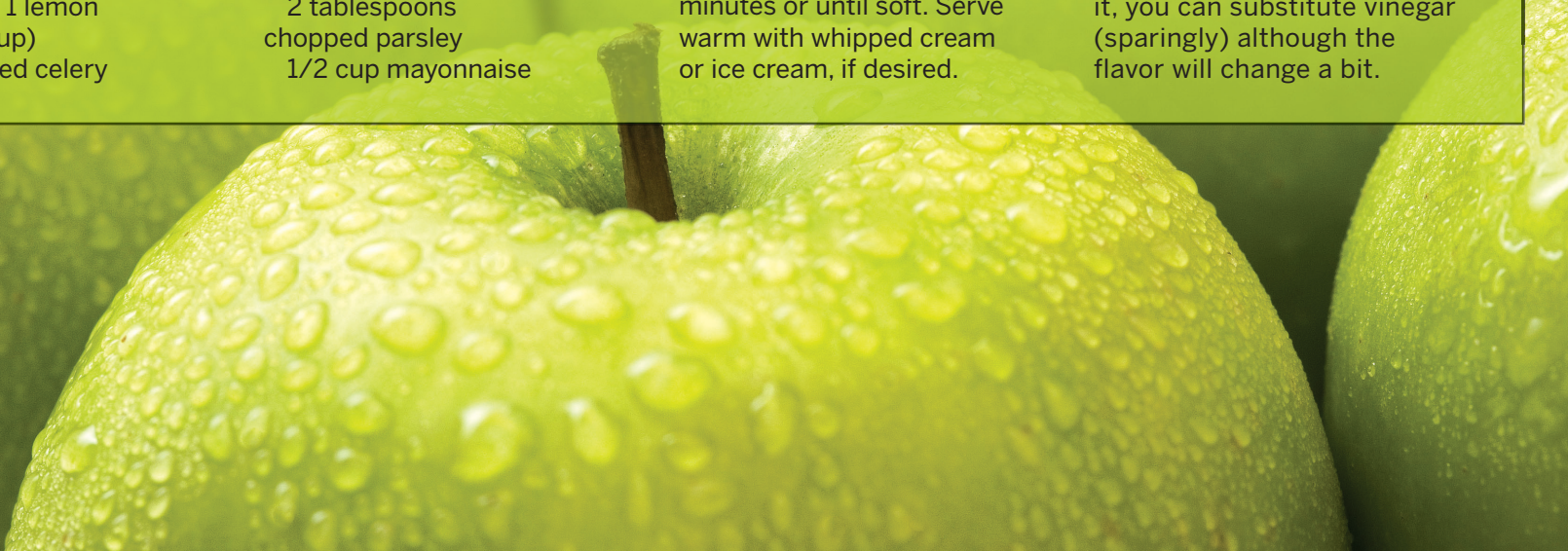
Onion and apple marmalade

Serve this condiment warm, with roast pork, or with a pile of roasted vegetables. I've also served it on a cheese platter. Marmalade can be made a few days in advance; just re-warm gently when ready to serve. Recipe from "Chez Panisse Fruit" by Alice Waters; makes enough for 6 servings.

- 3 medium onions, peeled and sliced
- 1/2 cup verjus*
- 3/4 cup white wine or hard cider
- Salt and pepper
- 3 apples
- 1 cup water
- 2 tablespoons honey
- 2 tablespoons unsalted butter

Put sliced onions into a heavy-bottomed pan; add verjus, wine, and a big pinch of salt. Bring to a boil, reduce heat, and simmer until liquid has been absorbed, about 20 minutes. Meanwhile, peel, core and slice apples. Add them and the water to the onions; cook another 30 minutes. Stir occasionally so marmalade does not stick and burn. When onions and apples are soft and melted together, marmalade is done. Stir in the honey and butter. Serve warm.

* Verjus is the sour juice of green, unripe grapes. It is often used in recipes as a less-acidic substitute for vinegar or lemon juice. Several brands are sold in gourmet shops or specialty markets. If you cannot find it, you can substitute vinegar (sparingly) although the flavor will change a bit.



Mastering the easy art of cooking dried beans from scratch

BY SARA MOULTON
THE ASSOCIATED PRESS

Until I went off to college and became a vegetarian out of financial necessity, beans really weren't a part of my life.

But once I found myself pinching pennies while sharing a house with three other women, beans became a great and affordable source of bulk and protein. And though the initial motivation was saving money, we eventually grew to love the unique flavors and textures of beans, and I have continued to cook with them ever since.

And the best way to make beans? Starting with dried beans. Why take the time to cook dried beans when you can find a wide variety of canned available? There are several reasons.

Dried beans cooked from scratch have a more uniform texture than most canned beans (some of which tend to get mushed in the can). Also, you can control what gets added to the beans (particularly salt). And they cost much less than canned beans. A 16-ounce bag of dried beans yields roughly 5 or 6 cups of cooked beans, while a 15-ounce can of cooked beans yields roughly 1 1/2 cups. Finally, homemade beans freeze

beautifully, so why not make a big batch on the weekend and use it in recipes later in the week?

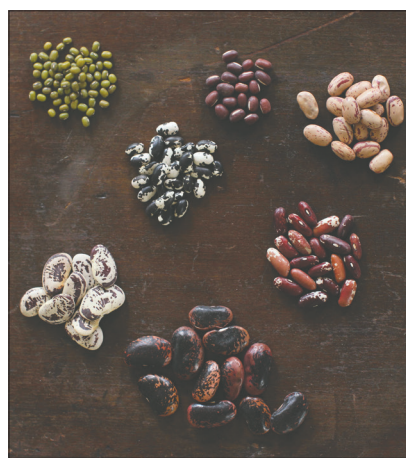
But there are a few things to keep in mind regarding dried beans.

Dried beans seem to last forever on the shelf, but beware: The older the bean, the longer it will take to cook. So try to buy your beans from a store that has plenty of turnover.

There has been a long debate about whether to soak beans before cooking them. The main reason for the pre-soak is to speed up the cooking time. And a pre-soak does indeed do that, by about 30 minutes. But Cook's Illustrated magazine has uncovered an even better reason. If you soak beans in salted water overnight, they not only absorb some of the salt (which seasons them), they also come out more tender. For years we were all told that salt made beans tough, but it's quite the contrary. So I recommend a pre-soak in salted water.

Acid of any kind, however — tomatoes, citrus, vinegar, wine, etc. — is the enemy. It will prevent the beans from cooking properly. If you want to add a touch of acid to your beans, add it only when the cooking is nearly done.

The basics for cooking almost



Top left clockwise, mung, adzuki, cranberry, Jacob cattle, scarlet runner, Christmas pole butter bean, and orca dried beans.

MATTHEW MEAD/THE ASSOCIATED PRESS

all dried beans (except dried lentils and split peas, which cook so quickly you can make them from start to finish in about 20 minutes) are below. I won't offer exact cooking times because the timing can vary widely depending on the variety and size of the beans, as well as how fresh they are. I have offered cooking methods using both stovetop and a slow cooker. Whichever you choose, save the cooking liquid. It is delicious added to soups and stews.

Master recipe for cooking dried beans

Start to finish: 13 to 15 hours
(15 minutes active)
Servings: 10

1 pound dried beans
3 tablespoons plus 2 teaspoons kosher salt, divided
1 medium yellow onion, quartered
1 medium carrot, cut crosswise into 4 pieces
1 celery stalk, cut crosswise into 4 pieces
2 cloves garlic, crushed
2 sprigs fresh thyme

Sort through the beans to pick out any random stones or sticks among them, then rinse and drain the beans.

In a large bowl or pot, dissolve 3 tablespoons of the salt in 4 quarts of water. Add the beans, stir, then cover and soak overnight at room temperature.

The next day, drain the beans and rinse them. In a large saucepan or stockpot, combine the beans with 7 cups of cold water. Stir in the remaining 2 teaspoons salt. Bring the mixture to a boil, skimming the scum that rises to the surface with a skimmer or slotted spoon (that scum is protein solids). Reduce the heat to a simmer and simmer the beans, regularly skimming the scum, until no more scum rises to the surface.

Add the onion, carrot, celery, garlic and thyme, then simmer for 30 to 60 minutes, or until the beans are just tender. Drain the beans, reserving the cooking liquid (if desired) and discard the onion, carrot, celery and thyme stalks. Use the beans in recipes or freeze them in 1- or 2-cup portions.

Slow cooker method

Soak the beans as described above, then drain and rinse them. In a slow cooker, combine the beans with the 2 teaspoons of salt, onion, carrot, celery, garlic and thyme. Add enough water to cover the beans by 1 inch, then cover and cook on high for 4 to 6 hours, or until completely tender.

Quinoa-pumpkin breakfast bowl

Start to finish: 10 minutes
Servings: 1

3/4 cup cooked quinoa
1/4 cup unsweetened vanilla almond milk (or other milk)
2 tablespoons pumpkin puree
Dash of pumpkin spice (or cinnamon and nutmeg)
2 teaspoons maple syrup
1/2 banana, sliced
2 tablespoons low-fat plain Greek yogurt
1 tablespoon chopped almonds (or other nut)

In a microwave-safe serving bowl, mix together the quinoa, almond milk, pumpkin puree, pumpkin spice and maple syrup. Heat in the microwave on high until very warm, 1 to 2 minutes. Stir, then top with banana, yogurt and nuts.

Nutrition information per serving: 330 calories; 60 calories from fat (18 percent of total calories); 7 g fat (1 g saturated; 0 g trans fats); 0 mg cholesterol; 70 mg sodium; 57 g carbohydrate; 8 g fiber; 19 g sugar; 11 g protein.

Easy breakfast bowls are another reason to cook up quinoa

BY MELISSA D'ARABIAN
THE ASSOCIATED PRESS

I apologize if you've heard this from me before, but I must once again urge you to cook up a huge batch of quinoa and keep it in your fridge (or freezer!) for recipes all week.

It's just such a healthful and versatile ingredient, I find myself making it more and more. It's packed with protein, full of fiber and vitamins, and it's gluten-free. It also happens to pair splendidly with so many other ingredients. So trust me and take the few minutes needed to cook up a big batch you can dig into all week.

Your handy stock of quinoa can be used to boost nutrients in salads, be added smoothies, get topped with grilled veggies, tofu, fish or meat, be spooned into soups instead of noodles or rice, or get topped with sauces (think tomato or cheese sauces). Or you can just toss it with a little olive oil, coconut oil or (my new favorite) ghee and serve as a starchy side.

With school back in session, I'm making a lot of quick breakfasts that will fill up my kids' tummies



Quinoa pumpkin breakfast bowl. MATTHEW MEAD/THE ASSOCIATED PRESS

for the whole morning. Enter the quinoa breakfast bowl, which can be easily customized according to your family's preferences.

The basics: Mix together cooked quinoa with some milk, some flavoring (vanilla, orange zest, coconut or whatever), and heat in the microwave until warm. Top with fruit, nuts

and maybe some yogurt, dried fruit or a drizzle of maple syrup. Done. Warm, filling, healthy breakfast bowls that everyone will love.

Today I'm sharing a personal favorite — the quinoa-pumpkin breakfast bowl. The spices and aroma make me feel positively autumnal, even if my San Diego weather disagrees.

A simple Cuban marinade can add big punch to easy oven fries

BY J.M. HIRSCH
THE ASSOCIATED PRESS

Most of the foods we eat — even among those of us for whom eating is a career — pass our lips and leave not even a fleeting memory. Most foods.

But then there are those that linger not just on our tongues, but in our minds. Perhaps by association of a time or place or person, or simply by the power of their own deliciousness. Somehow these foods take on another life for us.

Over the years, a handful of such foods have entered my life. My great grandmother's rustic pork pate. My mother's spanakopita. The sunflower seed risotto I ate at a small restaurant in Copenhagen last spring. The sinfully rich liver-wurst spread thickly on sourdough that was my afterschool snack (paired with chocolate milk!) when I lived in Germany as a child.

And there is mojo sauce. The first time I tasted it was during Hurricane Katrina, which had forced an extended stay in Key West. We ate dinner at a dive where the meal itself was forgettable. But plopped onto the table was a basket of fried plantain chips and a bowl of mojo sauce for dipping. It was orange



Mojo sauce with roasted paprika potatoes. MATTHEW MEAD/THE ASSOCIATED PRESS

and slightly chunky and flecked with green.

I had no idea what it was, but as soon as I tried it I couldn't stop eating it. It was sweet and sour and tangy and refreshing with just a tiny hint of heat. It was similar to a salsa, but so much more refreshing. The waitress explained that it was a Cuban-style mojo, for there actually are numerous mojo sauces from different parts of the world.

Cuban mojo generally consists of minced garlic, onion and parsley that are mixed with sour orange juice, lime juice, olive oil and a hit of cumin. Traditionally, it is used to marinate pork or for dipping chips, such as plantains.

I wrote down the list

Mojo sauce with paprika potatoes

Sour orange juice is available online and at many ethnic markets. If you can't find it, substitute regular orange juice, but add 2 tablespoons of lemon juice and reduce the orange juice by 2 tablespoons. The recipe makes extra mojo sauce, and you'll be happy for it. Refrigerate the extra, then drizzle over grilled or roasted meat (especially pork) or vegetables.

Start to finish: 45 minutes
Servings: 8

6 medium russet potatoes
Extra-virgin olive oil
Kosher salt
2 teaspoons smoked paprika
Ground black pepper
1/2 cup sour orange juice
1/4 cup lime juice
2 tablespoons lemon juice
1/2 small yellow onion, coarsely chopped
1/4 cup loosely packed fresh parsley
2 cloves garlic
1 teaspoon sugar
1/2 teaspoon ground cumin
Heat the oven to 400 F. Line a baking sheet with foil.

of ingredients, but never made it. Until now. I found the card on which I'd scribbled the recipe and remembered that flavor. While plantain chips don't necessarily excite me, this sauce did. So I decided to recreate it, but this time pair it with something big and bold — roasted potato wedges dusted with paprika. It's a perfect combination.

Cut each potato in half lengthwise, then cut each half lengthwise into about 5 wedges. Mound the wedges on the prepared baking sheet, then drizzle with 1 to 2 tablespoons of oil. Toss to coat evenly.

In a small bowl, mix together about 2 teaspoons salt, the paprika and 1 teaspoon of pepper. Sprinkle this evenly over the potato wedges, toss to coat evenly, then spread the potatoes in a single layer on the baking sheet. Bake the potato wedges for 40 minutes, turning the wedges halfway through.

Meanwhile, prepare the mojo sauce. In a blender, combine 1/2 cup of olive

oil, sour orange juice, lime juice, lemon juice, onion, parsley, garlic, sugar and cumin. Pulse on and off for 30 seconds to 1 minute, or until the onion and parsley are very finely chopped, but not pureed. Taste, then season with salt and pepper, pulsing again to mix.

Serve the potato wedges with the mojo sauce on the side.

Nutrition information per serving: 230 calories; 140 calories from fat (61 percent of total calories); 16 g fat (2 g saturated; 0 g trans fats); 0 mg cholesterol; 540 mg sodium; 23 g carbohydrate; 3 g fiber; 4 g sugar; 3 g protein.



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ANNIE'S MAILBOX | ADVICE

Wife still clings to parents after 15 years



Dear Annie: My wife, "Kate," and I are in our early 40s and have been married for 15 years. We have two children.

Kate has a deeply troubling emotional dependence on her parents that shows no sign of changing. They wanted to come with us on our honeymoon, which I initially thought was a joke. It wasn't. I flatly refused, and Kate became angry.

Early in the marriage, I overlooked a lot of this overcloseness, because I thought she would eventually grow out of it when she became a wife and mother. But it hasn't happened. Kate calls her parents every day and discusses all of our personal issues with them. She has let me know that they come before the rest of us and always will.

We've tried counseling several times, but she cannot or will not change and it leaves me frustrated. The only reason I'm still in this marriage is because of my kids. I'm ready to find a girlfriend. What should I do? — Stuck in San Francisco

Dear Stuck: Finding a girlfriend will not ease the problem with your wife, so let's not do that. When someone marries, the spouse should always come before the parents, even though some parents don't like that and may, in fact, encourage the grown child to put them first. This is unfair to the child, keeping them infantilized and dependent. Kate wasn't mature enough to get married, but you expected her to change anyway.

The fact that Kate phones her parents daily is not a big deal. But discussing personal marital issues with them allows them to be a bigger part of your marriage than they should be, and Kate refuses to change that. You need to determine which aspects of this are worth

your marriage. Please get counseling, with or without Kate, so you can work on this.

Dear Annie: I read the letter from "Need Some Relief," the couple in their 70s who were tired of hosting all the holiday dinners.

When my mother got sick, my sisters chose to host the big twice-a-year family dinners. When Mom recovered, she still didn't feel up to cooking

for an army of children and grandchildren, so we did a potluck-style dinner. The sisters who keep kosher were in charge of cooking the turkey and other major dishes. My brother and I (who don't keep kosher) brought raw ingredients and cooked at Mom's. Of course, we all cleaned up after.

We estimated the cost of all the ingredients and divided it equally. (Middle

children are very stuck on "fair.") Mom provided the location, plates, cups, etc. Mom said the only downside was that she didn't have leftovers for the rest of the week. — Huntington, Mass.

Dear Huntington: Thank you for pointing out how well things can turn out when everyone pitches in and no one expects Mom (or anyone else) to do all the heavy lifting. You found a

way to make it work. *Annie's Mailbox* is written by Kathy Mitchell and Marcy Sugar, longtime editors of the *Ann Landers* column. Email questions to anniesmailbox@creators.com, or write to: *Annie's Mailbox*, c/o Creators Syndicate, 737 3rd St., Hermosa Beach, CA 90254. To find out more about *Annie's Mailbox*, visit creators.com.

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TUESDAY, OCT. 6, 2015 CELEBRITIES BORN ON THIS DAY: Jeremy Sisto, 41; Amy Jo Johnson, 45; Elisabeth Shue, 52; Britt Ekland, 73.

Happy Birthday: Pull everything together this year. It's time to show everyone what you are capable of. You can stabilize your life and your relationships. Discipline and hard work will help you prove that you have more to offer and that you are capable of handling whatever responsibilities you are given. Your solid reputation will be your ticket to success. Your numbers are 4, 12, 18, 24, 30, 37, 48.

ARIES (March 21-April 19): Romance, passion and enjoying life should be your aim. Consider a little pick-me-up and update your look or attend an interesting night of entertainment. Relationships will undergo an overhaul. Be ready to reveal your true feelings. 5 stars

TAURUS (April 20-May 20): Take a trip and listen to what others have to say, and you'll expand your knowledge and have better insight into future trends and what you have to do in order to get ahead. Don't let love cost you financially or emotionally. 2 stars

GEMINI (May 21-June 20): Stick close to home and do your best to make domestic improvements that will make both you and those you live with comfortable and content. Stay within your budget and share your plans and decisions with those you love. 4 stars

CANCER (June 21-July 22): Live and learn. The mistakes you have made in the past should help you avoid making the same poor choices now. Make alterations to how or where you live and you will feel better about your future. A spiritual journey will be enlightening. 3 stars

LEO (July 23-Aug. 22): Romance is highlighted. Share your ideas with a friend or lover and make changes to the way you do things professionally. Satisfying your dreams, hopes and wishes will lead to greater success and happiness. Be realistic regarding health and money matters. 3 stars

VIRGO (Aug. 23-Sept. 22): Don't believe everything you are

told. If someone tries to push or bully you, walk away. Take charge instead of waiting for someone else to take over. Helping others will bring interesting rewards your way. Avoid secret involvements. 4 stars

LIBRA (Sept. 23-Oct. 22): Be a leader and position yourself for success. Showing compassion and understanding, along with being innovative and offering solutions and suggestions, will give you the edge you need to bring about change and make things happen. Romance is encouraged. 4 stars

SCORPIO (Oct. 23-Nov. 21): Do your own thing. Determination will be all you need to accomplish your goals. You will have an impact on those around you. Some will be cheering you on, and others will be trying to bring you down. Fight for your rights. 2 stars

SAGITTARIUS (Nov. 22-Dec. 21): Your desire for adventure will take over. Make plans to take a day trip or sign up for something that will enhance your skills or knowledge. A romantic commitment will bring favorable changes to the way you live and where. 5 stars

CAPRICORN (Dec. 22-Jan. 19): Be careful how you approach people. The less you say, the easier it will be to pursue your goals. Focus on your personal business plan and getting any matters that concern health or settlements put to rest. 3 stars

AQUARIUS (Jan. 20-Feb. 18): You'll make an impact on someone by mapping out a way to build greater personal security for you and your family. Presenting your plan by incorporating it into your everyday routine will make others take notice. Turn your idea into a service. 3 stars

PISCES (Feb. 19-March 20): Look at the big picture and do whatever it takes to get your ideas up and running. Once you have some momentum, everything else will fall into place and you will find the support you need. Trust in your abilities. 3 stars

Birthday Baby: You are entertaining, tolerant and charming. You are unique and adaptable.

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Los Angeles Times Daily Crossword Puzzle

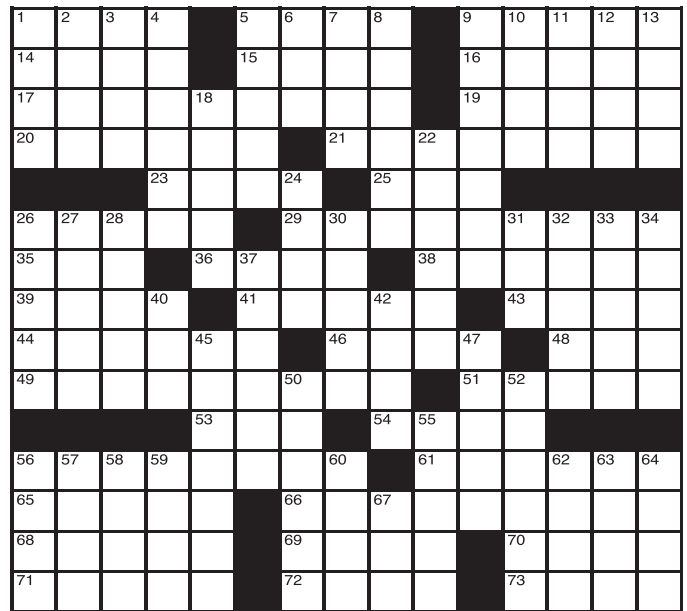
Edited by Rich Norris and Joyce Nichols Lewis

- ACROSS**
- 1 Lose brightness
 - 5 Sonic the Hedgehog developer
 - 9 "Take Me Out to the Ball Game" instrument
 - 14 High-resolution film format
 - 15 Spanish cross
 - 16 Lariat loop
 - 17 Political nickname for the Pacific states
 - 19 Up and about
 - 20 Catch in a snare
 - 21 Departs
 - 23 Tiler's calculation
 - 25 Civil War side: Abbr.
 - 26 Deep voice
 - 29 Mexican seafood entrée
 - 35 European peak
 - 36 Delivered from the womb
 - 38 Trix or Kix
 - 39 Rubber roller
 - 41 Puccini title soprano whose name is an anagram of the ends of the four longest puzzle answers
 - 43 Designer Schiaparelli
 - 44 Nevertheless
 - 46 Geological time spans
 - 48 Put a match to
 - 49 Protective botanical layers
 - 51 Uneven, as a leaf's edge
 - 53 Everything
 - 54 "Gone With the Wind" plantation
 - 56 When the cock crows
 - 61 Gospel writer enshrined in a Venice basilica
 - 65 To no ___: fruitlessly
 - 66 Popish neckwear
 - 68 Esther of "Good Times"
 - 69 Bendable joint
 - 70 Lake on New York's western border
 - 71 140-character-or-less message
- DOWN**
- 72 Like much cheese and wine
 - 73 Scream
 - 1 Submit one's taxes
 - 2 "You said it!"
 - 3 Inane
 - 4 Crowd scene actors
 - 5 Mouthwash brand
 - 6 Significant time
 - 7 Speak effusively
 - 8 Early Mexicans
 - 9 At the movies, perhaps
 - 10 '90s candidate H. ___ Perot
 - 11 Attend
 - 12 "Yeah, sure"
 - 13 Soft ball maker
 - 18 Chocolate substitute
 - 22 Waste receptacle
 - 24 Dr. J hairstyle
 - 26 Motel in a Hitchcock classic
 - 27 Energetic
 - 28 Shopping frenzy
 - 30 Map in a map
 - 31 "___ you coming?"
 - 32 String quartet member
- 33 Fertile desert spot**
- 34 Pool table slab**
- 37 "Becket" star Peter**
- 40 Come to a close**
- 42 Price**
- 45 Miss in the game of Clue**
- 47 Mattress choice**
- 50 49th state**
- 52 Jazz pianist Lewis**
- 55 Showed curiosity**
- 56 Blowgun projectile**
- 57 Swear to be true**
- 58 Third-oldest U.S. university**
- 59 Irrascibility**
- 60 Mattress choice**
- 62 Good-sized backyard**
- 63 Churn up**
- 64 "Power Hits" series record label**
- 67 Robert E. ___**

ANSWER TO PREVIOUS PUZZLE:

M	O	N	H	A	M	S	T	W	A	I	N
E	R	A	T	A	M	I	E	H	E	N	N
O	N	T	H	I	N	I	C	E	R	A	N
W	O	E	M	D	S	E	M	O	S	E	Y
S	T	R	O	H	S	L	A	N	E	S	
		S	M	O	O	T	H	A	S	G	L
C	A	K	E	F	R	E	D			P	H
R	U	I	N	F	E	L	L	A		U	P
O	R	E		P	E	E	R		S	L	O
C	A	R	V	E	D	I	N	S	T	O	N
			O	V	I	D		I	N	A	S
G	A	S	T	A	X		S	A	C	K	A
A	C	T	E	D		S	C	U	L	P	T
S	H	I	N	E		C	A	N	T	E	U
H	E	R	O	D		H	A	D	T	V	B

xwordeditor@aol.com 10/06/15



By Jerome Gunderson ©2015 Tribune Content Agency, LLC 10/06/15

Sudoku By The Mepham Group

Level: 1 2 3 4

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit 1 to 9. For strategies on how to solve Sudoku, visit www.sudoku.org.uk.

Solution to Monday's puzzle

5	9	7	6	4	2	1	3	8
8	2	1	9	5	3	4	6	7
6	3	4	1	8	7	5	9	2
4	7	2	8	9	6	3	1	5
1	8	6	5	3	4	7	2	9
3	6	5	2	7	8	9	4	1
7	1	8	4	6	9	2	5	3
2	4	9	3	1	5	8	7	6

GOREN BRIDGE

WITH BOB JONES ©2015 Tribune Content Agency, LLC

WHAT TO DO?

North-South vulnerable. East deals.

NORTH

- ♠ 7 5
- ♥ K 4 2
- ♦ 10 8 4 3 2
- ♣ A 9 7

WEST

- ♠ Q J 9
- ♥ 10 8 6 5 3
- ♦ A 7 6 5
- ♣ 3

EAST

- ♠ A K 10 6 4
- ♥ 9
- ♦ K Q J 9
- ♣ 8 6 5

SOUTH

- ♠ 8 3 2
- ♥ A Q J 7
- ♦ Void
- ♣ K Q J 10 4 2

The bidding:

EAST	1♣	2♣	2♠	3♣
SOUTH	Pass	3♥	Pass	4♣
WEST	Pass	3♥	Pass	4♣
NORTH	Pass	5♣	Pass	Pass

Opening lead: Queen of ♠

Had East ventured a three-diamond bid at his second turn, East-West might have competed to four spades — a contract that would be difficult to defeat. Even after a trump lead, the defense would still have to find a diamond ruff to defeat four spades. On the normal king of clubs lead, North would have to overtake and

give South a diamond ruff. South would then have to underlead his ace of hearts to North's king for a second diamond ruff. Hard work! It's just as well that North-South bid to five clubs.

West's queen of spades opening lead held the trick, as East played a discouraging spade. West shifted to the ace of diamonds, ruffed by South, who immediately led a low spade. South could not be prevented from scoring a spade ruff in dummy for 11 tricks — making five.

Had West shifted to a heart, instead, he would have been able to win the second spade and give partner a heart ruff. Should West be faulted for shifting to diamonds rather than hearts? Of course not! East had the winning defense right in front of him. East should have overtaken the queen of spades and led a heart himself. West would have an easy defense from there on and the contract would have been defeated.

(Bob Jones welcomes readers' responses sent in care of this newspaper or to Tribune Content Agency, LLC., 16630 Westgrove Dr., Suite 175, Addison, TX 75001. E-mail responses may be sent to caeditors@tribune.com.)

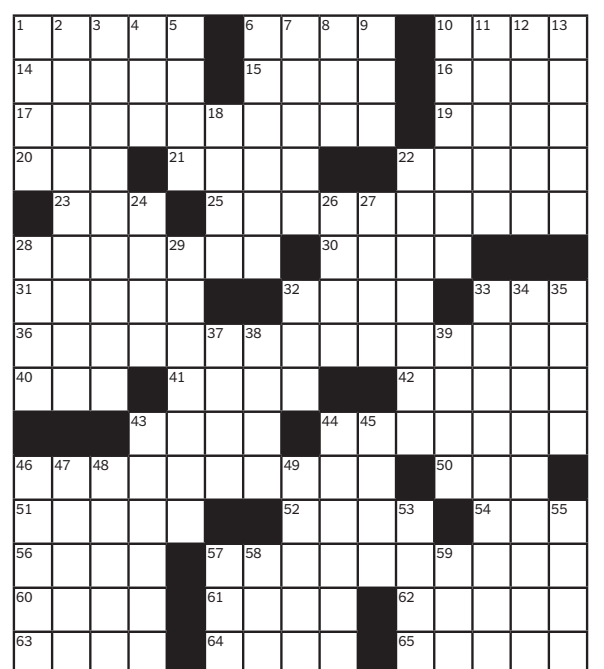
The New York Times Crossword

Edited by Will Shortz No. 0901

- ACROSS**
- 1 Buddy of "The Beverly Hillbillies"
 - 6 Small combo
 - 10 Music and dance, for two
 - 14 Witchy sort
 - 15 Foam on a beer
 - 16 Spring event
 - 17 Locale of the Île de la Cité
 - 19 Rug rat
 - 20 Prefix with brow
 - 21 "___ Yankees"
 - 22 Pointed
 - 23 "Well, I'll be!"
 - 25 Highway investigation site
 - 28 Goal of exercise
 - 30 It's a laugh
 - 31 Had home cooking
 - 32 30 minutes, in the N.F.L.
 - 33 Classic car inits.
 - 36 Request from one seeking help from above
 - 40 Santa ___ winds
 - 41 90° angle iron
 - 42 Riches
 - 43 Street one block over from Second, maybe
 - 44 Castor bean, for one
 - 46 Like clothing customized from raw fabric
 - 50 Show age, in a way
 - 51 Steer clear of
 - 52 Lotion additive
 - 54 2016 Olympics city
 - 56 Little pup
 - 57 Phrase over a movie poster
 - 60 "Help me, Obi-Wan Kenobi," e.g.
 - 61 Wows
 - 62 Invalidate
 - 63 Draped dress
 - 64 Work well together
 - 65 Clamorous
- DOWN**
- 1 Shade of many a lampshade
 - 2 Them's fighting words
 - 3 Like the name "Leningrad"
 - 4 Suffix with ethyl
 - 5 One scoring 100% on Sporcle quizzes, say
 - 6 One's wife, informally
 - 7 Madrid's ___ Sofia Museum
 - 8 Hotelier Schragr who co-founded Studio 54
 - 9 Dedicated poem
 - 10 Roman riot town
 - 11 Hot to trot, e.g.
 - 12 Spoken for
 - 13 Alfred Nobel, for one
 - 18 Beneficial baseball outs, for short
 - 22 Post-eruption phenomenon
 - 24 Oklahoma city
 - 26 Hoax
 - 27 Sound in body

ANSWER TO PREVIOUS PUZZLE

M	O	S	H		E	D	A	M		W	H	I	Z
O	L	E	O	S		T	U	N	E		R	A	V
D	I	V	E	I	N	H	E	A	D	F	I	R	S
I	V	E	R	S	O	N		P	I	U	S		
S	I	N		T	R	O	D		E	S	T	H	E
H	A	D	J	I		E	A	V	E		A	L	E
		W	O	N		A	L	M	A		O	N	L
T	A	K	E	T	H	E	P	L	U	N	G	E	
B	A	R	E		W	I	T	S		P	E	I	
A	R	F		C	I	T	E		D	A	N	A	S
N	A	S	A	L	S		D	A	D	A		T	V
				W	E	T	S		D	I	T	C	H
G	O	O	F	F	T	H	E	D	E	E	P	E	N
U	R	D	U		O	U	S	T		S	U	R	G
N	O	E	L		P	I	C	O		S	E	E	N



PUZZLE BY MICHAEL TORCH

- 28 F.D.R.'s dog
- 29 Winner (and host) of the 1966 FIFA World Cup
- 32 Pronoun for a ship
- 33 Grocery item known as "The San Francisco Treat"
- 34 Flagrant
- 35 Linear, for short
- 37 Footnote abbr.
- 38 Movers' trucks
- 39 Figure (out)
- 43 Cocktail often served with a pineapple garnish
- 44 Wise-looking
- 45 Wise to
- 46 Complains
- 47 Throat dangler
- 48 Contents of an HP cartridge
- 49 Chair designer Charles
- 53 Former New York archbishop
- 55 Title word before "You," "U" or "Yesterday" in hit songs
- 57 Engine part
- 58 "You ___ me one"
- 59 ___-cone

Online subscriptions: Today's puzzle and more than 7,000 past puzzles, nytimes.com/crosswords (\$39.95 a year).

Read about and comment on each puzzle: nytimes.com/wordplay. Crosswords for young solvers: nytimes.com/studentcrosswords.

PEANUTS



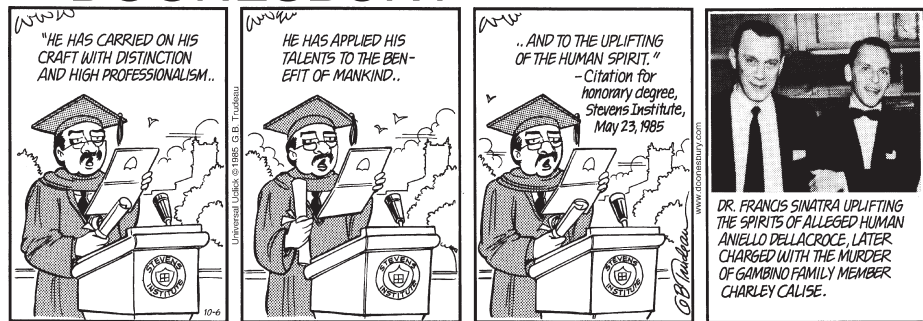
GARFIELD



DILBERT



DOONESBURY



BEETLE BAILEY



FOR BETTER OR FOR WORSE



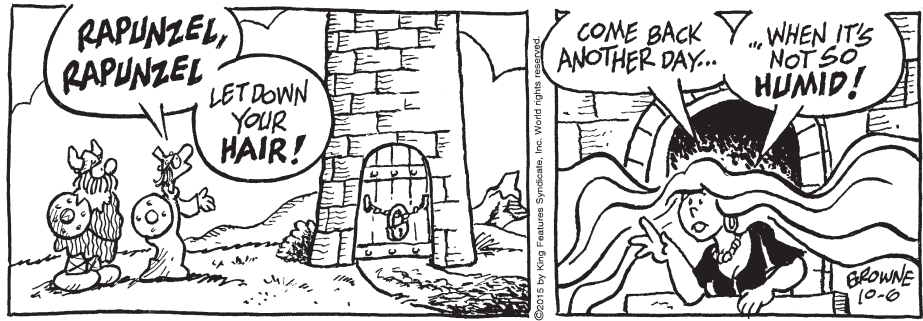
BIZARRO



BLONDIE



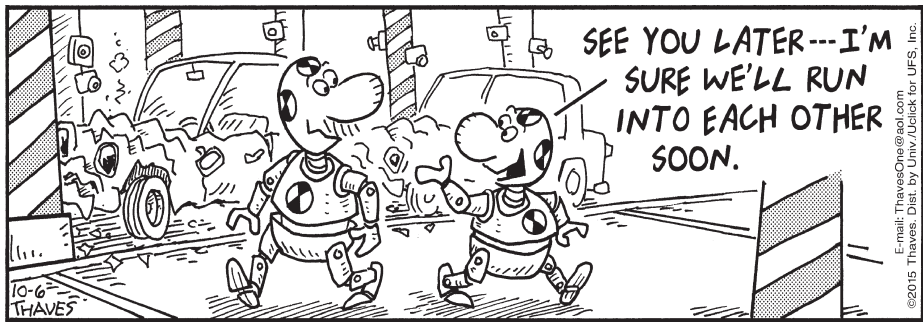
HAGAR THE HORRIBLE



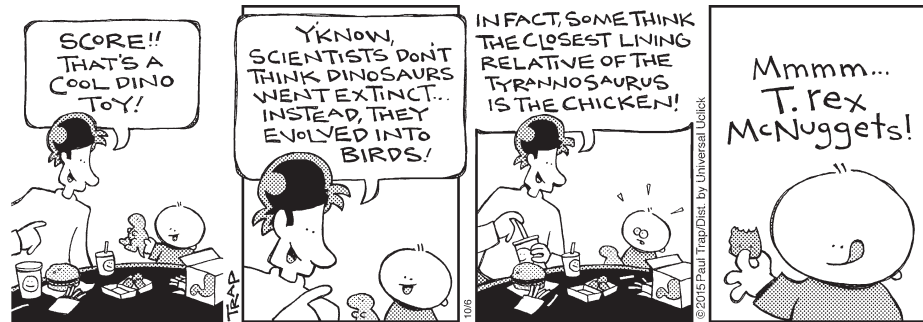
THE WIZARD OF ID



FRANK AND ERNEST



THATABABY



B.C.



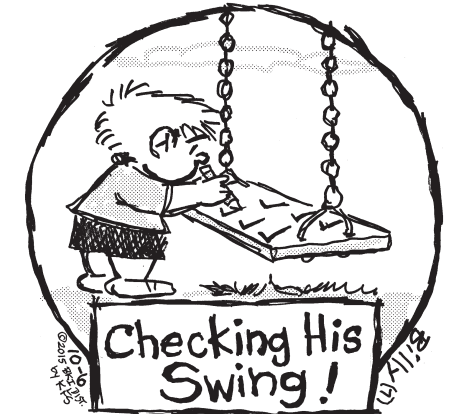
THE BORN LOSER



SHOE



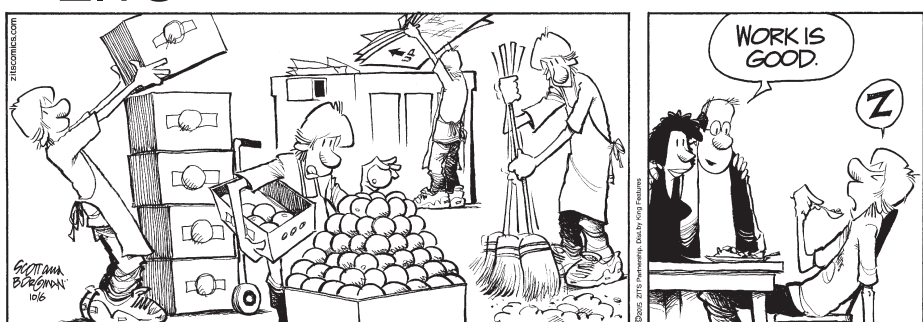
FAMILY CIRCUS



DENNIS THE MENACE



ZITS



Note: While Daddy watches the baseball playoffs, little Billy draws up his own pun-and-ink cartoon.



EXPLORE *These* DEALS!

PRICES GOOD OCTOBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			7	8	9	10
11	12	13				



Christmas Tree PRE-SALE

NOW TAKING ORDERS until
OCTOBER 31

ONLY AT KTA KAILUA-KONA,
KEAUHOU & WAIMEA
See customer service center for details.



serving suggestion

Assorted Half
Pork Loin Chops

2.99 lb.
13.99 ea.

Frozen
EZ Peel Shrimp 2 lbs., 31 to 40 count.....

Mountain Apple Brand
Tossed Salad Mix
12 oz., Vacuum Packed

2.69

SUPER COUPON

Good October 7 to 13, 2015

Helper Meals
Betty Crocker
5 to 8.7 oz.

1.79 ea.

Without coupon 2.19, Limit 5 per coupon.

SUPER COUPON

Good October 7 to 13, 2015

Libby's
Corned Beef Hash
15 oz.

2 for \$4 ea. set

Without coupon 2 for 5.00, Limit 3 sets per coupon.
Coupon price good on set purchase only.

White or Brown
Pear Blossom Calrose Rice
15 lbs.

9.69

Ice Cream
Baskin Robbins
14 oz.

3.69 ea.

Quality Guaranteed
Bosc Pears
Sweet & juicy!

1.79 lb.

Select-A-Size Paper
Bounty Towels
6 Big Rolls

9.59

Frozen Hardshell
PanaPesca Clams
16 oz.

3.59

Classic or Pure
Heineken or Pacifico Clara
12 bottles, Beer buy!

11.69 ea.

Enter to win a
TRIP FOR 2 TO LAS VEGAS FOR THE RUGBY WORLD SERIES!
No purchase necessary. See store for details.

Unless otherwise stated, we reserve the right to limit sale items to 5 units per customer. Applicable beverage containers are subject to HI State Beverage fee and deposit. Coupons are limited to 2 coupons per product, per customer, per visit. Prices are subject to a 4.1666% excise tax. Descriptive, typographical and/or photographic errors are subject to correction. Not all items may be available at KTA Downtown.





Chilled Buys and Produce Picks!



Tyson Chicken
40 oz., Frozen
Thighs or Drumsticks

4.27



Frozen
Ore Ida Potato Sides 19 to 32 oz.

4.29 ea.



Quality Guaranteed
Seedless Red Grapes

2.19 lb.



Good October 7 to 13, 2015



Foster Farms Corn Dogs
Mini 29.3 oz. or
Reg. 42.74 oz., Frozen

5.99 ea.

26-50



Frozen Gourmet
Ore Ida Onion Rings 16 oz.

3.79



Quality Guaranteed
Granny Smith Apples.....

1.69 lb.

Quality Guaranteed

Fuji Apples
3 lb. bag
Crisp & sweet!



3.99

Island Fresh
Whole Cantaloupe

79¢ lb.



Good October 7 to 13, 2015

Skinless & Bloodless Portions
1916 Mahi-Mahi
2 lbs., Frozen

11.59 ea.

Without coupon 12.59, Limit 3 per coupon.

27-100



Toaster Strudel or Scrambles Pastries
Pillsbury

3 for \$5

7.2 to 11.5 oz.
Frozen
Patissa Desserts
13.2 to 20.7 oz.
Frozen

5.99 ea.



Organic Valley Milk
64 oz., Whole, Fat Free,
Lowfat 1% or
Reduced Fat 2%

6.59



Ice Cream Sandwiches
Polar Treats 12 count

4.79



Sweet & juicy!
Navel Oranges
Quality Guaranteed



1.49 lb.

Honda Foods
Sanbai Mix
10 oz.
With Ogo

4.39



Single Serve
Dole Fruit Bowls
7 oz., In the
Produce Dept.

1.49 ea.



Big Island Fresh
Amano Tenpura
6 oz., Char Siu
or Vegetable

1.99



Unless otherwise stated, we reserve the right to limit sale items to 5 units per customer. Coupons are limited to 2 coupons per product, per customer, per visit.

Fresh and Frozen Meal Makers!



Chilled Value Pack Foster Farms Chicken
Drumsticks, Thighs, Combo, Grill Pack or Whole Legs
1.79 lb.



USDA Choice Boneless Beef Chuck Roast
Or Frozen Alaskan Cod Fillet
5.99 lb.



USDA Choice Beef Short Ribs
Family Pack
5.99 lb.

Frozen Mini Pork Filled Steamed Buns
Char Siu Bao 20 count.....**1.39** ea.

Frozen Breaded Aji Fry 10.7 oz....**6.99** ea.

Frozen Seafood Mix
PanaPesca 10.6 oz.....**4.99**

Grass Fed Pipikaula Poke, Frozen BBQ Salmon Tips or Chilled Airflow
Salmon Steaks **8.99** lb.

Ground Pork or Mountain Apple Brand Marinated Pork Cutlet
Korean or Teriyaki Style **3.49** lb.

Cooked Baby Scallops Poke or USDA Grain Fed Family Pack Beef Rib
Spencer Steak **10.99** lb.

Frozen Whole Imported Tilapia, Milkfish or Chopped
Pork Butt **3.49** lb.

Chilled Family Pack Pork Butt Cutlet
Also Mountain Apple Brand Cooked Shell-On Clam Poke, Assorted Blue Crab Poke or Frozen Frank's Foods Char Siu or Teriyaki Chicken Thighs
4.89 lb.

Quality Guaranteed Yellow Onions **99¢** lb.

Quality Guaranteed Russet Potatoes **79¢** lb.

Hamburger Brioche Rolls
4 count, 4 oz. Bakery buy!
4.59 ea.

Bakery European Style Mini Vanilla Cream Rolls 12 count **6.59** ea.

Chilled Whole Pork Spare Ribs
Also Frozen Swai Fillets 7 to 9 oz. avg., Lamb Weston Munchskins (Potato Skins) or Asst. Prepared Soybeans
3.99 lb.

Island Fresh Kabocha Pumpkin **99¢** lb.

Island Fresh Ewa Sweet Corn 4 ears **3.89** ea.

Deli Cheese Kerrygold Dubliner 6 oz., Cracker Cut **5.29**

Deli Quick & Ono Meat Lasagna **6.29** lb.

Deli special! Hot Pastrami Sandwich With Chips **5.99** ea.
Deli Soft Ripened Cheese President Brie Cheese 7 oz.....**7.19**



Shop at KTA and Explore these Deals!



Newman's Own Salsa
16 oz., Medium, Mild, Hot, Garlic, Peach or Pineapple
249 ea.



Kool-Aid Bursts Drinks 6 bottles
Berry Blue, Cherry, Grape or Tropical Punch
99¢ ea.

SUPER COUPON
111-100

Good October 7 to 13, 2015



Tostitos Chips
9 to 14 oz.
2^{for} \$6 ea. set

Without coupon 2 for 7.00. Limit 5 sets per coupon. Coupon price good on set purchase only.

Snap-E Tom Cocktail 11.5 oz. can **99¢**

Welch's Grape Juice
100% 64 oz., Regular, with Calcium or Fiber
499 ea.



SUPER COUPON
7-40

Good October 7 to 13, 2015



Del Monte Sweet Corn
11 to 15.25 oz.
99¢ ea.

Without coupon 1.39. Limit 5 per coupon.

KTA Brown Sugar
3.5 lbs. Washed
469



Nestle Toll House Cookie Brownie Mix Kit
17.875 oz. Baking savings!
299



Betty Crocker Bisquick 40 oz. Original or Heart Smart
299 ea.



Betty Crocker Pancake & Baking Mix Bisquick Gluten Free 16 oz. **399**

Progresso Bread Crumbs
15 oz., Plain, Italian or Garlic & Herb
179 ea.



Chex Snacks
Chips 4.2 oz. or Mix Popped 8 to 9 oz.
2^{for} \$5



Betty Crocker Angel Food Cake Mix
16 oz. Just add water!
259



Pringles Potato Crisps 5.64 to 5.96 oz.
189 ea.



Mezzetta Bell Peppers 16 oz., Regular or Express Deli-Sliced
299 ea.



Crown Prince Anchovies 2 oz. In Olive Oil
179



Coca-Cola Soda 12 cans, 12 oz. Also Barq's, Sprite, Fuze, Dr. Pepper, Fanta, Fresca, Mello Yello or Seagram's
469 ea.



WHEN YOU BUY 3 or more! Mix & Match SINGLE UNIT PRICE 5.69

Punalu'u Bake Shop Sweet Bread 24 oz. loaf Traditional, Taro or Guava
499 ea.



Love's Buns 12 oz., 8 count Sliced
289 ea.



McCafe Coffee 12 oz., Regular or Decaffeinated
659 ea.



La Victoria Enchilada Sauce 10 oz. Mild
139



Halloween Candies are limited in supply, Sorry no rainchecks.



Mars, Nestle or Hershey's Candies 8 to 12 oz.
279 ea.

Russell Stover 10 to 16 oz. **499**

Hershey or Wrigley Candies 8.09 to 16 oz. Also American Licorice Co. Mini Red Vines or Sour Punch Twists 10 oz.
269 ea.



Atkinson's Peanut Butter Bars or Chick-O-Stick Candies 5.5 oz.
129 ea.

Haribo Mini Gold-Bears Gummi Candy 7.2 oz. **219**

STORE HOURS

DOWNTOWN	PUAINAKO	WAIMEA	KAILUA-KONA	KEAUHOU
Mon-Sat 7am-9pm Sunday 7am-7pm PHONE: 935-3751	DAILY 5:30am to Midnight PHONE: 959-9111	DAILY 6am to 11pm PHONE: 885-8866	DAILY 5am to 11pm PHONE: 329-1677	DAILY 7am to 10pm PHONE: 322-2311



Household & Health Specials!

Western Family
Vitamin Savings!
60 to 120 count
Selected

35% OFF
REGULAR PRICES



First Aid Antiseptic 3%
Western Family
Hydrogen Peroxide 16 oz.

4^f \$3^r

Extra, Ultra or Fine
Sanford Sharpie
Permanent Markers
1 count, Black, Blue or Red Ink



99¢ ea.

SUPER COUPON



2007-30

Good October 7 to 13, 2015



Western Family Gallon or Quart
Recloseable
Bags 15 to 20 count
Freezer or Storage

2.27 ea.

Without coupon 2.57, Limit 5 per coupon.



Gem Head Medium or Soft

Western Family Toothbrush 1 count.....**1.29** ea.



Standard Bubble

Scotch Cushion Wrap 10 sq. ft....**2.99**

Western Family 91%
Isopropyl
Alcohol

16 oz.
First Aid Antiseptic

1.99



Western Family 100% Pure

Cotton
Balls

300 count
Regular Size

1.59



Basic
Clasp
Envelopes

6 count
6 inch x 9 inch

1.29 ea.



Clasp
Basic
Envelopes

4 count
10 inch x 13 inch

1.39



SUPER COUPON



2009-50

Good October 7 to 13, 2015



Ultra Soft or Strong
Charmin
Bath Tissues
6 Double Rolls

3.99 ea.

Without coupon 4.49, Limit 2 per coupon.



Western Family Basket Style Natural

Coffee
Filters 100 count

1.49

Western Family Natural

Coffee
Filters

40 count
Cone Style #4

1.69



Postal Wrapping
Scotch
Paper

1 roll
37.5 sq. ft.

1.79 ea.



Twine
Helping
Hand

200 feet
Cotton or Jute

1.49 ea.



Western Family
Invisible
Tape

1 count
3/4 inch x 780 inch

1.79



Western Family Clear or Tan

Packing
Tape 1 count

2 inch x 800 inch
Super strength!

1.99



With Microban
Westcott
Scissors

1 count
7 inch

2.79



Mead Self Adhesive
Envelopes
No. 6 3/4, 65 count
or No. 10, 50 count

1.99

Unless otherwise stated, we reserve the right to limit sale items to 5 units per customer. Coupons are limited to 2 coupons per product, per customer, per visit.

Beer, Liquor, Wine & Spirit Buys!

Edna Valley,
Noble Vines
or Wente
Wines
750 ml.



9.99
ea.

WHEN YOU BUY
4 or more!
SINGLE UNIT PRICE 10.99
Mix & Match

California Sparkling
Barefoot Bubbly Champagne 750 ml.....**6.99**

Tanqueray Gin,
Jack Daniel's
Whiskey or
Baileys Irish
Cream Liqueur
750 ml.



18.88
ea.

WHEN YOU BUY
4 or more!
SINGLE UNIT PRICE 19.99
Mix & Match

Imported
Jägermeister Liqueur 750 ml.....**19.99**



Enter to win a
APPLE TV ADAPTER!
No purchase necessary. See store for details.

Angry Orchard
Hard Apple Cider
or Kona Brewing
Co. Beer 6 bottles

7.99
ea.

Ale, Stout or IPA
Rogue Craft Beer 22 oz. bottle.....**5.99**
ea.

Lindeman's,
CK Mondavi
or Beringer
Wines
750 ml.



5.99
ea.

Two Vines,
Bolla or
Smoking
Loon Wines
750 ml.



6.99
ea.

Burnett's
Vodka or
Black Velvet
Whisky
750 ml.



9.99
ea.

Old Lahaina
Rum or
Pau Maui
Vodka
750 ml.



14.99
ea.

Deschutes
Brewery or
Lost Coast
Beer Sale!
6 bottles



7.88
ea.

Entwine,
Cupcake or
Beringer
Founders'
750 ml., Wines



7.99
ea.

Stella Rosa,
The Seeker
or Columbia
Winery Wines
750 ml.



10.99
ea.

Sailor Jerry
Spiced Rum
or Tito's
Vodka
750 ml.



16.99
ea.

Hawaiian
Vodka 750 ml. or
Clan McGregor
Scotch Whisky
1.75 liters



19.99
ea.

Regular or Light
Budweiser,
Coors Light
or Miller Lite
Beer 18 bottles



14.99
ea.

Vin Vault 3 liters,
Peter Vella
5 liters OR
Liberated
Wines 750 ml.



14.99
ea.

Sonoma-Cutrer,
Robert Mondavi
Napa Valley
Cabernet or
Earthquake 750 ml.



21.99
ea.

Gentleman Jack
Whiskey or
Ciroc Vodka
Savings!
750 ml.



26.99
ea.

Templeton Rye
Whiskey or
Patron Silver
Tequila
750 ml.



37.99
ea.

Guinness
Beer Values!
6 bottles
Stout, Draught or
Blonde American Lager



5.97
ea.

Budweiser, Bud Light,
Coors Light or Miller
Lite Beer 30 cans.....**21.79**
ea.



Grocery Savings from *Western Family!*

Western Family 1 liter
Ginger Ale, Club Soda,
Tonic or Seltzer Water

1.29
ea.



**Western Family
Fruits**

Slices or Halves Peaches, Pears or
Fruit Cocktail in Heavy Syrup 15.25 oz.
or Fruit Cocktail in Juice 15 oz.

2 for \$3



**Western Family
Dill Pickles** 46 oz.
Regular, Kosher or Hamburger Chips

3.49
ea.



Western Family
Sweet Pickle Relish 10 oz. **1.39**

SUPER COUPON



25-30

Good October 7 to 13, 2015

Western Family Soup
Chicken Noodle 10.5 oz.
or Tomato 10.75 oz.

89¢
ea.

Without coupon 1.19 Limit 5 per coupon.



100% Vitamin C
**Western Family
Applesauce**

100% Natural 46 oz. or
Fancy Sweetened 48 oz.

3.29
ea.



Light & crispy!
**Western Family
Cake Cups**

12 count, Enjoy with
your favorite ice cream!

1.59



Non-Dairy
**Western Family
Creamer**

8 oz. powder
French Vanilla or Amaretto

2.29
ea.



Honey, Spicy Brown or Dijon
**Western Family
Mustard**

12 oz. squeeze bottle
Great for sandwiches!

1.49
ea.



Western Family
**100%
Natural Tea**

48 bags
Serve Hot or Iced

2.19



Western Family
**Mixed
Nuts** 10.3 oz.

Peanuts, Cashews, Almonds
Brazil Nuts, Filberts & Pecans

5.19



You're Someone Special Every Day at
www.ktasuperstores.com



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