



We appreciate your phone call for class registrations so that we can support our presenters with their preparations. We also might need to notify you if a program is cancelled or rescheduled.

MAHALO • 885-6777

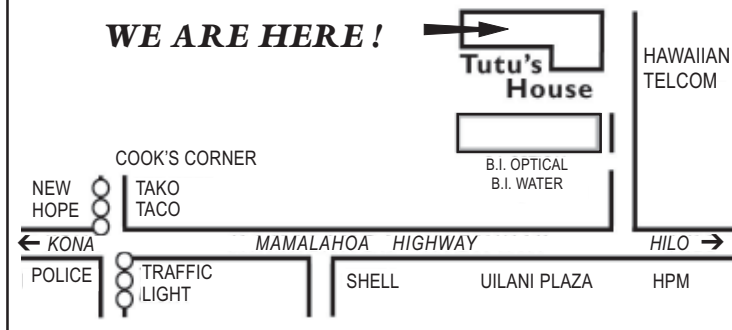
Tutu's House

Kamuela Business Center (Upper Level)
P.O. Box 2655 Kamuela, Hawai'i 96743 (808) 885-6777
Email: tutus@tutushouse.org Web: www.tutushouse.org
Open Mon. - Fri. 9 a.m. - 5 p.m.

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Information found in Ho'o Wala'au and at Tutu's House is not meant to replace the professional care you receive, but is meant to be used in addition to it. We urge you to share what you discover here with your physician or healer. Tutu's House is a project of Friends of the Future, a Waimea-based non-profit organization. Volunteers and donations are welcomed.

WE ARE HERE!



‘Ōlelo ā māmala‘ōlelo
Hawaiian Word or Phrase

~ By M Kapuniai

He Nani Waimea!

Beautiful Waimea!

We are blessed
by the beauty that surrounds us,
whether be it nature, good deeds,
sweet music, gentle falling rain, a smile, or,
just sharing: all coming forth naturally.

You can see it, feel it, hear it,
touch it, and even taste it.

Waimea is *Aloha*.

He Nani Waimea!

Beautiful Waimea!



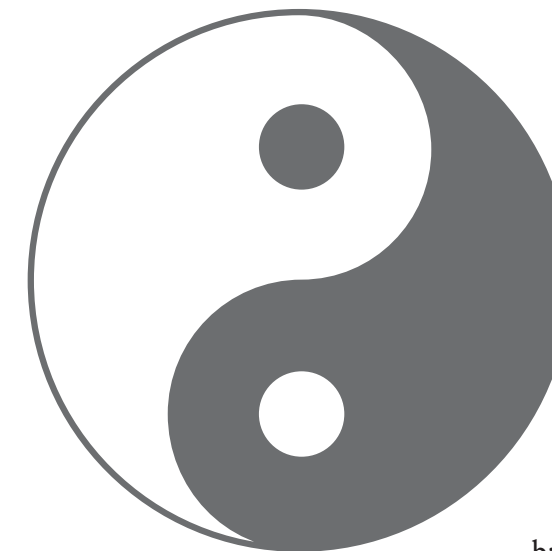
To cause conversation Volume 14 ♦ Number 3 ♦ March 2010

Yin Yang Yoga

by Zettelyss Amora

The practice of yoga poses, called asanas, is just one branch of an eight limbed system that makes up the totality of a yogic lifestyle. As yoga has exploded in western societies, the focus has been mainly on asanas resulting in myriad forms and ways of performing the basic Hatha Yoga poses. Hatha, in sanskrit the language of yoga, means Sun and Moon and is another way of defining the Universal Balance of energies known as Yin and Yang.

Yang energy is active, fiery and dynamic while Yin energy is passive, calm and still. There are great benefits to be derived from having a balance of these energies in day to day living and the practice of Yin-Yang Yoga will help you awaken your understanding and experience this equanimity.



It is important to first begin to understand Prana, which is your life force energy. Interwoven throughout your physical body and even expanding beyond your skin, pranic flow circulates and moves, bringing vitality while fueling all the tissues, organs and systems of your body. Diminished pranic flow results in disease; enhanced flow of prana allows your body to perform naturally at its fullest potential.

When practicing asanas in a Yang style, pranic flow and circulation are directed into your muscles and the superficial layers of connective tissues, which is essential for building and maintaining strength and mobility. Practicing in a Yin style allows prana to reach the deeper layers of connective tissues (fascia, tendons, ligaments and joints) this nourishment increases their supply of sanovial fluids. Sanovial fluids are the natural lubrication for connective tissues, reducing their density and enabling them to stretch. This brings greater flexibility and reduces pain and stiffness in the joints.

All styles of yoga practices increase pranic flow overall, resulting in an enhanced sense of vitality and well-being. However, since the meridians, or pathways, for prana live in your layers of connective tissues, the stimulation of these tissues via Yin Yoga will bring you an abundance of prana that may go well beyond any previous experience you've had of this vital Life Force Energy.

Zettelyss Amora is an Integrative Yoga Therapist. She has studied Yin-Yang Yoga since 2000 and in February of 2010 completed another intensive training with Sarah Powers, one of the highly esteemed teachers of Yin-Yang Yoga in the West and world wide.

Yin-Yang Yoga sessions at Tutu's House are suitable for all ages and all levels of yoga experience. Simply attend any of the March sessions with an open heart and open mind for a life altering experience.

UPCOMING

Household Hazardous Waste Collection

The Department of Environmental Management will be conducting a Household Hazardous Waste (HHW) Collection Event at its Waimea Recycling & Solid Waste Transfer Stations

on Saturday, March 6th • From 8:30 a.m. to 3:30 p.m. only.

The event will provide for residential drop-off of select materials.

The event is for household generated materials only; no business or farm waste will be accepted. For more information on what is acceptable or unacceptable at the event, please visit the website at www.hawaii Zerowaste.org and for instructions on how to properly dispose of common hazardous household materials.

The Department of Environmental Management conducts these events to offer our residents a convenient and environmentally responsible method to dispose of potentially hazardous materials like automotive fluids, used batteries, fluorescent lights, pesticides, etc. Proper disposal of these materials protects our resident's health and the environment,

Should there be any comments or questions on the above. please contact Chris Chin-Chance, Recycling Specialist with the Department of Environmental Management at 961-8554 or email to recycle3@co.hawaii.hi.us

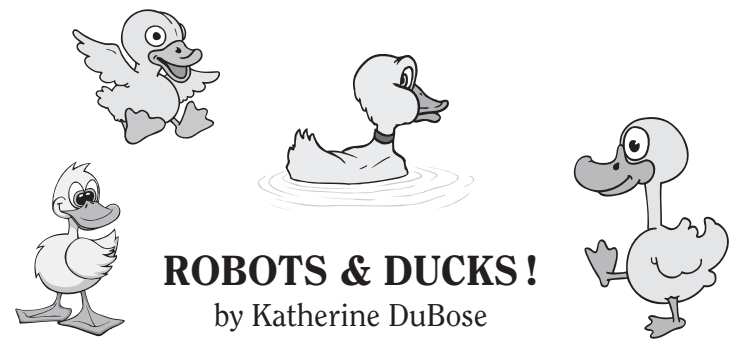
Mahalo for your kōkua!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT. / SUN.
1 8:15 am • Circuit Training 9:30 am • Tutu's Quilters 9:30 am • Circle of Support	2 9:30 am • Advanced Ukulele 10 am • Writers' Group 12:30 pm • Knitting 4 pm • Beginner's Yoga 5:30 pm • Al-Anon	3 8:30 am • Zumba 10 am • SR. Easy Stretch 4 pm • Beginning Guitar & Vocals	4 4 pm • Yin-Yang Yoga	5 10 am • Moms' Group 6 pm • 21 Days to Optimum Health	6 10 am • Meditation is Not What You Think
7	9 9:30 am • Advanced Ukulele (at Anna Ranch) 10 am • Writers' Group 12:30 pm • Knitting 4 pm • Beginner's Yoga 5:30 pm • Colorectal Cancer Awareness	10 8:30 am • Zumba 10 am • SR. Easy Stretch 4 pm • Beginning Guitar & Vocals	11 10 am • Hearing Tests 12 noon • Restorative Yoga 4 pm • Yin-Yang Yoga 5:15 pm • Abraham Circle 5:30 pm • Let's Boogie Down	12 13 9 am • Circuit Training	14
8 8:15 am • Circuit Training 9:30 am • Tutu's Quilters 9:30 am • Circle of Support	16 9:30 am • Advanced Ukulele 10 am • Writers' Group 12:30 pm • Knitting 1:30 pm • Healthy Kids 4 pm • Beginner's Yoga 5:30 pm • Al-Anon 5:30 pm • Introduction to Yin-Yang Yoga	17 8:30 am • Zumba 1:30 pm • Healthy Kids 4 pm • Beginning Guitar & Vocals	18 9 am • Learning Disabilities 12 noon • Restorative Yoga 1:30 pm • Healthy Kids 4 pm • Yin-Yang Yoga 5:30 pm • Let's Boogie Down 6 pm • Meet the Doula	19 20 10 am • Moms' Group 1:30 pm • Healthy Kids	21
15 8:15 am • Circuit Training 9:30 am • Tutu's Quilters 9:30 am • Circle of Support 1:30 pm • Healthy Kids 5 pm • Qi Blessings & Relation-Shifts	23 9:30 am • Advanced Ukulele 10 am • Writers' Group 12:30 pm • Chronic Fatigue 12:30 pm • Knitting 4 pm • Beginner's Yoga 5:30 pm • Al-Anon 5:30 pm • Common Sense Parenting	24 8:30 am • Zumba 10 am • SR. Easy Stretch 12:30 pm • Women's Cancers Support Group 4 pm • Beginning Guitar & Vocals	25 12 noon • Restorative Yoga 4 pm • Yin-Yang Yoga 5:30 pm • Healing Touch 5:30 pm • Let's Boogie Down	26 27 9 am • Circuit Training	28 8:30 am • AARP Driver Safety Program
22 8:15 am • Circuit Training 9:30 am • Tutu's Quilters 9:30 am • Circle of Support	30 9:30 am • Advanced Ukulele 10 am • Writers' Group 12:30 pm • Knitting 4 pm • Beginner's Yoga 5:30 pm • Al-Anon 5:30 pm • Common Sense Parenting	31 8:30 am • Zumba 10 am • SR. Easy Stretch 4 pm • Beginning Guitar & Vocals			
29 8:15 am • Circuit Training 9:30 am • Tutu's Quilters 9:30 am • Circle of Support					

MARCH 2010

Tutu's Home

Earl's Garage
ROBOTICS CLUB
Monday ~ Friday
2 ~ 4:30 pm
see page 7 for more details.



ROBOTS & DUCKS!

by Katherine DuBose

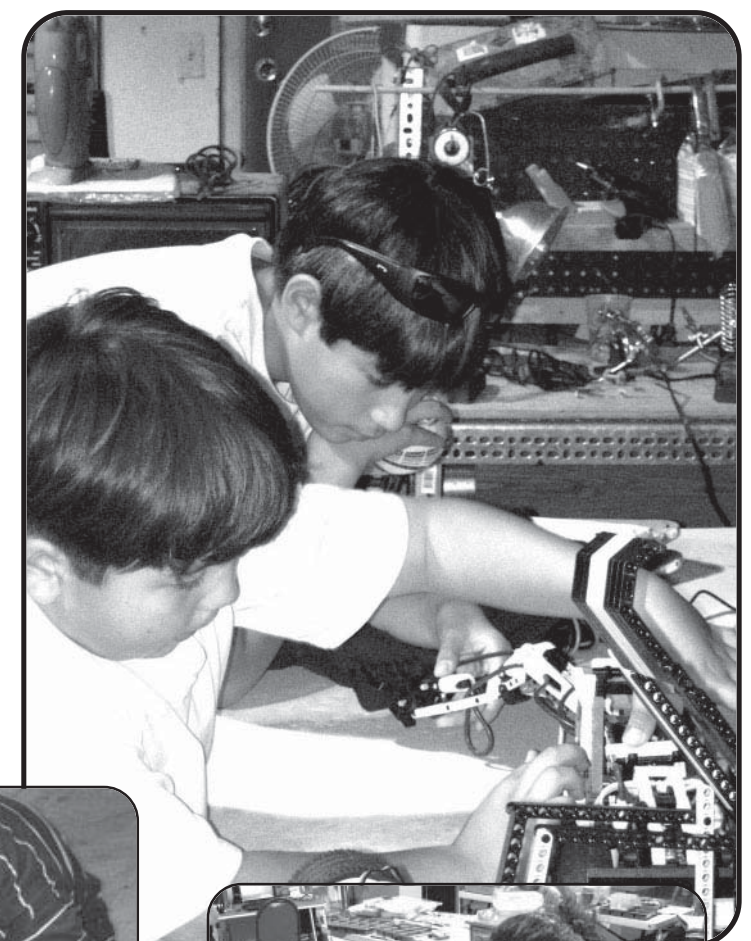
The game is on! Botball is a game played by robots made and programmed by kids 5th to 12th grade, and this year's Botball challenge comes in the form of an oil spill. The story behind the 2010 challenge is: an earthquake has caused an oil spill at Lake Capek. Botball teams must build robots using only the supplies provided (Lego pieces, motors, sensors). The team must write a program that will have the robots move ducks covered in oil to a cleaning station; ducks that are clean must be released; sorbents must be placed on oil slicks, and then frogs stranded on an island must be rescued. Oh, and don't forget your robot has a little less than two minutes to perform these tasks.

The whole game is always played on a table, and each year the table shape changes. This year, the table is roughly the size of two side-by-side ping pong tables, with a half table in the middle. There will be PVC pipe on the edge of the table to keep robots from going over the edge. Kids will program a camera and sensors to navigate the game table and locate game pieces. They must also devise a way to pick up and move the pieces. Specific team members are designated to manage documentation, which can earn important points for the team. Points are also earned for robots' task execution, including what pieces they move and where they place them, and for an onsite presentation.

I know this sounds like a lot of work, and it is. Just developing a game strategy is a huge and challenging task! However, Botball is a perfect example of how learning can be exciting, and tons of fun. By the time the event occurs in early May, these kids will have accomplished things that seemed impossible in February. They will find new avenues of communication, discover the true meaning of sportsmanship; and best of all, they will find an, "I can do this attitude". I, myself, am filled with excitement knowing where they have started, and where they will go.

On top of all this, did I mention Earl's Garage is also forming a team to enter in the MATE underwater ROV competition? Stay tuned next month for more . . .

March 2010



EG ROBOTICS CLUB for girls and boys in grades 5 – 12. Learn about engineering, structures, electricity, motors, gears, and sensors. Learn to build robots, and to program the commands your robot will follow to complete challenges. Closed-toe shoes are required attire for all.

Every Mon. ~ Fri. (except Mar. 19) • 2 ~ 4:30 p.m.

First Time to Earl's Garage? Please help us prepare for your arrival by calling to schedule an appointment for your introductory class –

Young Inventor's Workshop • Call 885-6777

Adult Volunteers Needed for Teen Court

By Amanda Arce, YWCA Teen Court Program Director

The YWCA Hawaii Island Teen Court Program is looking for adult volunteers for our Waimea court location. Waimea Teen Court is held every other Monday evening beginning at 5:00 p.m. at Tutu's House.

Teen Court is a diversion program, funded by the Judiciary of the State of Hawai'i since 1990, and is for first-time offenders between the ages of 10 and 17 who have committed a misdemeanor offense and admit their guilt. Once the youth elects to go through the Teen Court program, they become a Respondent and a hearing is set where they face a jury of their peers and receive a sentence from the teen jury. The sentence will always include community service hours and jury duty at Teen Court. Respondents who successfully complete their Teen Court sentence will have their criminal record expunged from Family Court.

Teen Court is about restorative justice and empowering the young adult to take responsibility for his/her actions and to foster future positive interactions in the community. Respondents that complete the Teen Court Program often return to serve as volunteers and take on leadership roles in the program as well as earn high school credit for their volunteerism. Many find the experience rewarding socially and civically and they take pride in making a positive impact on the lives of their peer group.

We invite you to join us and observe a Teen Court hearing. You can pick up more information specific to adult volunteer duties at Tutu's House. If you are interested, email Amanda arce@ywcahawaiiisland.org, or call us at 969-7838 to request a volunteer application.

IBS and Stress

By Mikki Hastings

Irritable bowel syndrome (IBS) is a disorder that interferes with the normal functions of the large intestine (colon). One in five Americans has IBS, making it one of the most common disorders diagnosed by doctors. It occurs more often in women than in men, and it usually begins around age 20.

IBS causes a great deal of discomfort and distress, abdominal cramps, bloating, constipation and diarrhea; but it does not permanently harm the intestines and does not lead to intestinal bleeding or to any serious disease such as cancer. Most people can control their symptoms with diet, stress management, and medications prescribed by their physician.

The colon has many nerves that connect it to the brain; and, like the heart and the lungs, the colon is partly controlled by the autonomic nervous system, which has been proven to respond to stress. In stressful situations, the colon may contract too much or too little or may absorb too much or too little water.

Often the most distressing aspect of stress-related IBS is its cyclical nature: the struggle with irritable bowel

syndrome causes stress, which in turn exacerbates IBS symptoms, which then promotes more stress.

Taking control of your moods and lowering your stress level is crucial to relieving IBS. Some things you can do are:

- Exercise regularly
- Get plenty of sleep
- Maintain a healthy diet
- Practice meditation, yoga, or another mind-body technique
- Engage in hobbies or pastimes to keep your mind off stressors
- Indulge in relaxing activities such as a hot bath or a long walk
- Chat with a friend

If stress has a deeper hold over you, you might want to consider seeing a therapist or psychologist to help you get to the root of your stress, and to learn relaxation techniques/coping skills to help you calm down and let go of anxiety.

Listening is noting what, when and how something is being said. Listening is distinguishing what is not being said from what is silence. Listening is not acting like you're in a hurry, even if you are. Listening is eye contact, a hand placed gently upon an arm. Sometimes, listening is taking careful notes in the person's own words. Listening involves suspension of judgment. It is neither analyzing nor racking your brain for labels, diagnoses, or remedies before the person is done relating his/her symptoms. Listening, like labor assisting, creates a safe space where whatever needs to happen or be said can come. ~ Allison Para Bastien

March is International Listening Awareness Month



Meditation Is Not What You Think

by Rev. Dana St.Claire

Do you sometimes think, "I really should learn to meditate!" Here's a great opportunity to give yourself the uplifting and life-affirming experience of peace and insight during this gentle 2-hour meditation.

Meditation does for your spiritual being what exercise and good nutrition do for your physical body. Thinking about or reading about meditation is not meditating. It's not what you think. You learn to Meditate by Meditating.

Related to no particular religion, these tools are yours to use for greater self-understanding. All are welcome, whether you are a beginner or an experienced meditator. Learn to feel better in your life, with a compassionate woman who's been teaching meditation for nearly 40 years.



Lush, deepening tones of ancient temple gongs, enhances Reverend Dana's uplifting guided meditations.

Come and experience Meditation at Tutu's House, from 10 a.m. ~ noon on Saturday, March 6

CHRONIC FATIGUE DISORDER SYMPTOMS

March is Chronic Fatigue Awareness Month

by Carol Buck, Tutu's House Support Group Leader • Chronic Fatigue Conditions

Chronic fatigue disorders are plentiful in our world of environmental pollution and a burgeoning population. The term "chronic" means constant or often recurring over a long period of time. There are many chronic fatigue disorders that have overlapping symptoms, such as *unexplained pain, "brain fog", digestive problems, and muscle weakness*; and most fatigue disorders have no concrete set of symptoms. Physicians often have difficulty diagnosing which disorder a patient may have, because there are very few tests, if any, which can accurately pinpoint the actual problem. There is also very little understanding of what a "normal" chemical balance is in the human body, and most fatigue disorder patients have a slightly skewed imbalance, as do many "normal" patients.

To find out what disorder a person may have, tests have to be done to rule out the more understood con-

ditions that might be causing the problems. On top of that, some symptoms may actually BE the cause of other symptoms, compounding the difficulties of diagnosis. Some symptoms may disappear or change suddenly, further complicating the situation.

We, the patients, can take a proactive role in our own health and wellness by continuing to gather the most current research available and sharing it with our physician. Tutu's House staff can help with the research, and in my monthly class you can learn what to look for and obtain some general information on chronic fatigue disorders, as well as find the support you need to deal with the disease.

Bring your questions and seek answers at the monthly Chronic Fatigue Conditions session, which meets this month on Tuesday, March 23 from 12:30 to 2 p.m.

Important Program coming in April . . . Saturday, April 10th, 2010 the Alzheimer's Association is dedicating a day to Education & Support

Saturday, April 10th at 9 a.m. Chris Ridley will present "Ten Warning Signs of Dementia" at Tutu's House. This seminar will include the latest information on the warning signs of dementia.

At 11:30 a.m., Ridley will show the video "Away From Her" which is one man's experience with his wife's dementia.

At 2 p.m. Ridley will present "Challenging Behaviors in Dementia," which includes information on why behaviors occur and possible interventions.

Seating is limited, so if you are interested in attending please call the Alzheimer's Association, Chris Ridley, at 443-7360 to register.



Please call 885-6777 to register for the classes you are interested in attending. This helps our staff and presenters properly prepare your place in the program. Please give us your phone number when you register so we can contact you if a class is cancelled.

☆ There is no fee to participate. We do appreciate donations, which are tax deductible to the full extent allowed by law.

Social and Family

MOMS' GROUP with Heather Howard; come share your parenting experience during this group which serves as a play group for babies and toddlers, as well as a supportive environment for new and experienced moms to talk story. Older children, expectant moms and dads are welcome. **Fri. Mar. 5 & 19 • 10 ~ 11:30 am**

HEALTHY KIDS with Mikki Hastings, Tutu's House Health Education Leader; come learn about bread and how it's made; hands on chance to make a sourdough sponge, take it home and see exactly what it takes to make a loaf of bread. Please sign children up for the entire unit, as space is limited. **This program is being offered during the week of Spring Break!** **Mon. Mar. 15 through Fri. Mar. 19 • 1:30 ~ 2:30 pm**

COMMON SENSE PARENTING with Alice Bratton, Parent Partner with Hawaii Families as Allies. Common Sense Parenting, for parents of kids ages 6 to 16, provides logical strategies and easy-to-learn techniques to address issues of communication, discipline, making decisions, self-control and school success. Classes meet once a week for 6 weeks; participants are asked to commit to attending all sessions for completion certificate and full benefit. Call Alice at 322-1542 to register.

Tuesday evenings, starting Mar. 23 continuing through April 5:30 ~ 8 pm

Physical Fitness

CIRCUIT TRAINING with Jacque Waters (Mon.) & Kathy Cazimero (Fri.) Join us for a 1-hour cardio/strength workout; light warm up, then a series of aerobic exercises and light weight stations, switching stations every 30 seconds. Cool down and get on with the rest of your day refreshed! Athletic shoes, a towel and comfortable clothes required.

Every Mon. • 8:15 ~ 9:15 am also on Fri. Mar 12 & 26 • 9:00 ~ 10 am

ZUMBA FITNESS CLASS with Lupe Rice, originally from Lima, Peru; and Susan Grilry from Bolivia. Both women love sharing their "Zumba" heritage, and enjoy passing along the joy, fun and health benefits of



dancing to Latin rhythms. This class will include Salsa, Merengue, Cumbia, Cha Cha, Flamenco, Samba, Reggaeton, Latin Pop and some Arabi-Belly Dance. Get your mid-week exercise done early, and experience a boost of energy. Every Zumba class is a party! **Every Wed. • 8:30 ~ 9:30 am**

EASY STRETCH-SENIOR STRETCHING with Sharon Higuchi, fitness enthusiast; gentle stretch moves from head to toe to improve your mobility and range of motion. Bring a towel or mat.

Every Wed. (except Mar. 17) • 10 ~ 10:45 am

LET'S BOOGIE DOWN with Mari-jo Flanders Allen; a fun way to exercise! Bring your favorite CD music and a small towel for your brow. Move to your music and we'll follow along, or lead, or whatever we enjoy.

Thu. Mar. 11, 18 & 25 • 5:30 ~ 6:30 pm

Physical Health & Well-Being

BEGINNER'S YOGA with Kiyomi Falcon, RYT, LMT; yoga has both preventive and therapeutic benefits. It increases body awareness; relieves chronic stress patterns and muscle strain; relaxes mind and body; centers attention; sharpens concentration; and frees the spirit. Kiyomi also incorporates meditation practice into this class. **Every Tue. • 4 ~ 5 pm**

RESTORATIVE YOGA with Zettelyss Amora, RYT, Integrative Yoga Therapist; from arthritis to asthma, back pain to cancer, or just basic stress, Restorative Yoga Therapy promotes healing on all levels of being. This guided practice will turn on your body's healing powers. Suitable for all health conditions. **Every Thurs. (except Mar. 4) • Noon ~ 1 pm**

YIN-YANG YOGA with Zettelyss Amora, RYT, Integrative Yoga Therapist. YIN yoga is a system of long-held, passive yoga poses believed to stimulate the flow of chi (life force energy) into the joints, and connective tissues. It increases physical agility, replenishes energy and mental clarity. YANG yoga is a dynamic practice of yoga postures, which mobilizes active aspects of our energy body while developing physical strength, agility, and grace. Blending these styles of yoga helps achieve and maintain optimal health, vitality, peace and well-being on the physical, mental, emotional, and energetic levels. *Zett is offering an "introductory Yin-Yang Yoga Class" on Tuesday, Mar. 16 from 5:30 ~ 7 pm, and regular weekly sessions. See cover story for more details.* **Every Thurs. • 4 ~ 5 pm**

21 DAYS TO OPTIMUM HEALTH with Nancy Gardner-Heaven, PhD in Clinical Research and a Masters in Nutrition. Dr. Gardner shares her 25 years experience in this entertaining and informative event. Receive a free chapter from her book: *Detoxification for Optimum Health*, on how to evaluate your organ function. Discussion will include self-help therapies to help heal your liver, lungs, kidneys, skin, colon and lymphatic system. Dr. Gardner will also be sharing and discussing her 21-day cleansing diet. **Open to both men and women. Fri. Mar. 5 • 6 ~ 7:30 pm**

MARCH IS COLORECTAL CANCER AWARENESS MONTH

Let's TALK COLON CANCER IS CURABLE IF CAUGHT EARLY with P.G. Rajan, MD, F.A.C.G., A.G.A.F., Board Certified in Gastroenterology, in private practice in Waimea and Kona. Although it is the most common form of cancer, (after lung) colorectal cancer has been steadily decreasing in recent years. This is due to increased screenings, earlier detection, advancements in treatment and other proactive care. The benefits of early detection far outweigh any inconvenience. Bring your questions, concerns, and join this educational and potentially life saving discussion with "Dr. Raj." **Tue. Mar. 9 • 5:30 ~ 6:30 pm**



HEARING TESTS with Greg Scott, Hilo Hearing Aid Center; have a hearing test and receive helpful information about hearing aid care; call 935-6358, appointments recommended for your convenience.

Thu. Mar. 11 • 10 am ~ Noon

INTRODUCTION TO YIN-YANG YOGA with Zettelyss Amora, RYT, Integrative Yoga Therapist. This 90 minute session will introduce you to the blended and balanced practice of Yin-Yang Yoga, which is offered on Thursdays from 4 to 5 p.m. This session is suitable for all students of yoga, all levels and abilities. Please come with your open mind and heart!

Tue. Mar. 16 • 5:30 ~ 7 pm

Intellectual

WRITING SUPPORT GROUP co-hosted by avid writers; Greer Woodward and John Holland. This group provides a supportive environment for writers at any level of writing skill or experience. Participants are invited to read their work and request from the group the type of feedback they would like. **Every Tue. • 10 am ~ noon**

Creative and Culture

TUTU'S QUILTERS with Kathy Lukens; learn quilting Hawaiian style while meeting a great group of people. For beginners or experienced, initial supplies provided or bring something you are working on. Good company and encouragement guaranteed. **Every Mon. • 9:30 am ~ Noon**

ADVANCED UKULELE with Auntie Marjie Spencer; join other experienced players of all ages to learn more about the ukulele through friendship and song. Bring your own ukulele and 3-ring binder for music.

Tuesday March 9th is at Anna Ranch. Every Tue. • 9:30 ~ 11 am

KNITTING & KNITTING SUPPORT with Gretchen Geisler, lifetime knitter, pattern designer and fiber artist; for ages 10 to adult, and all skill levels. Bring your projects, get your knitting questions answered, and visit with other knitters; stay as long as you can. Beginners will be guided into a suitable project. **Every Tue. • 12:30 ~ 3 pm**

BEGINNING GUITAR & VOCALS with Bobby Teixeira. Have you always wanted to learn how to play the guitar? Here's your opportunity. Bob has over 35 years of singing and guitar playing experience to share with folks who want to get started. Learn basic music theory, strumming patterns and chords to accompany your voice. Vocal instruction will include breathing techniques, projection and pitch. Bring your own guitar. **Every Wed. • 4 ~ 5:30 pm**

Education

Let's TALK UNDERSTANDING LEARNING DISABILITIES with Alice Bratton, Parent Partner with Hawaii Families as Allies. HFAA strives to give families the necessary tools to successfully advocate for their children with emotional and/or behavioral challenges. Please call Alice to register at 322-1542. There will be a video presentation and discussion, followed by a support group session. **Thu. Mar. 18 • 8:30 ~ 11 am**

MEET THE DOULA NIGHT and MINI CHILDBIRTH EDUCATION CLASS with Kiah Leanne Teves, DONA-trained birth doula with nine years experience on the Big Island. Kiah works with anyone, in any birth setting, and a variety of birth plans/practices. This introduction of the birth doula's role, includes a mini childbirth education session. Learn how to have your baby in less time with less discomfort. **Thu. Mar. 18 • 5:30 ~ 7 pm**



AARP DRIVER SAFETY PROGRAM with Susan Akeo, AARP certified instructor; classroom refresher course designed for drivers 50+ years, though younger drivers are welcome. Participants will receive a certificate upon completion of course which may allow you to receive a discount on your insurance premium. **Sat. Mar. 27 • 8:30 am ~ 1 pm**
Registration is required by calling 885-4789 (evenings).

Spiritual

MEDITATION IS NOT WHAT YOU THINK with Rev. Dana St.Claire, Maylaigh Ministries' Purveyor of Meditation, and Rev. Scott Larson. Take a break from your hectic life, for a relaxing two hours of peace, insight and gentle meditation, enhanced with amazing gong tones. Learn tools to feel better in your life. Visit www.Maylaigh.org for more info.

Sat. Mar. 6 • 10 am ~ Noon

ABRAHAM EMPOWERMENT CIRCLE with Zettelyss Amora, includes an audio presentation of the most up-to-date recorded teachings of Abraham-Hicks. Session will conclude with time for discussion, along with a shared gratitude and intention circle. Check out website www.abrahamhicks.com

Thu. Mar. 11 • 5:15 ~ 6:30 pm

QI, BLESSINGS, AND RELATION-SHIFTS with Nadia Linda Hole, MD; graduate of Princeton and Duke Universities, with over 25 years as a physician, and 15 years as a QiGong practitioner and teacher. Learn breathing exercises, and other energy tools to relieve pain, stress and fatigue, reverse aging and increase your energy. When practiced with the HA breath of Aloha, participants often report life changing transformation in health, wealth and relationships. **Mon. Mar. 15 • 5 ~ 7 pm**

HEALING TOUCH with Anne Warren, Nurse Practitioner, with 30 years' experience as a healer in the medical field. Healing Touch is an energy-based healing that balances the flows of energy in and around the physical body. During this introduction to basic concepts behind energy healing, you'll learn at least one healing touch technique and have the opportunity to work with each other. **Thu. Mar. 25 • 5:30 ~ 7 pm**

Support Groups

CIRCLE OF SUPPORT with Sindona Cassteel, MFT, bereavement counselor for North Hawaii Hospice. Opportunity for anyone who has lost a loved one to receive group support, understanding and inspiration as a new phase of life begins. **Every Mon. • 1 ~ 2:30 pm**

AL-ANON FOR THOSE WHO LOVE ALCOHOLICS Al-Anon is a fellowship of relatives and friends of alcoholics who share their experience, strength and hope, in order to solve common problems. We believe alcoholism is a family illness and that changed attitudes can aid recovery. **Every Tues. • 5:30 ~ 6:30 pm**

CHRONIC FATIGUE CONDITIONS with Carol Buck; learn about fibromyalgia, lupus, chronic fatigue, MS, aluminum toxicity, celiac, and other autoimmune disorders; allopathic (Western) and complementary treatments. Discover more about your condition so you can work more effectively with your physician. **Tue. Mar. 23 • 12:30 ~ 2 pm**

BREAST AND OTHER WOMEN'S CANCERS; join Corrinne Higa, Masako Nitta, Thelma Ryusaki, Hazel Lindsey, and Susan Nakahara who are cancer survivors. Share and aid each other in healing of cancer; come feel the support others can give! **Wed. Mar. 24 • 12:30 ~ 2 pm**