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Joseph K. Nāwahī

ALOHA AINA EA EA



George Helm

Vol. 2 Number 3

Fall 2011

Emma Nāwahī



E Ala! Na Moku

Moanikeala Akaka

E Ala! Na Moku
O ke kai liloloa
E moe loa nei
Maka'i o ka po
Wake Up! Our Islands
Are ebbing away
While you sleep
We are on the edge of
Darkness.
Aloha 'Aina

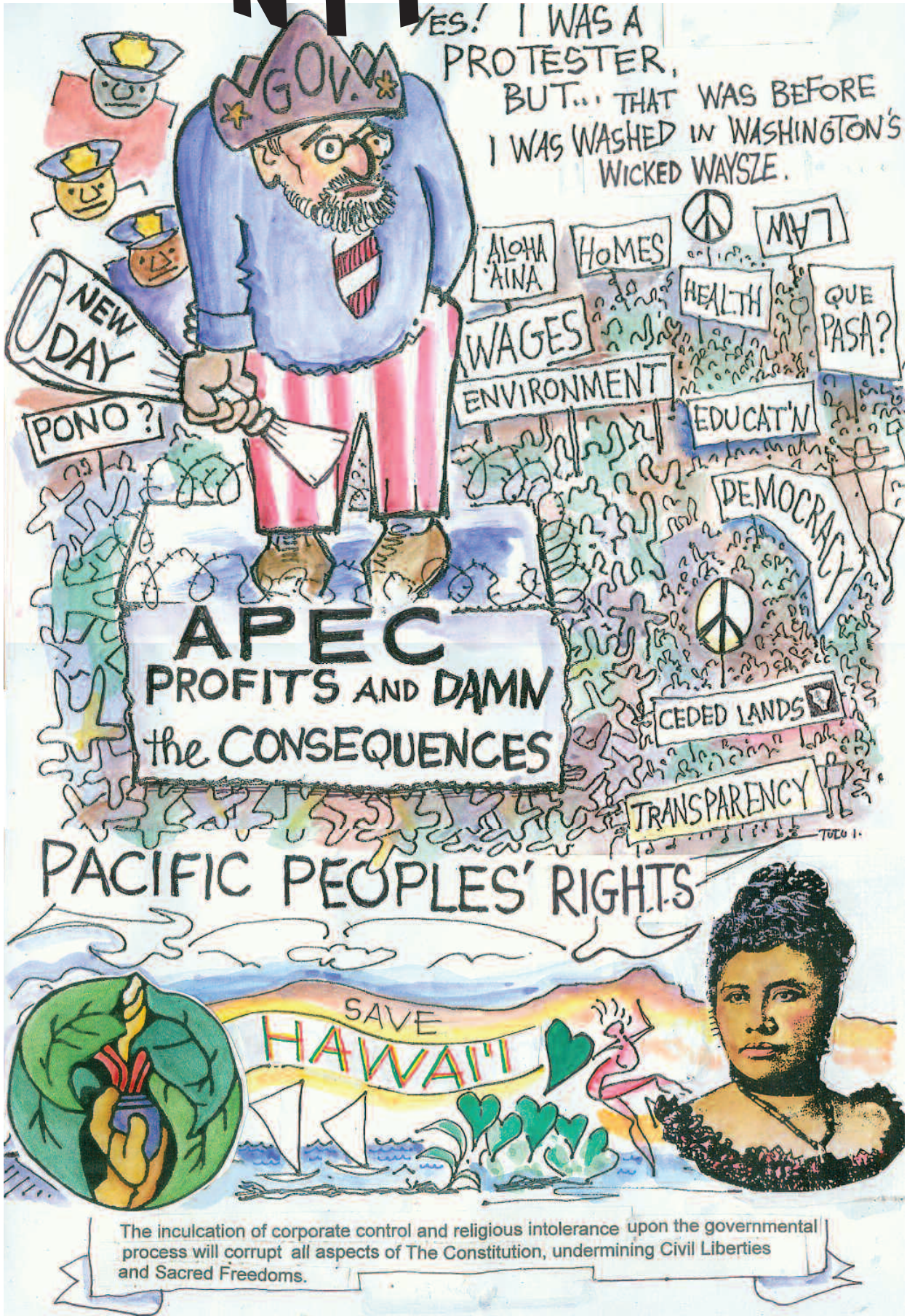
PONO

DLi

Recently there's been a lot of media hype on the upcoming APEC (Asia Pacific Economic Cooperation) conference that is being held in HNL from Nov. 9-13. The State of Hawaii--as well as the University of Hawaii administration and various large Hawaii corporate giants--are aggressively promoting this conference as a sign of great things to come to our Pacific island home.

However, what the corporate media do not want Hawaii residents and workers (as well as all other affected Pacific islanders) to know is the unwritten hidden agenda of APEC, which was initiated back in the late 1990s, when the neo-liberal economic model--conceived by Wall Street's "free-market" fundamentalist gurus--was touted as the dawning of a bright future for the entire Pacific Basin and indeed the whole Planet. Sadly, the same movers and shakers of this system did not, would not, and could not admit that the free-market fundamentalist agenda they were pushing would irrevocably lead to the current calamitous economic collapse--a collapse that was specifically incubated, manufactured and packaged right in Wall Street's financial "chrysalis" labs, which were then intensively lobbied and subsequently sold to all levels of gov't throughout the world. Meanwhile, seasoned social activists have repeatedly warned the public about APEC's "Trojan horse"

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We concerned citizens of these Hawaiian Islands must make 'ala (be vigilant) of the new land-use panel the Public Land Development Corporation [PLDC] that was established to develop our Ceded Lands. The PLDC was slipped through this past legislative session almost unnoticed (Senate Bill 1555) and was signed into law by Governor Abercrombie as Act 55. Honolulu Star-Advertiser editorial 9/8/11 warns the public "Keep a wary eye" on this Governor appointed body of five (three of his cabinet members, a former senator and a real estate person). It is amazing that there is no independent representative of the Native Hawaiian community, (other than a member of the Governors' staff) on this body. Remember these public Ceded Lands to be developed or otherwise known as "seized" lands are Hawaiian Kingdom lands held for the Kanaka Maoli (Native-Hawaiians) and the general public in trust through Sec 5-F of the State Admissions Act. This means

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Covering The Basics

Jason Riessland

It sounds so simple – something so innate to who we are as human beings – clean air to breathe, pure water to drink, nutritious food to eat, and secure shelter to protect us – the basics. How often, though, do we take these basics for granted?

In terms of food, all of our ancestors knew how to grow and raise everything they needed; and how to preserve it for lean times. This knowledge was a fundamental fabric, woven into and celebrated in every culture – a survival instinct at its best. Our modern ways have altered this fabric, and made us dependent on someone else (and some-where else) for our sustenance – we have become disconnected from our roots – no pun intended.

This island can feed itself, just as this 'āina did long ago. The biggest obstacle? It's not the innumerable pests, the ever-present vog, or too much or too little water – it's in the obstacles we set up for ourselves in our minds. The change we wish to see in ourselves and in our world begins first with our thoughts. New ways of thinking are followed by new ways of doing and being – or even old ways that find a new light of day.

Finding ways to feed ourselves without being dependent on shipping lines, manipulated currencies, and outside soil inputs are necessary to create a once-again, self-reliant island – everyone's participation is also key – even if it's just clearing some lawn for a lo'i kalo (taro patch), or growing a cherry tomato plant out on your lānai. By all means, grow something or help someone who is! Grow anything you like to eat that does well here, as well as something for your neighbor.

The old arts of cultivation, aquaculture, seed saving, and food preservation must also be resurrected – and we have much to gain from learning the ancient ways of these islands. It all begins with you. These skills are still necessary for our survival, just as they were millennia ago. Sometimes the ships don't come. This is just part of the reality of living on an island. It has happened before - and it will happen again.

Never grown anything before, or think your thumb is any color but green? No problem. There are many community resources out there, as well as the Internet. Ask a friend with dirt under his or her nails for help, and if you can't grow it yourself, get to know your farmer who does. Most of all, a don't-worry-be-happy approach will serve you well; besides, if something dies, you just added to your compost pile! Learn the lesson and begin afresh.



Three years ago, I began a community support effort called, Front Yard Food. It's mission is simple: to inspire in-your-yard, self-reliant food production through educational outreach – promoting natural/beyond-organic/biodynamic farming and alternative distribution – while building community for present and future generations.

If you need some encouragement or some free seedlings, you can find me or one of my friends at the Hilo Farmer's Market, every Wednesday from 7:00am to 2:00pm. Just look for the Front Yard Food sign.

There is an expression of thankfulness in Hawai'ian: Hala no ia lā o ka pōloli; meaning, A hungry day passes. It conveys words of gratitude that there is food for another day – and may these words always ring true.

Grandfatherhood

Tomas Belsky

Praises first to all
To the Great Spirit for the
Breath of Life,
and the Spirit of Understanding.

I saw me on TV
far away
in front of me

And I heard the agonized
cry of this aged me
weeping over the suffering baby
a month or so on in Life
same as my own granddaughter

And gone
All gone
The way of the Rockets and the Bombs
Don't ask me why

Just absorb the Truth
of the situation
Babies and bombs
Don't mix

I am sure God measures
Man by the yardstick
of compassion
and I'm sure it's not easy
for God
to measure personal guilt
on the scale of personal
responsibility
And the ultimate question:
Should he/she have known better?
Was there a keen enough intelligence
to comprehend and consider Consequences?
And was there compassion?
Perhaps I'm talking about the 'Last Daysze?

We might want to consider why Muslims pray
five times a day
Essentially I'd say the reason is
that the Ones who proclaimed the "Law"

If it is the Law
knew very well the Nature of Man
And how quickly even
The well-intentioned stray
such are the ways of the world

So we pray to Allah,
The compassionate One,
(by Whatever Name)
to guide us
on the Path to PONO
to Righteousness
in our daily doings
But Why?

Is there some Paradise
Or Heaven that awaits
The Righteous After-Life?
"Thy will be done on
Earth as it is in Heaven"
Everyday in school we uttered
These words in a semi-reverential collective
I'd never have thought it
otherwise

So is prayer in school a bad thing?
I think not
Not because it proselytizes
But because it opens the
Mind to a realm of Spirit
obedience and philosophy
challenges to Free Will
Better than Prayer in Public School is
learning numerous systems of relating

as all in history have
to Gods of our own Creation
From which must come
Understanding
even if there is no agreement

So when I see myself
In the Muslim man-
my age
slight of build
bald like me
A Grandfather
a Grandfather weeping
Over the traumatized baby
Catastrophe and Carnage
are the crib and comforter.

Between the boundaries
of all Nations lies the quicksand
of History
And the Innocent suffer
for the ignorance of the mighty

What would become of Western Civilization
if we were to pray as Muslims pray
five times a day?
To Pray, to Jesus, to Buddha, to Karl Marx
if you can reach them
But mostly to pray to your own
parents or someone you
wish were a parent

In silence we are
bound together
some more tightly than others
But bound together we are
Together or not





In solidarity with Occupy Wall Street over 150 Hilo residents brave the rain and get a mention in the New York Times! Folks gather in front of Merrill Lynch on Kileuea Mondays, 4 to 6pm.

Akaka from page 1 continued:

that we the people, especially Native Hawaiians, own these lands and should scrutinize the State of Hawai'i's stewardship of our 'aina.

It is crucial and essential that we be vigilant and mindful of the type, extent, and impact of development imposed on our ceded lands in the present and long-term future. Before development plans proceed any further, a good amount of prime land should be set aside for our soon to be reestablished Hawaiian Nation, these lands are owed to us for the theft of our country! 'Aina protectors and thoughtful citizens are concerned about proposed exemptions to land-use zoning regulations, and more. Just because this state is in an economic slump, temporarily, we cannot allow haphazard development and a lack of vision and foresight to reign. This PDLC, according to its mandate, has a responsibility to develop "appropriate and culturally sensitive programs"-- this means in the most profound spirit of Aloha 'Aina, and not a superficial sprinkling of Hawaiiana - It must hold to the highest standards. These crucial decisions dealing with the development of our ceded lands will impact us for generations to come. So PAY ATTENTION!

The upcoming Asian Pacific Economic Co-operation Conference [APEC] to be held in November is causing quite a stir on O'ahu. Honolulu is being spruced up in a makeover for APEC with lots of construction on the streets, the homeless being swept away, to be hidden from view

(to who cares where) at the cost of \$100,000. Honolulu is trying to put its best foot forward as the leaders of 21 mostly Pacific-Rim Nations, economic powers, multi-national corporations, bankers, and investors gather to make deals. Over 20,000 persons will be participating and over \$45 million is being spent on security alone.

While the powers that be keep emphasizing how we should showcase our Aloha Spirit to those who will be attending APEC, it is hoped that the same spirit of Aloha will be shown to those protesting APEC who are concerned how decisions made at APEC, and by its members, could, sooner or later, will negatively impact us here in the Pacific, especially smaller Pacific nations. For example, there is fear of these multinational corporations who go into resource-rich lightly populated islands decimating forests, causing environmental damage, destroying and dredging coral reefs and fishing grounds, exploiting the work force, taking their profits and leaving the damage behind for us islanders to live with.

Protesting groups going through proper channels for permits have found the process more complicated and weeks longer than usual. Areas where protestors are assigned will be hidden from view of APEC participants. So much for our First Amendment Rights! The ACLU is involved, Vanessa Chong, executive director for 27 years, states they "want to ensure the First Amendment has sufficient

breathing room and spaces," and that "secure zones adequately protect the public's right to lawful protest and assembly." Police practice maneuvers to control protestors and TV News reports warn that protestors are not to glare (eyeball) at police barricades. It is a democratic right and principal to protest and We the People should not fear those who are supposed to serve as protectors of these freedoms in the spirit of Peace, Aloha and Protest!

We should be proud of the Occupy Wall Street participants, and those around the world who have risen in support of this grass-roots movement. Picket lines have surfaced in Hilo in front of the Merrill Lynch Financial Plaza. On Saturday, Oct. 15, 2011, one hundred and fifty citizens gathered in the rain for several hours to protest the greed on Wall Street, the ever growing gap between the rich and the poor and its debilitating social consequences, including threats against police and public employee pensions. The 1% plutocrats are ravaging the world economy while we, the 99%, struggle to keep our families afloat in most challenging times amidst grueling economic inequality. Every Monday from 4-5 P.M. people will continue to gather and picket fronting Merrill Lynch. Feel Free to Join Us!

Finally, I must mention the upcoming Army Environmental Impact Statement [EIS] Hearing for the vast expansion and build-up on Pohakuloa. Headline -- Hawaii Tribune Herald, 10-15-11, PTA

Plan Would IMACT Land, "proposed construction at Pohakuloa will create a significant disturbance to threatened endangered species, to archeological and cultural sites, and to the environment." This area includes Mauna Kea and Mauna Loa, recently (and in the future?) used for helicopter-pilot training. This 206 square mile area military installation is the size of the four (4) Kaho'olawes. Although there is a cultural monitor at Pohakuloa, daily reports are supposed to be given to the Office of Hawaiian Affairs by the military, as agreed. The Army {is keeping} kept these reports from OHA on purpose in an attempt to cover-up their admission in this EIS that much more damage is being done to our historical sites by this expansion effort; this just adds insult to injury! We, of the community, meet with the Office of Hawaiian Affairs on November 8, prior to the Army EIS hearing. What are our OHA Trustees, elected representatives of the Hawaiian people, going to do to protect this Aina, its people, our endangered species, and our historic legacy from further military occupation and destruction? Remember Citizens -- The Hawaii County Council passed a resolution calling for a cessation of live-fire training on Pohakuloa until an independent study is done relating to Depleted Uranium which we finally, after years of struggle, got the military to admit having used at Pohakuloa and Schofield on O'ahu. Maka'ala!

Pictures by Donald Wessels



Petroglyphs, turtles, lava flows, and...hotels?

Cory Harden

Here's what Sierra Club, Moku Loa group had to say about the \$1 billion-plus Kahuku Village proposed by a Delaware company for the Pohue Bay area in Ka'u.

We commend Nani Kahuku 'Aina for supporting efforts to protect turtles, and for responding to public input by dropping plans for a Mauka Village and airport, planning to leave 90% of the land undeveloped, planning trails, sidewalks, pedestrian and bike paths, and planning energy conservation. But serious concerns remain.

Lava flows could race through this volcanic high-hazard area in two hours—but evacuation would take four to five hours. 9,000 evacuees would have to drive towards the flow to reach the highway escape route—which might be blocked by lava. Many people would be tourists who might not take warnings seriously and might not know what to do. An extended eruption could cut off the highway for months.

Tsunamis also pose risks, but analysis is inadequate. And ground cracks pose risks to structures, children, and pets.

Human-caused risks include already overstretched police, fire and medical services, and an old bombing range in the area that should be evaluated for possible hazards.

Protection plans for the wealth of natural and cultural resources appear inadequate. It seems unrealistic that the Hawaiian Heritage Center could garner enough funding for protection, given a daily population of over 9,000, mostly visitors unfamiliar with our ecosystems, constantly coming and going, requiring extensive, repeated education. DEIS statements about protection seem contradictory: it proposes public access for swimming, fishing, and camping, then proposes viewing of the shoreline buffer zone from walkways. The Center

name seems at odds with its mission: "balance property ownership needs with the needs of the Ka'u district". County and State offices, hampered by understaffing, would have difficulty overseeing impact mitigation.

We are concerned that PBR, author of the DEIS, seems not to have anticipated problems when it did the Hokulia EIS—runoff, charges of improper handling of burials and cultural sites, a ruling that it was an urban project illegally built on agricultural land, and a lawsuit to block a highway that developers needed to build.

Marine life in the area (which may be the most important turtle nesting area in the state) includes the threatened green sea turtle, the endangered Hawksbill turtle, endangered Hawaiian monk seals, and two rare shrimp. Surveyors called the anchialine ponds "exceptional" and "extremely fragile" and warned that they "support and affect" all wildlife in the area.

The wildlife survey only covered a small part of the property. It reported no bats, though there have been sightings in the general area. The plant survey may have missed some species, since it was done after a drought.

The extensive archaeological features are a window into the past for one of the earliest places in Hawai'i settled by Polynesian voyagers, and little disturbed by modern times. The area has two heiau—one said to be used for human sacrifice and built by 'Umi; a fishing shrine; six burial features; one of largest abrader quarries recorded in Hawai'i; vast petroglyph fields; remains of settlements; and trails. Some features may have been missed, since the archaeological survey appears inadequate for the significance, acreage, and number of sites.

It is difficult to imagine these lands of rich natural and cultural resources and scenic beauty subjected to a

1,600-acre mixed-use village, 1,650 single- and multifamily units for residents and visitors, helicopter facility, golf course, wastewater treatment plant, three water reservoirs, and possibly a grocery store, retail stores, restaurants, offices, a bio-fuel power generating facility, and other commercial facilities.

Economic benefits are uncertain. Taxpayers would be impacted by increased property taxes; building of roads, utilities, and sewers; and perhaps subsidized home insurance in this high lava hazard area. (The new roads would not prevent worse traffic.) Occupancy rates for existing hotels on Hawai'i Island are not encouraging. For golf courses, there are reports that three existing courses in Ka'u operate at a loss.

Community support may be lacking. Since the Ka'u Community Development Plan is still being written, it is not clear that the project will follow it. For the larger version of the project in 2009, many letters in opposition were individually written, while many in support were form letters.

It is disturbing that the project manager said a "use or lose" requirement would be "odd". ("Use or lose" means if the land is sold, it reverts to the old zoning and old land use classification.) There are rumors of involvement by Charles Chidiac, of the failed Riviera resort proposed for this area; these should be confirmed or denied.

Sierra Club recommends:

We strongly support entrusting these lands, possibly through a land exchange, to a public and/or non-profit entity with the background and resources to ensure they are protected.

Watch for Kahuku Village at upcoming meetings of the State Land Board and County Planning Commission.



DLi from page 1 continued:

proposals that will actually undermine hard-fought environment protections and erode local citizens' ability to regulate massive extractions of their resources. (Please refer to further detailed discussions of APEC's potential threats to local sovereignty issues at, <http://moananui.org>)

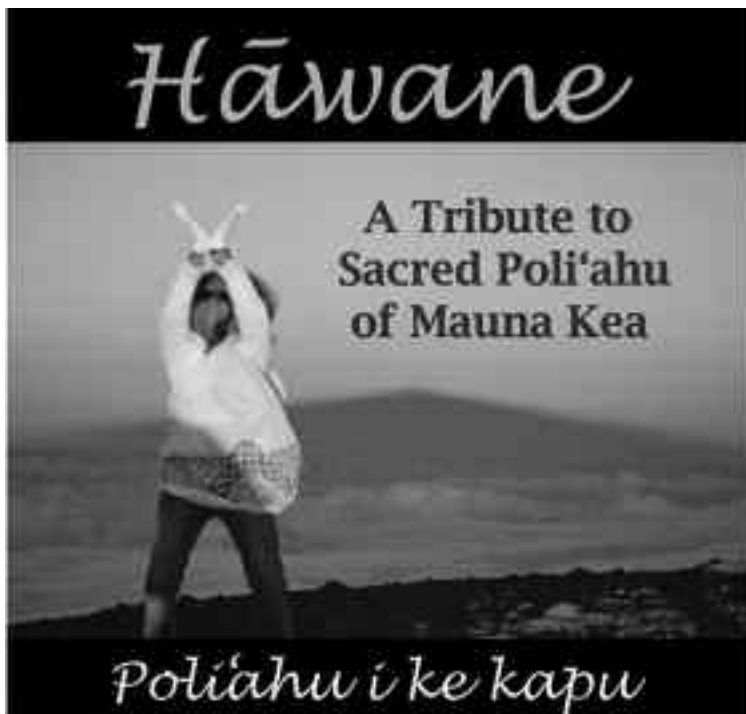
More ominously, over \$40 Million will certainly be billed to taxpayers to pay for the supersized "security" equipment and measures such as hundreds of surveillance webcams, armored vehicles, police helicopters etc.--as the largest combined police and military operation in Hawaii since 9-11, with some observers saying that even as far back as WW II! This current program of surging Federal and State paranoia over "public safety" is alarmingly repressive. The authorities plan to conduct a surging militarized police operation that will restrict civil liberties on, and otherwise inconvenience, tens of thousands of Oahu residents during the week of the APEC mtg. It will involve closing off large swaths of land, Public Parks, sea and air space around Waikiki and Ko Olina neighborhoods on Oahu. Because all of our state and local gov'ts are already running massive budget deficits, hard-pressed taxpayers and concerned citizens rightfully

demand, "What probability of potential security threats have the authorities uncovered that could even remotely justify this police surge-on-steroids?" Or are these corporate elites and their politically-appointed spokespeople--aka "political leaders"--so afraid that indigenous activists, their allies and other concerned citizens will unite in collective actions that would embarrass their smiling-faced facade of the "free trade" campaign?

Of course, no one can predict with exactness what future effects a "successful" APEC meeting will impact all areas of the vast Pacific Basin. But we can review an eerily similar--though much smaller-scale--example of how this type of neo-liberal model will be marketed to our Pacific islands. We only need to look at the recent Hawaii Super Ferry [HSF] debacle to see how privatized corporate interests--allied with accommodating politicians--worked overtime in backroom "sweetheart deals"--proceeded to even bypass existing environmental laws and widespread community opposition, in ramrodding through a huge tax subsidy (\$140 M Federal guarantee to pay for building the 2 quasi-military "swift boats," plus another \$40 M in State harbor improvements narrowly designed) to benefit a well-connected-to-the-

military private enterprise. Even after the Hawaii State Supreme Court ruled against HSF's violation of an EIS requirement, the Wall-Street-friendly Lingle regime bullied a cowed Legislature to convene a special session to allow the continuing operation of HSF. In a bitter twist of gruesome irony, HSF simply could not generate enough ridership & revenues to make it a viable stand-alone economic enterprise (without the expected additional militarized subsidy of ferrying large numbers of Stryker armored vehicles from HNL to the Hawaii Island PTA). As a result, a sudden bankruptcy was declared, and taxpayers in Hawaii and all across the USA are now saddled with paying off the hundreds of millions of taxpayer subsidies to this classical example of Wall Street-inspired Crony Capitalism. Will this be the future scenario with Hawaii being swindled into accepting this exploitative Wall Street-APEC agenda that tramples over local people's inalienable sovereignty, their economy, environment, culture and politics?





Poli'ahu i ke kapu, recently released by Hawane, is a tribute to Poli'ahu, divine snow goddess of Mauna Kea.

This mele (song) speaks of the natural beauty of Mauna Kea and compares the snowfall, bright stars, soft clouds, cool mist, and mountain itself to sacred Poli'ahu. It represents one's unwavering connection to the natural world that must be rekindled in these changing times.

This song's composer, Hawane Rios, of Waimea, Hawai'i Island, has learned that music sends out a healing vibration that holds the power of change in its core. It is never ending and travels onward touching souls one chord at a time.

Poli'ahu i ke kapu is available on iTunes and other online music stores with proceeds from sales being donated to the KAHEA Hawaiian-Environmental Alliance Mauna Kea Legal Defense Fund to protect the sacred and cultural landscape on this mountain.

Engineering and mastering was completed by Sonny Lim with assistance from his daughter, Anuhea Lim. Sonny also provided musical accompaniment on this CD single.



Me ka ha'aha'a i ka piko o ke aloha,

Hāwane Rios P.O. Box 6918 Kamuela, Hawai'i 96743
808-885-5383 puacase@hawaiiantel.net
<http://www.reverbnation.com/hawane>
<http://www.youtube.com/watch?v=lc8RDmGstUY>



Hilo Residents march for Justice in Palestine on October 1, 2011

Letters are encouraged! Email: editor@aaehilo.com Our space is limited and submissions will be edited as required in the print edition. Abridged material will be published in full on our web site: www.aaehilo.com

Aloha mai kakou,

If you would just take a moment to pause from your busy day and think about the most sacred place that you are connected to, the place that brings you peace and accepts your prayers, very likely the place where your grandparents and their parents once prayed, the place you would safeguard with all of your might, with all that you are and all that you have. If you said the holy name of that place out loud, would it be the name of a church or a temple or chapel you hold dear? Say it, utter its name out loud as I do my church, my temple, my mountain, Mauna a Wakea, Mauna Kea.

Yes, it is I, an educator, a cultural practitioner, a chanter, a dancer, a teacher, a mother, a petitioner. I have come forward to speak of this mountain, this place I hold dear, this place I sing of and sing to because it is sacred.

As a Hawaiian raised in Waimea on Hawai'i Island, raised by my elders, I know intimately of the relationship our kupuna had with the land and the natural elements in what they did and what they knew. I still sing those songs and say those prayers as I place my hands upon the earth or hold them to the heavens. Our ancestors have placed their faith in us that we will carry forth their mission to walk with careful steps on this land, in trust that we will not obstruct, construct, destroy, or desecrate that which they held as most sacred. Our ancestors never destroyed to advance, never constructed in a manner that would irreparably harm their island home or its inhabitants. They were a people who protected the balance, the alignment, the interdependence, and the energy in all things.

They knew on the deepest of levels how connected all was and is still, not just to here, but to everywhere and everything. In us, that memory still lives.

I am asking you, my people, my public, to imagine over 18 stories of concrete in the construction of the proposed Thirty Meter Telescope and the excavation of over five acres of the sacred landscape of Mauna Kea that still moves and shakes and is still alive. Just imagine what it takes to build something of that size, what will be carried up to the top of the mountain, and what will be left there when all is done.

If you are told that our ancestors would have believed that this is good for us, or that our ancestors would have condoned or approved, or that the mountain will not be affected, ask he or she who speaks in this manner, what is their connection to the outcome? Ask them who they work for or who they are associated with in connection to this project.

This is a time when we must be sure, we must be clear, we must be brave and we must be proud. "Be proud even if you stand alone" were the words from my 11 year old as she was guided to prompt me into action. If this project is approved, we have just allowed another monstrosity on the mountain that we will never escape because literally we'll be looking at it for the rest of our lives and we will leave this as a legacy for the generations after us. We will never be able to undo such a desecration once it is done. If you believe that something that immense will not create repercussions, I ask you to think again.

There are native people everywhere at this very moment fighting to protect their mountain tops, their rivers, and their forests because they know the proposed impacts will be dire. Let's do something, let's become more aware, more knowledgeable, let's raise our level of consciousness, and be steadfast once again. Let's do what is right for our lands, our people, and our children. Let's do what is right and say, No! Not this time! We have made too many concessions, too many compromises, this time we must stand and speak up. This is our piko. Our mountain is still sacred.

B. Pua Case

Waimea

Aloha 'Aina Ea Ea
Published by Kahuina Press
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INTERVIEW WITH ROGER CHRISTIE

Fifteen months ago, in the early hours of July 8, 2010, Hilo's resident Cannabis minister Rev. Roger Christie was arrested by US federal agents at his Wainuku terrace apartment. Thirteen other Hawai'i Island residents were also arrested on various conspiracy charges. 13 of the detainees (the "Green 13") were released on bond while they prepared for trial — all except Roger Christie. For the past fifteen months, Christie has been held at the Honolulu Federal Detention Center.—This week Aloha Aina Ea Ea interviews Roger Christie:

AAEE: Aloha Roger.

ROGER: Aloha. I was turned down for bond five times, including twice by the Ninth Circuit Court of Appeals. One very frustrating aspect of those appearances was that I was refused what I thought was my RIGHT to speak to the Judges when I strongly felt that they needed to hear from me personally to better understand my sincerity. Some people have told me since then that I certainly WAS allowed to speak on my own behalf and that RIGHT was denied to me by my own lawyer, and by Judge Ezra. This is the kind of unjust legal action the Constitution was designed to prevent, and it's become all too common. Where is the oversight of federal Judges? Where are the checks and balances?

AAEE: What is life like in Federal Detention?

ROGER: It's a regimented daily routine in a two-level, noisy unit of approximately 120 men, two to a room who are mostly preparing to make a plea bargain in their cases. The treatment is humane, mostly professional and usually respectful. It's a mixture of federal and state inmates, about one-fourth of whom are Mexican who speak zero English. Lots of tattoos; some really serious-looking ones on the neck and face. Interesting. Some of the guards have the same body art. Inmates are here on a wide variety of charges. Once sentenced they usually get designated to another prison to serve their time.

The place is airconditioned and often cold. I usually wear a sweat shirt and sometimes sweat pants under my uniform. Fortunately, the water in our rooms and showers is HOT, even hotter than at home, for private showers whenever we're not locked-down. If only I could be approved for Dr. Bronner's hemp soap, and hempseed oil for after shower body and hair treatment. (It's on appeal, actually, along with my other religious rights; hempseed diet, hemp cloth prayer shawl, etc.) We have relatively hard mattresses, but we all get a feather pillow and fresh laundry every week.

There are 'quiet rooms' available like a chapel and two reading rooms to get away from the noise of the unit. Four color tv's are in the corners of the main unit. The sound is only available with a personal walkman radio. We have good reception in our rooms for local radio stations. The inmates go nuts over football, NASCAR, American Idol, X Factor, Two and a Half Men, the shows about how to build custom motorcycles and guns, the 'survival shows', the bachelor shows, etc. Lots of CNN every morning for a few hours. One tv plays a Latin channel all the time in Spanish; mostly soap operas and news.

There's an expensive German ping-pong table available that gets a lot of action. A small work-out room with treadmills, heavy balls, and two jump-ropes. Guitars are available to

practice on, and we have access to a library.

A New York guy gives a great haircut, another guy volunteers to clean our rooms with a scrub brush, others specialize at microwave cooking and baking. It's all about being "MacGuiver". Making do with what we've got, and some sharing of skills with friends in the unit.

Many guys in here for drugs of one kind or another, but I'm the only one in here for a Cannabis crime that I'm aware of. Guys commonly facing five to twenty years in federal prison, or here on a "violation" of probation serving 90 days to a year or so. Many tragic stories, but mostly good cheer and guys coping as well as they can. Very few fights or bad manners; violators get put in the S.H.U. - Special Housing Unit - with cold shower, zero gym or tv, etc.

I miss dental floss, baking soda and hydrogen peroxide for my teeth, fresh foods, hempseeds, salads and Guinness. I have photos of delicious-looking meals to inspire me and imagine fine dining.

It feels like we're modern day prison gladiators who are fed, housed and minimally prepared to be called one day to fight for our freedom. 99% lose and take a plea bargain. I can now understand why. The federal system is designed to crush all defendants with threats of huge sentences for those who even attempt to go to trial vs. a plea bargain. For instance, I'm facing a 7 to 40 year prison sentence if I file Motions and to trial, v. a 5 year sentence if I take a plea.

Every few months some inmates who have been sentenced to prison terms leave here in groups of about twenty or thirty - in chains - for a flight on Con-Air. They go to a variety of federal prison destinations on the continent ranging from 'camp' to 'low security' to 'medium' to 'USP' to 'super-maximum'. Somehow it feels like the majority of citizens are cheering for this continuous human sacrifice for the supposed public good.

Funny thing; we had a woman guard on the day shift who was having sex with one of our guys regularly. She would take her hair down as she inspected us and had a sly smile. They both looked like they needed a cigarette every morning. :-p They got caught somehow and she's gone.

AAEE: Do you get to go outside?

ROGER: Zero. There is an open-air gym off of this unit available most of the day. For real, direct sunshine it's kind of like 'Stonehenge', we have to gauge the light coming-in for a few hours in the morning on one side of the gym, and the opposite side in the late afternoon. Thankfully we do have some real sunlight available to us daily at this sunny spot at the Honolulu airport.

AAEE: What kind of food do you eat?

ROGER: Low-budget, overcooked institutional food with little fresh foods. A

good day's breakfast, however, is oatmeal, a piece of usually tasty 'coffee cake' (often with cinnamon sugar on top), and a piece of fruit; an apple, half an orange, a banana, or a pineapple slice. We do have our own commissary cereal to choose from, too.

There's a very busy instant hot water machine always available to cook saimin, rice, coffee or tea that we purchase from the commissary, a central and popular service for all of the inmates. Next to that is an ice machine that gets a huge work-out daily. Many guys fill all kinds of containers to the brim with ice to chill a can of soda or for other uses that I still don't understand.

Donations to me go to my commissary account which is a real help. We get to purchase stamps, pens, etc. and extra food to supplement the relatively poor diet with a few healthier choices.

AAEE: How has indefinite detention affected your personal relationships?

ROGER: My love-life has grown much stronger with Share's partnership. We're engaged now and hope to be married soon here at FDC. That's a really surprising and welcomed effect. Our spiritual relationship is really healthy; it's deep and growing stronger all the time. I think this challenge is bringing-out the best in each of us and I'm feeling very blessed by it daily. Who knew?

I'm on great terms with my Mom; steady going as it's been for all my life with mutual love and support. I terribly miss our annual visits, and weekly phone calls, however. Her arthritis doesn't allow her to pick-up and hold a telephone comfortably anymore. She dictates a monthly letter to me written by someone else's hand. I treasure her thoughts and I kiss her signature.

My two bio-brothers are a different story. I'm the oldest. The middle brother seems like he's ashamed of me and rarely communicates. He has zero offered to help in any way, a big disappointment to me as seem to be to him. He feels very distant and it hurts my heart that I've caused this split in our relationship some how.

My youngest brother is more communicative with the occasional email, and he orders me books from Amazon every other month or so; a kindness that I really appreciate. I feel the love there.

My best friend Paul von Hartmann has spent many hours every week trying to "write me out of prison". Our mutual brotherly-love friendship is stronger and more appreciated than ever.

I appreciate a few good friends that I can email with, and letters are really welcome at 'mail call' five days a week. Big thanks to everyone who has corresponded with me, or written letters to the Editor in support of me and the Green Fourteen. Magazine subscriptions are fine gifts of practical support as they come-in weekly or monthly and help to keep me mentally

active. Surprise me with one sometime. Mahalo.

AAEE: Did you think the US Constitution would protect you from being held without bond?

ROGER: Yes, I'm really disappointed in the federal administration of justice now that I see it up close. Holy moly, this system sucks, and needs a major overhaul beginning with the end of the immoral and un-Constitutional war on drugs. Re-classifying and re-valuing 'marijuana' alone would be an enormous benefit. That upgrade would start the process to having a system that might actually work fairly, be more cost-effective and much better for all citizens, inside prison and out. As things are now, the Constitution needs a big disclaimer saying that it's little respected by the government that's sworn and paid to do just that.

AAEE: Do you have hope for the future?

ROGER: Yes! The beautiful and troubled world we live in needs practical solutions to some enormous challenges right now. The need for the Cannabis hemp solution is growing stronger by the day. It's SO obvious once you verify the benefits of the hemp solution. What else could possibly help enough 'to heal all the nations'? Only Cannabis hemp liberation can do what needs to be done; provide profitable home businesses / cottage industry from the garden, raw hemp materials as industrial feedstocks sustainably, and stimulate the economy by giving freedom to the producers, called "supply-side economics". It will also help to end the 'war on drugs' and reduce the costs for police, courts, prisons, etc. The end of prohibition will make the whole world safer, reduce overall crime and violence, and upgrade the well-being and health care of all drastically with safe and natural Cannabis remedies. I also imagine the biggest spiritual revival of all time coming with it.

Do you know about the medicinal value in eating fresh, raw Cannabis leaves? Or juicing them with carrots? I'm reading that it's MANY times greater than smoking and has zero psychoactive effect. Growers commonly compost the leaves!

Have you heard of the "elixir of vitality" made with a seeded Cannabis flower top ground-up with milk? It was known as 'soma' or 'haoma' in ancient days and reportedly has a super healthy and uplifting spiritual effect. Medical marijuana patients should be trying these simple remedies and reporting on them to others.

Once people know that 'getting high' is a measure of spiritual elevation they will value the healthier, more effective sacraments that help to heal and connect us with spirit; that road leads to Cannabis sacrament.

Love to all,

Roger

AAEE: Thank you, Roger.

Ads are encouraged and are priced to support the publication of the paper as means of communication in this community. Call 808 430 8866

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Community Events:

Weekly Hilo Peace Vigil

Malu 'Aina sponsors a weekly peace vigil on Fridays from 3:30-5PM fronting the downtown Hilo Post Office. The vigil was started on September 12, 2001 to urge restraint not vengeance. email ja@interpac.net

Weekly Hilo Wall Street Protest

A weekly protest on Mondays from 4 til 6PM fronting the offices of Merrill Lynch on Kilauea near Logo St. In solidarity with the Occupy Wall Street movement. Bring a sign, Join a movement.

Wednesday mornings "HAWAIIANA LIVE!"

PALACE THEATER, HILO

Join Leilehua Yuen in this local's-eye-view of Hawai'i Island in Hilo's historic Palace Theater. Through traditional chant and storytelling, music, hula, and video featurettes, Leilehua explores different facets of Hawai'i Island. Wednesday mornings, 11:00 to 11:45am. Admission: \$5; kids free. Palace Theater, 38 Haili St. Hilo. 934-7010 for information.

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