

Sept. 2017

# F.A.M.E.

*Fashion . Arts . Music . Entertainment*



**Hirie**

*Beauty Meets Soul*

Photo by Jamey Jet





Photo by: Kimberly Todd



Rachel Medeiros

# Letter from the Editor

We want to hear your stories and we want F.A.M.E. Magazine to be the platform you use to express your HEART and your PASSION. Our Mission is to bridge the gap between artists, our readers and other professionals in each of the four industries of Fashion, Arts, Music and Entertainment!

*We hope that you will join this adventure and our FAMEily!!!*

This Magazine is truly a labor of love. Almost 3 years ago now, I gave birth to a beautiful and healthy baby girl. As I held her in my arms for the first time, it was one of the most terrifying experiences of my life because I was suddenly struck with the enormity of the responsibility ahead of me. Being entrusted with the life of another human being is a privilege that should not be taken lightly.

It was at that moment that I realized that there were still many things that I had dreamed of doing in my life, but never did. The truth is, that I am an ARTIST through and through. I sing, dance, act, write, take photographs, design gowns, make jewelry, and so much more. I want to record albums and act in films and on television shows. I want to walk the red carpet, win a Grammy, win an Academy Award and a Nā Hoku Hanohano Award. The possibilities are endless, but fear has always stopped me dead in my tracks.

The reason I've decided to share all of this, is because I don't want my daughter to have this same fear instilled in her. I don't want her to grow up being too scared to accomplish her goals and to be left with regret or a void that never seems to be filled. So I decided that the best way to show her that she can do anything she wants, is to lead by example.

I have decided to go on a journey accomplishing one goal at a time. This same passion that drives me to go after what seems to be the most impossible dreams, has also motivated me to be mindful of the plight of other artists out there. I know what it feels like to live constantly with the desire to do more with my life, but not know how or where to start.

F.A.M.E. Magazine was born out of my desire to teach my daughter that she can do anything and everything she wants to do; out of the LOVE I have for all things Fashion, Arts, Music and Entertainment; out of my determination to no longer allow fear to hinder my life; and out of my passion to help other artists to share their art with the world.

Every artist in each of these four industries has a story. Their story is the heartbeat of F.A.M.E. and the artists themselves, our readers, professionals the business and every dreamer out there, make up the HEART of this publication!



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# COVER

Photo of Hirie by photographer  
Jamey Jet..



Photo of Hirie taken by Photographer Jamey Jet.

# Simple Styles for Everyone!

## 1. Hip Tie (Long)

Step 1: Hold the pareo in both hands behind your hip.

Step 2: Bring one side around the front of your hip to the other and tie both ends together into a knot.



## 2. Hip Tie (Short)

Step 1: Hold the pareo in both hands behind your hip.

Step 2: Bring one side around the front of your hip to the other and tie both ends together into a knot.

Step 3: Once you've tied a knot, start to roll the pareo over itself until you achieve the length you desire.

Note: This is a very popular style for local girls.



## 3. Halter Dress Cover-Up

Step 1: Hold the pareo in both hands behind your back just under your shoulder blade area.

Step 2: Bring both sides under your arms, cross them over each other and tie both ends into a knot behind the back of your neck.



# Arts

Darcy Fiero

Photos by Walter Kato

# Darcy Fiero

## *Through the lens...*

Darcy Fiero is an island girl from Hilo, Hawaii. Growing up, she would go on explorations and adventures with her father, Wayne Sato.

"After every heavy rain, we would drive to all of the waterfalls on the island and stare in wonderment at what water had the ability to do. Or when there was a really high tide, he and I would go to Liliuokalani Gardens to walk on the submerged paths."

When Darcy was 14 years old, she and her father were driving through the Kaumana area of Hilo when she noticed that Mauna Kea was fully blanketed with snow.

"That's something most people from Hilo don't see happen very often."

That day Darcy asked her parents for a "good" camera. It was an SLR Canon kit with basic lenses. Then the next day she went back to that same exact spot and photographed a snow-covered Mauna Kea "in all its grandeur."

Once her daughters were born, Darcy began taking photography more seriously.

"I enjoyed photographing every milestone, but more importantly, I found a love of capturing those every day moments."

Darcy was inspired by watching as her daughters gazed at flowers, interacting with pets and friends, and over time, her focus shifted to preserving each of those moments. This new focal point boosted her creativity and her photography turned into a passion.

Nature photography is her area of interest. Her goal is to showcase the beauty of her subject to the best of her ability, capturing it with her unique perspective.

"My photography spans the gamut of nature. The awe-inspiring night sky, the delicacy of macro photography, the wide expanse of a landscape shot that invites you in, and a seascape at sunset that makes the viewer feel like their feet are very firmly planted in the wet sand right next to mine."

Darcy attributes her expertise as a photographer "who waits for the perfect shot," to her self-taught, go-getter attitude, but also to her parents who ingrained in her, the heart of exploration, as well as patience.

"It was in Hilo that my dad instilled in me a sense of adventure and a desire to explore new areas. Mom taught me the value of patience and acceptance by demonstrating it on a daily basis."

Other qualities she was brought up with are hard work, building intelligence, always doing her best, and understanding the importance of humility, which she believes are "vital attributes that contribute to our growth and development."

"I think the greatest gift they have given me is the knowledge that acceptance often brings about inner peace and eventual



Photos by Jackie Fiero

enlightenment. Grasping at this idea of acceptance has freed my mind to see things around me in a different light. It has totally changed how and what I choose to shoot."

Darcy is constantly inspired by the world around her. She can draw her creativity from the Pacific Ocean, people, the beauty of the world around her, and so much more!

"My greatest joy, next to my family, is being outdoors with camera in hand, totally focused on what I want to shoot. My mind is calm, all my senses are heightened, and I just wait. I wait for whatever it is that touches my heart, almost whispering my name. Mother Nature is probably my greatest inspiration because she gifts us with so many little treasures every day. All we need to do is take a moment to appreciate them."

Darcy is an ambassador for Hawaii Camera, which is a photography and cinema rental company here on Oahu.

"Josh Strickland, the owner, has been instrumental in helping me grow as a photographer."

She often hosts "hang outs" in conjunction with Hawaii Camera where she invites the public to come and shoot the sunset with her. Those events are free of charge and it allows her to interact with all the other amazing photographers in Hawaii.

Darcy offers private photography lessons and if you are interested, you can contact her at [dfiero1@hotmail.com](mailto:dfiero1@hotmail.com).

*"We, all human beings, are shaped by our experiences. For those of us who are photographers, these experiences undoubtedly affect what and how we shoot, how we create our art, our vision. We may not even know we are affected by what has previously transpired, but our subconscious knows and I am certain that it is translated into our images." ~Darcy Fiero*



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Ka'ū Specialty Coffee is grown, harvested, processed, dried, milled, roasted, and packaged in the southeast side of the island of Hawai'i.

We work closely with local farmers and renowned specialty coffee experts and roasterd every step of the way to consistently produce the highest-quality coffee. We are proud to support Hawai'i's smallholder farmers, ensuring they earn a fair living wage, and are dedicated to practicing and teaching restorative agriculture and sustainable farming.

Above all, we are 100% committed to our core Hawaiian values of Aloha, 'Aina and Ho'olawa.

\*\*\*

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- Island Naturals Pahoa
- Island Naturals Hilo
- Waimea Butcher Shop
- Hana Hou in Hilo
- Extreme Exposure Art Gallery
- Kalae Coffee Cafe
- Rogers Guitars
- Mauna Kea Resort Gift Shop
- Kalae Garden Restaurant
- Abundant Life Natural Foods

\*\*\*

Enjoy!!!

Estate: which is honey, sweet lemon/lime and crisp apple.

Espresso: which is baker's chocolate, cinnamon and roasted chestnut.

Peaberry: which is orange toffee and cocoa.

Our Coffee...

## ESTATE

Our estate roast is an exquisite cup of pure Ka'ū comfort. Fresh tropical and crisp citrus flavors delicately complement the sweetness of honey and caramel. Perfect for everyday or during the finest dining occasion. From specialty coffee gurus to new coffee enthusiasts, everyone is delighted by this palate pleaser.

## ESPRESSO

Deep, rich and clean, our espresso dark roast is a creamy blend of chocolate and spice with a touch of nuttiness. Big, layered and balanced – it's one of our favorite coffees that we could easily drink all day long.

## PEABERRY

Our single-origin peaberries are the rarest of our Ka'ū Specialty Coffees, accounting for just 5% of our harvest. Each peaberry is prized for producing a single coffee bean instead of the typical two halves, lending to a sweeter, fuller flavor with balanced acidity. This intoxicating coffee is a delectable delight: elegant and inviting, with creamy cocoa and bright orange toffee flavors – a perfect start to a beautiful day.



*Hirie*

*Music*

Photos by NSSP



Photos by Jamey Jet



# Hirie

Photo by Cassie Bergman



# Hirie

*"I just want to make people feel something. When someone tells me my music has helped them through an obstacle, it's food for my soul. My purpose in life is to serve. I've known this since I was a child. It's never about me." ~ Hirie*

Born in the Philippines and raised in Italy and Hawaii, Hirie has quickly been making a name for herself in the reggae music industry. Growing up, she says her childhood was very loud, and filled with music and lots of wine! Not much of a change from her current lifestyle as this petite, but larger than life beauty takes stages around the world.

"My upbringing taught me to LOVE every culture," says Hirie.

"My dad use to work for the United Nations, so when we had guests over, they'd be of all races and backgrounds. I didn't realize they were any different. I just loved them if they were funny, or danced cool. As a kid, you can be the least judgmental person with the right kind of teaching. I was very blessed to have parents that let me decide for myself what makes a person good."

Hirie is a roots-reggae meets soulful pop, "female-fronted" band which made its debut into the reggae music scene in 2013. She is inspired by artists like Whitney Houston, her all-time favorite, and other strong, smart female artists. She's recently fallen for Jah9, a talented artist, lyricist and performer out of Jamaica. "I finally got to catch her set at this year's Cali Roots and was blown away!"

Hirie is constantly excited about traveling and exploring cities that, without her music, she would never have found herself in, like South Carolina. Wait a minute, did we hear that right? Did she really say South Carolina? YES!

"South Carolina...you are way cool and I never would've discovered you if it weren't for Reggae! Costa Rica was my favorite discovery. We rode bikes for \$5.00 per day and jumped into the pool or ocean every 30 minutes. No joke!"

Hirie got her start in the music industry when she moved to Hawaii. That's when the radio stations began dominating her life!

"Most stations would play some sort of reggae or island reggae. I started going to open Mic nights and began to realize that performing the songs I was writing in my room was the next step to the beginning of my hopefully, life-long career."

To date, winning the San Diego Music Awards for Best World Album was, what Hirie believes to be, her greatest accomplishment with her music to date.

"I've never won an award for Hirie and it was an immensely surreal feeling."

She stays grounded by sticking close to her family, friends, band and fans.

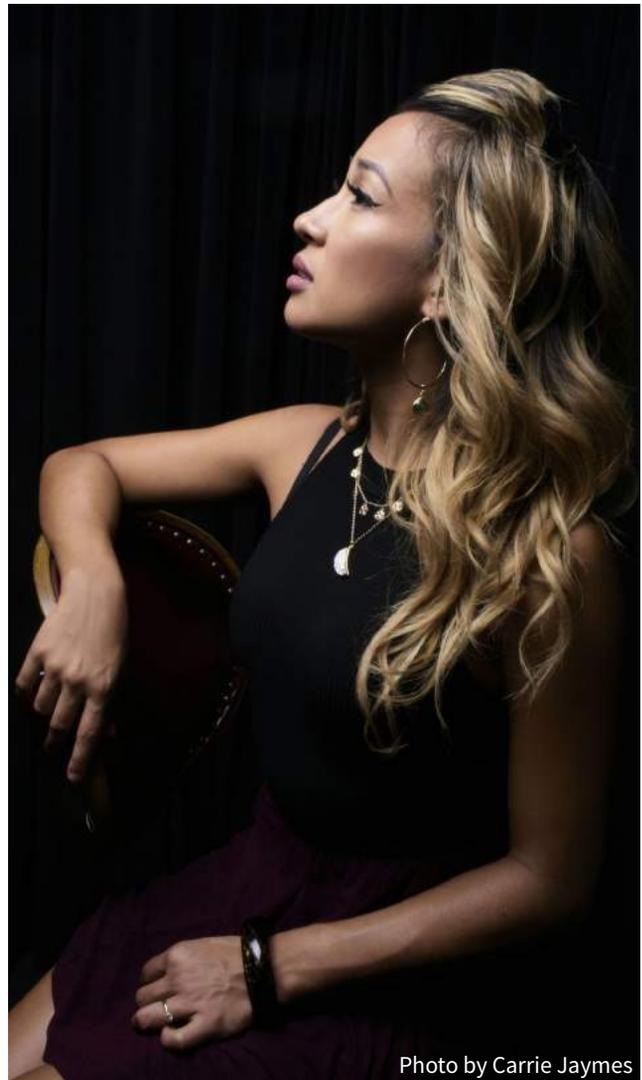


Photo by Carrie Jaymes

Music

"They'll always have my back and I will always have theirs! It's funny how many people come and go in my life and how lonely you can feel sometimes, even though you're surrounded by hundreds or thousands of people. You have to pick wisely, those who you allow to affect you, because it's a ripple effect."

Outside of music, Hirie aims to please the belly through her cooking! When she's not behind a burning stove, she enjoys being under the burning hot sun.

"It doesn't matter what I'm doing, but I prefer the beach."

Hirie is active on Instagram and is constantly taking the time to checkout her fans' pages.

"I do this because I want to see what they're about. It lets me know who's listening and how I can affect them deeply the next time around."

Hirie was recently on tour with Rebelution, Nahko, Medicine for the People and Collie Buddz. The tour ended in mid-August.

"For those of you up-and-comers out there, never say no to anything! Use your judgment for the most part, but try to put yourself out there so that you're 'trending' in a sense. You have to be very social-media conscious. As much as I tend to dislike posting, especially when I'm in the heat of the moment, I have to realize people don't see what I don't choose to show them. If you want a personal connection with your fans, simply be there for them!"

# Entertainment



*Teddy Wells*

*Photos provided by Teddy Wells*

# Living Limitless

## *Hawaii Actor's Network (HAN): We're Not Successful Until You Are!"*

---

Life is often filled with unexpected surprises. Take Teddy Wells for example. Don't know him? It's probably because he can often be found in the background of film and television shows, as well as working to create a bigger film industry here in Hawaii.

Teddy was born in New Orleans, Louisiana to Ruthie Mae. Teddy described her as a sweet, soft spoken woman without an angry bone in her body. As a young girl, Ruthie was raped by a family member, which Teddy says caused her to have low self-esteem.

"The reason I explode with self-esteem is because of my mom. It is so I can be the way she always wanted to be. Full of self-esteem and confidence!"

Teddy describes his childhood as "undesireable" because of the violence, poverty, drugs and alcohol that surrounded him throughout his youth.

"My mom was in several very abusive relationships, which eventually took her life when she was only 44 years old. I was 21 at the time."

Since then, it has been Teddy's goal to break the generational curse in his family.

"After losing my mom, I left New Orleans and started the journey to find my purpose in life, and I have. 'Celebrating Creative Expression' is my purpose."

"My past has molded me into the businessman I am today because I knew that if I wanted to create real change, I had to create a business that I could call my own. Ever since I was a kid, I knew that one day I'd be sitting behind a big desk, in a big office, making big decisions that would be creating big change. Now I'm here."

After moving to the islands, Teddy realized that Hawaii did not have a vibrant and robust film industry. He believed that Hawaii's talent did not have a platform on the world stage.

"The goal was to create that space online, where people all over the world would be introduced to the talent that resides in Hawaii and to collaborate with Hawaii's talent."

He accomplished this dream on June 13, 2009 by creating HAN, the Hawaii Actors Network, which is exclusively for Hawaii's Film Industry. Since its birth in 2009, HAN has grown a strong online presence, now totaling roughly 6,700 members and counting.

Teddy doesn't just talk about the dream, he also lives it. It is

commonly known that the people who have the most credibility, are not the ones who simply study a subject, but the individuals who live and have experienced what they teach. Teddy Wells is both a student and teacher of entertainment. He has been a background actor for years on film and television shows.

### FILM

- Krippendorf's Tribe (1998), native guide
- Godzilla (1998), porter
- Mighty Joe Young (1998), background, guy in truck
- Tears of the Sun (2003), African villager
- You May Now
- Kiss the Bride (2011), background
- Battleship (2012), Navy officer

### TV

- Fantasy Island (1998), bellhop
- Baywatch Hawaii (2002), beach cop
- My Wife and Kids (2002), guy in lobby
- ER (2002), African villager
- Off the Map (2003), background
- Hawaii (2004), background, stand-in
- Lost (2004-2005), background
- Lost (2006-2007), Ivan (one of the Others)
- I'm Alive (2009), shark attack victim
- Hawaii Five-0 (2010), background
- Enlightened (2011), background
- Soul Surfer (2011), background
- Last Resort (2012), background

"Being that I'm originally from New Orleans, I was introduced to music and film at a young age. Within the first six months of moving to Hawaii back in 1996, I landed my first role as an extra on a movie called "Krippendorf's Tribe" starring actors such as Lily Tomlin and Richard Dreyfuss."

After two days on the set, Teddy was bumped to an actor position, taking my pay scale from \$130.00 to \$866.00 per day.

"This was the start of a new journey for me," says Teddy.

"I love acting and performing as a personal display of my own creative expression. However, I discovered that when I experience other people's creative expressions, it gives me uncontrollable joy!"

Teddy believes the Hawaii Film Industry can be improved by making a substantial investment in the harnessing and development of Hawaii's Talent.

"Now that we've built a solid online presence, the Hawaii Industry is ready for a major investment. Some things that I believe are needed are Production Studios, a Talent Development Center, Music Recording Studios, Local Business Involvement, On Set Trailers, Catering Trucks and the list goes on."

HAN is the first step in making this "investment" a reality. Thanks to HAN, when Hawaii Film Industry is searched on google, they find HAN, which allows actors who are a part of their network to see upcoming casting calls and to participate in early, members-only casting call opportunities.

At the moment, Teddy says his only focus is to see that "Hawaii gets national notification of its talent pool and in creating a vibrant, robust, film industry." He has put his own acting career

*"A flower never looks for the bee. It just grows and blooms." ~ favorite quote of Teddy Wells.*



on the side because he feels that helping all the entertainers in Hawaii to get work is more important.

"When I'm done, I plan to pursue acting, producing and directing. For now, building this industry is PRIORITY! In my office, I keep my TV set on the Oprah Winfrey Network as continued inspiration. Oprah has been my true guiding light by showing me many examples of making bold moves."

Teddy is most active on both Facebook and Instagram. He prides himself on building the acting community through HAN, but most importantly, feels it is pivotal for all actors to encourage and support one another.

"I'd say my greatest challenge has been trying to educate the members to not be mean or judgmental of each other. I also believe it is important, in my role as HAN's owner and representative, to help these artists boost their self-esteem and to encourage them to believe in themselves."

He believes Hawaii's Talent has been looked over for more than 77 years by Hollywood productions. He also feels that the actors in Hawaii feel they don't have what it takes to make it in the entertainment world and as a result, has set a goal on changing that mentality.

"I want to teach everyone that we are stronger together and we MUST celebrate each other. We've had to ban people from the site just to keep it positive and supportive."

There is much to be excited about in regards to the growing film industry in Hawaii.

"I'm super excited about all the gentrification that is happening around Hawaii with the new construction of condos, the rail system and all the new restaurants. This will be extremely helpful in attracting entertainers from all over the world."

Teddy is currently building an advertising engine that will aide in helping to sell Hawaii by putting ALOHA on a national stage. He is certain that this will attract creative expression from all over the world, making Hawaii the entertainment capital of the Pacific.

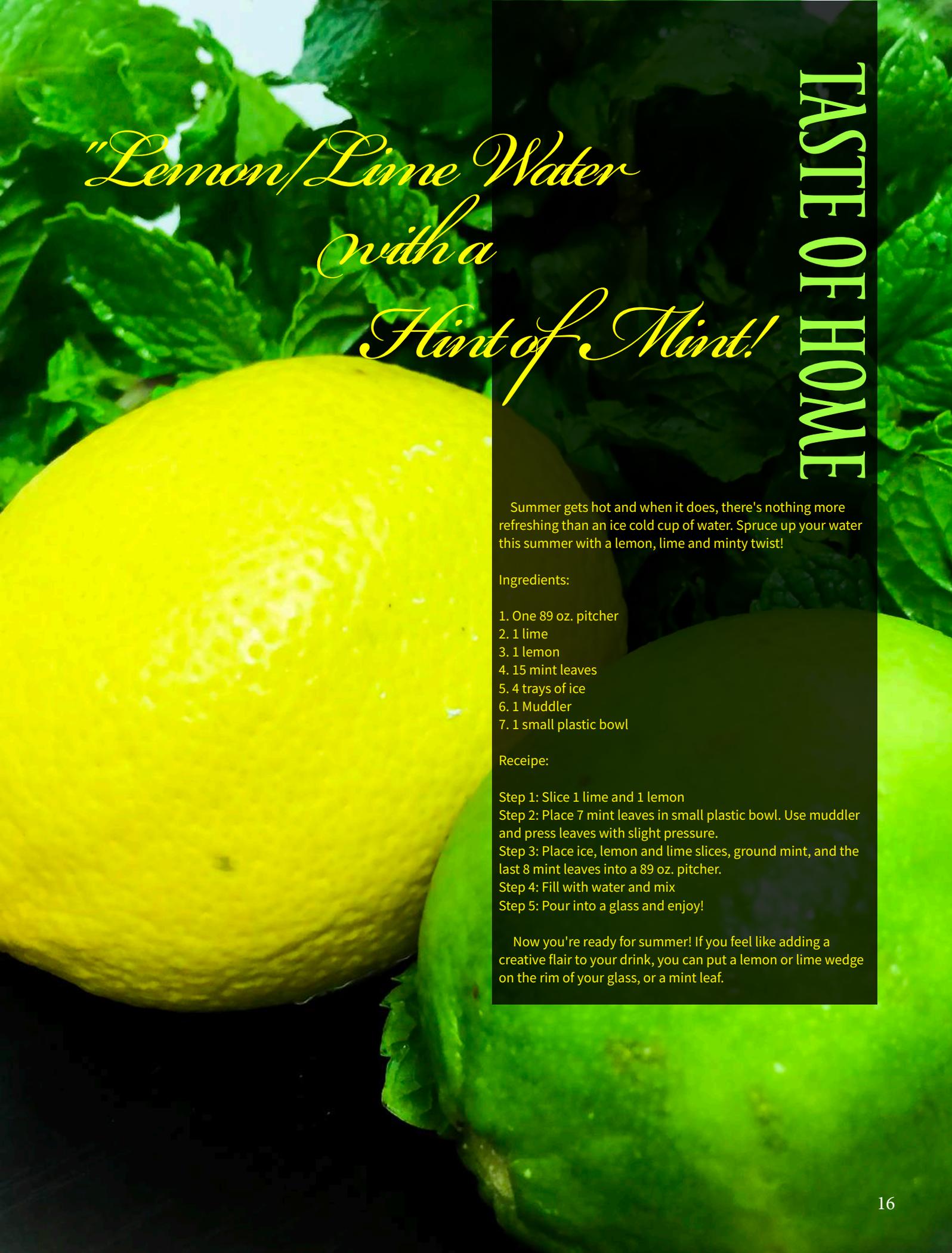
Other references:

[www.teddywells.com](http://www.teddywells.com)

<http://www.honolulumagazine.com/Honolulu-Magazine/May-2013/Hawaiiis-Greatest-TV-and-Film-Extra/>

Facebook <https://www.facebook.com/TeddyWellsHawaii>

Instagram <https://www.instagram.com/teddywellshawaii>



*"Lemon/Lime Water  
with a  
Hint of Mint!"*

# TASTE OF HOME

Summer gets hot and when it does, there's nothing more refreshing than an ice cold cup of water. Spruce up your water this summer with a lemon, lime and minty twist!

#### Ingredients:

1. One 89 oz. pitcher
2. 1 lime
3. 1 lemon
4. 15 mint leaves
5. 4 trays of ice
6. 1 Muddler
7. 1 small plastic bowl

#### Receipe:

- Step 1: Slice 1 lime and 1 lemon  
Step 2: Place 7 mint leaves in small plastic bowl. Use muddler and press leaves with slight pressure.  
Step 3: Place ice, lemon and lime slices, ground mint, and the last 8 mint leaves into a 89 oz. pitcher.  
Step 4: Fill with water and mix  
Step 5: Pour into a glass and enjoy!

Now you're ready for summer! If you feel like adding a creative flair to your drink, you can put a lemon or lime wedge on the rim of your glass, or a mint leaf.

## Honey Cucumber Moisture Mask!

As summer comes to an end and fall begins to make its appearance on the scene, some of us find that our skin has suffered dryness caused by all of our summertime fun! The beauty of F.A.M.E. Magazine, is that we are always looking out for you! This month, we are featuring the Honey Cucumber Moisture Mask that will help to refresh your skin, while helping you feel and look fabulous!

You have probably heard about the benefits of honey, aloe and cucumber for skin. If not, google offers a plethora of information on how it can help you and your skin! Just to share a little bit of insight, raw honey has antiseptic and antimicrobial properties which help to kill bacteria and fungus. Cucumbers revitalize skin, controls puffiness under the eye area, can help soothe sunburns, and so much more. Aloe is popularly used to heal wounds and soothe skin irritation caused by bug bites and sunburns.

Together this trio can create an incredible face mask that will leave your skin clean, feeling radiant and feeling absolutely refreshed! It's quick, inexpensive and easy to make.

All products given to you, purchased in stores or on online websites from you, or made by you, should always be thoroughly researched before use. Remember, no one knows you and your skin better than you, so make sure you look out for your health and skin care needs! This product works for us and we love, love, LOVE it! Give it a try and let us know what you think!

You will need:

1. 1/2 cucumber
2. 1 five inch length stem aloe
3. 3 tbsp raw honey
4. 1 puree blender
5. 1 knife
6. 1 container with lid

Recipe for Face Mask (1 week shelf life):

Step 1: Cut off the skin of your 5" aloe stem using a knife. You should have the clear meat leftover. Place into puree blender.

Step 2: Add 1/2 cucumber

Step 3: Add 3 tbsp raw honey

Step 4: Puree mixture

Step 5: Pour contents into container and seal

Step 6: Store in refrigerator

Use:

Step 1: Take a small amount out of the container

Step 2: Place a warm, damp facial towel on your face to allow pores to open

Step 3: Use a cosmetic fan brush to apply a thin layer to your face, neck and under eye areas

Step 4: Let sit for 5 - 10 minutes

Step 5: Remove mask with a clean, warm, damp facial towel

Step 6: Apply your favorite facial moisturizer and let dry

Step 7: Enjoy your soft, moisturized and refreshed skin!

You will love this mask! It moisturizes and refreshes all at once! If you try it, we'd love to hear your feedback! Send photos and testimonials to [info.famemag@gmail.com](mailto:info.famemag@gmail.com).

**Disclaimer:** If you are allergic to any of the following ingredients, this mask is NOT for you. Your health is our priority, so always check with your physician before trying any beauty products, make sure your ingredients are fresh if you are making them yourself, always do a small patch test to make sure products do not cause rashes or irritation to your skin, and do your research to make sure you know what you are applying to your skin!

# NudeStix!

# KELLY'S CORNER

## *Eyebrow Stylus Pencil & Waterproof Setting Gel 0.2g & 2.5mL - \$24*



Eyebrows are a big deal now-a-days, so finding good eyebrow products are always a plus! I've never had the luxury of having full brows, so I need a lot of help making my eyebrows look good.

When finding a good eyebrow pencil, you really want to look for something that best fits your needs. The product I'll be talking about is Nudestix eyebrow stylus, duo end pencil. One side is a brow pencil and the other is a setting gel. The pencil side is triangular in shape. I usually prefer rounded pencils, but the packaging for this product was quite nice, so I figured it was worth a shot! When I first tried the pencil, I found that it was hard to work with. I'm use to thin pencils, so it will take some time for me to get use to it.

The product details stated that this pencil lasts all night, but the setting gel didn't hold my eyebrow hair in place like I had hoped it would. This pencil didn't have a spoolie, which is also one of my preferences, as I find that it is useful when I need to blend out the product. Spoolie's help me to create a softer effect, so the color on my eyebrows won't look so harsh. Now for the question you've all been waiting for, would I recommend this pencil to you? My answer is simple, for my ladies with sparse eyebrows, I'd say that if you are looking to create a more natural look, this product is not for you. Instead, try a micro-pencil end to create hair-like strokes. This gives the illusion of more natural brows. However, for the sister who has nice full eyebrows, I would definitely recommend you give this product a try. It would make your eyebrow application run a lot faster and smoother as it will assist in making your brows look fuller without using an excessive amount of product.

Well, that's all for today!

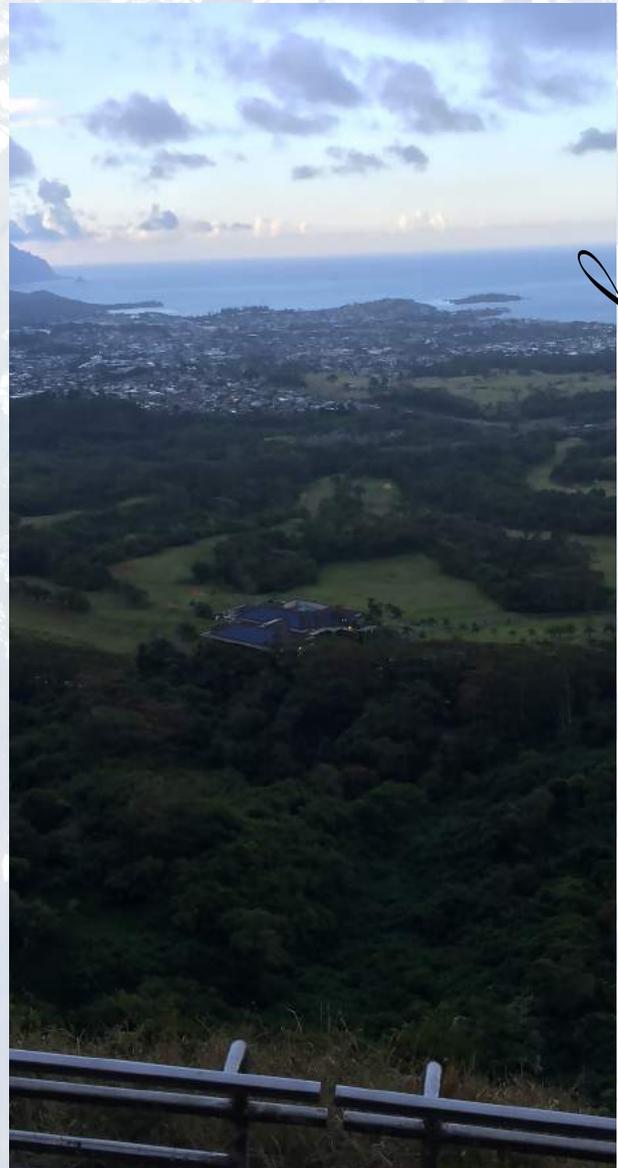
Until the next time beautiful people!

Kelly



# THE PALI LOOKOUT

*Swept Up In History!*



*Island Girl's Adventures*

Growing up as a native Hawaiian in Hawaii, we are taught about our rich culture and history. As with many other cultures, there is a sense of pride when we learn about our ancestors before us and all that they endured to help create the world we live in. For many Polynesians, there is an emphasis on the importance of the 'aina, or land, in which we live in. How the land provides for our needs and how we must, therefore, take care of her. It is a circle of love and respect that is passed down from generation to generation.

Also common in all histories, is the fact that not all stories from the past are full of joy and happiness. Instead, some of the most legendary and historic sites are chalked full of sorrow and pain. One such place is a beautiful scenic location on the island of Oahu, Hawaii known to locals as the "Pali Lookout".

If you are visiting, you will search for Nuuanu Pali Lookout to get the route from your GPS. It is only a 5 mile drive from Downtown Honolulu, so the commute will be very fast. Once you see the cut off, the road will wind around for a short distance and will lead you to a parking lot. For those of you planning to go, the winds up there are so strong they can literally knock people over, so be prepared. Remove or secure all loose items like hats, keys, cameras, phones, etc., and make sure you hang on to your children. If you do have small children, toddlers or infants, stay away from the edges of the cliff. This is NOT a joke, the winds are literally that strong. Also, be sure to wear a jacket up there as it is very cold.

The view of the Ko'olau Range from this site, is absolutely breathtaking! When you arrive at the Pali Lookout, you can read all about the "Battle of Nu'uanu," which took place right there on that cliff. It tells a story about how King Kamehameha I, better known to locals as King Kamehameha the Great, sought to unite all the Hawaiian Islands under one rule in the late 1700's. According to the plaquered provided by the State of Hawaii's Department of Land and Natural Resources' State Parks Division, the battle was called Kaleleka'anae (leaping of the 'anae fish), which referred to the men who were forced off the cliff during the battle.

Although history shows that a fierce battle took place here, it is one of the most serene and magnificent places found on the island of Oahu. If you are ever visiting our beautiful island, be sure to check it out. And again, be prepared for strong winds and cold weather! Enjoy yourselves as you stand on the grounds of one of the most historic sites in all of Hawaii!





*Spotlight*

*Don Hurzeler of  
Lava Light Gallery*

# Lava Light Galleries

# Spotlight

*It is never too late to do what you love...*

*~Don Hurzeler*

Most people who love, and are passionate, about what they do, give their all when they're doing any task directly related to their craft. One such person is author and photographer, Don Hurzeler, 70, of Kailua-Kona, Hawaii. Despite dangerous conditions, weather and several close calls, Don has never lost his taste for adventure.

"I've been run over by surfers on boards, swept up by currents, had run-ins with sharks and so much more," says Don.

He has also had broken ribs, toes, fingers, nearly bit through his tongue and met a few waves that made him question whether he'd live to see another day. Through it all, Don still believes the images he captures are well-worth the sacrifices he has to make to capture them.

"I'm a full-on geezer, but my surfing, surf photography and lava exploits keep me young. I feel no older than 69 and a half."

Don has been a photographer for the majority of his life, but it wasn't until he came to Hawaii that he finally gave up his forty year career in insurance and focused on his craft.

"After becoming President/CEO of a large insurance company and coming to Hawaii, I hooked up with C.J. Kale and Nick Selway on the Big Island. These are two absolutely great photographers whose friendship turned into mentoring relationships."

Don's technical skills grew and developed. He started winning contests and selling his images a little over five years ago. C.J. and Nick are now partners with his wife, Linda, whom they also tutored, and Don. Together, they have a coffee table book called "The Hawaiian Collection," which contains the best Hawaiian images from all four of them. They also featured artists whose images are displayed at Lava Light Galleries in Kailua-Kona, Hawaii.



Most of the images Don takes are shot and magnified to 40"x60" or larger. Prior to printing, CJ and Nick are constantly checking Don's final photos, which have no elements taken out of the original images, except for dust or water spots.

"Almost all of our prints are done on metal and the edit has to be just about perfect if we are going to blow the photo up to a significant size."

Since beginning his professional photography career five years ago, Don has had his photos appear in publications, advertisements and on multiple media platforms around the world.

"A new venture for me is being included as one of the featured artists at pacartists.com, which is a high-end online photo gallery that produces some fabulous acrylic prints."

Don grew up in an upscale community in Palos Verdes Estates, California. "I ran track well enough to get a full scholarship to college and ended my track career as an NCAA Division 2 All-American sprinter/hurdler. I surfed year round, in freezing waters most months because surfer wet suits were not yet designed back then. When it came time to retire, I decided to go to the Big Island because of the year-round warm and clear water. I love Hawaii!"

He is inspired by people who do anything challenging that also contributes to making the world a better place to live.

"I have a great appreciation for those who are pioneers, who break new ground, and show us the way. I am also inspired by those who are kind to others and those who share their talents with the world. Inspiration is all around us."

Don shoots fanatically, always looking for those one or two shots that are unusual or outstanding. He believes that being in the surfline before sun up makes one a keen observer of dark objects moving in your direction.

"I've had a couple of pretty good scares out there, not always by sharks. One was a monk seal that snuck up on me in the pre-dawn light and another by a turtle that accidentally ran its sharp shell into my leg in near darkness. I may be 70, but I found on those two occasions that I still have some speed left in me."



# Spotlight



Capturing an experience or something that means so much to others is Don's favorite part of what he does. He loves shooting at places like Kua Bay, Hapuna, Magic Sands and all around the Big Island. Shots of active lava flowing from the water, aboard the Lava One or by hiking out to the flow and the ocean entry is another love of his.

Don has been inducted into the Ocean Artists Society, which he says has been a meaningful experience for him.

"It has put me in touch with some amazing artists who focus on ocean themes."

Don believes that it's never too late to start doing what you love and he truly appreciates his life and craft.

"The first time I found myself talking to a customer in one of our galleries and that person pointed to one of my photos and asked me if I was the "artist"...I did not know how to answer. I had NEVER thought of myself as an artist...and yet, turns out I am. That transformation keeps me smiling everyday."

"One last thought, my photography expertise was greatly accelerated because I had CJ and Nick who gave me their feedback almost everyday. Their criticism is fair, but in-your-face direct. Most of the time their advice is just gentle coaching, but every now and then they will nail me when they are trying to make a point that I keep missing. I appreciate that feedback more than all the rest, and I have learned to take the input with a smile on my face. I save the tears and self loathing for when I get home and can share it with my wife."

To see more from Don, check out Lava Light Galleries at 75-5707 Alii Drive, Kailua Kona, HI 96745 or online at [lavalightgalleries.com](http://lavalightgalleries.com).



*Spotlight*

Don



Lifestyle

# The P.C.C.

## THE POLYNESIAN CULTURAL CENTER



*Lifestyle*

It's easy to get consumed by the 9 to 5 grind, paying bills, and fulfilling endless responsibilities, only to be drained from work and still have countless worries to think about at the end of the day.

To break away from my daily humdrum routine, I escaped the hustle and bustle and retreated to a peaceful paradise.

It all happened after waking up one Monday morning, I ate a light breakfast and went through my usual morning rituals.

My mind began to prepare for the work week by planning and prioritizing tasks in my head. I mapped everything out in advance before going into the office. But the idea of stepping out the door and stepping into the same white room, seeing the same blank stares, and hearing the same familiar conversations about their weekend activities made me nauseous.

No thanks! Not today. Instead, I decided to fight off the Monday blues with a much-needed road trip. But where to? Well, somewhere far, far away from here. A smile began to spread across my face at the thought of my spur-of-the-moment plan. I wanted to experience something different, carefree, and opposite of my current crazy lifestyle. I excitedly grabbed my keys and hastily walked out the house with a newfound appreciation for the day.

Let the adventure begin my heart screamed. I got in my car and drove aimlessly until I saw a sign that led me north toward the small town of Haleiwa. The scenic drive soon revealed the vast blue ocean about 10 miles up ahead that met with massive green mountains dominating the west. The two made a beautiful pair. The sun glistening on the water splattered across the sea like stars creating a gateway to serenity. What a sight to see! The windy road and open fields began to help me unwind, a sure sign that I was heading in the right direction. Freedom.

Driving through Haleiwa town felt like a blur after passing all the shrimp trucks, shave ice stores, and tourist shops. Instead of ending my trip early, I decided to go further up the North Shore until I reached La'ie, home of the Polynesian Cultural Center (PCC). This popular visitor attraction seemed like the answer I was looking for. Who better to learn about living simple and carefree than the Polynesians? I made an immediate right turn into the parking lot, which was unsurprisingly full. I managed to find a parking spot after circling around a few times and followed the trail of lively music and abundant laughter.

Entering PCC is like stepping out of a time machine. It's a place you wouldn't expect to find a smartphone, tablet, or any other technological distractions. Instead of social media, people are forced to have social interactions. Even the most introverted individual won't mind mingling with the natives seeing as how easy-going and inviting they appeared to be. Every entrance was guarded by spontaneous smiles and friendly faces.

### Samoa

You can easily spend an entire day getting lost in the 42 acres of tropical paradise. My tour began with the village of Samoa, one of the seven Polynesian cultures featured in the beautifully-landscaped center. The natives taught visitors how to start a fire, crack open a coconut, and prepare a delicious meal. Everyone had an opportunity to participate and get involved in the whole cultural experience. Children playfully practiced the fire knife dance in one corner while others walked through the huts to see first hand how Samoans lived in their simple living quarters.



### New Zealand

I entered the village of New Zealand next, known to the native Maori as Aotearoa. I followed a crowd of tourists into a Maori meeting house called whare runanga, which is a focal point for all their cultural activities. The outside of the building was decorated with beautiful wooden carvings while the inside hosted a group of young performers. I took off my shoes and walked inside to find myself mesmerised by their song and dance. Their vibrant voices echoed throughout the room and resonated with the crowd. I was caught off-guard when the uplifting performance changed into uniformed shouting, stomping, slapping, and protruding tongues. The men transformed into intimidating warriors performing their war dance known as the haka. The energy in the room felt heavy really quick. As soon as the vigorous dance was over, the men reverted back to their welcoming smiles. Bravo!



### Tonga

I walked along the central river and passed a few waterfalls until I reached the village of Tonga. A show was about to begin. I stood by a group to watch after noticing there wasn't an empty seat in sight. The rest of the visitors sat in a small stadium with their eyes and ears glued to the humorous host. Every word he spoke made the crowd erupt in laughter. The comedian started to call people on stage to beat on an oversized Tongan drum using two drumsticks. During the demonstration, he easily wooed the crowd with his jokes despite his thick accent. The volunteers he called onto the stage fed off the host's energy, exchanging jokes and crazy antics back and forth. You would think everyone up there were long-time friends instead of meeting for the first time.



I left PCC with a sense of accomplishment. I escaped the chaos of modern life for a bit and learned to relax in paradise. It was nice to go back to simpler times where people enjoyed the simple things in life. A time when people lived off the land and enjoyed the beauty of nature. A place devoid of multiple distractions and constant overuse of technology. You have more enriching and satisfying experiences, feel less stress, and have more time with the people you care about.

What more can you ask for?



# Back to Strength School

Enjoy This Strength-Building Workout That Eases You Back Into The Fall Routine

Whether you live in a climate with a distinct change of season or not, it's easy to recognize fall. Known as the “cooling-off” season, fall brings shorter days and cooler temperatures, but often busier schedules. Families return to the routine of school and extracurricular sports. Hiring season brings in a new crop of working professionals to the business world as leaders settle into forecasting and achieving business goals for the back half of the year. As a result of more complex schedules, it's easier to fall off the wagon where your personal fitness is concerned. So let's begin with a look at fall from a different angle—an opportunity to find new ways to keep moving efficiently so that you can keep up the pace in the days and months ahead.

This total-body strength workout is designed to keep you away from the couch and in motion. Classic strength-building movements are leveled up for real-life demands (lifting kids! sprinting after the bus!) and comprehensive results to target all your fitness goals. Fit this workout into your schedule two or three times a week to improve your strength, increase your strength endurance and put you in great physical condition!

Important points to keep in mind as you execute this workout:

- Perform each movement for 10 to 15 repetitions, building up to three sets of each.
- Pay attention to form and technique.
- Use full range of motion in each repetition.
- Keep breath free and your mind focused on your body's sensations as you move.

## WARM-UP



### 1. High Knees

**Reps/duration: 2 minutes**

Circulation is a crucial step to becoming stronger. It helps feed fluids to the tissues and joints and awakens the nervous system.



# Back to Strength School

Enjoy This Strength-Building Workout That Eases You Back Into The Fall Routine

## WORKOUT

### 1. Prone Wall Warding

**Reps/duration: 30 seconds**

**Sets: 3**

- Start in a prone plank position facing a solid wall, with your hands and feet hip-width apart. Keep your body tight, in a straight line from head to toe.
- Lift one hand off the ground and push against the wall with that hand. Your effort should be about 4 or 5 on a scale of 1 to 10, with 10 being your maximum. Press and hold your body strong for three seconds.
- Return to the starting position and relax slightly as you switch hands and resume total-body tension. Make sure you remember to exhale as you press into the wall and inhale as you switch hands.
- Alternate hands and repeat this motion for the entire 30 seconds.



### 2. Dead Push-Up

**Reps/duration: 30-60 seconds (max)**

**Sets: 3**

- Start in a prone position, lying flat on your chest and stomach. Place your hands under your shoulders with your fingers pointing straight ahead.
- Count to 2, and press yourself up off the floor using only your arms and feet. Imagine pushing the floor down underneath you as you exhale.
- Hold the plank position at the top. Return to the floor for a count of two seconds.
- Remain motionless for two seconds and repeat.
- Complete this drill for 30 to 60 seconds, or for as many as you can in 60 seconds. Take 60 seconds to rest between sets.





# Back to Strength School

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## 3. Starting Sprint/Dead Sprint

**Reps/duration: 5 x 20 yards**

**Sets: 1**

- Start in an athletic ready position with a staggered stance. Remain motionless.
- Imagine a “starting gun” sounds, and sprint as fast as you can for 20 yards. Return to your starting spot and repeat the 20-yard sprint from a dead stop.
- If you don’t have the space to run, repeat your starting motion: Begin in an athletic ready position with a staggered stance, imagine the starting gun and spring forward a step or two. Then return to your starting position. Repeat five times on each side.
- Imagine you are a race car waiting for the green light!



## 4. Deadlift

**Reps/duration: 5**

**Sets: 3**

- Choose a medicine ball, barbell, dumbbell or kettlebell that you can successfully lift five times in a row. Do not choose a weight you can lift 10 or 20 times. Position the weight close to your body and lift it off the ground with good form:
  - Keep your spine long—do not bend your spine while you lift.
  - Keep your chest lifted high.
  - Keep your arms straight and keep tension in your body as you lift.
- It’s natural to hold your breath when lifting, so make sure to breathe.
- Check with your medical professional if you’ve never lifted or if you have hypertension; you may want to skip this movement or use lighter weights that would be comfortable to lift for 15 repetitions.





# Back to Strength School

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## 5. Scarecrow

**Reps/duration: 10-12**

**Sets: 3**

- Start in a prone position, lying flat on your chest and stomach. Place your hands under your shoulders with your fingers pointing straight ahead.
- Engage your glutes and back as you extend your arms forward and lift your chest, head and heels. Be sure to keep your neck neutral and your gaze on a spot on the floor in front of you, not straight ahead.
- Remaining lifted, bend your arms and squeeze your shoulder blades together as you pull your elbows down toward your hips.
- Extend your arms forward and lower yourself to the ground, and repeat.



## COOL-DOWN

**Walk and Hot/Cold Shower**

**Reps/duration: 2 minutes of walking, 5-minute shower**

Walking is a great way to help pump out some of the waste products that you accumulated from the workout. Keeping your spine tall, lift your arms out to your sides and overhead to keep your chest open.

The hot and cold shower is a great way to enhance that lymphatic flush. Alternate three minutes of hot water followed by 30 seconds of cold water, and repeat up to five times to get on track for a healthy recovery from a challenging workout.



Fall is the ramp up for the even busier holiday season. Congratulate yourself for completing this multi-faceted workout that increases strength and, most importantly, encourages a habit of fitness. No matter how little time you have in the day, you can squeeze in a fitness moment that will leave you feeling energized, strong and ready to take on whatever life throws at you.

For more information visit [www.24hourfitness.com](http://www.24hourfitness.com)

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