



Vol.10, No. 1

January 29, 2011

Kapanaia and Keawenui Named to County's Open Space List

Story and photos by Toni Withington

Two more North Kohala coastal areas have been singled out by Hawaii County for preservation as open space. Keawenui Bay on the leeward side and Kapanaia on the north coast both ranked high on the annual priority list of the Commission on Public Access, Open Space and Natural Resources last month.

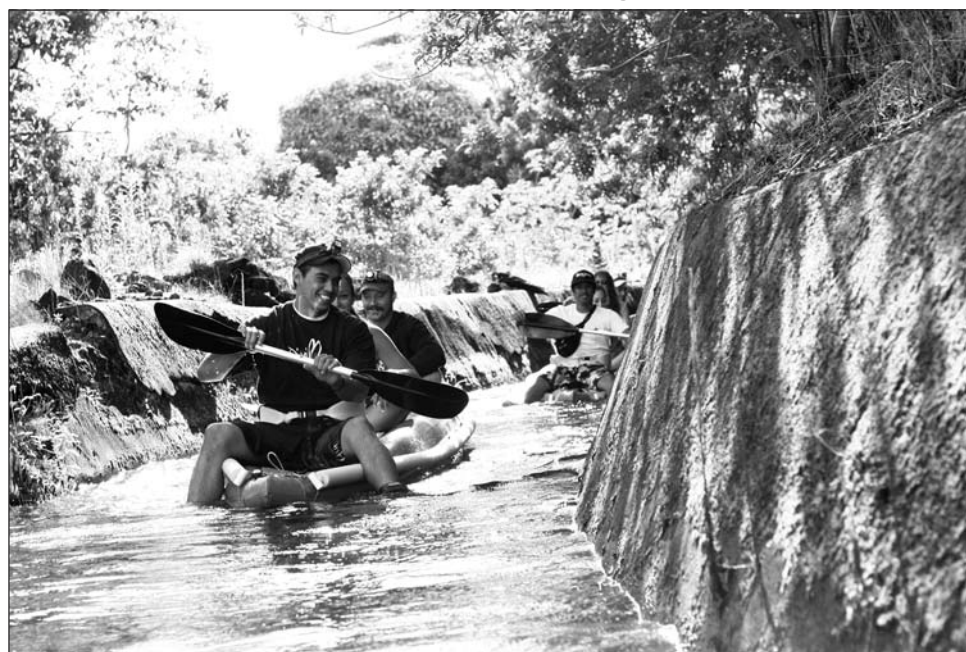
The ranking is often the first step in a long process to preserve the land for future generations. The commission's report to the mayor listed Keawenui Access Easement as priority two and the Hapu'u to Kapanaia Cultural Corridor as priority four. Pohoiki Bay in Puna was ranked first and Hamakua Springs

See Open Space, page 3



Kapanaia Bay with surfers and Kamehameha's historic canoe road

The Kohala Ditch Opens Again for Rides!



—photo by Jenna Vega

Rumors have been flying for months about whether the Kohala Ditch would re-open for tours through the famous flumes and tunnels. Kohala Ditch Adventures began "soft" tours in early January and will have a private grand opening blessing in February.

Seen here, local Joey Giltner and other adventure seekers sail through the Kohala Ditch on kayaks for the first time since 2006! The story can be found on p. 8 - 9, along with a full feature of many of Kohala's ecotourism attractions.

2011 Kohala Country Fair Planning Meeting

The 2011 Kohala Country Fair committee is planning for next year's fair and could use lots of help. The fair committee requests that new people come, bringing new enthusiasm and new ideas! All are welcome at their Saturday, February 12 meeting at 9:30 a.m. at Luke's Place. Refreshments will be served.

CDP Action Committee Announces First Community Meeting

By Lynda Wallach

In its first meeting of the New Year on January 14, the CDP Action Committee (AC) announced its first annual CDP Community Meeting coming up in February. "We are looking forward to describing the progress made in implementing the community development plan during our first year," said Chairman Bob Martin, "and we want to give everyone a chance to ask questions and get involved in the process," he emphasized.

The meeting will be held on Saturday, February 19 from 9:30 a.m. to noon at the Kohala High School cafeteria. There will be door prizes, local entertainment, and lunch will be served highlighting local food. There will be a brief presentation on the accomplishments of the AC and the subcommittees during the past year, as well as the issues that will be faced in 2011. After this presentation, attendees

will have an opportunity to visit the subcommittee tables and talk personally with AC and subcommittee members, followed by a question and answer session about all areas of the plan. The work of the NKCDP Action Committee affects the entire community, and everyone is encouraged to attend this event.

Another important subject at the January meeting concerned whether the AC should be restructured in order to enable it to function more efficiently and effectively. Currently, because the committee is an official organization under a county ordinance, its actions are legally bound by the Sunshine Law. This means that everything it does must be done in a publicly announced meeting. Since only two members can talk with or email one another about AC work in progress or meet in subgroups to deal with even the most mundane matters, this detail work must be dealt with in the monthly

public meetings, taking up time from discussions of issues more important to the community at large.

On December 30, Chairman Bob Martin and AC member Joe Carvalho met with County Planning Director Bobby Jean Leithead-Todd, Amy Self from the Corporate Counsel's office, and Councilman Pete Hoffman to discuss whether the AC should consider transitioning to a community association not under the jurisdiction of the county code and therefore not subject to the restrictions of the Sunshine Law. Though this would mean that the organization would

no longer be "officially" recognized by the county government, Martin cited examples of the Hilo and Waimea community associations that have operated very successfully with an "unofficial" status for many years.

The participants at this meeting decided to explore additional possibilities. For example, are there exceptions to the Sunshine Law for organizations like action committees such as creating a blog on the Planning Department website where AC members and community members could communicate "in public"

See CDP, page 2

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Na Kupuna O Kohala Plans Fundraiser

On Friday, February 11 Na Kupuna O Kohala will once again offer an evening of wonderful entertainment and delicious food. Those who attended last year will remember a delightful, aloha-filled evening.

This year, in addition to the Korean chicken plate, a vegetarian meal will also be available. Entertainment will be provided by the Kohala karaoke singers, the ballroom dance group and Na Kupuna O Kohala.

The event will be held at Father Damien Hall. Dinner will be available from 5:30 to 8 p.m. Entertainment will be from 7 to 8:30 p.m. Supporters may order carryout or stay for the show. Dinner tickets are \$9 and are available from any halau member.

If people do not wish to purchase dinner, but would like to enjoy the entertainment, donations would be welcome. Proceeds will be used to cover the expenses of the halau's participation in the annual Kupuna Hula Festival.

The Big Island Invasive Species Committee (BIISC)

The Big Island Invasive Species Committee (BIISC) is a group that works with communities island-wide to slow the spread of invasive species. BIISC began work in North Kohala in mid-2010 and hopes to form new partnerships to educate the Kohala community as to how they can help preserve Kohala's land and ocean ecosystems by stopping the spread of invasive plants, insects, and animals.

BIISC, together with the Kohala Watershed Partnership and the "Eyes and Ears Early Detection Network," is interested in offering workshops to interested groups or ecotour operators in North Kohala. BIISC recently held free workshops to groups in Waimea and would like to offer something similar in

Kohala. The purpose of the workshops is to teach residents to identify some of the potential new invasive pests that might enter their area.

Some of these species covered at the Waimea training included the little fire ant, miconia, pampas grass, poison devils pepper (*Rauvolfia vomitoria*), princess tree, gorse, rubbervine, coqui frog, and gorilla ogo (marine invasive seaweed), naio thrips, and the three corner jack. Attendees were encouraged to have fun learning about new species, get out on weed walks with their neighbors, and form neighborhood teams to choose which invasives to control.

Interested persons may contact Page Else with the BIISC at 933-3345 or pageelse@hawaii.edu.

CDP, continued from page 1

and share ideas on work in progress? Or is it possible to alter the language in the county code so that action committees would not have to be under the Sunshine Law? Martin and Carvalho requested that the results of these investigations be presented to the committee prior to the February 19 community meeting.

Because of its long term implications, the AC chose to wait until all alternatives could be evaluated before making a decision. A representative of the Waimea Community Association will be invited to the next AC meeting February 14 to describe their operations relative to the community plan.

The AC voted to approve Martin's proposed restructuring of two of the NKCDP subcommittees. The Growth Management subcommittee will be split into an Agriculture subcommittee and a Growth Management, Cultural & Historical Preservation subcommittee. It was decided that identifying important agricultural lands will be the responsibility of the Agriculture subcommittee, and that this is a high-priority activity that should begin as soon as possible. It was also decided that, because of the number of projects that fall under its jurisdiction, the Infrastructure subcommittee will also be split into two subcommittees.

A third major issue facing the committee is the need to plan for the replacement of AC members and officers whose two-year terms expire later this year. AC members Ron Friman and Chairman Bob Martin will be leaving in September as their two-year terms expire. The committee voted that a new chairman should be

in place by the April meeting in order to allow sufficient time for an orderly transition. Recommendations for the new chairman will be made at the February meeting.

Applications to replace retiring committee members are available online. Interested community members are encouraged to go to the Planning Department website: www.hawaiicounty.cdp.info/north-kohala-cdp/action-committee-application-materials for applications and information on the application process. Applications for September appointments to the Action Committee must be submitted by March 1, 2011.

The Planning Department website is also the place where the North Kohala community can find all information and documentation on the NKCDP Action Committee, such as meeting agendas and minutes, AC documents and AC subcommittee documents and reports.

Giovanna Gherardi of the Infrastructure subcommittee reported that polling for the boat ramp was going well. The goal was to have 700 ballots submitted, and as of the meeting she had received close to 200. [In follow-up communication with Gherardi, polling had closed and votes were being counted as of the printing of this paper.] Results of the poll will be shared at the next AC meeting, and a comprehensive report will be given at the upcoming February 19 community meeting.

The next NKCDP Action Committee meeting will be on Monday, February 14 at 4:30 p.m. at the Senior Center. The public is invited and encouraged to attend.

Keiki Park Needs Volunteers



—photo by Alyssa Ackerman

Volunteers work to install new slides and other miscellaneous parts at the keiki playground area at Kamehameha Park.

Anyone who has been to the keiki park at Kamehameha Park over the last few years knows that at one point there was virtually nothing to play on. This came to a head about two years ago. After many meetings and efforts to raise the monies to repair the playground equipment, the project is almost complete.

This project has taken almost two years and cost approximately \$80,000 in parts alone.

Volunteers have supplied all of the labor to install the replacement parts,

and the keiki of Kohala are once again enjoying their park.

While this part of the project is complete, there is still more to do. Several new park benches and picnic tables need to be put together. These structures need to be painted along with other finishing touches. All the necessary supplies have been purchased, but volunteer labor is needed to finish the project.

Any individuals or groups who are interested in helping may contact Alyssa at 889-5138.

Learning Center New Brochure and February Display

The Center has a new brochure for their February-April class, which can be found in boxes around town.

The Learning Center and the Kohala Artists' Cooperative will host an exhibit of class examples from all Learning Center classes held from the beginning of the Center to those that will be offered in the future. Items will be displayed in the Artists' Cooperative gallery (at Kenji's House) until the end of February.

They will be offering many classes this session geared to homeschoolers during the day, with a special appear-

ance from Christine Hustace, former Big Island home school resource teacher. For seniors, there will be free workshops on hospice care and Medicare. There are also a number of art- and game-related free courses.

For a description of most of the Learning Center's free classes with times and contact information, see the Kohala Calendar, found on page 15 of this issue of KMN. For questions about the Learning Center and more class information, contact Susan at slehner@hawaii.rr.com or call 889-5604.

Kohala Family Health Center CARING FOR OHANA, CARING FOR YOU

Donald Elder, MD (Family Practice)
Elizabeth Schilling, MFT (Behavioral Health)
Miki Grimes, APRN (Women's Health & Teen Services)
Stacy Vroman, PA (Family Practice)
Tracey Richardson, MD (Family Practice)
Regina Gantala, Clinical Operations Manager



Hours of Operation
Monday thru Friday 8 am - 6 pm
Wednesday 9 am - 5 pm

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Kapa'au, Hawaii
808-889-6236

Library Talk Story with Boyd Bond

North Kohala Public Library in Kapa`au will present a series of three "talk story" sessions on Hawai'i's history with North Kohala historian Boyd D. Bond, in February, March, and April.

The first session will feature "The Hawaiian Kingdom from 1820 to 1860"

talks will begin at 6:30 p.m. and last for one hour.

Boyd Bond's knowledge of Hawaiian history stems from academic studies and a lifetime spent in Hawai'i as a sixth-generation descendent of early western settlers. He was raised in Hawai'i in a sugar plantation family, living on plantations throughout the state.

Of his interest in Hawaiian history, Bond says, "I can't ever remember a time when I wasn't immersed in it. Many of the stories of Hawai'i's history are also our family stories." Bond earned a B.A. in Hawaiian history from the University of Hawai'i at Manoa and went on to earn a master's degree in education.

Call the North Kohala Public Library at 889-6655 for more information and to register for the program. Contact the library three weeks in advance if a sign language interpreter or other special accommodation is required.



—photo by Joleen Soares

Historian Boyd D. Bond giving a talk at Bond Memorial Library's 80th anniversary celebration in 2009.

on Monday, February 7. At the second, Bond will describe "The Great Mahele and its Aftermath" on Monday, March 7. The series will conclude with "Ranching in Hawaii" on Monday, April 4. All

Feng Shui Lecture at Library

The North Kohala Public Library will offer a feng shui lecture by Clear Englebert in conjunction with the Chinese Year of the Rabbit at 6:30 p.m. on Monday, January 31.

Englebert will begin with a discussion of the differences between the two kinds of feng shui. He will explain chi energy and show how to attract and maximize its beneficial flow as well as how to deflect the flow of negative energy.

Using Hawaiian examples and offering tips for hard times, Englebert will show how to locate the powerful spots within a room and how to harmonize your home with the surrounding landform. Furniture selection and placement as well as the use of feng shui in the tropi-

cal garden will be covered.

Questions from the audience are welcome, and copies of the book, "Feng Shui for Hawaii," will be available for purchase through the Friends of the North Kohala Library.

Englebert is the author of Feng Shui for Hawai'i, Feng Shui Demystified, and Bedroom Feng Shui, which are available in four languages. He has practiced and taught feng shui in Hawai'i and California since 1995 and currently teaches at various venues throughout Hawai'i. A recognized feng shui expert, he has been featured on television programs and in print media.

Contact the North Kohala Library at 889-6655 for further information or to request special accommodation.

Battery Recycling Program Begins

Kohala Middle School students kicked off their "6,000 'n 60" household battery recycling campaign (6,000 batteries in 60 days) on January 18 at the Kohala Intergenerational Center. Students read moving excerpts from Martin Luther King's "I Have a Dream" address to remind the audience of the importance of commitment to a cause one feels strongly about. The audience was asked to make pono choices in regards to helping our `aina. Students presented a short skit on why and where to dispose of

batteries locally.

Bins for battery drop off are located at Nakahara, Takata and Arakaki stores as well as Island Short Stop and Deli (Aloha Gas station) and Sunshine Hardware. These bins are for household batteries only (AA, AAA, C, D and 9 volt). There are special instructions for 9 volt batteries on the bins. If your group, business, church or other organization would like to help collect batteries, a bin will be provided. Please call Lani Bowman at 889-5852 for this and other information.

Open Space, continued from page 1

Agricultural Easement in North Hilo was third. Altogether the commission reviewed 11 new projects last year.

The Keawenui Easement would provide shoreline and mauka-makai access over a 166-acre parcel that includes the coves at Keawenui and Keaweula bays at about mile 9 along Akoni Pule Highway.

Both bays have traditionally been areas of high use by many generations of Kohala families for fishing, gathering opihi and limu, snorkeling and picnics. The land is currently owned by Keaweula, LLC. Kohala organizations have been calling for increased access to the shore for more than 30 years.

The commission noted the significant historic sites and pristine nature of the coast and reefs. Opportunities for stewardship of access were also cited. Eight Kohala groups pledged to help with stewardship of access in the 2010

The Hapu`u to Kapania Cultural Corridor encompasses the shore area of Kamehameha the Great's family land. The 97 acres designated include two major heiau—Hale `o Ka`ili, built by Kamehameha, and Kapalama, one of the oldest heiau on the island. Highly used by Kohala people for fishing and recreational purposes, this area had



North coast tide pools near Hapu'u Bay

public access granted by the courts more than 20 years ago. The county has been working with the land owners and the North Kohala Community Access Group on shoreline access for several years. The

nomination calls for the purchase of seven parcels from four different land owners. It would protect the land makai of the old railroad bed between Hapu`u Bay at Halawa and Kapania Bay seaward of Makapala.

The county and state have already preserved five North Kohala coastal properties for open space in the last several years. They



One of several coves at Keawenui

are Lapakahi, Pao`o and three at Kaiholena. Three more parcels at Kaiholena are under negotiation for purchase, and funding for those and for land at Kauhola Point (Lighthouse) was described in a KMN story last month.

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Susan (Su) Kawamoto

Sister, Friend, Daughter, Mother

Over 3-1/2 years ago, you left us unexpectedly. Since then, you have been missed and in the memories of everyone you touched. To honor, embrace, and remember your kind and loving spirit, a special celebration will be held Saturday, February 5, 2011 in Kamuela. Those who wish to participate, please meet at the Waimea Nature Park at 2:00 PM. A call to Ann at (808) 388-6383 would be appreciated in order to plan accordingly.

Su, you will live forever in our hearts!



Future KMN Deadlines

It's important for the Kohala Mountain News to receive ads and news submissions by the following deadlines. Otherwise, submissions may not be able to be accommodated.



February

Ad deadline: 2/11/11
News deadline: 2/16/11

March

Ad Deadline: 3/11/11
News Deadline: 3/16/11

Kohala Mountain News

Our purpose is to enhance and strengthen the community by fostering continuous communication and understanding among the various cultures, residents and constituents.

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Letters to the Editor and Viewpoint articles must be accompanied by the author's name, address and telephone number. Both must address issues affecting North Kohala. Letters and Viewpoints are subject to editing, and shorter submissions will receive preference for publication.

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Kohala Mountain News

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Letters—

Konea O Kukui Garden Mahalo

On behalf of Konea O Kukui Garden and the residents of the Kohala Therapeutic Living Home, Nani Svenson and the Garden Angels thank the community of North Kohala for their support. Because of your backing, the funding for the program has been extended for another round through Big Island Substance Abuse Program (BISAC). Although more work will be needed to assure funding in the future, for the time being, the residents of the North Kohala House will be able to continue their recovery program in Konea O Kukui Garden.

In Nani Svenson's words, "Kukui was designed to be a sanctuary from the developments, the drugs, the everyday pressures that overwhelmed society. Nine years ago it opened its arms to men from the Kohala Therapeutic Living Home to help them reconnect to Mother Earth, their cultural traditions, their spirituality and ultimately, themselves. The garden continues to serve as part of its original vision."

Thank you North Kohala! Your heart, your generosity, and your spirit heal all of us.

Aloha and a giant mahalo to all those who responded to the call to assist the Kamehameha Maintenance Committee to gather funds to bring conservators Glenn Wharton and Michael Jones back to North Kohala this summer. It has been 10 years since the last restoration, and it is time to have our beloved statue viewed up close and personal by the



—photo by Deborah Winter

Nani Svendsen at her Konea O Kukui Garden for a talk story event in June, 2009

NKCRC Mahalo

professionals.

I need to thank especially our North Kohala Community Resource Center. They are an amazing asset to our community in providing a non-profit umbrella for projects that make our community a better place to be. I am sure most folks do not realize that they too need funds to support their work on our behalf.

Please consider a tax-deductible donation to the NKCRC at Box 519, Hawi, HI 96719. We are so blessed to have them here for us—so if you can, please be there for them! Mahalo for all your generosity and good will!

Sharon Hayden,
Kamehameha Maintenance Committee

Project Grad 2011 Seeks Funding

Project Graduation is an all-night, alcohol- and drug-free event for graduating seniors. This year Kohala High School's Senior Class of 2011 will hold Project Grad 2011 on Saturday, May 21, 2011 until Sunday, May 22, 2011. It will be a night filled with games, entertainment, activities, food and prizes.

The event is not a (DOE) school-sponsored function but is put on entirely by parent volunteers and other community members. The committee is seeking donations and contributions to help

fund this memorable event for Kohala seniors. So far they have held concession stands, car washes, longanisa (sausage) sales, and bake sales. Their next scheduled community fundraising event will be a carwash and bake sale at Kohala Town Center Parking Lot on Sunday, February 13 from 10 a.m. to 2 p.m.

Project Grad is a sponsored project of North Kohala Community Resource Center (NKCRC). Interested residents may send a tax-deductible donation, earmarked for Kohala Project Grad

2011, to the NKCRC, PO Box 519, Hawi, HI 96719. Any support will be greatly appreciated.

This event will be the last opportunity for graduates to celebrate as a class in a safe and drug-free environment. It will be a night of fun, friendship and lasting memories for the Class of 2011. For questions, please contact Cathy at 889-0321.

Mahalo,
Project Grad 2011 Committee

Viewpoint

Information and opinions expressed in viewpoint articles are the responsibility of the author and do not necessarily reflect the position of the News or its staff.

"U Need 2 Know"

Submitted by the North Hawaii Drug-Free Coalition

"Find a job you love and you'll never work a day in your life." —Confucius

What does that mean?

Everyone has something they love to do. (And if you are the kind of person who loves to exercise and eat your vegetables, good for you!) Most of us love to watch TV or surf the net, hang out at

the beach, get together with the 'ohana for a barbecue. Some people love to read or write; some love sports. When you find a way to marry what you love with making a living, then you have cashed in on one of the greatest secrets to success.

What does this have to do with underage drinking and drug use?

Actually, a lot. We already know

that parents talking to kids is the #1 way to help them make smart choices about drugs and alcohol. The #2 deterrent is harder to define, but extremely important. It has to do with a strong "sense of self in the future." A child with a big dream can learn to turn it into a vision, and—with help—make a plan and take early steps towards

See NHDFC, page 16

NKCRC Receives Two Grants

The North Kohala Community Resource Center recently received two grants to help with the construction of the new welcome center (at the resource center) and the restoration of the Kamehameha statue.

The O'Neill Foundation has awarded the Center \$17,750 to complete the retail corner in their new office and create a docent training program to open their new Kohala Welcome Center in North Kohala. The Atherton Family Foundation awarded the Kamehameha Statue Maintenance project \$5,000 to support the restoration of the King Kamehameha Statue in Kapa'au.

Sharon Hayden, community project organizer, has volunteered and overseen the care and restoration of the Statue for almost twenty years. Through Sharon's efforts, a world renowned sculpture conservator, Glenn Wharton, has provided care, training and guidance to keep this treasured statue in excellent condition. Sharon has recently forged an alliance

with the State of Hawaii Commission on King Kamehameha Celebrations. The Commission visited Kohala this past October and has committed to provide support for both maintenance and annual King Kamehameha Day events.

Christine Richardson, Executive Director of the North Kohala Community Resource Center said, "We are grateful for the awards from these grantors who recognize the importance of assisting vital cultural projects as well as the Center's efforts to support a wide range community improvement projects."

The North Kohala Community Resource Center's mission is to increase the number of community improvement projects in North Kohala. They value projects that tend to bring the community more closely together and stimulate volunteerism. NKCRC provides support, education and bridges to funding for over sixty-six community improvement projects. You can visit their website at www.northkohala.org.

Free On-line Math Tutoring at KMS and KHS

Free on-line math tutoring is available for all students enrolled in the Educational Talent Search (ETS) Program. Currently, ETS works with students in grades 6 through 12 in eleven schools on the Big Island, including Kohala Middle and High Schools.

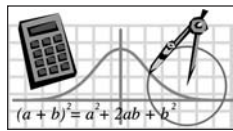
ETS Coordinator, Dr. Arthur Lutes, explains the reason for starting this tutoring. "Two goals of Educational Talent Search are to encourage students to enter college and to help them be prepared to be successful in college or other training after completing high school. Many students need extra help in math to qualify for college level math classes. On-line tutoring is a cost-effective way to help our students."

The on-line services math tutorials follow the lessons that are typically taught in classrooms. Once assigned an access number, a student can pull up tutorials at any grade level. Often a student's progress is hindered due to a

misunderstood concept from previous years. TutoringOne provides a way for a student to master each concept or skill at his or her own pace.

Educational Talent Search is a federally funded grant which operates out of Hawai'i Community College at Kealahou. The ETS Student Services specialists help low-income and first generation students discover interests and abilities that lead them to set goals of going to college. Then the students are provided the help that makes their dream come true. The most recent statistics show that 87.6 percent of the graduating ETS seniors have entered college.

Students may apply for membership in ETS by contacting Duncan Anderson at Kohala Middle and Melody Nietfeld at Kohala High School. For more information students and parents may also contact the Educational Talent Search office at 322-4860.



Kohala Scenic Byways Project Moves Forward

At a January 6 meeting of the Ad Hoc Kohala Scenic Byways Committee, steps were finally taken to move forward with the project. The main stumbling block had been lack of leadership. This was overcome as Scott Bedingfield and Judy Rogers stepped forward to co-chair the project's application process.

There had been debate as to whether it would make sense to postpone further action until next year when more community input could be gathered. However, it was discovered that the next opportunity to apply for the designation with the State Highways Division would not occur until 2013

(as opposed to 2012).

A strong committee of 10 community members has agreed to participate. The committee will hold weekly meetings in order to move the process forward in time for the approaching application deadline. Updates on the process may be found in future issues of the Kohala Mountain News.

Those interested in additional information are welcome to contact either Scott at 896-9006 or Judy at 430-5689. Or, they can go to the web site for the Scenic Byways Program at www.hawaii.gov/dot/highways/scenicbyways. Printed copies of the program may also be seen at the resource center.

Japanese Music Concert at the Library

In honor of the Japanese Cherry Blossom season and Girls' Day Celebration, the "Sakura Musical Ensemble" will perform an evening of Japanese music at the North Kohala Public Library in Kapa'au on Monday, February 28 at 6:30 p.m.

The concert will feature Japanese-influenced music played on piano, flute, and harp. The performers for this special community recital include Annu Shionoya (piano), Motter Snell (harp), and Jean Pierre Thoma (flute).

In performances throughout the Big

Island, the Sakura Musical Ensemble presents a varied repertoire including classical, jazz and ethnic music. The musicians are all professional performers with classical music training and many years of teaching experience. They enjoy engaging audiences of music lovers and students of all ages.

Admission is free, and the entire family is invited to enjoy this unique performance of Japanese music.

Call the library at 889-6655 for additional information or to request special accommodation.

"Local Boyz" Host Softball Tournament

By Tito Pasco

The Local Boyz kupuna softball team hosted a pre-season tournament for teams from around the island at Kamehameha Park the weekend of January 8 and 9. It was the team's first effort at organizing such an event.

Coaches Raymond Vega and Bruno Villacorte would like to thank all the people responsible for this first tournament. Mahalo to: Francis Roxburgh for coordinating the eight participating teams; Steve Nakamura, official umpire for the weekend tournament; the kitchen

crew who worked so hard to provide on food; the community for their support and donations; and to all the Kohala players—from both the Local Boyz and Kohala teams.

The pre-season play gave team members a good workout and a chance to practice and correct some of their errors in anticipation of this year's season. Most of all, players had fun playing with the other teams, seeing acquaintances and making new friendships. The 2011 season will begin February 12.



—photo by Tito Pasco

Jim Trump (left, foreground) and Andrew Perez (right, foreground) wait as Buff Willard (middle, background) steps up to the plate.

Other Local Boyz team members not pictured: Coaches Raymond Vega and Bruno Villacorte, Team Captain Mamerto Macanas, Roy Antonio, Tony Ayoso, Nelson Carvalho, Greg Chilton, Charles

Karratti, Stanley Kumukoa, Steven Maeda, Joe Marquez, Tom Morse, Steve Nakamura, Gus Ogasawara, Tito Pasco, Francis Roxburgh, Leo Williams, Jerry Wilson, and Francis McGough

Kathie Babben
Skin care with 21 years experience

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Next to Aloha Gas Station

The Future of Farming

Story and photo by Dr. Frederick Kennedy

Dr. Jana Bogs and Sustainable Kohala will host an evening presentation on February 13 to discuss a fundamental paradigm shift in farming and gardening—to a focus on growing more “nutrient rich” foods.

Bogs will describe the history which explains how the nutritional value of fruits and vegetables has suffered dramatic losses over the past 60 years due to the influence of big agribusiness. She will show how nutrient density can be regained.

Due to the ‘unsustainable’ practices of agribusiness farming, the nutritional value of fruits and vegetables is much lower than it was early last century. USDA documentation and several scientific studies prove this claim.

Nutrient testing of produce reveals that, in some cases, organic produce has a higher nutritional value. However, this is not a consistent finding, and, unfortunately, sometimes organics have lower

nutrient levels than conventional. An apple can be perfect by organic standards (no bug or weed killers) and yet be significantly lower in nutritional value than a conventionally-grown apple. Soil mineral balance is a critical factor which is often overlooked.



Dr. Jana Bogs

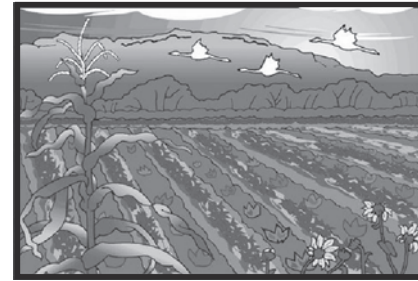
Bogs explains, “In the 1970s, as some people became aware of what big agribusiness was doing to our fundamental sources of nutrition, our fruits, vegetables and grains, the need arose to distinguish healthy

food from plants that were grown expressly for profit margin. That need was filled by establishing standards and practices that would assure food buyers they were not getting pesticides, herbicides, chemicals (such as left-over bomb materials) and, later, genetically modified organisms in their food. It

was a new movement and direction in farming and gardening, and it was called “organic.”

Today’s organic standards and practices tell the farmer/gardener what he/she cannot do, in order to earn the label “organically certified.” The standards and practices are ‘restrictive’ rather than ‘prescriptive.’

Bogs will explain how a new paradigm in gardening and farming is going “beyond organic” to “nutrient rich” standards and practices. This is a perspective that, while it meets and exceeds organic standards, is prescriptive rather than merely restrictive. It looks to see what is needed to optimize the genetic potential of the plant. Rather than telling the farmer/gardener what he/she cannot do, it



prescribes for them what they need to do to grow the very best quality food.

Bogs defines “best” for the consumer as the best tasting, the highest nutritional value, the most appealing and

beautiful; for the merchant as the longest shelf-life and the most desirable product; for the grower as the highest yield, the lowest insect pressure and the most disease resistant; and for the environment as practices which ensure clean air, water and soil.

The February 13 presentation will take place at 7 p.m. at the Kohala Inter-generational Center (KIC) located behind the Hisaoka Gym in Kamehameha Park. The event is free and open to the public. Dr. Jana Bogs is a nutritionist, food scientist, and horticulturist.

Emergency Preparedness Workshop February 26

The Barefoot Doctors’ Academy, a Hawi-based, educational 501 (c) 3 non-profit organization, is coordinating an Emergency Preparedness and Rapid Response Team-Building Meeting for North Kohala. The meeting will be held Saturday, February 26 from 1 to 4 p.m. at a location to be announced. All are welcome.

In big disasters, medical aid is only one of the components needed to bring relief and a return to normalcy. A good resiliency team also includes amateur (ham) radio operators, search and rescue crews, clean water experts, cooks and kitchen help, community organizers, entertainers, counselors, case-workers, chain-saw and bulldozer operators, gardeners and other food suppliers, and plain hard-working folks!

Presenters will include representatives from the American Red Cross, North Kohala Community Emergency Response Team (NK-CERT), the Barefoot Doctors’ Academy, and more. North



Barefoot Doctors’ Academy logo

Kohala also needs the skill and willingness of many other occupations, and so all are encouraged to attend the February 26 meeting.

For more information, leave a message for Dee Anne at 987-7008 and she will return all calls. Interested persons may also visit the Barefoot Doctors’ Academy website at www.barefootdoctorsacademy.com.

Kohala Middle School Junior National Leaders

Over the past several years, Kohala Middle School teachers and administrators have nominated exemplary students to participate in a national program called The Junior National Young Leaders Conference. This year, four Kohala Middle School students have been nominated and invited as alumni to a Junior National Young Leaders Conference in Boston. These students are: Mina Apostadiro, Mikaela Bartsch, Kassie Kometani and Yuki Zbytovsky.

According to the Junior National Young Leaders Conference (JrNYLC) literature, the program helps scholars develop and sharpen their leadership skills by examining the leaders of the past and empowering youth to make a positive social impact in their community and the world. Geared toward looking at leadership through a practical, everyday lens, JrNYLC incorporates a detailed examination of eight leadership traits and focuses on leaders in American history and social advocacy. Distinctive experiences at the conference, hands-on exercises and workshops bring these concepts to life, while students work together to develop action plans that affect change within their homes and communities.

Upon their return from Boston, the students will share their experiences with students at the Kohala schools and with community service organizations in order to encourage other students to become Jr. National Young Leaders.

Once the students are nominated, parents are left with the daunting task of funding their child’s way to the mainland to attend the conference or not having their child attend at all. The JrNYLC program opens eyes and opens doors of possibility for children that have the potential—but perhaps not the economic means—to become future leaders.

For that reason, parents of the nominated students sought the assistance and guidance of the North Kohala Community Resource Center (NKCRC), which has agreed to provide fiscal sponsorship for the project. Tuition for the 6-day conference is \$1,950 per student plus air transportation. Interested community members may contribute to the cost of the students’ trip by sending a tax-deductible donation to the NKCRC, P.O. Box 519, Hawi, HI 96719 with “KMS Young Leaders” in the memo field. For questions, please contact Jacqueline Johnson-Hirt at Kohala Middle School at 889-7119.


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New Artists Exhibiting at the Living Arts Gallery

The Living Arts Gallery in Hawi is a membership gallery, run and staffed by its artist members. The gallery represents over 40 island artists (members and guests) whose work includes contemporary and traditional pieces, such as oil paintings, sculptures, collages, abstract and representational paintings, handmade paper, metal art, ceramics and woodblock prints. All artwork in the gallery is created by residents of the Big Island.

The gallery welcomes new members Maggie Frohmader and Laurie Downey, watercolorists. The two new artist members will be showcasing their work throughout the year in the gallery.

Each watercolor artist has her own special niche and style. Frohmader is a primitive symbolist, and her watercolors capture the playful spirit of North Kohala architecture. Her watercolors are fresh and whimsical.

Frohmader is well-known and respected for her drawings and watercolors of the vintage plantation-style

architecture of North Kohala's buildings, as well as her amazing miniature dollhouses. She often starts with a watercolor painting of a building and then creates a miniature replica, followed on occasion by soft sculpture people to go in the replicas.

She had an original watercolor show in Hawi in 2006 titled, "That was Then, This is Now," which featured the changing architecture of North Kohala. She has won awards for her artwork in the Trash Bash Art Show, in which she fashioned a house out of

cassette tape boxes and other refuse. She also created a costume for the Trash Bash Fashion Show.

Frohmader is a graduate of the Cornish School of Allied Arts in Seattle, WA and has a B.A. in Art Education from Glassboro College, NJ. She has taught art to children through mixed media and theater production. This

past summer she taught and designed costumes for the Dragonfly Theater Camp.

Laurie Downey enjoys painting exotic tropical flowers, often on striking black backgrounds. Her watercolors are delicate, detailed and representational. She also paints Hawaiian coastal images, scenes from her time in California and from photographs which she takes while traveling.

Laurie grew up on the beaches of southern California and has been involved in the arts since her youth. She has a B.A. from the University of California and has lived and studied in Europe. Laurie has exhibited in shows in California in both jewelry design

and as a painter. She now divides her time between her home here on the Big Island and her home in southern California. She has been a member of the Laguna North Artists Cooperative for the past fifteen years and enjoys exhibiting her work there as well as here in Hawaii.

The Living Arts Gallery has room for additional artist members and is currently accepting applications for membership, especially in the areas of glass, functional art, or any media not yet represented in the gallery. Please feel free to come by the gallery, Monday through Saturday from 10:30 a.m. to 5:30 p.m. or call 889-0739 for more information.



Laurie Downey creates beautiful images of tropical flowers.

RMD Kohala/Waimea's Upcoming Events

Ryukyukoku Matsuri Daiko (RMD Taiko Drumming) Kohala/Waimea has been keeping very busy and has a number of exciting upcoming events to announce to the Kohala community.

The RMD K/W chapter has been invited by RMD Hawai'i (on O'ahu) to celebrate their 15th anniversary in Hawai'i. All island chapters will perform a concert on O'ahu at the Neal Blaisdell Concert Hall on Sunday, June 19, 2011, with a banquet the day prior. This event, previously set for March 2012, has been moved ahead one year.

The popular Okinawan singer Hidekatsu will be a featured guest, along with other performers. Hidekatsu sings several of RMD Kohala/Waimea's taiko songs. The RMD K/W chapter is raising monies to attend this once in a lifetime event for 20 of our youth and adult drummers.

RMD K/W would like to thank the Kohala community for helping it with its HI-5 recycling fundraiser. The chapter is responsible for the January-February 2011 collection in

Hawi. Members humbly request that the community continue to drop off its donated HI-5 items at the recycle station near the transfer station.

RMD K/W members are also selling tickets for a delicious "Two Ladies Kitchen" mochi in celebration of Girls' Day, which will be March 3. Mochi pickup will be the day before (Wednesday, March 2) at the Hawi Jodo Mission from 4 to 6 p.m. Waimea members will arrange deliveries in Waimea.

RMD K/W will also be performing February 5 at the Cherry Blossom Festival in Waimea. The event will be held at Parker School's outdoor stage area, and RMD K/W will be performing at 9:30 and 10:30 a.m. The drumming group will be accompanied by its head instructor from O'ahu, Melissa Ching and her husband, Jonathan Loomis.

RMD Kohala is a sponsored project of the North Kohala Community Resource Center (NKCRC). Donations may be made to the NKCRC, noting "RMD Kohala" in the check memo. For questions, contact Kathy Matsuda at 889-5801.



Maggie Frohmader is known for her exquisite watercolors of vintage buildings.



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RMD Kohala/Waimea posed in front of Diamond Head while they were on O'ahu for the Okinawa Festival in September 2010.

Tourism in Kohala, Part 1: Ecotourism

Story and photos by Jenna Vega

Tourism: It impacts the lives of North Kohala resident on a daily basis—even if for no other reason than finding parking on main street Hawi or trying to get around people stopped in front of the Kamehameha statue.

Twenty years ago, there was essentially no noticeable tourism on the northern tip of the Big Island. Today, things are very different. During January, February and March the Big Island will welcome about 125,000 visitors each month. Hawi typically sees about 10 to 12 percent or 12,500-14,400 of this number, which amounts to over 150,000 visitors each year. This breaks down to 3 to 4,000 visitors each week, or around 500 people a day. Most of these arrive in cars, and at an average of two per car, that's 250 "tourist" cars a day driving the streets of North Kohala!

Kohala Mountain News set out to explore tourism and how it affects our local community—to be literally "a tourist for a day." Our hope is to present readers with facts about the industry that has rivaled construction in the last few years as the largest segment of our local employment and to share the thoughts and impressions of tourists themselves.

This article is the first in a series of three. Featured within this first segment are four "ecotourism" activities that draw tourists to North Kohala: the newly re-opened Kohala Ditch Adventures, Big Island Eco Adventures, ATV Outfitters Hawaii, and Pololu Valley. Future reports will focus on restaurants/eateries and small shops/boutiques.

What is "ecotourism"? Merriam-Webster defines it as "the practice of touring natural habitats in a manner meant to minimize ecological impact." According to Wikipedia authors, ecotourism's purpose is to "directly benefit the economic development and empowerment of the local community, fostering respect for different cultures."

Kohala Ditch Adventures

Kohala Ditch Adventures re-opened the Kohala Ditch (formerly "Flumin' Da Ditch") to adventure seekers on January 10 of this year. Five Australian tourists were the first to officially ride the new

will be followed by a grand opening blessing in February.

The new Kohala Ditch Adventures is operated by Bill and Sandie Wong, also owners of ATV Outfitters Hawaii. Together with ATV Outfitters, the Wongs



Jenna and Jay Vega (l to r) ride the inaugural Kohala Ditch Adventures tour of the newly re-opened Kohala Ditch.

employ about 30 Kohala residents, all of whom are trained to lead tours in either business.

About six months ago, Surety Kohala Corporation, which manages the ditch, asked the Wongs if they would be interested in re-opening and running the famed ecotourism activity. The Wongs accepted their offer. Bill Wong explains, "Kohala ditch water brought life to our community for 100 years. Today, it brings life again because of the jobs it can generate and because it provides much-needed water to farmers, ranchers, and agriculturalists."

Between 1904 and 1906, six hundred Japanese workers labored for 18 months to build the 22-mile long ditch from Honokane Stream (atop Honokane Valley, the next valley "in" from Pololu) to Hikapoloa near Upolu Point/Airport. There are over 56 tunnels and just as many flumes. The original cost to build the ditch in 1906 was \$695,000. To fix the damage from the 2006 earthquake, the cost was nearly \$6 million!

"There are many people responsible for the ditch being open again," says Wong. "Surety Kohala Corporation, Kamehameha Schools (KBSE), AT&T, State Senator Daniel Inouye (who petitioned the Department of Agriculture for funding), the Kohala Ditch Steering Committee, and Civil Defense were all instrumental in its repair and re-opening."

At the peak of operation, "Flumin' Da Ditch" had 22,000 guests who "rode the ditch" annually. The Wongs hope to see 24,000

people take part in both Kohala Ditch Adventures and ATV Outfitters Hawaii this year.

According to our KMN reporter, the ditch tour itself begins with a ride up Kohala Mountain in a six-wheel Swiss Army "Pinzgauer." Upon arriving at the ditch, eco-adventurists cross a newly constructed 130-foot bridge over one of the original 40-foot redwood flumes. Then, guests board kayaks and set out upon the 2½ mile adventure ride through seven flumes and 10 tunnels. The tour finishes high above Hala'ula, and guests are shuttled back to the company's base camp on ATV.

Taking part in one of the first ditch tours since 2006 was truly a part of history. Guide Bernelle "Tidah" Camara told stories about the ditch that made riders feel as though they were adventurers in a different time

and place. One rider explained, "I would say the experience for me is as much a fascinating history of this part of the Big Island as it is a peaceful and serene ride. I intend to take my 12-year-old granddaughter when she comes to visit next month." Another rider shared, "It's one of the best things we've done in Hawaii!"

For a limited time, Kohala Ditch Adventures is offering a kama'aina rate of \$65 for all North Kohala residents. "We want locals to be able to view the ditch and learn the history," states Wong. "We plan a grand opening blessing for sometime in February."

Kohala Ditch Adventures office (located in the ATV Outfitters building at Hala'ula) is open for tours from 7:30 a.m. to 4 p.m., Monday through Saturday. They are currently offering

one tour in the morning and one in the afternoon. Call 889-6000 for questions or reservations.

Big Island Eco Adventures

Big Island Eco Adventures (BIEA Ohana, LLC), known by many as "the zip line," opened in 2008. BIEA proudly reports that they were first to open a zip line on the Big Island, though several others have opened since.

Together with the Kohala Village Inn and Luke's Place, owners Randy and Elisa Andrews employ nearly 60 local residents, 30 of whom work for the BIEA zip line. According to an April 2010 KMN article, a quick survey of four other businesses in Hawi showed that three of the four say they've seen a significant increase in business since BIEA moved to Hawi in mid-2009 from their former location at Hala'ula.

According to BIEA (stats), their business takes up to nine tours daily, serving 90 adventure-seeking customers on a daily basis. This computes to 630 each week and roughly 2,520 each month.



A Big Island Eco Adventures guest flies over lush green valleys on one of the tour's eight zip lines.

Accounting for the "slow season," they report serving 25,000-30,000 customers each year. Surprisingly, manager Ha'a Neves reports that, "Even through the high season, kama'aina make up 20 to 30 percent of the tours. In the low season, you can expect up to 60 percent kama'aina!" Defying high season statis-

See Ecotourism, page 9



Bill Wong talks story with Sydney (left) and Savannah Cochran about the historic Kohala Ditch.

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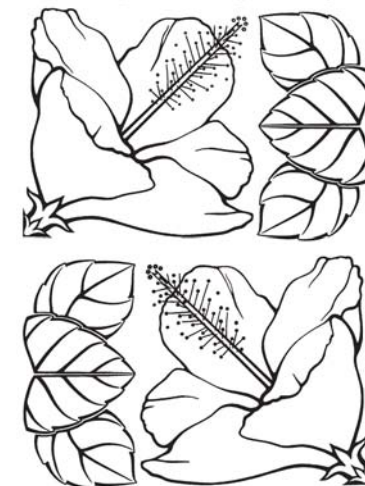
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Ecotourism, Continued from page 8
tics, KMN's tour was comprised of eight kama'aina and four tourists, three of whom visit the Big Island regularly.

The BIEA experience begins with a 30 minute ride in a 6-wheel Swiss Army



Kohala native Jay Vega walks across BIEA's hand-carved suspension bridge.

Pinzgauer - the ones that locals see riding through town every day. The mostly off-road, uphill ride is followed by the main attraction: eight zip lines, each one increasing in length, height, and "scarieness factor," as well as a walk over two deep valleys on BIEA's bridges. These bridges and zip lines take guests high above tropical rain forests and waterfalls with height and speed adding an element of danger to the adventure.

KMN's "tourist" agrees with BIEA's literature, which describes the experience of flying over lush greenery and scenic waterfalls as "exhilarating." The other 10 participants on the tour had smiles on their faces, and all agreed that the adventure is a "must try" for island visitors.

According to one honeymooner

from Sacramento, CA, he came to North Kohala for the zip line tour as well as Wayforward Aviation's flight over Pololu Valley and Paniolo Adventures. He said, "My new wife should have joined me. It was an awesome experience!"

Three people vacationing from Colorado said they were drawn to North Kohala and the zip line because of their love for outdoor adventure. BIEA's zip lines "definitely lived up to our adventure expectations," one reported.

Big Island Eco Adventures is open seven days a week and runs tours every hour on the hour from 8 a.m. to 2 p.m. with additional tours at 1:30 p.m. and 2:30 p.m. Kama'aina rates are \$149 + tax. Advance reservations are required. For questions, call 889-5111.

ATV Outfitters Hawaii

ATV Outfitters Hawaii is one of the original ecotourism activities in North Kohala. It was opened 13 years ago by owners Bill and Sandie Wong. From very humble beginnings, the Wongs have built a successful business that continues to grow, as evidenced by their recent addition of the Kohala Ditch Adventures.

When they opened in 1997, the Wongs rented a small room in the old Sakamoto building in Kapa'au where they ran tours of the old Kohala railroad tracks via Kamehameha Park.

Sandie would take guests from their office to the park in the Wongs' minivan, and Bill would greet them at the park with the ATVs. Bill Wong even recalls the first person that he took on tour. "His name was Doug from Akron, Ohio. He was my only guest on that tour."

Wong says that taking people out on the old Kohala railroad tours was like sharing some of his "heart and soul" because of his family's history with the railroads. He explains, "My great grandfather came to Kohala from Quatung, China, to build the railway in 1872. My father took apart the railway in 1950, and there I was on the tracks in 1997 telling people about the history here."

In the beginning, ATV Outfitters ran three tours each day, seven days a

week. Today, they run three in the morning and three in the afternoon in the high season and, during the low season, two in the morning and two in the afternoon. Wong explains, "In a good year, we see about 15,000 guests. With today's economy, numbers vary year to year. People are just spending differently." Wong estimates that roughly 85 percent of their guests are tourists and about 15 percent are local residents.

Tours today are much different than the original railroad tours. Today, rides begin at ATV Outfitters' base camp at Hala'ula and run up Kohala Mountain to a couple of beautiful and secluded waterfalls, where participants stop and hike around for a short while. The deluxe tour also takes guests down to the ocean with a stop at "Keawa'e Bay" to a rocky beach across the bay from Kauhola Point, known to most as "Lighthouse." It offers a magnificent view of the point and lighthouse. The tour culminates with a climb of 2,000 feet up Kohala Mountain at an 85-foot waterfall where guests are able to swim in the cool waters.

The 22-mile ride goes through privately owned land that, as tour guide Darryl Kapeliela points out, "most people who live here never get to see!" On all three adventure tours, our KMN reporter certainly felt that she had been missing out on much of the beauty that North Kohala has to offer!

Tour participant Mike, a condo owner at Mauna Lani who visits the Big Island twice a year from his home in San Diego, had a few things to share with our reporter. "All in all, this is a one-of-a-kind way to experience not only the place, but the history of Kohala. I've done other adventure tours in Kohala, but this is my first time doing it on an ATV." The frequent visitor, who first



Mike Duckor of San Diego sits on his ATV during his ATV Outfitters tour of North Kohala.

came to our community years ago to dine at Bamboo Restaurant, has found many treasures in our towns. He reports that he always encourages the tourists and condo owners that he meets at the South Kohala resorts to come up and visit North Kohala.

ATV Outfitters Hawaii runs tours from

7:30 a.m. to 4 p.m. Monday through Saturday. Their kama'aina rate for the Deluxe Tour (which includes Keawa'e Bay) costs \$199 + tax. The 15-mile "Waterfall" Tour costs \$149 + tax. Call 889-6000 for questions.

Pololu Valley

The final ecotourism adventure was free and self-guided, though it's certainly as beautiful and scenic as the rest. While most Kohala residents have driven to the Pololu Valley lookout—and most have probably hiked down the moderately challenging one-




Duckor poses in front of the 85-foot Puwaiole waterfall during his ATV tour.

mile descent to the valley floor—KMN set out to ask tourists their impressions.

For many, the zigzag hike down is only the start to a great adventure on the beach or further into the valley. At the bottom, the black sand beach, surfing, lush greenery, and soothing sound of the pounding waves gives rest before the 30 minute hike back uphill.

Before Europeans arrived on the islands in 1778, Pololu Valley was used by Hawaiians for taro farming. In the 1800s, rice farming was also introduced. However, most farming ceased with the construction of the Kohala Ditch in the early 1900s. Today, Pololu is one of North Kohala's many places of beauty and outdoor adventure.

See Ecotourism, page 16




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| Taco Bell Taco Seasoning Mix, 1.25 oz. | 2/1 ⁷⁵ |
| Taco Bell Taco Sauce, 10 oz. | 1 ⁶⁹ |
| Powerade, 32 oz. | 10/8 ⁰⁰ |
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| Herdez Hispanic condiments, 16 oz. | 2 ⁹⁹ |
| Koyo Rice Cakes, 6 oz. | 3 ¹⁹ |
| RW Knudsen Simply Nutritious, 32 oz. | 3 ⁵⁹ |
| Tasty Bite Indian Entrees, 10 oz. | 2 ⁹⁹ |












Dairy

| | |
|---|-------------------|
| Meadow Gold Yogurts, 6 oz. | 2/1 ⁸⁹ |
| Meadow Gold Nectars, 1/2 gal. | 2 ⁰⁹ |
| Meadow Gold Ice Cream Bars, assorted, 6 pk. | 2 ⁵⁹ |
| Horizon Organic Milk, 64 oz. | 5 ⁴⁹ |
| Big Island Poultry Grade A Large Eggs, Mainland Shell Protected, per dozen | 2 ¹⁹ |

Meats

| | |
|---|-----------------|
| USDA Boneless Chuck Steak, per lb. | 4 ⁵⁹ |
| Island Range Fed Boneless Top Sirloin Steak, per lb. | 5 ⁶⁹ |
| Foster Farm Value Pack Chicken Thighs, per lb. | 1 ⁸⁹ |
| Frozen Pork Butt, Bone In, per lb. | 1 ⁵⁵ |

SALE PRICES GOOD FEBRUARY 2 THRU FEBRUARY 15

| | | | | | |
|--|--|---|--|--|--|
|  Roman Meal Bread All Types 24 oz. 4 ³⁹ |  LOVE'S Kid's Choice Bread 24 oz. 3 ⁶⁹ | LKK Oyster Sauce 17 oz. 1 ³⁹ | Mae Ploy Sweet Chili Sauce 10 oz. 1 ⁴⁹ | Pepsi 24-pk. cans All Types 9 ⁴⁹ |  Pepsi 2-liter Bottle 1 ⁸⁹ |
|  Oscar Mayer Turkey Franks 16 oz. 4/5 ⁰⁰ |  Oscar Mayer Deli Shave or Carving Board Meats 7.5 - 10 oz 2/6 ⁰⁰ | Kikoman Soy Sauce 40 oz. 4 ⁹⁹ | Kikoman Miso Soup 1 ⁹⁹ .63 - 1.4 oz. | Nabisco Snack Saks All Types 8 oz. 2 ²⁹ |  Nabisco Nutter Butter Paties or Oreo Cookies 10.5 - 16.6 oz. 3 ⁹⁹ |
|  Oscar Mayer Turkey Variety/Chicken Strips Pack 6 - 12 oz 2/5 ⁰⁰ |  Kraft Shredded or Chunk Cheese All Types 2 ⁹⁹ 8 oz. | Dynasty Chow Funn 1 ⁷⁹ 20 oz. | Hi Chew Candy Bag 1 ⁵⁹ 3.5 oz. |  Haagen Dazs Bars or Ice Cream 14 oz. or 3 ct. 3 ¹⁹ |  Dreyer's Ice Cream 48 oz. 4 ³⁹ |
| Oscar Mayer Bacon All Types 16 oz. 3 ⁹⁹ |  Philadelphia Brick Cream Cheese reg or 1/3 less fat 2/5 ⁰⁰ 8 oz. | Palm Cornbeef 11.5oz. 4 ²⁹ | Trader's Choice Dried Shrimp 1 oz. 3 ⁰⁹ | Always Maxi Pads 14 - 24 ct. 3 ⁸⁹ | Johnson & Johnson Baby Shampoo 13 - 15 oz. 3 ⁶⁹ |
| Frank's Foods Frankfurters 16 oz. 3 ²⁹ | Tombstone Pizza 21 - 29 oz. 4 ⁹⁹ | Edelweiss Dressing 12 oz. 3 ³⁹ | Shelly Senbei 5.3 oz. 1 ⁸⁹ | Secret Deodorant 2 ¹⁹ 1.6 oz.. | Tylenol Caplets or EZ Tabs 3 ⁷⁹ 24 ct. |
| Frank's Foods Portuguese Sausage 12 oz. 3 ²⁹ | Flavor Pac Frozen Blueberries 16 oz. 4 ³⁹ | Laguna Asian Fruit 12 oz. 2 ²⁹ | Cock Mungo Beans 14 oz. 3 ⁶⁹ | Fougera Hydrocortisone Cream, 0.5% 1 ⁷⁹ 1 oz. | Anbesol .25 oz. gel .4 oz. liquid 4 ⁸⁹ |

Freezer/Deli

| | |
|---|-------------------|
| Darigold Butter, 16 oz. | 4 ²⁹ |
| Pillsbury Buttermilk Biscuits, 7.5 oz. | 2/1 ³⁹ |
| Athenos Feta Cheese, 8 oz. | 3 ⁷⁹ |
| Yoplait Yogurt, 4 - 6 oz. | 2/1 ⁵⁹ |
| Digiorno Shredded Parmesan, 6 oz. | 3 ²⁹ |
| Bays English Muffins, 6 ct. | 2 ⁸⁹ |
| Hormel Ham Patty, 12 oz. | 2 ⁶⁹ |
| Kraft Singles, assorted, 10 - 12 oz. | 2 ⁹⁹ |
| Amy Bowls, 9.5 oz. | 4 ³⁹ |
| Bailey Ground Pork, 16 oz. | 2 ⁶⁹ |
| Cyrus O'Leary Banana, Chocolate or Lemon Pie, 29 - 30 oz. | 7 ²⁹ |
| Farmer John Pork Links, 8 oz. | 1 ⁶⁹ |
| Challenge Whipped Butter, 8 oz. | 2 ⁵⁹ |
| Louis Rich Ground Turkey, 16 oz. | 3/4 ⁷⁹ |
| Menlo Lumpia Wrapper, 16 oz. | 2 ⁷⁹ |
| Morning Star Grillers, Patties, Strips, Links, 5 - 9 oz. | 4 ¹⁹ |
| Frozen White Crab Sections, 2.2 lb. | 7 ⁹⁹ |
| Frozen IQF EZ Peel Shrimp, 31 - 40 ct. | 10 ⁴⁹ |
| Frozen Mussels, 1/2 shell, 2 lb. | 7 ⁹⁹ |
| Sea Wave Squid, 3 lb. | 7 ⁵⁹ |
| Frozen Mahi Mahi Fillets, 2 lb. | 8 ⁹⁹ |
| Inland French Fries, 32 oz. | 3 ¹⁹ |
| Wes Pac Vegetables, select types, 16 oz. | 1 ⁷⁹ |
| Tasty Bird Gizzards and Livers, 1 lb. | 2 ⁴⁹ |
| Saralee Pound Cake, 10.75 oz. | 3 ⁵⁹ |
| Tyson Party Wings, 5 lb. | 14 ⁷⁹ |
| Tyson Boneless, Skinless Thighs, 40 oz. | 7 ⁴⁹ |
| Tyson Tenderloins, 40 oz. | 8 ⁵⁹ |
| Villa Roma Italian Sausage, 16 oz. | 4 ²⁹ |

Produce

| | |
|--------------------------|-----------------|
| Carrots, loose, per lb. | 99¢ |
| Potatoes, loose, per lb. | 79¢ |
| Oranges per lb. | 1 ⁴⁹ |
| Amano Kamoboko, 6 oz. | 1 ⁹⁹ |

Non Foods

| | |
|---|-------------------|
| Angel Soft Double Roll Bath Tissue, 6 ct. | 4 ³⁹ |
| Sparkle Single Roll Paper Towel | 2/2 ³⁹ |
| Fitti Diapers, Jumbo Pack, 26 - 40 ct. | 8 ⁹⁹ |
| Glade Aerosol, 9oz. | 1 ³⁹ |
| Raid Ant Spray, 17.5 oz. | 3 ⁷⁹ |
| Kingsford Match Light Charcoal, 6.7 lb. | 7 ⁹⁹ |
| Springfield Foam Plates, 50 ct. | 2 ²⁹ |
| Sunsations Dish Liquid, 25 oz. | 1 ⁵⁹ |
| Sunburst Liquid Detergent, 117 oz. | 6 ⁴⁹ |
| Snuggle Fabric softener, 64 oz. | 4 ²⁹ |
| Western Family Napkins, 360 ct. | 2 ⁹⁹ |
| Western Family Bleach, 96 oz. | 2 ⁹⁹ |

Beer/Wine/Liquor

| | |
|--|------------------|
| Corona, 12 pk., bottles | 14 ⁹⁹ |
| Steinlager, 12 pk., bottles | 11 ⁹⁹ |
| Heineken, 12 pk., bottles | 15 ⁹⁹ |
| Coors, 30 pk., cans | 24 ⁹⁹ |
| Natural Beer, 24 pk., cans | 15 ⁹⁹ |
| Becks, 12 pk., bottles | 11 ⁹⁹ |
| Budweiser, 18 pk., bottles | 15 ¹⁹ |
| Fetzer Wine, 750 ml. | 6 ¹⁹ |
| Yellowtail Wine, 750 ml. | 5 ⁹⁹ |
| Kendall Jackson Cab., Merlot, Pinot, 750 ml. | 15 ⁹⁹ |
| Sutter Home Wine, 750 ml. | 4 ⁹⁹ |
| Jim Beam, 750 ml. | 10 ⁹⁹ |
| Jose Cuervo Tequila, 750 ml. | 13 ⁹⁹ |
| Crown Royal, 750 ml. | 19 ⁹⁹ |
| Smirnoff Vodka, 750 ml. | 11 ⁹⁹ |
| Bacardi Rum, 750 ml. | 11 ⁷⁹ |
| Karkov Vodka, 750 ml. | 12 ⁹⁹ |

Build It, They Will Fly!

The Hawai'i Wildlife Center continues to raise funds and awareness for the construction of their new building at Hala'ula, near Kohala Middle School. Once completed, the center will be the first state-of-the-art wildlife emergency response, treatment, research, and educational facility for the Pacific Islands region. Despite the construction, the HWC is already involving Kohala community and school groups through education and awareness.

Phase I of the Hawai'i Wildlife Center building construction was completed in October, 2010.

There now stands a beautiful building with a weatherproof and secure exterior

and a fully framed interior ready for final mechanical, electrical, and finishing tasks. Phase I included all site grading and underground drainage, underground utilities, septic system installation, drive-

way and parking lot curbing, planters and paving, as well as the building shell itself.

The HWC is confident that donors will appreciate how well this construction project has been and will continue to be managed. It is also proud to announce that this first phase of construction was achieved with a savings of more than \$100,000 due to efforts of the Board of Directors, design team, general contractor, subcontractors, and material donations and discounts from vendors.

The center has kicked off the Phase II fundraising campaign, "Build It, They Will Fly!" to raise the \$300,000 needed

to complete construction of the interior of the building, inclusive of the utilities, equipment, ventilation, interior doors

See HWC, page 14



Kohala Cub Scouts Elijah Cordeiro (with rake), Oscar Culp (left) and Hokani Maria (pulling weeds) have fun preparing planters at the HWC for native plants on January 21.



Kohala Cub Scouts pose together in front of the Hawai'i Wildlife Center during their work day. In the front row (l. to r.) are Oscar Culp, Kohani Maria, Elijah Cordeiro, and Jazz Francisco. In the back row (l. to r.) are Curtni Maria, troop leader Olivia Culp, and Kayli Cordeiro.

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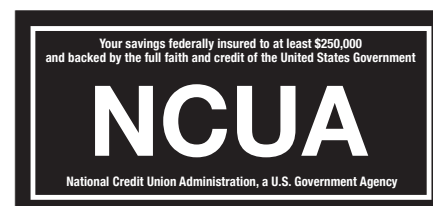
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Kohala's Feral Cats

A herd of cats mingles in the early morning shade of the keawe forest, some rubbing against the gray trunks while others perch on curved limbs, licking their paws, sweeping them wet across checkered faces while glancing occasionally with feline nonchalance down the trail where Norman Fojtasek pulls a cart heavy with food and water.

The stray cats of this area have friends. For the past eleven years, advoCATS Inc. has organized daily feedings for the feral cats of the Kohala Coast. AdvoCATS is primarily operated by volunteers like Fojtasek.

"As of the end of last year, we've documented 9,574 cats in our region," says Cathy Swedelius, president of advoCATS in Kona.

In addition to the feedings, regular workshops feature volunteer veterinarians who provide feline services that include spay and neutering, vaccinations, ear cleaning for mites, lotions, flea treatments and de-worming. "We can do 80 to 150 cats in a one-day workshop," Swedelius says. The organization has been responsible for spaying or neutering 9,518 cats on the island since 1999, according to their website, advocatshawaii.org.

Fojtasek has been volunteering with advoCATS for three years. He moved to the Big Island in 1989 from Dallas, Texas. At 69, he's frisky and attributes his good health to a lifetime of judo and a "handful of supplements" he takes every morning. He's been involved with a number of local organizations but seems content with advoCATS.

He pulls the cart across a rocky trail. "See that one?" He points to a calico. "She got dropped off about a week ago. I was going to give her to a friend, but she went wild fast. It doesn't take long for them to go feral, and once they're wild it's hard to get it out of them."

Most of the cats in the area where Fojtasek feeds have been dropped off. "Seems to be more of that here lately," he says. "People can't afford 'em."

Across the way and higher up the hill, Janet Mello unstraps a jug of water from her cart. She's been feeding the cats for seven years.

"They all have names," she says. "There's Boots—he's an old timer." Boots lifts his chin up then looks out toward the ocean.

But not everyone is for feeding the feral cats.

"I had a guy follow me around last year as I was feeding," Fojtasek said. "Kept asking me 'why' and telling me 'there are too many cats already.' Finally I told him he needs to be more concerned about his own problems."

Linus, a grower from Humboldt, CA who comes to Hawaii every winter, sits at a picnic table and watches for whales as the pounding surf sprays in the foreground.

"All these cats are disgusting," he says. "I'm going to start a petition."

There's too many of them. The place reeks of cat urine—you should be here when the wind isn't blowing. Flies like you wouldn't believe. Cat fights all night long. Hell, a fellow can hardly get any sleep around here. This used to be a great park but now it's a zoo."

Linus takes a breath and leans back. "I watch these guys come in every morning and feed them. I say shoot the cats and throw them in the sea."

Janet Mello points out that the people who bear a big part of the responsibility for the burgeoning cat population are the ones who keep dumping unwanted animals at the parks. "The spay/neuter program works if only people would stop abandoning their animals there," she says.

She also notes that dogs and even people contribute to the fly problem, but no one complains about them. "I clean up after the cats."

Some of the people who camp in the area like the idea of feeding the



Norman Fojtasek provides food and water for a number of Kohala's feral and stray cats.

local felines. Janet recently received a donation from a camper who was happy to support the effort, and other campers help feed or even trap cats for the spay/neuter program.

A thin white cat stares from the black rip rap along the shore, then turns, jumps across the rocks and disappears into the keawe forest.

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Weekly Events for February

- | | |
|------|--|
| Mon | 8:30 – 10:30 am, Tutu & Me Preschool, also Wed., KIC, 884-5838. |
| Mon | 9:00 – 11:30 am, Kohala Senior Citizens mtg, Senior Center, 889-0747. |
| Mon | 12:30 – 7:30 pm, Women's Fitness, Hisaoka Gym, Mon-Thu, 889-6505. |
| Mon | 1:30 – 3:30 pm, Stretch-ability Class, M-F, all ages, bring mats, Gym, 889-6506. |
| Mon | 6:00 – 7:00 pm, Karate Class, also Wed., Gym Aerobics Rm, 889-1828. |
| Mon | 6:15 – 8:00 pm, Ballroom Dancing, KIC, Beginners 6:15, Intermed. 7:15. |
| Mon | 7:00 – 8:00 pm, Al-Anon Mtg., St. Augustine's Walker Hall basement, 884-5833. |
| Mon. | 7:00 – 8:00 pm, Jujitsu Class, Hisaoka Aerobics Rm., also Wed/Fri. |
| Tue | 10:30 – 3:30 pm, Treasures Helping-Hand Store, Assembly of God Church, Hawi Rd. |
| Tue | 12:00 – 5:30 pm, Hawi Recycling & Reuse Center, also Wed & Thu, Stefani, 854-4015. |
| Tue | 6:00 pm, Ultimate Frisbee, Kamehameha Park football field. |
| Tue | 6:00 pm, Zumba, Hawi Gym, Sheila Kinzer. |
| Tue | 7:00 – 9:00 pm, No. Kohala Community Chorus, St. Augustine's Walker Hall, Karen, 884-5565. |
| Tue | 7:30 – 8:30 pm, Kick Boxing for Adults, Hisaoka Aerobics Rm, also Thu. |
| Wed | 12:00 – 3:30 pm, Thrift Shop, St. Augustine's, 889-1144. |
| Wed | 3:00 – 5:00 pm, Free confidential pregnancy tests/counseling, Pregnancy Center, Iole Rd, also by appt., 889-0507. |
| Wed | 4:00 – 5:00 pm, Chess Club, Kenji's, grades K-12, Susan, 889-5604. |
| Wed | 5:00 – 7:00 pm, Kohala Community Video Instruction, KHS music rm., Donna, 889-7117. |
| Wed | 6:00 – 8:00 pm, Open Volleyball, Hisaoka Gym, 889-6505. |
| Wed | 7:00 – 8:00 pm, AA Meeting, Wylie Hall, 329-1212. |
| Thu | 10:00 – 11:00 am, Home School Thurs., ages 6-12, (3 rd , 17 th), Library. |
| Thu | 4:00 – 6:00 pm, Thrift Shop, St. Augustine's, 889-1144. |
| Thu | 5:30 – 7:30 pm, Karate-Do, Hisaoka Gym, ages 5 - adult, Maria Lineker, 889-1828. |
| Fri | 10:00 – 11:00 am, Story Time for 2-5 yr. olds, Library, 889-6655. |
| Fri | 3:00 – 4:00 pm, Reading Am. Classics, high school, Kenji's, Kristin, 889-5815. |
| Fri | 4:15 – 5:30 pm, Board Games for Brains, Kenji's, age 8-12, Susan, 889-5604. |
| Sat | 7:30 am – 1 pm, Farmer's Market, Hawi banyans, \$5/space, Rick, 889-0889. |
| Sat | 8:30 – 11:00 am, Taiko Drumming Class, RMD Hawaii Kohala, KIC, 8:30 am: beginners, 9 – 10 am: children, 10 - 11 am: adv. teens/adults, free, covered shoes, bring water, 889-5801. |
| Sat | 6:00 – 7:00 pm, Narcotics Anon. Mtg., Kohala Family Center, 896-6037. |

KMN is Always Looking for New Writers

The Kohala Mountain News encourages readers to submit photos, news articles, features and opinion pieces for publication. If you want to submit something for publication, here are some guidelines to consider:

- When you have an idea, send us an email with your thoughts and ideas and we'll get back to you to make sure that space is available. Call 557-2396 if electronic communication is not possible.
- Try to keep your submission to less than 400 words. Anything longer stands less of a chance of being published.
- Please understand that submissions may be edited to meet journalistic standards.
- All published articles will be accompanied by the author's name.
- Written submissions should be prepared in Microsoft Word and submitted as an e-mail attachment to kmneditor@gmail.com.
- We love photos. If you have a photo to accompany your story, you may submit it as an e-mail attachment.
- Please be sure to identify any people in your pictures and, if you can, write a caption to accompany each picture. We'd like to have the photographer's name, too.

So think about it. Writing for the Kohala Mountain News can be fun. Sorry, but we're an all-volunteer organization, so we can't pay for submissions.

Fish Farm Permits

As announced in the second public meeting on the issue, the proposed Hawaii Oceanic Technologies, Inc. (HOT) Kohala fish farm project developers have modified their proposal. HOT now plans to begin with a pilot project consisting of the temporary (up to 13-month) deployment of a conventional floating pen, prior to their originally planned deployment of a single sunken sphere (also for about 13 months), followed by the addition

of more spheres.

The public is urged to continue to call for public hearings and "transparency in this process," according to the Pono Aquaculture Alliance website. To date, only one publicly announced public hearing has been held.

For an explanation of the permit process and a list of permits and the entities in charge of them, please visit the following website: <http://pono-aqua.org/?p=175>.

New Officer Shiroma

The North Kohala Police Department welcomes a new officer to our community, Officer Neil Shiroma. Neil just transferred to North Kohala from the Kona district after spending 10 years as a patrol officer there. Officer Shiroma joined the police department in 1999 and was assigned to the Kona district following his training in 2000. He says that he transferred to Kohala because he has heard that Kohala has such a wonderful community and wanted to help the people that live here.

As a member of the National Guard, Officer Shiroma served two tours of duty in Iraq. He retired from the U.S. military after 21 years of service to his country; he is now serving Hawai'i county as a police officer.

Neil was born and raised in Hilo and has no family in North Kohala. He now lives in the Waikoloa area and commutes to North Kohala daily.

Officer Neil Shiroma would appreciate it if residents would stop to talk with him about things that could help to make this community a safer place.



New North Kohala Police Officer Neil Shiroma

HWC, continued from page 12

and windows, finishes, and the Recovery Yard. This next phase is estimated to be completed over four to five months.

The Kohala community continues to be involved with the HWC's goal of completing the building. This past January, Kohala Cub Scouts and their families, led by troop leader Olivia Culp, helped with the landscaping around the building. They came to the center for a presentation on the building and the conservation of Hawai'i's native species. They returned on a Saturday to help prepare three planters for native plants. The youth and their families worked hard and had fun doing so. The HWC is graced with many such helpful community contributions.

In the summer of 2010, the center had the assistance of two college students, Maya Pollack and Eloise Morgan-Standard. Maya and Eloise were sponsored by generous community members for a portion of their summer break to help HWC with office work and the set-up and managing of Facebook networking.

The center is also looking forward to the results of the hard work of the Kohala Middle School (KMS) after-school program, with students led by Ms. Erin Brown and with assistance from Randee Golden. They are working

with the HWC's pro-bono landscape architect, Jason Umemoto, to propagate native plants for the planters fronting the HWC building.

Also this year, Ms. Connie Green guided the KMS art students in producing beautiful donation jars with native birds that are being featured in local businesses like the Snack Shack in Kapa'au. Ms. Green is also working with the leadership class on fundraising projects for the HWC. Other education programs included tours and presentations to KMS sixth and seventh graders and the ninth grade Kohala High School Avid students.

For more information about the Hawai'i Wildlife Center or to donate, please visit the center's website, www.hawaiiwildlifecenter.org.

Jump Rope for Heart



—photo by Rose Mae Watterson

Kohala Elementary School is participating this year in the "Jump Rope for Heart" program of the American Heart Association (AHA) in which students in grades 1 through 5 will not only learn about the importance of the heart but also be part of a community service project which makes a difference in people's lives. Students will collect money from family and community members in recognition of their 20 to 30 minute "jump" at the school playground on February 18. All monies collected will be sent to the AHA. Shown here, Dr. Ana Garcia, pediatrician (left) and Dixie Adams, R.N. (right) volunteer their time to introduce facts about heart health to second graders in Ms. Griesser's (far left) homeroom.

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9 am

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10:15 am

Worship Service/Sunday School

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Everybody Say ‘Cheese’



—photo by Deborah Winter
(Right to left) Shelby Floyd of Slow Food Hawaii teaches Karin Cooke and Alicia and KJ Morrier how to make mozzarella cheese from local Big Island milk (sold as Mountain Apple brand) at a workshop January 9, 2011 in Kapa`au. Buying local milk (available at KTA) supports Hawaii’s only working milk dairies, one of which is Cloverleaf in Hawi.

First Time for Girls Softball Age 9 - 14

Parks and Recreation has started a new girls’ softball program for ages 9 through 14. The Kohala team will host a tournament for teams around the island on Sunday, February 27 at Kamehameha Park fields A and B. Parks and Rec. is hoping for good community support at this event.

Coach Renee Gonsalves reports, “I had wanted to start a program for girls’ softball for a long time and was finally able to swing it. I was very surprised to see how much interest there was. Because of the good turn-out this year, we are definitely going to do this program again next year, registering in November after Thanksgiving and practicing in December in order to be ready for a season to start in January.” The current season will run through mid-March.

According to Gonsalves, reaching girls of this age could be critical in preparing them for high school softball. “It’s a great feeder program for Kohala, as the high school team has decreased in numbers at the junior varsity level. We hope that this P&R program will help the high school districts island wide, especially here on the west side.”

Accordingly, the KHS girls’ softball team will run a concession stand at the February Kohala tournament.

All are welcome at the February 27 tournament. For questions, call Renee at 987-6949.

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Anderson, EA, MBA

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KOHALA CALENDAR

February

- 1 Tue 4:00 – 5:30 pm, Hope for Haiti Mtg., St. Augustine’s Walker Hall, Lani, 889-5852.
- 1 Tue 6:30 – 8:30 pm, Miniatures Club, Kenji’s, dollhouse projects, Susan, 889-5604.
- 2 Wed 4:30 – 6:30 pm, No. Kohala Community Access Group Mtg., Senior Center, Ted, 889-5801.
- 3 Thu 9:00 – 11:00 am, CDP Infrastructure Subcmte. Mtg., Walker Hall, public invited, Giovanna, 889-5590.
- 3 Thu 6:00 – 9:00 pm, Green Drinks Hawi, Kava Kafe, organic networking & pupus, Forrest, 987-2365.
- 4 Fri 6:00 – 8:00 pm, Kohala Artists’ Coöperative Slideshow, Photography Prof. Martha Madigan discusses using sun to create solar photo-grams, Malia, 987-3902.
- 6 Sun 3:00 – 5:00 pm, Old-Fashioned Valentine’s Workshop, Kenji’s House, all materials welcome, donations accepted, Catherine, 960-3597.
- 7 Mon 12:00 – 1:00 pm, CDP Growth Management Subcommittee Mtg., Surety Office, Hermann, 889-6257.
- 7 Mon 3:00 – 6:00 pm, Chess for all ages, Kohala Library, Dylan Trumpy, 889-6655.
- 7 Mon 6:30 pm, KHS SCC mtg., rm. D-24, parents & community welcome, 889-7117.
- 7 Mon 6:30 – 7:30 pm, “The Hawaiian Kingdom from 1820 to 1860,” talk story w/ Boyd Bond, Kohala Library, 889-6655.
- 7 Mon 7:00 – 8:00 pm, Project Grad Mtg., Hisaoka Conf. Rm., senior par-ents, 889-7117.
- 8 Tue 4:00 – 5:00 pm, Table Top Sports, ages 8-12, Susan, 889-5604.
- 9 Wed 8:00 am, No. Kohala Merchants Association Mtg., Resource Center, public invited, Bobby, 889-0505.
- 11 Fri 5:30 – 8:30 pm, Na Kupuna O Kohala Fundraiser, Damien Hall, Sacred Heart Church, Korean Chicken Plate/ Vegetarian meal, dine-in/ carry-out, entertainment, \$9 meal tickets available from mem-bers.
- 12 Sat 9:30 am, Kohala Country Fair Organiz. Mtg., Luke’s, new members welcome, refreshments, Robin, 936-7070.
- 12 Sat 2:00 – 5:00 pm, “Sweethearts on the Range” Paniolo High Tea & Silent Auction, Kahua Ranch, No. Hawaii Hospice benefit, Tickets \$100 (\$75 deductible), reservations limited, call 885-7547.
- 13 Sun 10:00 am – 2:00 pm, Project Grad Car Wash/Bake Sale, Kohala Town Center, Cathy, 889-0321.
- 13 Sun 10:00 – 1:00 pm, Making Natural Paints, Kenji’s, ages 8-adult, Tom, 640-5924.
- 13 Sun 10:00 am – 2:00 pm, Chinese New Year’s Celebration, Tong Wo Society, Halawa, lion blessing & potluck, public invited, donations welcome, Clyde (959-8162) or Irma (884-5566).
- 13 Sun 3:00 – 5:00 pm, Scrabble Sunday, Kenji’s House, all ages, Malia, 987-3902.
- 13 Sun 7:00 pm, Growing “Nutrient Rich” Foods, Intergenerational Center, Dr. Jana Bogs and Sustainable Kohala, free to public.
- 14 Mon 4:30 – 6:30 pm, CDP Action Cmte. Public Mtg., Senior Center.
- 14 Mon 6:00 – 7:00 pm, Kohala Haw’n Civic Club Public Mtg., Hawi Commu-nity Center, Rochelle, 896-3033.
- 17 Thu 1:30 – 2:30 pm, Kohala Hospital Auxiliary Mtg., Hospital Pavilion, new members welcome, Dixie, 889-5730.
- 17 Thu 3:30 pm, Kohala Elem. SCC mtg., rm. 12, public invited, 889-7100.
- 19 Sat 9:00 am – 1:00 pm, Treasures Helping-Hand Store, Assembly of God, Hawi Rd., free meal: 10 am – 1 pm, 889-5177.
- 19 Sat 10:00 am, Chinese New Years’ Lion Dance, from Kapa`au to Hawi, participating merchants contact Prakash (Hawi 987-1019) or Alyssa (Kapa`au 889-5138).
- 19 Sat 5:00 – 6:30 pm, Free Grindz -- Hot Meal, Hawi Banyans, Kohala Baptist Church, Sondra, 889-5416.
- 21 Mon Presidents’ Day, holiday for Kohala Public Schools.
- 22 Tue 3:30 pm, Kohala Middle School SCC Council mtg., 889-7119.
- 24 Thu 5:00 – 6:30 pm, What is Hospice Care?, Kenji’s, register at No. Hawaii Hospice, 885-7547.
- 26 Sat 11:00 am – 12:30 pm, Free Community Meal, St. Augustine’s Walker Hall, Thrift Store open 10 am – 12:30 pm, Susan, 889-1144.
- 26 Sat 1:00 – 4:00 pm, Emergency Preparedness Workshop, location TBA, Barefoot Doctors’ Academy, 987-7008.
- 27 Sun 8:00 am – 4:00 pm, Girls’ Softball Tournament, Kamehameha Park, ages 9-14, food concession, Renee, 987-6949.
- 28 Mon 6:30 – 7:30 pm, Sakura Musical Ensemble, Kohala Library, 889-6655.
- 28 Mon 7:00 – 8:00 pm, Project Grad Mtg., Hisaoka Conf. Rm., senior par-ents, 889-7117.

Email calendar listings to kmncalendar@hawaiiantel.net or call 884-5464.

Ecotourism, Continued from page 9

Although it's hard to find concrete statistics regarding the flow of tourists through North Kohala to the lookout, the line of cars parked there any day of the week is clear evidence that it's



Ed and Kim from British Columbia at Pololu lookout

pretty popular with tourists. KMN was surprised, however, to learn from one of Hawi's shop owners that many of the tourists in her shop know nothing of the Pololu lookout when they first arrive in North Kohala.

At the lookout, we spoke with three different groups. Mary Jo from Columbus, OH, said, "My husband and I have been here three times. This time we brought along my sister, Sylvia, and her husband John from California." When asked about how they found Pololu,

they said, "The first time we got here, we just pulled out a map and, like true adventurers, said 'Let's go!'"

"We always seem to run into the right locals who help us along the way," adds Sylvia, Mary Jo's sister. "Today, we came prepared to hike. We can't wait!"

From Quadra Island, British Columbia, Ed and Kim have traveled around the Big Island twice before. "This time we are going around the whole island staying in bed & breakfasts," says Kim. "The thing we love about the Big Island is the diversity of things to do." When asked how they found Pololu, they replied, "Originally, we read about it in 'Hawaii The Big Island Revealed' guide book. The view and the hike really are spectacular!" Ed adds, "We had such a great time exploring down there... we even found an old tank!"

Visiting friends in Waikoloa, Jim and



Stephanie and Jim Wright from Arkansas at Pololu lookout

Stephanie Wright from Arkansas said this is their first time to the Big Island. When asked about how they found Pololu, they said, "Darryl from ATV Outfitters told us about it on our tour today. He was right, it's just gorgeous. We'd have hiked down if we had been wearing the right shoes!"

Editor's Note: Kohala Mountain News would like to thank the three businesses featured in this article for their complimentary services and gracious aloha, as well as many other local businesses which will be featured in future articles about Kohala tourism.

NHDFC, continued from page 4

making the dream come true. If a child, or anyone actually, has a concept of where they want to be in six months, a year, five years, it is much easier to move in that direction. It's like driving without a map or GPS. How do you know where to turn? If your plan is to be a professional basketball player or to study astronomy and discover a new star, are you as likely to risk that with a bad decision about drugs or alcohol?

If you don't have a plan, and especially if you think no one cares, what difference does it make where you go and what you do? U Need 2 Know that kids need to know they matter to parents, extended family, community and themselves.

All children can succeed

Organizations such as www.KidsAtHope.com have extensive research to show that "children who succeed have multiple goals and an understanding that their futures must include contributions made in home and family, education and career, community, service, hobbies and recreation." It's never too early to help kids discover their strengths, learn what they love and to involve them in community activities.

Approaching the situation with ways to create successes rather than ways to prevent problems, Kids At Hope trains parents and family members, teachers, bus drivers, coaches, ministers, police and others to be "treasure hunters," seeking out the strengths in every child. Based on the guiding principle that "All children can succeed, no exceptions!" this group has made a measurable, positive impact on the lives of over 250,000 kids in 250 schools.

On our Island, a new forward-thinking program was implemented last summer for the first time in Hawaii. LifePlan Institute Hawaii Island, founded by California's former Drug Czar Dr. Andrew Mecca, uses a three-phase process to help participants focus on their dreams and build a sense of themselves

in the future. With caring adult mentoring and peer support, they set goals and learn life skills to help get them where they want to be—not where they don't. For more information, visit <http://lifeplanhawaii.org>.

Your sound bite

It can be hard to find time for a "big talk" with kids, and even harder to get their attention. Experts say that a number of shorter conversations can be even more effective than one big one. Everyday activities like driving to school or walking the dog can offer "teachable moments," opportunities for parents or caregivers to talk with kids about what's important to them, and what's important to you as well.

Think about asking some open-ended questions to get the conversation started. Open-ended questions are those that can't be answered with a quick yes or a no. For example, if you asked, "Where do you see yourself in five years?" it might inspire a response. "What kind of car will you be driving? Where will you live? What kind of job will you have?" These might generate a glance up, a pause of the ever-texting thumbs.

From there, it's not that hard to work in your "sound bite," your message about drugs and alcohol. For example, "That's a great goal and I want you to make it. So, that means drinking and drugs are not OK with me, even once." (For more conversation starters and sample scenarios, visit www.TakeTimeToTalk.org.)

The bottom line is, when you focus on the young person instead of the issue, when you help them focus on things they love, it helps them start visualizing a picture of themselves in the future. And that picture doesn't have to include drugs and alcohol.

The North Hawaii Drug-Free Coalition, a project of Five Mountains Hawaii, is a regional volunteer organization committed to developing strong, sustaining relationships for Healthy Communities Choosing to Live Drug Free. For information, visit www.fivemountains.org/nhdfc.

The Kohala Community Athletic Association would like to thank the following volunteer coaches for a successful 2010 in our after-school sports programs for the children of Kohala

KCAA

Boys and Girls
Basketball

Jacob Hook
Alfredo Ramos
Kalei Kealoha
Sharmin Giron
Shawn Giron
Toma Raymond
Andi Amar
Jim Pederson
Duncan Anderson
Catherine Campollo
Clyde Caravalho

T-Ball and
Pitch Ball

Judy Itzigheine
Bulla Reich
Michael Fong
Keone Glory
Lydell Matsu
Vernon Karratti
Sheldon Aiona
Bradley Fernandez

Biddy Basketball

Earl Hoshida
Kalei Emeliano
Duncan Anderson
Paul Antonio
Reeve Cazimero
Jacob Hook
Annie Kahoopii
Keone Emeliano

Archery
Lani BowmanVolleyball
Michael Fong
Rina Fong