



Vol.10, No. 3

March 26, 2011

## Largest Coqui Infestation since 2003: Community Contributions Needed

In an emergency meeting of the Kohala Coqui Coalition on March 9, the second largest outbreak of coquis in Kohala's history was announced. Kim Takata, the coalition's education chair, convened the meeting to ask for help in eradicating the infestation. About 20 local residents and coalition members attended to learn about the outbreak and provide support.

Located in Wainia Gulch (between 'Iole and Hala'ula roads) makai of Akoni Pule Hwy, the infestation of dozens of frogs covers approximately three acres in extremely rough terrain. Hiram Hagio, one of the original coqui busters, explained that the site had been reported in the past, and eradicated, but somehow the infestation reoccurred without being noticed by the nearby residents. "This is the worst outbreak since the original one in the fall of 2003," Hagio noted. "That one took two and a half years to eradicate, and this one is going to be rough."



*The coqui frog: so tiny, and so loud!*

The first coqui outbreak in North Kohala occurred on upper Kynnersley Road in the fall of 2003 and cost over \$30,000 to eradicate. It was the impetus to form the Kohala Coqui Coalition, which has successfully kept coquis at bay.

Ralph Blancato, another veteran coqui buster, worked out the eradication plan. He and Jim Williams, a local landscaper, along with a coqui buster crew, will scope out the site and then, using a large volume hydro-seeder, will spray the site with citric acid after dark. Several sprayings may be necessary for this site, given its large size. Each spraying will cost about \$3,000 to \$4,000 for materials and labor. The total cost to stop this outbreak could top \$15,000.

"We definitely need to raise money for this eradication," said Takata. She announced that two local contributors are willing to match up to \$1000 for donations made by April 7, 2011. "We really need help at this point," she said. "Our goal is to raise at least \$15,000 to ensure  
*See Coqui, page 2*

## Mayor Cracks the Whip in Kohala Shed Debate

Where to build a new storage shed at Kamehameha Park has been a long-standing question during nearly every mayoral visit since the 2006 earthquake condemned the grand stand which had served this storage purpose. Phil Tingeley, who built Hanaula Village on Akoni Pule Highway over six years ago, gave then Mayor Harry Kim an offer to build the storage shed, and Kim gladly accepted. Since then Billy Kenoi has replaced Kim, and the debate between the county's Park and Recreation Department and the community about where to build the shed has continued unabated. Seven locations have been considered.

In his first meeting with the community almost two years ago, Kenoi promised to end the debate, make a decision, and get what amounts to an almost-free building completed. He charged Bob Fitzgerald, the head of Parks and Recreation, with the task. Over the next two years Kenoi's trips to Kohala have inevitably been punctuated with "When is the shed going to be completed?" On his last visit this past February the mayor ran out of patience. He asked Ted Matsuda, the community organizer, to set up a meeting for March 1 at the Kamehameha Park ball field to "make the decision."

"It's been two years. We're going to take responsibility. No more talk, no more finger pointing, no more excuses," Kenoi said as he opened the March 1 meeting. "We're going to make a decision today, and set a time line, and get the shed built. My preferred site is completion, untie the maile lei," he added. The assembled crowd applauded.



*The area where the new shed will be constructed, behind the restrooms (located between the ball field and tennis courts) and the county's metal storage building. A fence has been erected, and clearing the land has begun.*

What followed was a fast-paced work session led by Matsuda with about 30 community members, P&R Director Bob Fitzgerald, various staff members with Wally Lau, the mayor's deputy managing director, helping take notes on the easel pad, and Tingeley, who has been patiently waiting all this time for a decision, pitching in when needed.

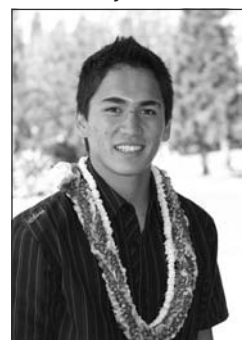
First on the agenda, the site question discussion quickly unraveled. Whether

to try to remove the condemned grand stand and build the shed into the new grandstand came up immediately, and was shot down just as quickly. "We don't like that option because the county can't tell us when that will happen," shouted someone in the audience. The mayor stepped in, asked if the community agreed with that, and got a resounding "yes" from those present. The grand-

*See Shed, page 2*

## Malachi Kobayashi Named Horatio Alger National Scholar

Malachi Kobayashi of Kapa'au, a senior at Hawaii Preparatory Academy, has been selected as a 2011 Horatio Alger National Scholar.



*Malachi Kobayashi of Kapa'au, 2011 Horatio Alger National Scholar.*

Kobayashi is one of 104 high school seniors, and the only student from Hawaii, to receive the national award from the Horatio Alger Association. Each receives a \$20,000 scholarship to a four-year school of his or her choice and will be honored at the Horatio Alger Awards ceremony in Washington,

D.C., in early April.

The \$20,000 scholarship is a one-time gift but there are a number of universities who partner with the Association to match the funds.

Kobayashi will travel to Washington, D.C. to receive the award in April. He will join the other high school students from around the nation who are being recognized and given this prestigious award.

"We are proud to welcome our 2011 National Scholars. These young indi-

viduals have persevered through great adversities in their early childhood, and they clearly represent the Horatio Alger ideals," said Tony Novelty, president and CEO. "The association is proud to help deserving students find continued success in education and throughout life."

Kobayashi is the son of Mark and Sarah Kobayashi of Kapa'au. He is a certified lifeguard and has been active with the Boy Scouts in Kohala and junior lifeguarding programs. With his family,

*See Scholar, page 3*

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## Community Harvest Hawaii Project Awarded Island Innovation Fund Grant

North Kohala's Community Harvest Hawaii project was one of five projects chosen from more than 180 applicants for an Island Innovation Fund Grant. Community Harvest Hawaii takes an idea intrinsic in Hawaiian culture—that of preparing and sharing food together—and creates a process that makes use of food that is currently going to waste in our community.

The Island Innovation Fund was established in 2010 as part of the \$50 million commitment from Pam and Pierre Omidyar to the Hawai'i Community Foundation. Pierre is a celebrated entrepreneur and innovator and is best known as the founder and chairman of eBay.

During a monthly "community harvest" day, community members will be invited to bring their abundance from home—lemons, limes, tangerines, avocados, mangos, bananas, etc.—to the Kohala Intergenerational Center to be processed. Local experts will be on

hand to help facilitate the processing and preserving of the food by freezing, canning, pickling, smoking, fermenting and dehydrating it. The community will then enjoy a feast, and attendees will get to take food home. Raw fruit and processed food will also be distributed into the community through the Food Basket and the Senior Nutrition Program.

Local harvest teams will be available to harvest fruit for kupuna or other community members who would like assistance with harvesting and are willing to share their excess with the community.

Community Harvest Hawaii is a partnership between the North Kohala Eat Locally Grown Campaign, Ka Hana No'eu and Ho'ea Agricultural Park, with support from the North Kohala Community Resource Center.

To participate in the project please visit [www.eatlocalhi.org](http://www.eatlocalhi.org) or call Andrea Dean at 960-3727.

## Seeking Singers: NK Community Chorus Prepares for Spring Concert

The North Kohala Community Chorus will begin preparing for their 2011 spring concert soon. New recruits are always encouraged to join in the fun. Under the direction of Karen Miller, the chorus meets Tuesdays from 7 to 9 p.m. in Walker Hall at St. Augustine's Church in Kapa'au. Rehearsals will begin on March 29, and the concert is scheduled for June 19 at St. Augustine's.

This spring season the chorus will be presenting medleys from two smash hit musicals, *The Phantom of the Opera* by Andrew Lloyd Webber, and *Mamma Mia* featuring music from the group ABBA. The chorus is open to all interested singers age 16 and older; no auditions are required. So come out and exercise your vocal cords! For more information, please phone 884-5565.

### Coqui, continued from page 1

that we can stop this outbreak." Blancato also sounded an alarm: "If this one gets away from us, then it could be really bad in this steep gulch terrain," he said.

Government funding for coqui control is no longer available. Both the county and state have written off the Big Island as a lost cause. North Kohala, the last coqui-free district on the island, depends exclusively on community contributions to keep up the fight.

Takata explained that the coalition is a sponsored project of the North Kohala Community Resource Center, and donations to the coalition are tax deductible. Checks should be made out to the NKCRC, with "coqui" in the memo section, and either dropped off at the Center or mailed to P. O. Box 519, Hawi, HI 96719.

"We have been holding our own," says Takata, "but we are under constant attack." Hagio said that in 2010 there were 37 locations where coqui eradication have occurred. Each one costs up to \$500 to eradicate and monitor. Takata pointed out that only male coquis make noise, and for every male you can hear there are likely many more females and juveniles, particularly in large infestations like the one in Wainai Gulch. Because of the coqui reproduction cycle, eradicated sites need to be monitored for up to nine months to ensure the eradication has been successful.

### Shed, continued from page 1

stand is considered an historical building, and removing it requires the state of Hawaii to take photos and drawings before demolition. The time line for that has been an open question for months.

With the grandstand location off the table, differences in the county's site map of locations and the community's site map, and confusion about the exact location the community preferred began to bog down discussion. Finally, in exasper-

## Kohala Guide Program in Planning Stage

Ever want to be more knowledgeable about North Kohala with visiting friends and family? Ever wonder about the history of the community, the various cultures here, or what the heiaus were all about, the bon dance, or sample our growing number of visitor activities? If so, the North Kohala Commu-

nity Resource Center's idea of creating a Kohala Guide Program may be right up your alley.

"We will have our new Welcome Center open this summer," says Christine Richardson, the executive director of the Resource Center, "with an attractive and pretty detailed interpretive corridor describing the history of the community. So we're looking for people who might be interested in volunteering a few hours every week talking with visitors as a Kohala guide."

The Kohala guide program is still being defined, but Richardson said that the idea is to provide a learning experience about every facet of North Kohala so that people can knowledgeably talk with visitors about Kohala's rich history and culture, as well as its many activities, lodging, food and shopping opportunities. According to Richardson, the program "is based on the idea that we should be putting our best foot forward



New photo of Kohala's north eastern shoreline displayed at the entrance to the soon-to-be-open Welcome Center with Executive Assistant Juanita "Gooche" Rivera.

so that visitors will better understand who we are and what our community is all about."

The value of being a Kohala guide is also still being defined, but Richardson hopes that local visitor-oriented businesses will collaborate with the program by helping Kohala guides experience their services so they can best represent Kohala. "Nothing is set in stone, but we want to identify anyone who is interested in this kind of program so they can share their ideas and help design it," Richardson explained.

Interested residents may call the Resource Center at 889-5523. An organizing meeting will be scheduled in April for those interested in the program. "It's another way to love Kohala, and we hope there are folks who would like to participate with us in being a Kohala guide and having fun creating the program, too," Richardson added.

ation, the mayor hit the roof. "It should be a community decision," he yelled. Within minutes the decision to locate the shed in the county's base yard on the makai side of the ball field was made.

Then a time line was needed. What followed was a 30-minute fast-paced listing of all of the steps needed to build a thousand square foot shed from tree removal and revised building drawings, permits, grading, pouring the slab, framing, electrical and plumbing,

doors, all the way to completion: an opening date of June 11, 2011. Tingeley, playing a leading role in the planning, at one point quipped, "If I had known the mayor would be cracking the whip, I would have brought a note pad." But notes were taken, and a commitment from the mayor to hit the opening date was made. In the end, the community members present finally felt heard and appreciated the mayor's insistence on getting his administration moving.

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In a surprise announcement at the Community Development Plan Action Committee meeting on March 14, the new Planning Department representative Rosalind Newlon reported that the tight county budget is causing Planning Director Bobby Jean Leithead-Todd

## CDP Action Committee Faces Bi-Monthly Meetings

to reduce Action Committee meetings county-wide from monthly to every other month. Newlon said this change would go into effect after the May meeting. A Planning Department representative from Kona usually attends these meetings in Kohala, and budget cuts

will limit travel time and expense. The announcement came towards the end of the meeting, and AC members had no time to comment on this change.

The new subcommittee structure appears to be creating friction on the Action Committee. The new structure, proposed in the December 2010 meeting by outgoing chair Bob Martin, and accepted by a unanimous vote in the January meeting, was criticized by one AC member as being unfair since it removed him from the infrastructure subcommittee.

Martin, who was replaced by Joe Carvalho as chair at this month's meeting, and whose term on the committee expires in September, said he had given the recommended change a lot of thought during 2010. He restated that he felt that the new structure had been needed and that it had been approved by the AC after due consideration. He suggested that any AC members who were not happy with their assignments on subcommittees should talk with the new chair. In the past, subcommittee assignments have been proposed by the chairperson and voted on by the Action Committee.

According to member Hermann Fernandez, the new subcommittee assignments, which place only one AC member on five of the six committees,

bring up another new problem. Since only two AC members may attend these subcommittee meetings without violating the Sunshine Law, a protocol is needed to determine which two members should attend. In the past, each subcommittee had two members assigned to it, and so the identity of which members should attend was clear. The AC will deal with that issue in its April meeting.

Routine subcommittee reports included good news from the agriculture subcommittee. A few hours before the AC meeting, the highly competitive Innovation Fund announced that the Community Harvest project, led by Andrea Dean and supported by a number of ag-related organizations in the community, was one of only five projects statewide to receive a grant, and was awarded full funding. Once a month this project will collect fresh fruit and produce in North Kohala that would otherwise go to waste, process it, and provide the results to local families. (See related story on page 2). This project is directly related to the CDP's goal of producing 50 percent of our food locally.

The next meeting of the Action Committee is scheduled for April 11 at 4:30 p.m. at the Senior Center.

## Kohala Senior Citizens Celebrate Japanese Girls Day

By Vivian Moku

Kohala's senior citizens sure know how to have a good time. Their February 28 Girls Day Celebration was no exception. From ethereal cherry blossom decorations streaming from the ceiling to numerous demonstrations, a fun day was had by KSCC members.

In the senior hall, attendees felt as though they were entering a Japanese courtyard. Rice paper umbrellas and cherry blossoms hung from the ceiling. One member commented, "It was as if the cherry blossoms were raining down on earth." The tables were strewn with flowers and beautifully dressed Japanese dolls.

The celebration was, of course, accompanied by food, demonstrations of sushi-making, moribana and ikebana flower arranging, and a Japanese tea ceremony.

Eight ladies from the club volunteered to make maki-sushi and inari-sushi to feed the crowd at the celebration. Seniors wish to thank them for their generosity, for not only did attendees eat their fill, but left-over sushi rolls were sold to replenish the club's "kitty" or contingency fund to defray expenses for special events.

Ellen Sugiyama Kato demonstrated moribana (shallow or flat vase) and ikebana (tall vase) flower arranging. For the moribana, Ellen used wild orchid stalks for the background or "heaven," camellias for the "family" and green, leafy foliage for fillers or "earth." For the ikebana, she used long branches of flowering cherry blossoms and branches of leafy lilac branches. It was all very impressive.

The next demonstrator was expert sushi-maker, Kayoko Hanano. She had prepared all of the ingredients needed to roll maki-sushi in advance at home because the preparation is quite extensive. It includes measuring, pre-cutting,

and pre-cooking. Also, the Japanese believe that the number of ingredients included in the rolls should be an odd number, usually three or five. Kayoko was assisted by two haole wahine who recently moved to Kohala from the mainland. They truly enjoyed the complexity of rolling sushi.

The final demonstration was given by the "masters of the Japanese tea ceremony," headed by Jacob-san Zane, assisted by Tito-san Pasco, and narrated by Kealoha-san Sugiyama. The masters used water from the Kohala Ditch, brought in by a gallon jar coated with algae from a previous event; dried and crushed home-grown, chemical-free ti leaves; and a reed from a stagnant pool. The water was heated for precisely 77 seconds and then served to attendees.

Some comments overheard from seniors were: "oi-shi" (delicious), "hai-a-ku" (hurry up), and "bakatari" (not too smart). Others said, "Why not do this skit for others to enjoy?" "So good fun!" and "Kinda uji, no?"

Overall, the celebration was a huge success and attendees enjoyed themselves. The food was ono and the tea (not from the ditch) was good. Arigato goza i masu! Thank you very much—we all enjoyed it!



—photo by Tito Pasco

## Kohala High Class of 1971 Class Reunion

The Kohala High School class of 1971 will celebrate its 40th reunion this July 9 from 4 to 6 p.m. at Nani and Don Svendsen's Barn. Pupus will be served.

The class years 1969 through 1973 are all invited to the reunion. The reunion committee is hoping for a good turnout. In 2009, the class of 1973 held a reunion for five class years together and had over 150 alumni and their spouses in attendance. The class of 1971 is hoping for a similar reunion.

Registration for the July event closes at the end of April. The reunion committee encourages Kohala residents to contact family and friends who live outside of Kohala to alert them to the upcoming event.

For questions or to register for the reunion, call any of these Kohala High School alumni:

Violet Hussey Oliver (938-0691), Velda Acob Akamu (895-7345) or Shirley Garcia Nakamura (884-5517).

### Scholar, continued from page 1

he is involved in the Taro Family Project and their home church. At HPA, he is a student ambassador and a captain on the boys' varsity soccer team, which he

joined as a freshman.

"I'm very thankful for this scholarship and the many opportunities it will provide for me," said Kobayashi, who plans to attend college in California and major in public relations or communications.

The Horatio Alger Scholarship Program is one of the largest need-based scholarship programs in the country, and the association annually awards nearly \$7 million in college scholarships in the United States.

Founded in 1947, the Horatio Alger Association of Distinguished Americans continues to fulfill its mission of honoring the achievements of outstanding individuals in our society who have succeeded in spite of adversity and of encouraging young people to pursue their dreams through higher education. The Horatio Alger Association offers three annual scholarship programs: the National Scholarship Program, state scholarship programs, and graduate grants. The association will have awarded more than \$87 million in scholarships through 2012 to deserving young people determined to earn college degrees. For more information, visit [www.horatioalger.org](http://www.horatioalger.org).

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## 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.



### April

Ad deadline: 4/8/11  
News deadline: 4/13/11

### May

Ad Deadline: 5/13/11  
News Deadline: 5/18/11

## 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—

I am constantly amazed to find out that so many folks in this community do not know of the services that Kohala Hospital has to offer. In the last few weeks alone, two of my friends have expressed surprise when they discovered that they can have lab services done here in Kohala. Wow!

One of them found out while getting lab work done in Waikoloa,

## Check Out Kohala Hospital

no less. The lab tech asked why she didn't get the work done in Kohala since she lives here. She reported that, on a subsequent visit, she went to Kohala Hospital's lab and was pleasantly surprised. It is the same "clinical lab" network that the other hospitals on the island use, and with the new lab and X-ray upgrades, it is just as nice.

Drive by and check it out or better yet come to the Kohala Hospital Charitable Foundation's spring fundraiser on April 30th at the Hawaii Island Retreat, and we will have lots more information.

Aloha,  
Tommy Tinker,  
Kohala Hospital Charitable Foundation

## Kohala 2011 College Grads

Aloha Kohala community,

Kohala Mountain News would like to acknowledge any former Kohala High School grads who will be graduating from college in 2011. If you know of a col-

lege student who will be graduating this spring, please send the name, KHS grad year, the college or university from which he/she will soon graduate, degree, major, graduation date, and a photo (if possible)

to cocosolo@ilhawaii.net. Please send information by Sunday, April 10.

Mahalo,  
A proud KHS parent

## Mahalo to Alyssa Ackerman Slaven and the Lions Club

Under the direction of Alyssa Ackerman Slaven, the keiki kingdom (playground) at Kamehameha Park has been completely restored and updated in the past two years. On March 12, twenty-four members of the Lions Club put the finishing touches on the Slavens' years-long project of raising funds, ordering replacement parts and finding volunteer labor to do the updating work. Volunteers painted the playground equipment and installed park benches, picnic tables, a new chain climber and a wheelchair ramp.

As a parent who takes her young children to the park on a daily basis, I

am very grateful for the work they have done. This last update is particularly great for parents because it gives them somewhere to sit in the shade while their kids play!

Mahalo,  
Katie Ankner

*The Lions Club  
volunteers are hard at  
work on March 12.*



—photo by Alyssa Ackerman Slaven

## "No Burn" Ban Status

As the seasons change and we approach drier and hotter weather, I want to remind everyone about the laws and dangers regarding backyard burning of rubbish.

The districts of North and South Kohala, North and South Kona, and Ka'u are under a continuous "No Burn"

ban status. This means that all bonfires, rubbish fires, and incinerator fires are strictly prohibited, and violators could be prosecuted for this violation. Penalties if found guilty of this violation could subject a person to a fine of up to \$500 or to a maximum of 30 days imprisonment, or both. This ban also prohibits any

open burning with or without a permit and includes agricultural burning and backyard rubbish fires. Exceptions to this burn ban include cooking fires and fires for bathing purposes.

Mahalo,  
Police Captain Richard Miyamoto

## Please Support Kohala's `Ohana Town in Haiti

Kohala's Hope for Haiti has several on-going projects, the first being a presence at the Saturday Hawi Farmers' Market. Lesley Patton, a regular vendor, will have a table and information about Kohala's Hope for Haiti's on-going efforts to establish a long-term sustainability project for our

`ohana town of Marigot, Haiti.

We have bi-monthly themes for additional fundraisers. One being considered is a sale to provide "rice 'n beans" for the children of Tousseint L'Overture School in Marigot, a school that primarily supports street children.

If you would like more information please call Lani at 889-5852 or come to our meeting scheduled for April 12 at 4 p.m. at St. Augustine's Walker Hall in Kapa'au.

Mahalo,  
Lani Bowman

## Crossing Guard Needed

For the past year, the Kohala Elementary and High Schools campus has gone without the help of a school crossing guard. The school is in need of a new crossing guard to help protect the students in the morning and afternoon. Job qualifications, job description, and compensation information follow:

The crossing guard should have a combination of education and work experience that is substantially equiva-

lent to graduation from high school. HPD will perform a background check on all qualified applicants, and a pre-employment medical examination and interview are required.

The work schedule is two hours per day, a split shift: from 7 to 8 a.m. and 2 to 3 p.m. every weekday except Wednesdays, when the afternoon shift is from 1 to 2 p.m. Holidays, furlough days, weekends, and vacations are non-working days; work days are only when

students are present.

The chosen applicant will receive one-on-one training which could be completed in a single day. The rate of pay is \$10.95 an hour.

For an application go to the County of Hawaii website ([www.co.hawaii.hi.us](http://www.co.hawaii.hi.us)) or to the county's Human Resources office.

Mahalo,  
Police Captain Richard Miyamoto



Letters, continued —

Polling or Survey Specialist Needed

A North Kohala community project is looking for help developing a community polling or survey process. Volunteer your time, help develop a ground-breaking survey technique for the community, have some fun, and gain

a lot of satisfaction in the process. If interested, please go to [www.surveymonkey.com/s/nkspecialist](http://www.surveymonkey.com/s/nkspecialist).

Mahalo,  
A concerned community group

Correction from February KMN Restaurant Article

In regards to Lighthouse Delicatessen: The photo caption incorrectly names Chris Scelza as “owner” of the deli. While he did help to open the restaurant with owners Marci Elizondo,

Rick Klaus, and Bobby Hoyt, Scelza is head chef and general manager.

Mahalo,  
KMN Editorial Staff

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.

An Angel Among Us

Editor’s Note: KMN received this viewpoint about Olga Nichols, who died recently of pancreatic cancer. The author’s name is withheld by request.

I loved calling Kim and Olga’s because I usually got their answering machine and with that, Olga’s rendition of the Doors’ “Hello, I love you, won’t you tell me your name?” Olga was a woman whose regal nature belied her humble persona. She had a subtle confidence that blended strength and wisdom with humor and dignity.

She was only 11 when her family escaped Yugoslavia, then controlled by the Soviets, to Germany, then to St. Louis and on to California. In Hollywood, Olga could be spotted in her old checkered cab doing errands as Bob Hope’s executive assistant. Then at a talent contest one night, a magic act had no chance against

a sexy and vivacious belly dancer who was Olga’s good friend. Kim, the magician, lost the contest but got the girl, and from that day Olga looked after him as she did with everyone and everything. Kim affectionately refers to her as the Mother Teresa of birds.

After moving to Hawaii with Kim in 1981 and owning a gift shop for a couple of years, Olga became the director of the Waimea Community Education program for over 16 years. She was a mediator with the West Hawaii Mediation Center, a devoted student of Hawaiian medicine with Na La’au Lapa’au O Papa Auwae, a member of the Red Hat Ladies, and fortunately for me, my personal assistant

and sage for two years. Major decisions just did not happen without her blessing.

Olga was capable and generous with her time, a free spirit who considered it impolite to utter an ill thought. I’m not sure I ever saw her in a bad mood, but she did get angry from time to time and would dispense an expletive or two when the occasion warranted. Even angels get a little testy now and then, but these moments were rare and always made me laugh. It was just so incongruous with her gentle nature and



Olga Nichols

calm demeanor.

After her retirement she jumped right back into community work and took charge of the Kohala Country Fair the past two years. She danced hula, entertained us with her wit and humor and spent care-free days at the beloved ocean cliffs near Keokea Park with Kim, her partner and husband of 33 years. Olga lived life with grace, and those blessed by her presence were left with a good dose of aloha. That was simply who she was . . . an angel among us.



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In Gratitude for an Edible Invasive Weed

Story and photo by Richard Esterle

There I was, attending a home vegetable production class in May of 2007, taught by Nancy Redfeather and her husband, Gerry Herbert at their Kawanui Farm (near Captain Cook), dutifully pulling weeds to make way for that afternoon’s planting of carrots and such. I was reaching down to yank another weed that I had my sights set on when Nancy said, “Don’t pull that one.” I responded by saying that I had been killing this kind of weed at my house for many years. Nancy told me that this weed was called portulaca and is edible. A fellow student added that portulaca,

also called purslane, has been found to be the highest “green” or plant source of omega-3 fatty acids.

The Hawaiian name for the plant is ‘ihi ‘ihi. ‘Ihi means sacred, dignified; treated with reverence or respect. Hawaiians seem to have been well aware of the value of portulaca.

At this point, portulaca can be found from the southern boundary of North Kohala (in Kohala Estates, where I reside) to the northern boundary. I even found it earlier this month at Kokolulu Farms in Hawi during their recent open house!

When I discovered the plant, foraging

See Weed, page 7

Yay!! Happy Hour @ **bamboo**

Tuesday, Wednesday, Thursday  
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**Pupus \$4.00**

Kona Beer-Battered Crispy Onion Rings  
Crispy Chicken Wings  
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Well Drinks \$4.50  
Domestic Beer \$2.50  
Imported Beer \$3.00  
Kona Draft Beers \$3.75

## Disaster Preparedness Group Forms

Story and photo by Peter Beemer

The Barefoot Doctors Academy organized and sponsored the first meeting of a Kohala Disaster Preparedness Group on February 26. Jim Berg, one of Kohala's medical doctors, gave a slide presentation informing attendees of the procedures required to get help from county, state and federal disaster agencies. The small group of attendees was comprised of community members who have or want to learn more disaster preparedness skills.

It became clear at the meeting that if a major disaster occurred on the Big Island, North Kohala residents would have to be prepared to save themselves—at least in the immediate aftermath and for an unknown amount of time afterward, due to Kohala's geographic isolation. The blocked roads after the 2006 earthquake were used as an example of how isolated North Kohala can become.

If a county-wide disaster were to occur, some key health and safety

people in our area would have to go to Kona where central emergency headquarters are located. This would effectively leave Kohala without many of the individuals who would be most helpful to residents in a disaster.

This first meeting revealed the need for all residents to learn what they should know and have available when something like a big earthquake or other disaster happens. The folks at the meeting further outlined the availability of services and equipment. The need for both a central



*Dr. Jim Berg gives a presentation to local residents at the first meeting of the Kohala Disaster Preparedness Group.*

command center for North Kohala and organizing neighborhood centers would be crucial to the safety and recovery of North Kohala.

A few important highlights from the presentation and information that would be useful for individuals and families include the following: Residents should know how to get and store fresh water. They should have a reserve of emergency food stored (for at least two weeks) as well as a well-stocked first aid kit. It is also recommended that neighborhoods

meet to identify key resources that could be shared, as well as the location of safe shelter.

A few volunteer organizations already exist and are available to train individuals and neighborhood groups in North Kohala. The Barefoot Doctors Academy is a grassroots 501 (c) 3 educational organization and offers a variety of health and safety trainings which includes a "Disaster Preparedness & Response Team Training" as part of their curriculum. CERT is a "Community Emergency Response Team" and trains people in learning disaster and emergency rescue skills. Both these groups, as well as the American Red Cross, participated in the first meeting of this Kohala Disaster Preparedness group.

Any community members who see the importance of being prepared and want more information and/or training are invited to come to these ongoing meetings. Call the Barefoot Doctors Academy at 987-7008.

## Library Hosts 3 Speakers in April

### Boyd Bond and "Ranching in Hawaii" – April 4

The North Kohala Public Library in Kapa'au will present a talk on "Ranching in Hawaii" by North Kohala historian, Boyd D. Bond, at 6:30 p.m. on Monday, April 4, 2011. This talk is the conclusion of the popular three-part series Bond offers at the library each winter.

Bond's knowledge of Hawaiian history stems from his academic studies and from a lifetime spent in Hawaii as a sixth generation descendent of early western settlers in Hawaii. Bond was raised in Hawaii 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 Hawaii's history are also our family stories." He earned a BA in Hawaiian history from the University of Hawaii at Manoa and went on to earn a Master's degree in education.

### Jim Channon and "Your Life as a Fun Book" – April 22

Kohala resident Jim Channon will give a presentation, "Your Life as a Fun Book" at the North Kohala Public Library at 1 p.m. on Tuesday, April 12.

Channon will demonstrate how to easily create a legacy for oneself and one's family. He will discuss the value of making a scrapbook, a really great photo album, or a portfolio for others to remember one's time in this world.

Jim Channon spent ten years compiling an archive of his own very unique and

complex life. He realized he did not want to leave his children with boxes of this and that with no real story. To create the "book" of his life, he sorted through his many pages of writing, thousands of photographs, and an array of memorabilia—all those boxes that end up under the stairs, under the house, and eventually in the rubbish because they can no longer be read. The result is a creative and fun set of books that Jim can share and enjoy with family and friends.

For more information, see the youtube video search for "Jim Channon archive." **Kealoha, Internationally Known Slam Poet – April 25**

In celebration of National Library Week, the North Kohala Public Library will host slam poet Kealoha at 4 p.m. on Monday, April 25.

Kealoha, the first poet in Hawaii's history to perform at a governor's inauguration, is an internationally acclaimed poet and storyteller who in 2010 was selected as a master artist for a National Endowment for the Arts program.

For those not familiar with slam poetry, the term "slam" comes from

baseball and bridge terminology, indicating a big hit. Slam poetry is a public performance art form with exuberant self expression.

Kealoha came to the world of slam poetry circuitously. As a young student in Honolulu, he showed remarkable promise in the math field, scoring a perfect 800 on the math SATs. He attended the Massachusetts Institute of Technology (MIT), a top science and engineering school. Following his graduation, Kealoha began working in management consulting. Despite his success he chose to leave the business world and return to Hawaii to reconnect with family and nature. Here he began writing poetry.

Kealoha's love of poetry led to national and international performances and awards. Today, Kealoha devotes a lot of his time as a "Hawaii Artist in the School" mentor, helping youth find their voices.

His appearance at the library is funded through the Friends of the Library of Hawaii and the University of Hawaii College of Continuing Education.

Call the library at 889-6655 for more

information. Contact them three weeks in advance if a sign language interpreter or other special accommodation is required.

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*Weed, continued from page 5*  
was not new to me. I had had my eyes and mind opened to the idea of eating from the wild in the early 70s at the age of 19 at a seminar in San Diego, conducted by the late Stuart "Doc" Wheelwright.

The idea of looking in my own backyard for food was not new to me, either. Since a 2004 Ecovillage Training at Findhorn, Scotland, an old Biblical verse kept running through my head. "Look at the birds of the air, they do not sow, neither do they reap, nor gather into barns, and yet your heavenly Father feeds them." Because of that verse I began looking around for what was available to eat in my own surroundings. It turns out that what I found were coconuts, citrus, amaranth and portulaca.

What struck me about the moment with Nancy is that it hit so close to home for me. Rather than killing backyard weeds, I could be eating them—and so can many Kohala residents.

When I researched portulaca, I found that it is eaten by people around the world. The traditional Greek salad includes purslane as a tasty addition. It's even included in the 1943 military

technical manual, "Emergency Food Plants and Poisonous Plants of the Islands of the Pacific."

After I discovered the edible weed, I started using it in salads and the



*Portulaca or purslane is an edible "weed" which can be found all over North Kohala. In the wild, the plant is a leggy succulent with white or yellow flowers.*

Vita-Mix/blender drinks I concoct. It feels good to boost my nutrition with a labor-free food (except for gathering) from the land I'm on.

Anyone looking to harvest the edible weed from their own land should know that the plant fades away after awhile in one area, only to spring up in another place close by—if you are lucky! Portulaca is a succulent with small white or yellow flowers. It tends to be leggy but can be grown quite densely when

pruned. Portulaca can be grown from gathered seeds as well as transplanted keiki. I even start the plant in pots sometimes. Forager becomes cultivar.

Wild portulaca has been scarce this year due to less rainfall as well as other factors. One of the important things to remember about foraging is not to overharvest. Leaving some plants to continue propagation ensures bounty for the future.

When you "Google" portulaca or purslane you may find that the U.S.

Department of Agriculture has labeled it a noxious invasive weed! Maybe our government will come around once we start foraging more. Around the globe, portulaca is cultivated as a culinary delight. Incidentally, portulaca has many names including pigweed. Let's not let it go to waste. Nature provides.

For more information about Big Island farmers who are foraging locally-grown plants, visit Craig Elevitch's agroforestry site at [www.agroforestry.net](http://www.agroforestry.net) or [www.hawaiihomegrown.net](http://www.hawaiihomegrown.net).

*KMN received this last-minute submission; check local bulletin boards for more information if you're interested in the Zumbathon. Or learn more at the zumba classes on Tuesdays, 6 p.m., Hawi Gym or turbokick classes, Wednesdays, 6 p.m., Hawi Gym. The poster below explains more about the Zumbathon fundraiser.*

My name is Sheila Kinzer. I have been teaching Zumba for the Kohala community for the last year and a half. I would love to reach more people and assist the community in a healthier lifestyle.

A girlfriend and I are currently working on creating a Zumbathon to raise money to assist Japan. All proceeds from our Zumbathon will go to the American Red Cross to assist the country of Japan in the aftermath of the earthquake. Many other states are doing this, and you may visit it any time on youtube or just by Googling zumbathon. The date is set for April 16th, 2011. Time is still being decided upon. We are also waiting to hear if we got approved to hold this event at the Hawi Gym. Tickets may be purchased from Sheila Kinzer - 937-9035 / or Tracy Fujii - 557-6650.

Mahalo,  
Sheila Kinzer  
Personal Trainer/ Group Fitness Instructor

# ZUMBATHON

## Shake the Quake

**American Red Cross**

**Saturday**  
**April 16th, 2011**  
**10:00am-12:00pm**

**\$8.00 presale**  
**(\$10.00 at the door)**

**Red Cross donations**  
**accepted**

**All proceeds benefit**  
**the American Red Cross**  
**Japan Relief Fund**

**Potluck luncheon**  
**to follow**

## Kamehameha Statue Maintenance Begins

It's been ten years since the Kamehameha statue has experienced major restoration and, in the words of Sharon Hayden, the force behind caring for this ki'i, "It's time to do some serious maintenance."

Conservation technician Michael Jones paid the statue an inspection visit on March 16 in preparation for a maintenance visit from Art Conservator Glenn Wharton some time before Kamehameha Day. Both Jones and Wharton worked on strip-



—photo by Sharon Hayden

*Conservation technician Michael Jones inspects and works on the Kamehameha statue in March.*

ping off all the paint, restoring damaged metal, and repainting this historical work of art ten years ago.

A hula ki'i, a dance using puppets, will be performed at the statue ceremony on June 11th by Kamehameha preschool students in honor of this famous son of North Kohala.

Financial support to help maintain the Kamehameha Statue is always appreciated. Tax deductible donations can be made through the North Kohala Community Resource Center.



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28 sales, next best producer: 3 sales.



## Kohala Kids in the News

### 6000 'n 60 Battery Collection Extended

The Kohala Middle School "6,000 'n 60" battery collection has extended its collection deadline until April 17. Thus far, the youth have collected 2,000 of their anticipated 6,000 used batteries.

The batteries accepted are AA, AAA, C, D, and 9 volt. Collection bins are found at Arakaki, Takata, and Nakahara stores, as well as Island Short Stop and Sunshine Hardware.



6000 'n 60 Seimens challenge group: (L to R) Lani Bowman (mentor), Mina Apostadiro, Rico Bowman, Isabel Steinhoff, and Genevieve Boyle

In February, project participants Isabel Steinhoff and Genevieve Boyle presented "6000 'n 60" information at the Kohala Merchants Association meeting. Merchants seemed very responsive and appreciative of KMS students' efforts to help the 'aina by collecting batteries.

Recently, four project participants—Mina Apostadiro, Rico Bowman, Genevieve Boyle, and Isabel Steinhoff—joined the Siemens' "We Can Change the World" Challenge. These students further developed the "6000 'n 60" project and applied for the challenge. Winners of the challenge are awarded \$10,000 each and a trip to Costa Rica. If awarded, the students would bring great honor to Kohala. They have worked very hard during this project and feel confident that they will place in the Siemens' challenge.

Additionally, students testified at the County Department of Environmental Management Commission Hearing meeting on March 23. This issue of KMN was sent to the printer before the hearing date and any results will be printed in a future edition. Students also intend to lobby the government and corporations for better household battery recycling programs!

If any businesses or groups would like to help with collection please contact mentor Lani Bowman at 889-5852 or any of the student participants.

### Kohala Robotics to Attend VEX World Championships

Kohala High Robotics team 2460A recently won the "excellence award" at the Leeward (O'ahu) VEX Tournament held March 4 to 5 at Nanakuli High. The award qualified the team to compete in the VEX World Championships in Orlando, FL from April 13-16.

At the O'ahu tournament, the Kohala team competed for the excellence award in a field of 36 others. The award is typically given to a team at larger VEX tournaments that the judges deem as demonstrating professional graciousness, safety, team image, presentation during interview and overall teamwork. The team's high rank in competition also factors into the decision.

Kohala High competed with two teams: 2460 and 2460A. The six-member robotics team worked together to share bots, drivers, programmer, coaches and mentors during the matches. Along with the matches with pre-selected alliances during the 56 qualifying rounds, there were scouting duties, programming and robot skills tests, and judges' interviews.

Before the April world championships, Kohala's robotics team intends to improve the robot mechanisms based on competition experience. While the team's coach Ms. White is proud of the students' accomplishments, she still plans to continue working with the team on rules, safety and interview skills.

Kohala High's robotics team has been fully engaged this year with workshops,



Kohala High robotics team members await their departure from Kona Airport on their way to the Leeward VEX tournament on Oahu. Back row, L to R: Adam Anakalea, Joey Vignato, and CJ Yamamoto. Front row, L to R: Bert Kanoa Jr, Ola Dela Cruz, and Michael Nelson.

performances, community events, a trip to Japan with two competitions, and three more competitions. The team was a semi-finalist at Pan Pacific tournament and won the Judges Best Team Image Award. Now to the world championships!

The team fully appreciates the community's continued support as it represents Kohala at the highest level of competition. A fundraiser to assist with travel costs and program, robot supplies and promotional items will be held.

For information on the program, please contact Ms. White at 889-7117 ext 249. For updates on the team and its activities go to [www.kohalarobotics.com](http://www.kohalarobotics.com).

## Win a TV and Support Local Students

Kohala Middle School teachers nominated four students—Mina Apostadiro, Mikaela Bartsch, Kassie Kometani and Yuki Zbytovsky—to participate as alumni at a Junior National Young Leaders Conference in Boston this summer. Tuition for the six-day conference is \$1,950 per student plus air transportation. With the support and guidance of the North Kohala Community Resource Center, grant applications have been submitted, donation request letters have been sent to island businesses, friends

and families, and follow-up telephone calls are being made.

The next step in the group's fundraising efforts will be the opportunity for one lucky individual to win a 50-inch Pioneer Elite PRO-111FD High-Definition Flat Panel HDTV generously donated by Hilo Audio. The retail value of the television is \$5,000. Hilo Audio is also including a Sony HT-CT350 home theater sound bar valued at \$400.

The nominated students will canvass the community, offering tickets

for the drawing which will be held in conjunction with a bake sale under the banyan tree in Hawi during the April 23rd farmers' market. Donations of any amount for each ticket are appreciated, though a minimum of \$10 per ticket is suggested.

Upon their return from Boston, the students plan to share their experiences with community groups and in Kohala's schools to encourage other students to aspire to the program. JrNYLC programs open eyes and open doors of possibilities

for children who have the potential to become future leaders.

The North Kohala Community Resource Center (NKCRC), a 501(c) 3 nonprofit organization, is providing fiscal sponsorship for this project. Tax-deductible cash donations may be sent to NKCRC, PO Box 519, Hawi, HI 96719 with "KMS Young Leaders" in the memo field. For more information, contact Jacqueline Johnson-Hirt, guidance counselor at Kohala Middle School, at 889-7119.

**Trash Bash**  
Saturday April 23rd 6-9pm  
Questions? Call 889-5009  
Kava Kafe  
upstairs at the Mill  
Pupus  
Cash Prizes  
Entry forms online at [www.kohalatrashbash.com](http://www.kohalatrashbash.com)  
Entry deadline April 18th  
[www.kohalatrashbash.com](http://www.kohalatrashbash.com)

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**Legend Of The Hula Moose**  
by Christine Taylor Sprowl Tetak

- Author Event and Book Signing
- Ackerman Gallery in Kapa'au
- Across from the Kamehameha Statue
- Wednesday, April 13th
- 12:00pm-2:00pm

Visit the New Hula Moose Website for Kids Pages and fun activities!  
[www.legendofthehulamoose.com](http://www.legendofthehulamoose.com)



## Kohala Elementary Students and the Community

### Dictionaries

Each year, the Rotary Club of North Hawaii gifts the third grade students at Kohala Elementary with new dictionaries.

Here's what some students have to say about their gifts:

"I love reading my dictionary. It was a special gift," says Jovylyn Campollo. "I am learning and loving new words," adds Kalia Emeliano. And Keahou Kaholoaa-Aguilar writes, "I will take care of it forever!"

### At Kahilu Theatre

KES fifth grade students attended three performances at Waimea's Kahilu Theatre this school year. In February, they attended the Imago Theatre's "Zoo Zoo" performance. Students also saw "Hands," a Chinese drum show, and "Kealoha," a slam poet.

Prior to the "Hands" performance, the Kohala RMD Taiko Drummers came to the school and gave drumming lessons to students. Before his slam poetry per-

formance Kealoha instructed students, and audience members wrote their own poetry. (See page 6 for information about an upcoming performance by Kealoha at the North Kohala Public Library.)

Kohala students' participation at these performances was made possible by sponsors of the "North Kohala Student Cultural Enrichment Program," which pays for admission and transportation to the events. For more information, please contact Dixie at 889-5730.



—photo by Rebecca Jankowski

Third graders (left to right) Jazz Francisco, Krisha-Marie Bautista, and Melvin Lloyd proudly hold their new dictionaries.

## Kohala Montessori School News

### Recycling Project Fundraiser

The children at Kohala Montessori Preschool and Kindergarten (Montessori Education Center of Hawaii) are learning their 3 Rs: reduce, reuse, and recycle. Students are participating in a number of recycling project fundraisers in the coming months.

Children will be collecting and recycling old cell phones and phonebooks for the next three months. They will also exchange one brand new, energy efficient CFL bulb for each old incandescent light bulb that is brought to the school while supplies last. The three recycling projects the children are currently working on will help raise funds for tuition assistance programs at the preschool.

The Blue Planet Foundation and the Kohala Center are sponsoring the CFL light bulb exchange and will be giving the preschool 1,000 CFL energy saver bulbs in exchange for old incandescent bulbs. The purpose of this exchange is to reduce Hawaii's dependence on oil and coal for energy.

Kohala residents can help the school by discarding unwanted phonebooks in collection boxes labeled with the school's name at the Hawi Post Office, Takata Store, Kohala Elementary School, Kohala High School, Lighthouse Liquors, and Fig's Place.

Cell phones—working or not—can be

dropped at the preschool, located behind Nakahara Store in Hawi. The cell phones will be refurbished and sent to foreign countries to be used for emergency 911 calls.

Residents can also bring their old phone books, cell phones and exchange old light bulbs for new ones at the Hawi



—photo by Jammi Barrington

Kohala Montessori students pose with light bulbs, cell phones, and phone books to tell the community about their recycling projects.

Top Row: Zachary Zandovskis, Manaiah Castiglioni, Hezekiah Wilson, Heaven Alvarico, Jayline Salvador, Bella Broderick

Second Row: Mesa Glover, Kai'a Kahikina, Ashley Millet, Ivy McEvoy, Daylan Kaitoku

Bottom Row: Kai Richardson, Eddie Stenson, Jayda Yamamoto, Austin VanNguyen

Farmers' Market under the banyan tree on Saturday, April 2 from 8 a.m. to 1 p.m. The preschool will have a booth and will be selling plants and tee-shirts.

Kohala Montessori School is considered a "green school" because the

teachers and children recycle, reuse, and compost on a daily basis. "We compost anything that can decompose and use it in our school garden. We also reuse our classroom activity water to water our plants," explains teacher Jammi Barrington.

### Summer Programs

Summer Fun with Auntie Jammi will run from June through July with both half- and full-day programs available for children 2 to 7-years old. The children will explore the ocean with Montessori-inspired games, activities, arts and crafts, music, gardening, water play, and outdoor fun. The school's fall session will start August 1st and will offer both half- and full-day programs.

### "Open Doors" Financial Aid

Preschool Open Doors will help families pay for preschool if their child was born in 2007. Special needs children born in 2008 are also eligible. Applications are only accepted March 1 through April 30 for fall 2011 preschool funding. You can contact PATCH/Open Doors at 322-3500 or download an application from [www.patchhawaii.org](http://www.patchhawaii.org), but you must do it soon as funding is limited. Please call the school if you have any questions.

### Open House

Kohala Montessori School invites the community to an open house on Saturday, April 9 from 9 a.m. to 1 p.m. Refreshments will be served, and interested families will have an opportunity to see the school's beautiful classroom and learn more about their program. For more information or questions, please contact the school at 889-5131.

## Parks & Rec and KCAA Sports Tournaments

### Girls' Softball Tournament a Huge Success

The newly formed Parks & Recreation Kohala girls' softball team hosted a huge tournament for 14 teams from Kona, Waikoloa, Waimea, Waiakea, and Kohala. The event was very well attended, with approximately 150 people in the Kamehameha Park stands to watch the 17 different games being played that morning.



—photo by Malia Welch

Tomiko Coito of the Kohala Kalakoaz pitches the ball during warm-up at the Sunday, February 27th girls' (age 9 to 14) softball tournament.

### T-Ball/ Pitch Ball

The KCAA T-ball/pitch ball (age 5 to 8) season came to a close March 12 with a tournament at Kamehameha Park. Parks & Rec representative Renee Gonsalves sends a mahalo to Rina Fong, her 'ohana, and the Kohala Bobby Sox for their help with this tournament.

### Boys' Basketball

On the same day in the Hisaoka See Sports, page 13

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**Planter's Peanuts**  
Cocktail Nuts, Sweet 'n' Crunch or Sesame Nut Mix  
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**Taco Bell Salsa**  
Mild - Medium 16 oz. 2<sup>49</sup>



**Jack Links Beef Jerky**  
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**Sky Flakes Cracker Tub**  
30 oz 5<sup>79</sup>

**Roxy Dried Cuttlefish**  
2 oz. 1<sup>59</sup>

**Roxy Tomato Sardines**  
7 oz. 99¢

**ABC Assorted Fruit Bites**  
10 oz. 1<sup>19</sup>

**Da Heo Chicharons**  
3.5 oz. 2<sup>49</sup>

**Post Pebbles Cereal**  
Cocoa or Fruity 11 oz. 2<sup>89</sup>



**Hansen Apple Juice**  
64 oz. 2<sup>89</sup>

**Yuban Coffee**  
original 33 oz. 9<sup>59</sup>

**Best Foods Mayonnaise**  
30 oz. 4<sup>49</sup>



**Dasani Water**  
24 pk. - 500 ml. 3<sup>99</sup>



**Golden Grain Elbow Macaroni or Spaghetti**  
16 oz.. 1<sup>59</sup>

**Nissin Cup Noodle**  
2.25 oz. 2/1<sup>19</sup>

**Delmonte Whole Kernel or Cream Style Corn**  
15.25 oz. 2/1<sup>99</sup>



**Taco Bell Refried Beans**  
16 oz. 2/2<sup>49</sup>



**Taco Bell Taco Shells**  
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Regular / Auto Drip (No Whole Bean)  
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**Post Honey Bunches of Oats**  
14.5 oz. 3<sup>19</sup>



**Banquet Family Entree**  
Salisbury or Turkey 27 oz. 3<sup>99</sup>



**Banquet Fried Chicken**  
26 - 28 oz. 6<sup>79</sup>



**Marie Callendar Dinners**  
Select Types 13 - 16 oz. 4<sup>49</sup>



**Eggo Waffles**  
Select Flavors 12.3 oz. 2<sup>89</sup>



**Mama Bella Garlic Bread**  
Assorted 14 oz. 3<sup>69</sup>



**Totino Party Pizza**  
10.2- 10.8 oz. 3/5<sup>00</sup>

**Tyson Chicken Thighs**  
5-lb. box 6<sup>19</sup>

**Tyson Chix Nuggets, Patties, Tenders**  
26 oz. 6<sup>69</sup>

**Wes Pac Vegetables**  
Peas, Corn, Mixed, Beans, Peas & Carrots 16 oz. 1<sup>89</sup>



**Tropicana Orange Juice**  
All Types 4<sup>79</sup> 59 oz.

**Meadow Gold Drinks and Teas**  
1/2 gal. 4/4<sup>99</sup>



**Meadow Gold Premium Ice Cream**  
48 oz. 3<sup>99</sup>



## Grocery

Aloha Shoyu, 64 oz. 5<sup>49</sup>  
Coral Chunk Light Tuna, 5 oz. 2/1<sup>99</sup>  
Campbell's Cream of Mushroom Soup, 10 oz. 2/2<sup>29</sup>  
Delmonte Spaghetti Sauce, 26.5 oz. 2/2<sup>25</sup>  
Delmonte Ketchup, 24 oz. 2/2<sup>29</sup>  
Delmonte Fruit Cocktail/Peaches, 29 - 30 oz. 1<sup>99</sup>  
Delmonte Spinach, 13.5 oz. 2/2<sup>19</sup>  
Delmonte Tomato Sauce, 8 oz. 2/99¢  
A-1 Steak Sauce, 10 oz. 3<sup>99</sup>  
C&H Granulated Sugar, 4 lb. 3<sup>59</sup>  
Hunt's Snack Pack Pudding, 4 pk. 2/3<sup>19</sup>  
Diamond Bakery Saloon/Cream Crackers, 8 - 9 oz. 2/6<sup>00</sup>  
Diamond Bakery Cookies, assorted, 6 oz. 1<sup>69</sup>  
Diamond Bakery Soda Crackers, 13 oz. 3<sup>39</sup>  
Comstock Blueberry Pie Filling, 21 oz. 4<sup>99</sup>  
Hawaiian Hula Salad Dressing, 8 oz. 2<sup>29</sup>  
Bumble Bee Pink Salmon, 14.75 oz. 2<sup>69</sup>  
Diamond Chopped Walnuts, 8 oz. 2<sup>99</sup>  
Libby Vienna Sausage, 18 pk., 5 oz. 7<sup>99</sup>  
Van Camp Pork 'n' Beans, 15 oz. 2/1<sup>69</sup>  
Libby Corn Beef Hash, 15 oz. 2<sup>39</sup>  
Taco Bell Taco Seasoning Mix, 1.25 oz. 2/1<sup>79</sup>  
Taco Bell Taco Sauce, 8 oz. 1<sup>89</sup>  
Koolaid Kool Burst, 6 pk. 1<sup>59</sup>  
Langers Cran Cocktail Juice, 64 oz. 3<sup>39</sup>  
Yuban Instant Coffee, 8 oz. 6<sup>29</sup>  
Powerade Drinks, 32 oz. 10/8<sup>00</sup>  
Shirakiku Panko, Flakes/Fine, 4 oz. 99¢

Shirakiku Bamboo Shoots, 8.5 oz. 99¢  
Shirakiku Water Chestnuts, 5 - 8 oz. 2/1<sup>19</sup>  
Shirakiku Furikake, 1.5 - 1.9 oz. 3<sup>29</sup>  
Sippy Peanut Butter, 16.3 oz. 2<sup>39</sup>  
Wesson Oil, all types, 48 oz. 4<sup>29</sup>  
Western Family Pitted Olives, 6 oz. 2/2<sup>99</sup>  
Western Family Sugar, 16 oz. 99¢

## Natural Foods

Lundberg Grains (Rice), 2 lb. 3<sup>49</sup>  
Kavli Crispbreads, 5.29 oz. 1<sup>99</sup>  
Eddie's Veggie Pasta, 12 oz. 3<sup>59</sup>  
Food Merchants Polenta, 18 oz. 3<sup>09</sup>  
Blue Diamond Almond Beverage, 32 oz. 2<sup>49</sup>  
Barbara's Cheese Puffs, 5.5 - 7 oz. 2<sup>39</sup>

## Dairy





Meadow Gold Yogurts, 6 oz. 2/1<sup>89</sup>  
Meadow Gold Nectars, 1/2 gal. 1<sup>99</sup>  
Meadow Gold Ice Cream Sandwiches, 6 ct. 2<sup>59</sup>  
Meadow Gold Cottage Cheese, 16 oz. 3<sup>39</sup>  
Big Island Poultry Grade A Large Eggs, Mainland Shell Protected, per dozen 2<sup>19</sup>

## Meats

USDA Boneless Chuck Steak, per lb. 4<sup>59</sup>  
Island Range Fed Boneless Top Sirloin Steak, per lb. 5<sup>69</sup>  
Foster Farm Value Pack Chicken Thighs, per lb. 1<sup>89</sup>  
Frozen Pork Butt, per lb. 1<sup>79</sup>

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 <b>Roman Meal Bread</b> All Types 24 oz. 4 <sup>65</sup>	<b>Hostess Multi</b> Twinkies, Cupcakes or Hoho's 10 - 15 oz. 5 <sup>49</sup>	<b>LKK Oyster</b> Sauce Furikake 17 oz. 1 <sup>49</sup>	<b>Dynasty Chow</b> Funn 29 oz. 1 <sup>89</sup>	<b>Pepsi 24-pk.</b> cans All Types 9 <sup>49</sup>	<b>Pepsi 2-liter</b> Bottle  2/3 <sup>79</sup>
<b>Oscar Mayer Beef</b> Franks Reg., Jumbo, XXL 16 oz. 3 <sup>59</sup>	<b>Oscar Mayer</b> Turkey Variety/ Chicken Strips 6 - 12 oz. 2/5 <sup>00</sup>	<b>Mae Ploy Sweet</b> Chili Sauce 10 oz. 1 <sup>49</sup>	<b>JFH Dried</b> Shrimp 1 oz. 2 <sup>19</sup>	<b>Nabisco Ritz</b> Chips 8.1 oz. 3 <sup>39</sup>	<b>Nabisco</b> Oreo Cookies 11 - 17 oz. 3 <sup>99</sup>
<b>Oscar Mayer</b> Deli Shave Meats 7 - 9 oz. 2/6 <sup>00</sup>	<b>Kraft Shredded</b> or Chunk Cheese 2/6 <sup>00</sup> 8 oz. 	<b>Calbee Chips</b> 1 <sup>69</sup> 2.82 - 4 oz.	<b>Kikkoman Soy</b> Sauce 5 <sup>29</sup> 1.25 qt.	<b>Blue Bunny Ice</b> Cream 56 oz. 4 <sup>99</sup> 	<b>Di Giorno</b> Rising Crust Pizza 11.5 in. 6 <sup>59</sup>
<b>Mays Beef</b> Patties 9 <sup>29</sup> 2 lb.	<b>IQF EZ Peel</b> Shrimp 10 <sup>99</sup> 31/40 2 lb.	<b>Newton Pancit</b> Bihon 8 oz. 2 <sup>19</sup>	<b>Trader's Choice</b> Shiofuki Kombu 1.5 oz. 3 <sup>19</sup>	<b>Stayfree Maxi</b> Pads 3 <sup>79</sup> 16 - 24 ct. 	<b>Schick Disposable</b> Razors 10 ct. 1 <sup>99</sup>
<b>Frank's Foods</b> Frankfurters 16 oz. 3 <sup>39</sup>	<b>Birds Eye</b> Voila 22 oz. 5 <sup>49</sup> 	<b>Hawaiian Host</b> Chocolate Mac Nuts 5 oz. 2 <sup>89</sup>	<b>Panasonic</b> Batteries C or D 2 ct. 1 <sup>19</sup>	<b>BenGay</b> Greaseless - Ultra Strength 2 oz. 4 <sup>69</sup>	<b>Clear Eyes</b> Assorted 4 <sup>99</sup> .5 oz.
<b>Frank's Foods</b> Portuguese Sausage 10 oz. 3 <sup>29</sup>	<b>Flavor Pac Frozen</b> Blueberries 16 oz. 4 <sup>49</sup>	<b>Sergent's Flea</b> Collar dog or cat 1 <sup>69</sup>	<b>Plain Rubber</b> Slippers 1 pr. sizes 6.5 - 13 1 <sup>99</sup>	<b>Pantene</b> 2 in 1 Assorted 4 <sup>99</sup> 12.6 oz.	<b>Robitussin</b> Assorted 4 oz. 5 <sup>29</sup>

## Freezer/Deli

Darigold Butter, 16 oz.	4 <sup>29</sup>
Shedd's Country Crock Margarine, 2/8 oz.	2 <sup>79</sup>
Tillamook Sliced Cheese, Swiss or med. (no sharp), 12 oz.	4 <sup>79</sup>
Yoplait Yogurt, 6 oz.	2/1 <sup>69</sup>
Bays English Muffins, 6 ct.	2 <sup>99</sup>
Amy Bowls, 9.5 oz.	4 <sup>59</sup>
Banquet Pot Pies, all types, 7 oz.	2/2 <sup>19</sup>
Kraft American Singles, 14 - 16 oz.	3 <sup>49</sup>
Gorton Fish Fillets/Sticks, 24.5 oz.	7 <sup>19</sup>
Chef America Hot Pockets, 5.4 oz.	2/1 <sup>99</sup>
El Monteray Burrito, 8 pk.	4 <sup>19</sup>
Aji Co Shumai, 7.94 oz.	3 <sup>29</sup>
Aji Co Gyoza, 8.47 oz.	2 <sup>89</sup>
Louis Rich Ground Turkey, 16 oz.	3/4 <sup>59</sup>
Farmer John Pork Links, 8 oz.	1 <sup>69</sup>
Cyrus O'Leary Banana, Chocolate or Lemon Pie, 29 - 30 oz.	7 <sup>49</sup>
Miko Kalua Pork, 12 oz.	5 <sup>49</sup>
Dreyers Dibs, 60 ct.	3 <sup>89</sup>
Inland French Fries, reg./crinkle cut, 32 oz.	3 <sup>19</sup>
S/S Saimin, 4.5 oz.	2/1 <sup>39</sup>
Tyson Party Wings, 5 lb.	15 <sup>49</sup>
Tyson Boneless, Skinless Tenderloins, 2.5 lb.	8 <sup>99</sup>
Tyson Boneless, Skinless Thighs, 2.5 lb.	7 <sup>69</sup>
Tyson Cornish Game Hens, 18 oz.	3 <sup>49</sup>
Frozen Mahi Mahi Fillets, 2 lb.	8 <sup>99</sup>
Frozen Mussels, 1/2 shell, 2 lb.	7 <sup>99</sup>
Frozen White Crab Sections, 2.2 lb.	8 <sup>49</sup>
Smuckers Uncrustables, 4/2 oz.	2 <sup>89</sup>
Zippy Entrees, assorted, 20 - 24 oz.	5 <sup>79</sup>

## Produce

Oranges, per lb.	1 <sup>59</sup>
Garlic, per lb.	3 <sup>79</sup>
Broccoli Crowns, per lb.	1 <sup>69</sup>
Amano Kamaboko, 6 oz.	1 <sup>99</sup>

## Non Foods

Angel Soft Double Roll Bath Tissue, 6 ct.	4 <sup>39</sup>
Sparkle Single Roll Paper Towel	1 <sup>19</sup>
Snuggle Fabric Softener, 32 oz.	4 <sup>19</sup>
Fitti Diapers, Jumbo Pack, 26 - 40 ct.	8 <sup>99</sup>
Dixie Heavy-duty Plates, 45 ct, 8-5/8 in.	2 <sup>69</sup>
Joy Dish Liquid, 30 oz.	2 <sup>99</sup>
Sunburst Liquid Detergent, 175 oz.	9 <sup>39</sup>
Dixie Napkins, 360 ct.	4 <sup>29</sup>
Shirakiku Chopsticks, 30 pk.	2/1 <sup>29</sup>
Reynold Foil, 30 sq. ft.	1 <sup>79</sup>
Waxtex Waxed paper, 75 sq. ft.	1 <sup>59</sup>
Ziploc Storage/Freezer, qt./gal., 15 - 25 ct.	2 <sup>99</sup>

## Beer/Wine/Liquor

Heineken, 12 pk., bottles	15 <sup>99</sup>
Corona, 12 pk., bottles	14 <sup>99</sup>
Steinlager, 12 pk., bottles	11 <sup>99</sup>
Natural Beer, 24 pk., cans	15 <sup>99</sup>
Budweiser, 18 pk., bottles	15 <sup>69</sup>
Coors, 30 pk., cans	24 <sup>99</sup>
Becks, 12 pk., bottles	11 <sup>99</sup>
Kendall Jackson Cab., Merlot, Pinot, 750 ml.	15 <sup>99</sup>
Ravens Wood Wine Cabernet, Zinfandel, 750 ml.	8 <sup>99</sup>
Sutter Home Wine, 1.5 liter	8 <sup>89</sup>
Yellowtail Wine, 750 ml.	5 <sup>99</sup>
Fetzer Wine, 750 ml.	6 <sup>99</sup>
Crown Royal, 750 ml.	22 <sup>99</sup>
Sauza Tequila, 750 ml.	10 <sup>99</sup>
Jim Beam, 750 ml.	9 <sup>99</sup>
Karkov Vodka, 1.75 liter	12 <sup>89</sup>
Bacardi Rum, 750 ml.	11 <sup>39</sup>



## Malama Kai Foundation's Ocean Warriors

Ocean Warriors, a marine science and service-learning program, has been working with Kohala's adolescents since the spring of 2009. Formed by Elizabeth Pickett Fee and Lani Bowman, the program's goal is to teach youth about the ocean and how to care for it. Ocean Warriors takes students off campus on Wednesdays to a variety of coastal locations to learn about ecology, environmental stewardship, coastal issues, and community involvement.

Ocean Warriors began as part of Kohala Middle School's UPLINK program but soon after, the project was adopted by the Malama Kai Foundation. The transfer allowed for much more funding to go into the youth program and enabled additional activities to be possible, such as swimming and other water activities.

When Furlough Fridays began in the fall of 2009, the Malama Kai

Foundation supported additional field trips for Ocean Warriors on those days. At that time, it became clear that an expanded program might be beneficial on many levels—for students, parents, and for the protection of coastal areas

by youth. Since it was launched, over 60 students have been involved in a diversity of ocean-related activities.

Around the same time as the project's inception in 2009, Ms. Pickett was also launching a project at Kauhola Point (Lighthouse) to determine from recreationists, landowners, kupuna, and others connected to the area, how best to move forward in stewarding the area. Supported as a community-based stewardship project by the Harold Castle Foundation, the goal of the effort continues to be for those who know, use, and love the area to be part of protecting it in perpetuity. This includes sharing

knowledge, conducting stewardship activities, promoting wise use, beach clean-ups, and eventually carrying out restoration and resource monitoring.

In the summer of 2010, the two efforts—Ocean Warriors and the Kauhola Point Community-Based Stewardship Project—merged when the Malama Kai Foundation secured grants from the National Oceanic and Atmospheric Administration's (NOAA) BWET program and the Kukio Community Fund. These grants enabled the Ocean Warriors program to expand and become a full-fledged program on its own, emphasizing local coastal stewardship by Kohala's youth. While they had not previously been involved with Kauhola Point stewardship, the time seemed right to facilitate the younger generation in leading the way toward coastal caretaking.

Ocean Warriors now includes a summer Ocean Camp, afterschool field trips each week, weekend activities such



*Each year the program begins with a number of fun, teambuilding activities. Here, Billy Skelton and Alexia Malasig race three-legged before arriving in a circle where they are to recite the parts of the water cycle.*

as camping trips, service learning projects, and offshore "floating classroom" boat trips. The primary focus of the newly expanded program is for middle school students in Kohala to develop an intimate connection to Kohala's coastline, understand its environmental characteristics and processes, know its history, and lead

*See Ocean, page 13*

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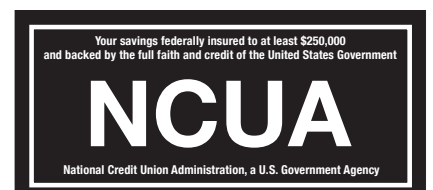
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*Ocean, continued from page 12*  
the way in stewardship activities.

Students are offered opportunities that enable them to gain perspective on coastal and community issues, and apply their new insights to real life places and situations. This year the students have been learning about social and environmental topics related to watersheds and open space protection. After learning important science and cultural lessons and about community-wide goals for the coast, students apply their knowledge directly to Kauhola Point.

In December, students led a Kauhola clean-up event and submitted testimony to aid in securing Legacy Land funding, which may help purchase the Davis property and protect it as undeveloped open space with continued community access. Recently, students learned about the history of Kauhola from a local kupuna who shared Auntie Marie Solomon's oral history of the area with them. From these experiences and careful observation of the area, students drafted a practice management plan in order to think through all of the issues that come up in caring

for coastal lands and waters.

The Ocean Warriors program is weaving together culture, science, service learning, youth mentorship, and community involvement in a way that is both fun and relevant. Students are using



*Gabriella Boyle (left) and Alexia Malasig paint signs to hang up around town announcing the Kauhola Point community clean-up and camping celebration this past December. Additional cleanup days will take place this spring and summer.*

their ongoing learning and service work to enter a Quiksilver-USC contest to win a week of marine science activities on Catalina Island in California. They made it through the first round of the competition and were interviewed March 16 via Skype by the judges in California. Quiksilver will announce winners on April 7.

Stay tuned, as the Ocean Warriors will need help raising funds to cover students' airfare for this unique and exciting opportunity if their project at Kauhola Point is selected. They have a strong chance of winning—the judges indicated that no other group in Hawaii or California conducted their service learning project

on moving forward both stewardship and open space protection of a community coastal area. "We are so proud of them. These kids are awesome and have made a huge difference at Kauhola!" commented Tom Loomis, frequent surfer

at Lighthouse and the Ocean Warriors assistant coordinator.

Tom Loomis, Lani Bowman and Heather Brovsky now assist Elizabeth Pickett Fee in carrying out the Ocean Warriors Program. The Ocean Warriors staff and the Malama Kai Foundation wish to thank the many community partners who have continuously supported and guided the program: North Kohala Community Access Group, Maika'i Kamakani O Kohala, KAKO'O,

Kohala Cultural and Historic Group, Dorrance Family Foundation, 'Iole, Harold K. L. Castle Foundation, Kukio Community Fund, Hawaii Community Foundation, and the NOAA BWET program.

Ocean Warriors is open to all middle school students in grades 6 through 8. For more information about Ocean Warriors or stewardship activities at Kauhola Point, contact Elizabeth Pickett Fee at (808) 443-8303.

## Community Event: Ka Hana No'eau Ho'ike April 9th

Ka Hana No'eau will hold its "Ka Ulu Ana: Securing Our Future" event at the Kohala Intergenerational Center in North Kohala on Saturday, April 9, 2010 from 10 a.m. to 3 p.m. The event is a food resilience project featuring a chili cooking challenge and a "Best Salad Contest." The contests will feature grass-fed ground beef and salad greens that were raised by Ka Hana No'eau students as part of their Animal Husbandry and Sustainable Gardening mentorship programs.

The Chili Challenge will feature ten teams. Participants will include: Director Dwight Takamine, Chairperson Russell Kokubon, Representative Jerry Chang, Representative Clift Tsuji, Councilman Dennis Onishi, David Shiigi, Edgar - Eddie O - Ombac of the LAVA 105.3 / KOA Country/HONU Radio Station, Cheryl and Clinton Imaia of the CSC Café, Jason Verdun of the Zest Kitchen, Bob Martin and Karen Rosen of the Kohala Coffee Mill, and Ted Matsuda, David Fuertes, and Danny Goya of the Partners In Development Foundation. Note: Chili teams are subject to change.

The program is seeking individuals

who think they may have the best salad dressing in town for the dressing contest. Those interested in entering should contact Erika Cedillos at 884-5838 no later than March 31st.

Other activities during the day will include the Kana Hana No'eau Mentorships booths and demonstrations; poi pounding, including cooking demonstration by Chef Sam Choy. Entertainment will go on all day and feature Cyril Pahinui, Taiko Drumming Performance by RMD Kohala/Waimea and other local entertainers.

A \$5 individual donation covers admission to the event, participation in demonstrations and displays and taste-testing privileges along with a bowl of rice for your chili samplings.

The Ka Hana No'eau program has been made possible through a U.S. Dept. of Education - Native Hawaiian Education Act (USDOE-NHEA) grant in partnership with Partners in Development Foundation and the Kohala Intergenerational Center.

Inquiries should be directed to Erika Cedillos at 884-5838.

## Kamehameha Day Celebration Preparation

This year's Kamehameha Day celebration is approaching, and the celebration committee has a few announcements for the community.

The Saturday, June 11 event will begin with a lei draping (of the Kamehameha statue in Kapa'au) at 8 a.m., and the parade will commence at 9 a.m.

In a break from years past, there will not be a ho'olaule'a (festival) at the park after the parade. The parade will begin at Kohala High School going towards Kapa'au, pass

the statue, loop around the Hospital Road, and end at Kamehameha Park.

Those interested in participating in this year's celebration should contact Cicely Ho'opai at hoopai911@msn.com or 884-5168.

Women interested in riding as a Pa'u princess should contact Bernelle at 889-5665 or bhoopai@yahoo.com.


Clubs or organizations interested in participating with a float should contact Teresa at 889-5000.

## Sports, continued from page 9


Gym, boys' age group basketball (P&R/KCAA) held a tournament to close their season as well. According to Gonsalves, "Due to the two tournaments on the same day, the park was so packed that people could hardly find parking! We really appreciate all the

community support."

Gonsalves adds, "I would like to commend and send out my biggest mahalo to the KHS boys basketball team and their coaches for the awesome job they did of keeping score and stats, as well as refereeing the boys' age group basketball tournament."



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## THE COQUI CORNER

### COQUI ALERT!



A large coqui infestation has erupted in the Wainaina Gulch behind the cemetery, and demands immediate attention. As it covers approximately 3 acres in extremely rough terrain, the Coalition expects this eradication to be difficult and on-going for many months.

We are asking the community for monetary support, knowing this eradication could cost nearly \$15,000 to complete. See the related article in KMN.

All donations are tax deductible. Because this is a project sponsored under the North Kohala Community Resource Center, checks should be made out to NKCRC with "coqui" in the memo.

Checks can be dropped off at the Center or mailed to P.O. Box 519, Hawi, HI 96719. Mahalo for your Support! Please help keep Kohala Coqui Free!

## Coqui Hotline: 889-5775

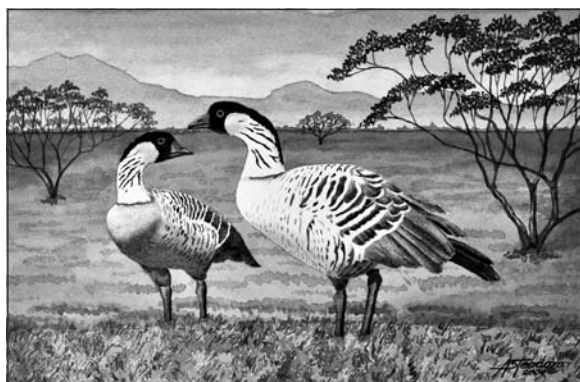


## Kohala Artists' Cooperative April and May Shows

The Kohala Artists' Cooperative at Kenji's House will host two shows during the month of April. The first is entitled "From Maine to Hawaii, 30 Years of Printmaking" and will feature highlights from the work of Catherine Morgan. Her work will be on display for two weeks from April 16 to April 29. The opening reception will take place Saturday, April 16 from 3 to 7 p.m.

Using a variety of printmaking methods, including silkscreens, monoprints, collages, and linocuts, Morgan's work captures the vibrant energy of two very different environments: coastal Maine and the Big Island of Hawaii. Catherine brings a fresh hand to these time-honored techniques, which she also teaches to students, whose work will also be on display.

The second collection is entitled "Avian Beauties: Birds of Hawaii in



Angel Teodoro's nene watercolor painting. His collection will be on display during the first half of May.

Watercolor" and will be shown from April 30 to May 13. New Artists' Cooperative member Angel Teodoro, originally trained as an architect, presents a series of delicate studies showing the beautiful details of Hawaii's feathered friends. The opening reception for this show will take place Saturday, April 30 from 4 to 7 p.m.

## New Mormon Missionaries in Kohala

By Lani Eugenio

Elder Jim Kelson and Sister Valerie Kelson of Midway, UT, are the new Church of Jesus Christ of Latter Saints missionaries serving in the Kohala region. The Kohala community is familiar with male missionaries in pairs, but this gregarious missionary couple will be our neighbors for the next eighteen months. Male missionaries are given the title "elder" and female missionaries are referred to as "sister."

Elder Kelson is a retired physical therapist. He attended Brigham Young University and completed his master's at the University of Southern California. He played basketball for BYU and was part of a winning team during 1960 to 64. His interests are in sports and outdoor recreation. Sister Kelson has served on



Elder Jim Kelson and Sister Valerie Kelson

the Utah State Board of Education and has been actively involved in church and civic issues, mostly involving children. Her hobby is quilting.

Family life has been a priority with the Kelsons as they have seven children and twenty-one grand-

children whom they are very close to and keep in contact with through mail and e-mail. Their third son, Clint Kelson, played baseball for UH Manoa under Coach Les Murakami, leading the team to a WAC victory with his pitching.

"It's wonderful to be back in the land of rainbows!" exclaim the Kelsons. "We are now on a mission to serve the Lord here in Kohala, and we love it."

If you would like to meet, talk, or ask questions, please feel free to call the Kelsons at 557-8634.

## Kokolulu Farm Participates in Oncology Research

Kokolulu Farm and Cancer Retreats, Inc. on the beautiful, healing Big Island of Hawaii has joined forces with Bastyr University's Integrative Oncology Research Center (BIORC) to test the hypothesis that exposure to a two-week therapeutic in-patient experience at Kokolulu Farm will improve participants' immune system responses, anti-cancer blood cell activity and quality of life.

Bastyr University researchers are currently testing the hypothesis that comprehensive natural medicine therapy, including western and Asian botanical medicines, mind-body medicine, and nutritional medicine improve survival, reduce cancer relapse rates and improve health-related quality of life.

Kokolulu Farm and Cancer Retreats combine all the elements of deep nature cure: sea water, sunlight, vegetarian fresh, farm-grown food, daily meditation training and qi gong. BIORC researchers selected Kokolulu Farm and Cancer Retreats because its location promotes the restorative effects of sunlight, tropical

plant life, and sea water.

Bastyr University, located north of Seattle, is an accredited institution, internationally recognized as a pioneer in natural medicine.

Kokolulu Farm and Cancer Retreats, Inc. is a 501 (c) 3 nonprofit organization that embraces all modalities of medicine in the journey through cancer and provides education and charitable assistance to those affected by cancer by providing holistic healing retreats, research publications, and sharing tools that empower participants to take charge of their own healing journey.

The retreats offer a holistic blend of ancient and modern western, eastern and alternative healing therapies in professionally-led workshops, healthy meal preparation with food from the organic gardens, and sacred Hawaiian site visits around the island. Group and individual, personalized cancer retreats are offered. Scholarships are available for group retreats. Call 808-889-9893 or visit [www.cancer-retreats.org](http://www.cancer-retreats.org).

## Easter Egg Hunt Set for April 23rd



—photos by Jenna Vega

The Kohala Coalition Against Drugs (KCAD) and the Kohala Lions Club will be sponsoring their annual Easter egg hunt on Saturday, April 23rd this year at Kamehameha Park from 10 a.m. to 1 p.m. In addition to an egg hunt, the event will include food, shave ice, prizes, games, craft activities and a table where people can sign up for keiki I.D. Registration is from 10 to 11:30 a.m.; children from 1 to 10 are welcome to participate. Bring the little ones to meet the Easter Bunny and enjoy some great photo opportunities, like these from last year!

## What's New in 2011?

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Monday - Thursday at 7 a.m.  
Eucharistic Service: Friday at 7 a.m.  
Father Ray Elam, O.S.A.  
Deacon Thomas Adams  
Telephone 889-6436



Kohala Baptist Church  
Located on Akoni Pule Hwy  
across from Makapala Retreat

Sunday Services

'Come to Me, all you  
who labor and are  
heavy laden, and I  
will give you rest.'  
(Matthew 11:28)

9 am  
Adult Bible Study/Kids on  
Mission  
10:15 am  
Worship Service/Sunday  
School

Pastor Steven E. Hedlund (808)889-5416  
[www.kohalabaptist.org](http://www.kohalabaptist.org)



## Hawaii Island Retreat Celebrates Opening of Maluhia Spa

In appreciation, Hawaii Island Retreat will celebrate its two year anniversary in April. To add to its already exquisite facilities, Hawaii Island Retreat is pleased to announce the opening of its long-awaited Maluhia Spa—a place of peace, tranquility, serenity and healing. The spa will open April 1.

In addition to a salt-purified infinity pool and solar hot tub with stunning views, the spa features men's and women's locker rooms finished in natural woods and tile, complete with organic shower products, reverse osmosis drinking water, and solar hot water. Guests



Left to right, Jeanne Sunderland and Lia Watkins give massages to spa patrons at the Hawaii Island Retreat.

will also find an open air spa pavilion with hardwood floors housing exercise equipment and a place to gather with friends and family. An open air reception

area with a retail shop and relaxation lounge overlook the pool.

Open air massage hales with massage for couples are perched above the expanse of the valley and the whispering ironwood trees. Effective facial treatments and body services are also provided in nearby treatment rooms, featuring effective facial product lines and body service products made from seasonal gifts of the land. Maluhia Spa at Hawaii Island Retreat magnifies and supports the natural healing that being in nature supplies through its distinctive menu of Hawaiian and other traditional, holistic treatments and massages.

Wishing to share the good news with the North Kohala community, Maluhia Spa is offering monthly memberships that provide members with discounted spa services, use of the beautiful facilities, and participation in upcoming classes. In addition to Maluhia membership, each Saturday in April the spa will feature a "Spa Saturday" where community members can come to the spa to enjoy a yoga class, spa service, the pool, and other facilities for \$100 for the day. There will be special presenters, gifts and other surprises. Just call to sign up and reserve your spa time.

For information, call 808-889-6336 or email [info@hawaiiislandretreat.com](mailto:info@hawaiiislandretreat.com).

## Gifted Bible Teacher Simulcast at Kalahikiola April 1-2

Kalahikiola Congregational Church in Kapa'au will host a simulcast event for women on April 1-2. The event, which will be simulcast at churches nationwide during that weekend, will feature gifted Bible teacher Priscilla Shirer.

Shirer is a graduate of Dallas Theological Seminary, with a master's degree in Biblical Studies. She has been a conference speaker for major corporations, organizations, and audiences across the United States and the world.

Shirer and her husband founded Going Beyond Ministries, a ministry for women which hosts several nationwide

events each year and is based in Dallas. She has also published five books and five Bible studies for women. More information on Shirer and her work can be found at [www.goingbeyond.com](http://www.goingbeyond.com).

The simulcast event will begin Friday evening, April 1 from 7 to 9:30 p.m. and continue Saturday morning from 9 a.m. to 12:30 p.m. The event is free, but donations are appreciated.

Donations of non-perishable food items will be collected for the Food Bank.

For more information, please contact Debbie at 884-5575 or [dat1120hawaii@yahoo.com](mailto:dat1120hawaii@yahoo.com).

## KOHALA CALENDAR

- April
- 1 Fri 7:00 – 9:30 pm, Simulcast Event: Bible teacher Priscilla Shirer, Kalahikiola Church, Kapa'au, continues Sat. 2<sup>nd</sup> 9:00 am- 12:30 pm, donations for Food Bank suggested, Debbie, 884-5575.
- 2 Sat 8:00 am – 1:00 pm, Kohala's Montessori Preschool & Kindergarten Fund-raiser, Farmer's Market in Hawi, plants & t-shirts for sale, exchange light bulbs, turn in cell phones & phone books.
- 2 Sat 10:00 am, Senior Softball: Kohala vs. Ka Nani O Honoka'a, Kamehameha Park.
- 4 Mon 12:00 – 1:00 pm, CDP Growth Management Subcommittee Mtg., Surety Office, Hermann, 889-6257.
- 4 Mon 3:00 – 6:00 pm, Chess for all ages, Kohala Library, Dylan Trumpy, 889-6655.
- 4 Mon 6:30 – 7:30 pm, "Ranching in Hawaii," talk story w/ Boyd Bond, Kohala Library, 889-6655.
- 5 Tue 6:30 – 8:30 pm, Miniatures Club, Kenji's, dollhouse projects, Susan, 889-5604.
- 6 Wed 11:30am – 3:30 pm, Ipu Making, Learning Center class at Kenji's, make a traditional ipu (gourd), free, \$10 materials, Bernard Gomes & Greg Cunningham, 882-7218.
- 6 Wed 4:30 – 6:30 pm, No. Kohala Public Access Group Mtg., Senior Center, Ted, 889-5801.
- 6 Wed 5:00 – 7:00 pm, Video Instruction Orientation, Kohala Community Video Center, KHS music rm., open to students and community members, cont. every Wed. through 4/27, call Donna to sign up, 889-7117.
- 7 Thu 6:00 – 7:00 pm, Relay for Life Committee Mtg., Hisaoka Gym conf. rm., Maile, 334-0010.
- 7 Thu 6:00 – 9:00 pm, Green Drinks Hawi, Kava Kafe, organic networking & pupus, Forrest, 987-2365.
- 9 Sat 10:00 am – 3:00 pm, Ka Hana No'eau Ho'ike, Intergenerational Center; chili & salad dressing contests, mentorship booths & demos, cooking demo by Sam Choy, entertainment; \$5 donation, Erika, 884-5838.
- 10 Sun 3:00 pm, "Gardening for Greater Nutrition", Artesia, 55-3584 Ka'auhuhu Rd., lecture by Dr. Jana Bogs, free to public, Gail, 889-1082.
- 11 Mon 4:30 – 6:30 pm, CDP Action Cmte. Public Mtg., Senior Center.
- 11 Mon 6:00 – 7:00 pm, Kohala Haw'n Civic Club Public Mtg., Hawi Community Center, Rochelle, 896-3033.
- 11 Mon 7:00 – 8:00 pm, Project Grad Mtg., Hisaoka Conf. Rm., senior parents, Cathy, 889-0321.
- 12 Tue 1:00 pm, "Your Life as a Fun Book": presentation by Jim Channon, North Kohala Public Library, how to create a visual legacy for your family, 889-6655.
- 12 Tue 4:00 – 5:30 pm, Hope for Haiti Mtg., St. Augustine's Walker Hall, new members welcome, Lani, 889-5852.
- 13 Wed 8:00 am, No. Kohala Merchants Association Mtg., Resource Center, public invited, Bobby, 889-0505.
- 13 Wed 12:00 - 2:00 pm, "Legend of the Hula Moose": signing with author Christine Taylor Sprowl Tetak, Ackerman Gallery.
- 16 Sat 9:00 am – 1:00 pm, Treasures Helping-Hand Store, Assembly of God, Hawi Rd., free meal: 10 am – 1 pm, 889-5177.
- 16 Sat 10:00 am, Senior Softball: Local Boyz vs. Kona Gold, Kamehameha Park.
- 16 Sat 3:00 – 7:00 pm, Opening Reception: "From Maine to Hawaii, 30 Years of Printmaking," Kohala Artists' Cooperative at Kenji's, display of Catherine Morgan's work from 4/16 – 4/29.
- 16 Sat 5:00 – 6:30 pm, Free Grindz -- Hot Meal, Hawi Banyans, Kohala Baptist Church, Sondra, 889-5416.
- 20 Wed 8:30 am – 12:30 pm, 'Iole Volunteer Day, New Moon Foundation land, help to maintain 'Iole's trails, gloves & water provided, stay for catered mahalo lunch, register ahead or just show up, Kerry, 889-5181.
- 21 Thu 1:30 – 2:30 pm, Kohala Hospital Auxiliary Mtg., Hospital Pavilion, new members welcome, Dixie, 889-5730.
- 21 Thu 6:30 – 7:30 pm, Relay for Life Team Capt. Mtg., Hisaoka Gym conf. rm., Maile, 334-0010.
- 22 Fri Good Friday, holiday for Kohala schools.
- 23 Sat 10:00 am – 1:00 pm, Easter Celebration, Kamehameha Park, sponsored by KCAD & Kohala Lions Club, register 10 – 11:30 for egg hunt (ages 1-10) at 12:30, live music/food booths/shave ice/craft activities/keiki ID, Easter Bunny will pose for photos, Richey, 889-0503.
- 23 Sat 11:00 am – 12:30 pm, Free Community Meal, St. Augustine's Walker Hall, Thrift Store open 10 am – 12:30 pm.
- 23 Sat 6:00 – 9:00 pm, Trash Bash Art Show Opening, Kava Kafe Upstairs at the Mill, more info. at [www.kohalatrashbash.com](http://www.kohalatrashbash.com)
- 24 Sun Easter Sunday.
- 25 Mon 4:00 pm, Slam Poet and Storyteller Kealoha, North Kohala Public Library, 889-6655.
- 25 Mon 7:00 – 8:00 pm, Project Grad Mtg., Hisaoka Conf. Rm., senior parents, Cathy, 889-0321.
- 27 Wed 6:00 pm, Kamehameha Day Celebration Cmte. Mtg., Ho'opai residence, 55-559 Upper Hawi Rd, Cicely, 884-5168.
- 28 Thu 9:00 am – 11:00 am, CDP Infrastructure Subcmte. Mtg., Walker Hall, public invited, Giovanna, 889-5590.
- 28 Thu 6:30 pm, Kohala High School May Day Program, evening public performance, KHS Gym, 889-7117.
- 30 Sat 10:00 am, Senior Softball: Kohala vs. Hamakua Coast & Local Boyz vs. Ka Nani O Honoka'a, Kamehameha Park.
- 30 Sat 4:00 – 7:00 pm, Opening Reception: "Birds of Hawaii in Watercolor," Kohala Artists' Cooperative at Kenji's, display of Angel Teodoro's work from 4/30 – 5/13.

Email calendar listings to [kmncalendar@hawaiiantel.net](mailto:kmncalendar@hawaiiantel.net) or call 884-5464.

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## Lapakahi Land Closing

Seventeen acres of coastal land next to Lapakahi State Historical Park were officially deeded to the State this month, culminating a 20-year effort by Kohala community groups to save the land from private residential development. The sale was previously reported in the Kohala Mountain News, although it has taken almost a year to close.

The acquisition was assisted by a diverse public-private partnership of Kohala community organizations, the Trust for Public Land (a national non-profit land conservation organization), the National Oceanic Atmospheric Administration, the State Office of Planning's Coastal Zone Management Program (OP-CZMP), the State Legislature and the State Legacy Land Conservation Program.

The land, formerly owned by the Tabrah family of Kohala, was bought from its recent owners for \$2.35 million with matching grants from the National Oceanic Atmospheric Administration's (NOAA's) Coastal Estuarine Land Conservation Program (CELCP) and the State Legacy Land Conservation Program. The land will be administered by the Department of Land and Natural Resources, Division of State Parks.

The purchase protects dozens of significant pre-contact Hawaiian cultural sites associated with the cultural and archaeological complex within Lapakahi State Historical Park; it also protects and provides access to the adjacent Lapakahi Marine Life Conservation District, which serves as habitat for over 116 marine species.

## Box Tops 4 Education

Kohala Middle School would like to thank the community for supporting this fundraising effort. We would also like to thank Bank of Hawaii and Hawaii Federal Credit Union for displaying our bamboo containers for box top collections.

We have raised over \$300 for the school from this effort. Please keep cutting out box tops and giving them to any KMS student or putting in the local bamboo collection containers. Mahalo!

## St. Augustine Hosts Monthly Meals

For over six years St. Augustine Episcopal Church in Kapa`au has been hosting monthly community meals on the fourth Saturday of the month. Eat-in and take-out meals are available from 11 a.m. to 12:30 p.m. The event is a time to share meals with other community members. Anyone is welcome. The thrift shop is also open during this time. Please join us for food and fellowship anytime.

## Camp Lokahi



—photo by Brooke Valle

*Island Breeze Ministries (located at the Makapala Retreat Center) holds camps three times a year for local youth aged 9 to 12. Pictured here are Kohala youth (left to right) Isaiah Moreno, Isaiah Villa Corte, Taylor White (staff), Deon Sidel-Glory, and Ian Bond. The young men "dance" the hula like tourists at the "Tacky Tourist" theme night at the March 15 to 18 Camp Lokahi.*

*The next camp is scheduled for May 30 to June 2. For more information, call Jenna at 889-5082.*

## Kohala Hospital Charitable Foundation

# Spring Gala Fundraiser

**Tickets on sale soon**



**Kohala Hospital Charitable Foundation invites you to be part of the Ninth Annual Spring Fundraiser. A fun-filled evening with cocktails, dinner buffet, great music and live/silent auction. This Kohala tradition is getting better every year!**

**April 30, 2011 from 4-8 pm**

**at Ahu Pohaku Ho'omaluhia (Hawaii Island Retreat)**

**Tickets \$45 • \$50 at the door  
available at Kamehameha Pharmacy or from any board member**

**Hawaii Island Retreat is offering special room rates for guests attending the fundraiser.  
[www.hawaiiislandretreat.com](http://www.hawaiiislandretreat.com) or 889-6336 for room inquiries.**

**Help support our hospital!**