

Kohala Mountain News

Vol.10, No. 5

May 28, 2011

Hawi Post Office to Open New Boxes, Reduce Window Hours

The United States Postal Service (USPS) has directed the Hawi post office to open the new 300-box facility bordering the parking lot and reduce its open window hours to accommodate the increased workload for mail distribution.

According to the USPS, effective June 18, the weekday window hours at the Hawi post office will be changed to 8-10:30 a.m. Monday through Friday. Saturday hours (9-10 a.m.) will remain unchanged.

Shelli-Ann ("Hoku") Rocha, the postal worker in charge at the Hawi office, said USPS told her to begin utilizing the new boxes immediately, bringing the total number of boxes at the site to 824. However she will not be given any additional help and to accommodate the increased workload, she was instructed to change her open window hours. Furthermore, she is expected to scale back her work hours from eight to six a day.

Rocha said she asked the Honolulu post office to send an inspector over to see what the consequences of the expansion of her tiny facility will mean—more mail, more boxes, significant delays in delivering them, longer lines for the shorter hours, and box holders unable to get packages in the afternoon. She said she was told USPS could not afford to fly anyone to Hawi. She also noted the first she knew of the new facility was when a contractor showed up on a Monday last December and started construction.

According to Duke Gonzales, corporate communications specialist for USPS

in Honolulu, there are 200 customers on the post office box wait list for the Hawi office.

Gonzales explained, "The change in Hawi's window hours is just one of the many adjustments the U.S. Postal Service has had to make across the country in order to mitigate the severe effects of lower mail volume and revenue. During the second quarter of the current fiscal year, mail volume declined by more than a billion pieces compared to the same period last year. Note that the Postal Service receives no tax dollars for operating expenses and relies on the sale of postage, products and services to fund its operations. Besides adjusting office hours, those changes have included realigning mail carrier routes, shifting employees and/or rescheduling their hours of work to better maximize our human resources, and reducing our energy use whenever possible. The Hawi post office hours also needed to be reduced to allow Officer in Charge Rocha the extra time to service the additional 200 P.O. Boxes."

Gonzalez further stated, "Hawi customers seeking window service during the hours that the Hawi post office is closed are encouraged to visit the Kapa`au post office, just one mile away. The window hours at Kapa`au are: 9 a.m. to 12:30 p.m. and 1 to 4 p.m., Monday through Friday, and 9 to 10:30 a.m. on Saturday."

Several residents have written letters to U.S. Rep. Mazie Hirono, protesting the changes.

KMS 6000 'n 60 Team Wins National Grand Prize



—photo by Jenna Vega

Kohala Middle School Principal Janette Snelling, far left, and students, left to right, Rico Bowman, Mina Apostadiro, Isabel Steinhoff, and Genevieve Boyle cheer as they hear the announcement that the 6000 'n 60 project won the grand prize. Lani Bowman, not pictured, was the team's mentor.

The atmosphere was electric at Kohala Middle School on May 18 when it was announced that the 6000 'n 60 project won first in the nation among middle schools in the Siemens "We Can Change the World" Challenge. Students Rico Bowman, Mina Apostadiro, Isabel Steinhoff, and Genevieve Boyle led the project under the mentorship of Lani Bowman.

More than 2,800 elementary, middle school and high school students competed in this year's challenge. Middle school students worked in teams of two to four students under the guidance of a mentor to identify an environmental issue in their community. Team 6000 'n 60 undertook a household battery recycling effort to collect 6,000 batteries in 60 days

and chose to focus on household batteries, as there are no local opportunities for recycling them. The goal of collecting 6,000 batteries was met with the assistance of about 25 other KMS students, and the team is using their data to lobby for better battery recycling opportunities. The winners were chosen by a panel of environmental advocates and science educators.

"We are just so, so excited and pretty exhausted right now. It has been a very emotional day," said Lani Bowman. Each member of the grand prize-winning team will receive a \$10,000 savings bond, a Discovery Adventures trip to Costa Rica, a pocket video camera to capture their trip and a green prize pack.

Pomp and Circumstance

It's cap and gown season again! Karen Ramos, student body president for Kohala High School Class of 2011, addresses the audience during the graduation ceremony on May 21. For more photos and a list of all Kohala-area graduates, see page 8.



—photo by Aniela Chertavian

North Kohala Kamehameha Day Festivities - Saturday, June 11, 2011

Parade Theme: Na Wahine Holo Lio (Horsewomen)

8-9 a.m. - Lei Draping Ceremony at Kamehameha Statue in Kapa`au (Lei drop-off starts at 7 a.m.)

9-10 a.m. - Floral Parade starting from Kohala High School intersection on Honomakau Road to Kamehameha Statue rounding Kohala Hospital Loop and ending at Kamehameha Park:

There will be no ho`olaule`a this year.

See page 7 for information about this year's festivities, including road closures.

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Kealoha Sugiyama Honored As 'Outstanding Older American'

By Suzanne Sasaki

On May 5, at a luncheon held at the Hilton Waikoloa, Kealoha Sugiyama was honored as Hawai'i County's Outstanding Male Older American as part of ceremonies marking May as Older Americans Month. Kealoha was one of seven male nominees for the county and was presented a certificate from Mayor Billy Kenoi and a special red carnation lei.

On May 10, Kealoha and all the other county winners were further honored in Honolulu at a luncheon at Washington Place hosted by Gov. Abercrombie and newscaster/senior advocate Kirk Mat-

thews, where all awardees received an additional letter of commendation from the governor.

Kealoha has spent a lifetime giving to his community, wherever that community was, but when he retired from Hawaiian Airlines and moved back to Kohala, his community service accelerated. Learning about the culture of Hawai'i has been a lifelong passion, and he willingly shares this knowledge by speaking before schools, clubs, and other organizations. He gives tours, tutors at Kamehameha Schools, and shares his knowledge with other kupuna. He stud-

ies the Hawaiian language and is an award-winning participant in hula competitions. His talent in hula, chanting, and singing is not only showcased at places like the annual Kupuna Hula Festival in Kona, but he and his fellow dancers bring their talents to local hospitals, where they share in entertaining patients.

Kealoha is also active with the Retired Senior Volunteer Program (RSVP), having served as chairperson for both east and west Hawai'i.

Today, he continues to volunteer as chairperson for the island-wide RSVP, a position he has held for the last 10 years. In 2011, he was voted president of the Kohala Senior Club and is busily spearheading a variety of programs for club members ranging from ethnic-themed lunches to special speakers. He is also working with other groups such as the Kohala Intergenerational Center (KIC) to find activities which can benefit both Senior and KIC members.

In his spare time, Kealoha grows a variety of flowers for sale and for use in making lei and decorating. He is also devoted to his two dogs, who are frequently seen riding with him in the cush-



—photo by Tito Pasco

Welfred Kealoha Sugiyama, left, Outstanding Older American Male 2011, and Mayor Billy Kenoi

ioned and blanketed comfort of his car's back seat. His cats stay at home, along with the chickens and ducks, but no doubt enjoy the care he lavishes on his animal friends. The cats reward him by pest control; the chickens and ducks provide eggs, which he shares with friends.

Kealoha joins a roster of other Kohala winners of the Outstanding Male or Female Older Americans Award. The 2009 winner was Jacob Zane; Vivian Moku was selected in 2007; Michael Sumja in 2005; and the late Jimmy Tohara in 2000. Kohala can be proud of these seniors who do so much for our community, the county, and state.

Kohala VEX Robotics Excel At World Championship

By Corrie Heck, Robotics Organizing Committee

Ending an exciting three days of competition at the ESPN Wide World of Sports Complex at Walt Disney World Resort in Orlando, Fla., Kohala's VEX Robotics students earned the respect and recognition of global robotics teams from 14 nations.

After 234 qualifying matches in the engineering division, Kohala was favored among the top teams, with Na Paniolo 2460A of Kohala High School as the No. 1 seed. In high-paced, intense action, Kohala competed with precision in the quarterfinal matches but ultimately fell points short of playing in

the semifinals.

The VEX Robotics World Championship is an annual gathering of top robotics teams from around the world. For two days at Walt Disney World, Kohala performed well, celebrated their accomplishments, and competed against the "best of the best" in VEX Robotics.

Kohala's team members were awesome ambassadors of Hawaiian aloha sharing mac nuts, lei and more from Kohala and the Big Island. The team learned much from their global peers and, with that experience, should continue to contribute to the school and community.

Team 2460A Na Paniolo members, at left, prepare their pit for competition at the VEX Robotics World Championship. Standing, left to right, are Ola Dela Cruz, Bert Kanoa Jr, Adam Anakalea and sitting, left to right, Michael Nelson, Joseph Vignato, and CJ Yamamoto. The students acted as ambassadors of Kohala High academics and the paniolo spirit.

—photo by Fern White



First Community Harvest Day Set for June 25

North Kohala's inaugural Community Harvest Day has been scheduled for Saturday, June 25, from 10 a.m. to 3 p.m. at the Kohala Intergenerational Center (KIC) at Kamehameha Park.

The public is invited to bring abundance from home—lemons, limes, tangerines, avocados, mangos, bananas, vegetables, etc.—to KIC to be processed. Food can be dropped off Friday, 3 to 6 p.m. or on Saturday morning at 10 a.m.

While it is not required, organizers invite everyone who brings food to stay and help prepare it in a fun, multi-ethnic, multi-generational environment.

Local experts will be on hand to facilitate processing and preserving food by freezing, canning, pickling, smoking, fermenting and dehydrating it. Attendees will then enjoy a feast and 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 are available to harvest fruit for kupuna or other community members who would like assistance with harvesting and are willing to share their surplus with the community. Please contact Carol Fierres at 889-5391 or at communityharvesthawaii@gmail.com for assistance with harvesting. The monthly event is sponsored by Community Harvest Hawaii, a partnership between the North Kohala Eat Locally Grown Campaign, Ka Hana No'eau and Ho'ea Agricultural Park, with support from the North Kohala Community Resource Center. It is funded by an Island Innovation Fund Grant.

For more information about the project, visit www.communityharvesthawaii.org or call Andrea Dean at 960-3727.

Bank of Hawaii Seeks Nonprofit Award Nominees

North Kohala nonprofit organizations are invited to submit nominations to Bank of Hawaii for the 2011 Monty Richards Hawai'i Island Community Award. This year, the bank has increased the award to \$25,000. Nominations may be made by the public or the organizations themselves. Nominations are open to nonprofit organizations throughout Hawai'i island. Applications are due by July 5.

In 2008, North Kohala Community Resource Center was awarded half of the \$10,000 inaugural award.

Nomination forms are available at all Hawaii Island District branches or by calling: (808) 854-2029 or (808) 854-2021. Nomination materials should be submitted to: Hawaii Island Manager, Bank of Hawaii, Attn: Monty Richards Award, P.O. Box 305, Hilo, HI 96721.

Radio Station KIPM Now Broadcasting on Kohala Airwaves

By Toni Withington

Kohala listeners recently found a new radio station on their dials. Hawaii Public Radio started transmitting a second station from Maui April 1, focused on jazz and news, heard loud and clear on the west coast of the Big Island.

Station KIPM at 89.7 FM is broadcast from a new state-of-the-art \$100,000 transmitter located at Ulupalakua on the slopes of Haleakala. It sends across Alenuihaha Channel the same programs heard on KIPO in Honolulu. In contrast to the classical music and interpretive news journals heard on HPR's other station, KHPR, heard here as KKUA on 90.7 FM, the new station has more jazz and contemporary music along with several locally produced news discussions and more international news.

Among the locally produced shows are "The Conversation" weekday mornings 8 to 9 a.m., "Town Square" on Thursdays at 5 p.m., and Hawaiian music on Kanikapila Sunday from 1 to 4 p.m. National Public Radio programs on the station include "Talk of the Nation," "Fresh Air," "This American Life," and "Wait, Wait, Don't Tell Me." Program schedules for both stations are available at www.hawaiipublicradio.org.

The new transmitter took 12 years of waiting for federal approval to construct. Since public radio is supported almost entirely by listeners' subscriptions, it also took a massive fundraiser on Maui, boosted by several corporate and foundation matching funds, to purchase the equipment, which will cost \$88,000 per year to operate.

Kathie Babben

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HELCO Discusses Power Issues at CDP Action Committee Meeting

By Lynda Wallach

On May 17, the North Kohala community once again felt its vulnerability when the power went out twice. What is HELCO doing to ensure that North Kohala has reliable electrical service? HELCO was invited by the Infrastructure Subcommittee to address that question as well as other issues at the May 9 meeting of the North Kohala Community Development Plan (NKCDP) Action Committee (AC).

HELCO currently maintains one radial electrical transmission line going into Kohala (34.5kV), which runs along the Kohala Mountain Road. A radial line means that the power line dead ends in Kohala compared to most lines which form a loop and can be powered from either end of the line. The NKCDP includes the concern that "this line has been subject to frequent down time causing the entire district to lose electrical service and risk damage to electrical devices upon restoration of steady power. Reliable electrical service to support water, fire, health, communications systems, community safety, and other public services remains a major issue."

Pat Moore, who works for HELCO on long-range planning issues, gave the presentation. Currently there is no loop or redundancy built into the electrical system that serves North Kohala, so that if the Waimea substation goes down or if there is trouble with the line, all of North Kohala loses power. The 2007 Reliability Study incorporated into the NKCDP looked at the possibility of upgrading the current line and adding additional lines which would provide the needed redundancy as well as upgrading the Hawi substation; however nothing has been done and no time frame has been set for starting the project. An additional complicating factor was opposition voiced in the community about a possible overhead power line on the coast road from Kawaihae to complete the loop. Moore explained that HELCO is beginning work on a new long-range plan, that addressing North Kohala's transmission issues should be part of that plan, and that an additional line on the mountain road might be a solution.

Moore then discussed the project that would put a one megawatt battery at the Hawi Renewable Development (HRD) windfarm, an independent energy producer that partners with HELCO. The battery, which is funded by grants,

would be used to modulate the electrical frequencies generated by wind power. These frequencies fluctuate rapidly depending upon the strength of the wind and must be balanced in order to supply consistent power to the electrical grid. Currently the balancing is done by HELCO's computer system.

Moore went on to address the high cost of electricity on the island. He explained there are many reasons why costs are so high, most of them tied to the fact that we are an island with low population density. It is more expensive to bring oil here, and unlike on the mainland, our distribution and transmission systems are not tied to any other utility which could provide us with additional power. Also, sources of power are far from the users, so transmission costs are higher. He said that HELCO is studying ways to control costs but, at the moment, customer conservation and efficient use of electricity is the most reliable way to see smaller electric bills.

The committee then addressed how to respond to issues brought to them that affect the community but are not covered by the CDP, such as the proposed open ocean ahi farm. After much discussion, the committee passed a motion that if such an issue arises, a subcommittee will be appointed to investigate the matter and report back to the AC. At that point the AC can choose whether or not to amend the CDP and address the issue.

The committee revisited the question of whether AC meetings will be held bi-monthly rather than monthly since a reduction of the Planning Department budget beginning in July means that department representative Rosalind Newlon will only be able to attend every other month. Newlon told the committee she will provide support so that meetings can continue on the current monthly schedule although she will attend bi-monthly.

Ron Friman then gave a special report from the Growth Management subcommittee on the pending application by Kohala Preserve Conservation Trust for a 54-unit resort subdivision at Mahukona. This is the third revision to an application that was initially approved in 1988. The opinion was expressed that the AC should have been informed of the new plans. Toni Withington spoke about this project during the public comments phase of the meeting. She stated that the new project is very different from the one that had been initially approved

and that the public has had no input on this revision. Other members of the AC expressed that this change was not something the AC should have reviewed since it is a rather minor change in a long-term plan by Surety Kohala, and the CDP would be better served by working constructively with Surety to plan and implement needed improvements at Mahukona park.

Giovanna Gherardi of the Infrastructure A subcommittee reported on a meeting held with county officials, a National Park Service representative, and Bill Shontell of Surety Kohala to

discuss park improvements and the state of the restrooms at Mahukona and Kapa'a beach parks. No permanent decision was reached about Mahukona, so a portable restroom will be installed as a temporary solution. Regarding Kapa'a, Surety Kohala is donating over 1,000 feet of driscoll pipe and a water tank so that restrooms with flush toilets and a shower should be available by this fall. Work on this project has already begun.

The next meeting of the Action Committee is on Monday, June 13, at 4:30 p.m. at the Kohala Senior Center in Kapa'au.

A Hunting We Will Go...



—photo by Malia Welch

Hundreds of children raced to scoop up candy-filled eggs in the annual Easter egg hunt on April 23 at Kamehameha Park. In addition to the egg hunt, the event included games, crafts, food, and a chance to meet the Easter Bunny. The event was sponsored by the Kohala Coalition Against Drugs and the Kohala Lions Club.

Kohala Resident Earns Bronze Medal at USA Open

By Megan Solís

North Kohala resident Maria Lineker took home the bronze medal at the National Karate-do Federation's 2011 USA Open Karate Championships held at Caesar's Palace in Las Vegas, Nev., April 22-24. The invitational tournament included more than 1,500 competitors from 45 countries.

Lineker competed in the female, 45-54 age group, intermediate/advanced kata. She practices the classical traditional Okinawan karate known as Shorin-ryu. She explained that the kata is a specific series of moves for multiple attackers.

Judges watch for execution of technique, such as power and focus, in a limited number of kata.

Lineker has been studying karate for 29 years and began teaching 25 years ago. She currently teaches karate to Kohala Elementary School students and at Waimea Community Education. She is hoping that competing at high-level events such as the USA Open will help her prepare her students for competition. Currently, she is training for the USA National Karate Championships to be held in Arlington, Texas, in July.

Kids - Come and Join Summer Fun!

Registration is still open for the Department of Parks and Recreation's Summer Fun 2011. The program is open to keiki grades one through six and meets Monday through Friday from 8 a.m. to 3 p.m., June 6 to July 22, at Hisaoka Gym.

Keiki will spend the days with Auntie Renee, Auntie Amoo, Pomai, Nicole, Kylie, and the newest activity aide, Kiana, in a variety of arts and crafts projects, indoor/outdoor games, sports, music, dance, nature exploration, swimming, camp over, fun night performance, and eight excursions to: Kona theater, Kona Civic Center to perform for the

mayor, and swimming at Hapuna Beach (twice), Wailea Bay (twice), Spencer Park, and at Mauna Kea Beach.

Cost for the seven-week program is \$100 (cash, money order or certified check only.) There is a limit of 100 participants. This year no lunch will be provided for the program because the school cafeteria will be closed for renovations. There are no other sources certified to provide lunches for the summer program.

Sign up with Chris Cackley at the Hisaoka Gym weekdays, 4 to 6:30 p.m. For more information, call Cackley at 889-6505.

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Saturday, June 4 at 5 p.m. and
Sunday Matinee, June 5 at 12 noon

In the Outdoor Amphitheater at
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Station on Ka'auhuhu

Feel free to bring blankets, umbrellas
and a picnic

Suggested Donation: \$10 per adult, \$5 per child

For more info call 884-5925

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.



June

Ad deadline: 6/10/11
News deadline: 6/15/11

July

Ad Deadline: 7/8/11
News Deadline: 7/13/11

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—

KMN extends a big mahalo to Ann Kennedy, who has served as its calendar editor for the past five years. We appreciate her time and dedication to getting the events of North Kohala collected and formatted into an easy to

Mahalo to Ann Kennedy

read column. Ann has resigned from the position to focus on family and travel.

Jesús Solís is taking over as calendar editor beginning with this issue. He is a retired school teacher who continues

to substitute teach at Kohala schools. To have an event placed on the calendar, contact Jesús at kmncalendar@hotmail.com or by phone at 884-5986.

Megan Solís, KMN Editor

Mahalo to Kelly Winsa

The third-graders in Room 8 at Kohala Elementary School, Ms. Le May's class, will miss Kelly Winsa, Canadian artist. She has worked as a volunteer art teacher in our class all year and has provided professional art materials for the students' use. We're having a class party on May 26 in her honor.

We want to celebrate a great year of art and thank Kelly for her generosity.

Mahalo,
Ms. Le May's third-grade class

Kelly Winsa



—photo courtesy of Kelly Winsa

Honesty Is the Best Policy

I express grateful thanks for the honesty of Henry Pasco and Francis Roxburgh. They found my bag and turned it in to Officer Fukada, who delivered the bag to me at home. Cash and valuables

inside the bag were accounted for.

Henry and Francis, your honesty and integrity are rare commodities these days and are highly prized. The unselfish service of Officer Fukada is commendable.

He brought reputable honor to the North Kohala Police Force. More power to you guys and may your "tribe" increase!

Mahalo nui loa,
Falisa Tolentino

Operation Vacation Gives Servicemen Some R&R

Operation Vacation recently hosted the first of four planned 2011 vacations to

Kohala. The program provides for free, all expenses paid, long weekend vacations for servicemen and women

returning from extended overseas tours of duty. The Hawaii Army National Guard selected Sergeant Paul Angeleo as this year's first recipient, and Paul and his guest spent four days during the end of April enjoying our local attractions and activities. Paul has been part of the Guard for the past 10 years and has three tours of duty to his credit, including two to Iraq.

Although Paul himself was born and raised on the Kona side of the Big Island, he could truly appreciate the community spirit of Kohala, as well as the

genuine sense of aloha that he experienced throughout his stay. Paul was, of course, very grateful for the hospitality that was provided by our local merchants and community members.

I would like to take this opportunity to thank the sponsors that helped make this vacation for Paul possible: Kohala Ditch Adventures, Bamboo Cottage, The Snack Shack, Minnie's, Fig's Mix Plate, The Courtyard Café, Kohala National Guard Alumni, and the Kohala Senior Softball team.

For those who would like to learn more about sponsoring or donating for future Operation Vacation missions, please contact me at 884-5625.

Aloha,
Joe Vitorino
Hawaii Director, Operation Vacation



Joe Vitorino, left, and Sgt. Paul Angeleo

—photo by Teresa Cox

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.

Te Iwingaro Kuatau - "The Bones of the People Have Settled"

Te Iwi's monument unveiling will be held Sunday, June 26, from 2 p.m. to 5 p.m. at 52-50-24 Akoni Pule Hwy., near Pololu.

All who wish to say their aloha are welcome. Light pupus will be served. No alcohol, please. If you wish to bring something, you can bring flowers from your garden, or a monetary donation to Kohala Hospital or North Hawaii Community Hospital. There will be no formal service.

This is the country. There are no paved paths, just open pasture. So please wear sensible footwear and clothing.

Go toward Pololu lookout and turn around at the mule station or at the lookout. You can see the driveway from the mule station, mauka of the highway. There are no gates involved, and the driveway will be marked. Follow the signs to the parking area and then walk to the house. When you leave it is best to go to the mule station or the lookout to turn around and head back to town.

All are welcome; see you then.

The Chilton `Ohana



—photo courtesy of the Chilton family

Te Iwingaro Kuatau

By Megan Solís

Rep. Mark Nakashima met with North Kohala residents to provide a legislative update at two meetings on May 16: at the Senior Center in the morning and at the North Kohala Public Library in the afternoon.

Closest to home, Nakashima reported the Hawai'i State Legislature allocated \$800,000 in the budget to begin design and planning for a new STEM (Science, Technology, Engineering and Mathematics) building for Kohala High School, the first step to providing a modern science facility at the school. No construction funds have been allocated and no timeline provided for the beginning of the project.

The representative reported that the legislature achieved a balanced budget for fiscal year 2011 through a combination of budget cuts and increasing revenue.

The general excise tax was not increased except that the airline and

Rep. Nakashima Meets With Kohala Residents

construction industries will pay the full 4 percent excise tax that other businesses already pay.

Of interest to motor vehicle owners, Nakashima reported an increase in motor vehicle registration fees in the next fiscal year, beginning July 1. The state's portion of the extra funds are to be used for roadway maintenance and construction throughout the state, and Nakashima emphasized that since Hawai'i county has more miles of highway than any other island, proportionally more funds should be used for in-county highway maintenance.

The legislature approved House Bill 56 which, in child custody cases, permits the court to allow reasonable visitation for grandparents if the denial of visitation causes significant harm to the child. It also passed Senate Bill 1025, which creates a class B felony for unauthorized entry into a dwelling, based on an occupant's age and incapacity, which, as Nakashima explained, turns a crime that

is usually a misdemeanor into a felony if an elderly or infirm victim is present in the dwelling.

At the end of the afternoon meeting, local resident and fish market owner Raynard Torres spoke with Rep. Nakashima on behalf of some local fishermen about people using the boat launch at Mahukona for swinging into the water and the need for the boat winch to be restored. He asked the legislator for assistance from the county or state in getting an electric winch installed and

the emergency winch to be repaired and locks put on them. He contended that Kohala fisherman and their families rely on the winch for their livelihoods, but it is in disrepair and being misused because it isn't locked. He wasn't sure whether the county, state or Surety Kohala was responsible for the upkeep of the winch. Nakashima said he would make inquiries about which agency was responsible for the Mahukona boat launch site.

More legislative news is available online at www.capitol.hawaii.gov.

BIIF Champion Cowboys Net 3rd Place at State

Story and photo by Megan Solís



The 2011 Kohala High School boys volleyball team, from left to right: D.J. Wong, Federick Kekoa Werner, Johnathan Hiraoka, Dylan "Pono" Giron Arellano, Elias Hood, Jory Ayoso-Fernandez, Eric "Ola" Dela Cruz, Devin Cadiante, Daniel "Mano" Thomson, Kuliama Aveiro-Kalaniopio, Christopher Roxburgh; back row: head coach Chai Wilson, left, and assistant coach Braddah Keyes. Not pictured: Kalai Salis-Kapeliela and Dustin Ching.

Three seems to be the magic number for the Kohala High School boys volleyball team. At the beginning of the season, first-year coach Jason Chai Wilson said he had three goals for the team: 1) win the West Division title; 2) win the Big Island Interscholastic Federation (BIIF) title; and 3) win at the Hawai'i High School Athletic Association Division II state tournament. Wilson and the team can check all three off their list with an impressive third-place finish at state on May 14 at McKinley High School in Honolulu.

The Cowboys were undefeated when they took the BIIF title by vanquishing Hawai'i Preparatory Academy 25-18, 25-20, 25-22 on May 7. But it was their battle against Pahoa on May 6 that best prepared them for state, said Wilson.

"Our biggest challenge was against Pahoa. We were really nervous but working out that nervousness in that game really helped us to overcome that feeling at state," Wilson explained.

Seeded No. 4 at the HHSAA state tourney, the Cowboys swept Waimea in the quarterfinals 25-22, 26-24, 25-19 and went on to face top-seed Hawai'i Baptist Academy (17-3) in the semifinals. HBA overcame Kohala 25-22, 26-28, 25-23,

25-16 after a series of "little mistakes" got the better of the Cowboys.

Wilson said he was disappointed the team had to face HBA in the semifinals but it was good experience and preparation for next year. HBA went on to win the tournament, beating defending state champion Seabury Hall of Maui 25-21, 25-23, 26-24.

The season came to positive close, however, in Kohala's battle against No. 2 seed Castle for the third-place berth with the Cowboys closing down the Knights 25-19, 25-15.

The magic season was topped off by three of Kohala's players being named to the All-Tourney team: Kuliama Aveiro-Kalaniopio (libero), Donald "DJ" Wong (outside hitter), and Christopher "Popo" Roxburgh (middle blocker). All three are juniors.

In fact, the team is only losing three seniors this year: Ola DelaCruz (back setter), Johnathan Hiraoka (middle blocker), and Dustin Ching (outside hitter.)

Finishing the season with an impressive 17-1 record and with five starters returning next year, the Cowboys are poised to be a top contender for next season's title.

Free Wildfire Preparedness Workshop Offered

Hawaii Wildfire Management Organization (HWMO) is offering a free Community Wildfire Preparedness Workshop for all residents in and around North Kohala. The workshop will be held at Spencer Beach Pavilion Wednesday, June 22, 6 p.m. to 8 p.m. Highlights of the workshop include strategies residents can use to

protect home and family against wildfires, including the "Ready, Set, Go" program, (early evacuation, home assessments, fuels mitigation around homes, and wise developments). Across the nation, homeowners are finding it wise to plan in advance of natural disasters such as wildfires. For more information, call 885-0900.

KMN Launches Monthly Law Enforcement Report

Police Captain Richard Miyamoto's Note: I was informed that a few years ago the Kohala Mountain News had a section in the paper that was a monthly "Crime Report." This informed the community about crimes that were taking place and made everyone aware of what was going on.

Starting this month I will be submitting a law enforcement report with some information regarding reported burglaries, thefts, unauthorized entry into motor vehicles (UEMV), arrests made for both adults and juveniles, and any other incidents of interest or concern to everyone. Hopefully this will help to keep you informed of what is happening in your area of North Kohala.

Law Enforcement Report for April 2011

During the month of April, North Kohala police officers responded to 163 calls for service. This included 11 traffic accidents, 42 complaints, and 110 miscellaneous calls for service. They arrested seven juveniles during the month of April: one for runaway, one for theft, and

five for promoting a detrimental drug. Four adults were also arrested during the month of April: one for driving under the influence of an intoxicant (DUI), one for promoting a detrimental drug, one for harassment and terroristic threatening, and one for five drug charges stemming from the execution of a search warrant by vice officers.

DATE	OFFENSE	LOCATION	ITEMS TAKEN
4/01/11	Theft	Hawi	Bicycle
4/05/11	Burglary	Niuli'i	Fishing equipment, hand tools
4/06/11	Theft	Hawi	Sign
4/06/11	Theft	Ka`auhuhu	Sign
4/09/11	UEMV	Upolu	U.S. currency, speakers, iPod
4/12/11	Burglary	Hawi	Television
4/15/11	Theft	Hawi	Marijuana plants
4/26/11	Theft	Hawi	Plastic tarp
4/27/11	Theft	Kapa`au	iPod

Other reported investigations for April are included in the table above.

Paper Cranes Inspire Donations to Children's Relief Fund

Photo courtesy of Kohala Aikikai

Inspired by the story of Sadako, a Japanese girl who made 1,000 paper cranes as a prayer for peace and healing after World War II, North Kohala resident Saravady Ratha organized friends and dojo members from Kohala Aikikai aikido club to make 1,000 origami cranes as a meditation for those suffering in Japan.

The 12-year-old's gesture, which started simply as a heartfelt need to acknowledge the suffering of the children, has inspired people to donate money as a practical way to help alleviate the suffering.

The cranes have been on display at Kohala's Takata Store for the community's enjoyment. Takata Store has also agreed to have donation boxes set up at the checkout registers through the end of May for those who would like to offer donations. As of early May, the group has collected \$370 and hope to collect at least \$1,000.

Twenty-seven Kohala Aikikai club members including Saravady recently attended Aikido Celebration 2011 on O'ahu. The event commemorated the 50th anniversary of aikido founder Morihei Ueshiba's visit to Hawai'i.

At that time he said he had come to help build a silver bridge of friendship. He said "I wish to build a bridge to bring the different countries of the world together through the harmony and love

contained in aikido. I think that aiki (harmonious energy), offspring of the martial arts, can unite the people of the world in harmony, in the true spirit of budo (the path of peace), enveloping the world in unchanging love."

Following the 2011 celebration, the aikido community in Hawai'i sent more than \$20,000 to the Japan Red Cross.

To help "build a silver bridge of friendship," donations collected through Kohala Aikikai and inspired by Saravady's care for the children in Japan will specifically be sent to "Save the Children" and designated for the small town of Tanohata. Since the club learned about another group from Kohala that is working to establish a sister relationship with Tanohata, it decided that the cranes would be sent to the children there.

Extensive efforts are underway through this program to provide food, shelter, and comfort to the many children in need. To donate to this fund, send tax deductible donations to the North Kohala Community Resource Center, earmarked for Kohala Aikikai Japanese children's relief fund.

For more information, contact Kohala Aikikai at 889-5958 or visit www.kohala-aikikai.org; North Kohala Community Resource Center, 889-5523, P.O. Box 519, Hawi, HI 96719; or Save the Children, (800) 728-3843, www.savethechildren.org.



Saravady Ratha and friends made 1,000 paper cranes as a meditation for those suffering from the recent earthquake and tsunami in Japan

Kohala Artists' Coöperative Gallery Invites New Members

After a successful early spring season, the Kohala Artists' Coöperative Gallery is now open for individual exhibits and trunk shows! The gallery's quiet setting and central location are perfect for creating that special event, and they love to help local artists develop successful presentations. The gallery also promotes the opportunity for artists to expand their audience and contribute to the community through teaching. Mentoring, teaching, and promoting artists' work...that's what the Kohala Artists' Coöperative is all about. Interested in joining as a new member? For details, call 987-3902 or e-mail maliawelch@gmail.com.

Library Offers Summer Reading, Storytelling, and Craft Events

North Kohala Public Library hosts a variety of free events this summer. The library is located adjacent to Takata Grocery Store in Kapa'au. For more information or to request special accommodation, call the library at 889-6655.

Summer Reading Program Begins June 6

The library will hold the annual summer reading program from June 6 to July 8 for children, teens, and adults. The theme for this summer is, "One World, Many Stories," and will feature stories, crafts, and games from around the world.

Elementary age students are invited to join in weekly stories, crafts, and games at 3 p.m. on Tuesday, June 7, 14, 21, and July 5.

For younger children, the ongoing Preschool Story Time series will continue at 10 a.m. each Friday throughout the summer.

At 3 p.m. each Wednesday, librarian Janet Lam will conduct a storytelling workshop to assist beginning storytellers in learning how to enchant an audience with a great story. This series will conclude with a storytelling performance for families and friends. The storytelling workshop is open to interested participants from age 8 to adult.

In addition to these weekly activities, each child, teen, and adult who registers and records their reading during the five weeks will receive a small prize when they visit the library each week, as well as the opportunity to enter in drawings for great prizes. Elementary age readers are invited to participate in a special reading challenge in which they can receive an additional prize for completing eight reading challenge activities.

The library summer reading program is made possible through funding from the Friends of the Library of Hawaii, the Friends of North Kohala Library, the University of Hawaii College of Continuing Education, and many corporate donors.

Jewelry-making Workshop, June 27

Jewelry artist, Sid Nakamoto, will demonstrate a simple and beautiful jewelry design for the next library Adult and Teen craft program on Monday, June 27. Nakamoto will offer two sessions of the same program—at 3:30 p.m. and 6:30 p.m. Materials will be provided for participants to create



—Photo courtesy of Niall de Burca

Irish storyteller Niall de Burca

their own jewelry piece.

Due to the popularity of Nakamoto's jewelry workshops, a limit has been placed on the number of participants. Call the library at 889-6655 to register for the afternoon or evening session of this program.

The adult and teen craft programs are free and materials are donated by the artist or the Friends of the Library.

Please call the library three weeks in advance of the program if you require a sign language interpreter or other special assistance.

Niall de Burca, Traditional Irish Storyteller, June 28

Niall de Burca, one of Ireland's finest traditional storytellers, will perform at the library at 1 p.m. on Tuesday, June 28, as part of the library's summer reading activities. This storytelling session is recommended for elementary school students and older.

Recognized for the diversity of his stories and with an ability to reach all ages, Niall is a familiar figure to Irish school children. He has been featured in theaters, on radio, and in storytelling festivals throughout Ireland. He has also performed internationally in the United States, Poland, Argentina, Italy, the Netherlands and New Zealand.

This special appearance at the North Kohala Library is made possible through funding from the University of Hawaii Cooperative Extension Program and the Friends of the Library of Hawaii.

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THE COQUI CORNER

Many, many thanks to all those who have sent monetary donations to the Coqui Coalition to help eradicate the three infestations of coquis now present in North Kohala (Wainae Gulch, both makai and mauka, and the transfer station).

We received \$11,298 through the month of April and the first two weeks of May. Following is the breakdown of expenses incurred to date, which includes three eradications at Wainae Gulch and three eradications at the transfer station.

Chemicals purchased: \$3,000
Labor to eradicate: \$1,200 (includes approximately 80 manhours)
Truck and equipment rental: \$575
Contract to make access road: \$1,400

All donations are tax deductible and used exclusively for coqui eradications. Your support is greatly appreciated!

Help keep Kohala Coqui Free!
Coqui Hotline: 889-5775

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Coming Soon: Kamehameha Day Parade

—all photos by Kamehameha Day Committee



Kamehameha Day Island Princesses include, left to right, Kehau Bruno - Moloka'i, Hualalai Carvalho - O'ahu, Kawe Akana - Hawai'i, and (missing from photo) Cheri Atkins - Kaho'olawe.



The Island Princesses also include, left to right, Jessica Cook - Lana'i, Lilah Ellis - Ni'ihau, Heather Goto - Maui, and Lauren Holland - Kaua'i.

Pictured below, Auntie Lena Kapeliela is one of two descendants of Kamehameha to be honored at this year's festivities. Missing from the photo is Auntie Margaret Kao'o (Pule`Ohana).



The Na Wahine Holo Lio (Horsewomen) are, left to right, Amoo Ching - Queen Kapi'olani, Jamie Ho'opai - Queen Emma, Judy Itzig Heine - Anne Lindsey Perry Fiske, Jenny Stevens - Queen Lili'uokalani, and Bernelle Camara - Princess Ka'iulani.

For additional information, please contact Cicely U. Ho'opai Kamehameha Day Celebration Chairperson 884-5168 (home), 756-2506 (cell), or e-mail hoopai911@msn.com

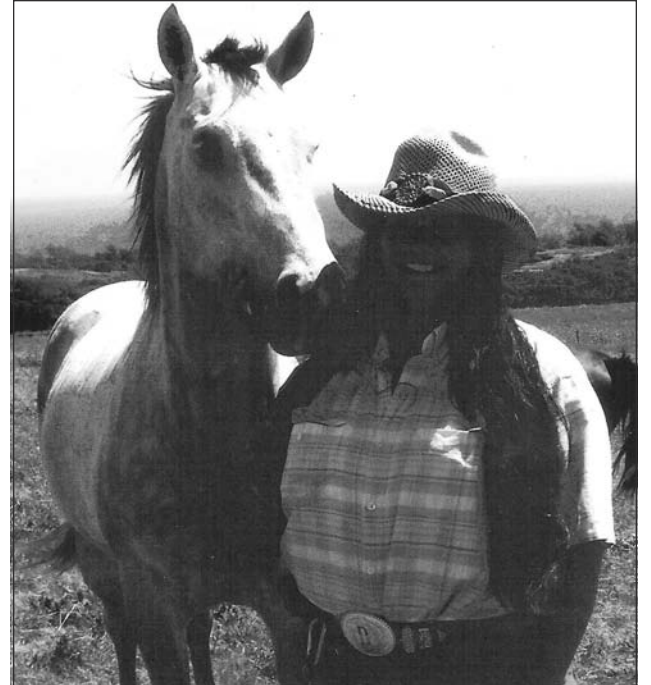
Pa'u Queen - Desiree Delos Santos

Aloha Kohala, I would like to acknowledge YOU, the people of Kohala for your many great contributions and tremendous support while I served as your chairperson on the Kamehameha Day Celebration Committee. You all have shown that one great gift within you, "the gift of aloha."

Representing as your 2011 Pa'u Queen is especially a humbling privilege and honor. More importantly is sharing this honor with our children, family and friends.

Most of all remember our King Kamehameha, who united our island and here again, uniting the people of Kohala near and far on this special day, his birthday, every year on June 11!

Malama pono,
Desiree Delos Santos



Pa'u Queen Desiree Delos Santos

2011 Kamehameha Day Festival Honorees

Parade Honorees:

Grand Marshal - Joe Carvalho
Descendants of Kamehameha - Margaret and Lena Pule
Aloha Ambassador - Kathy Matsuda
Pa'u Queen: Desiree Delos Santos

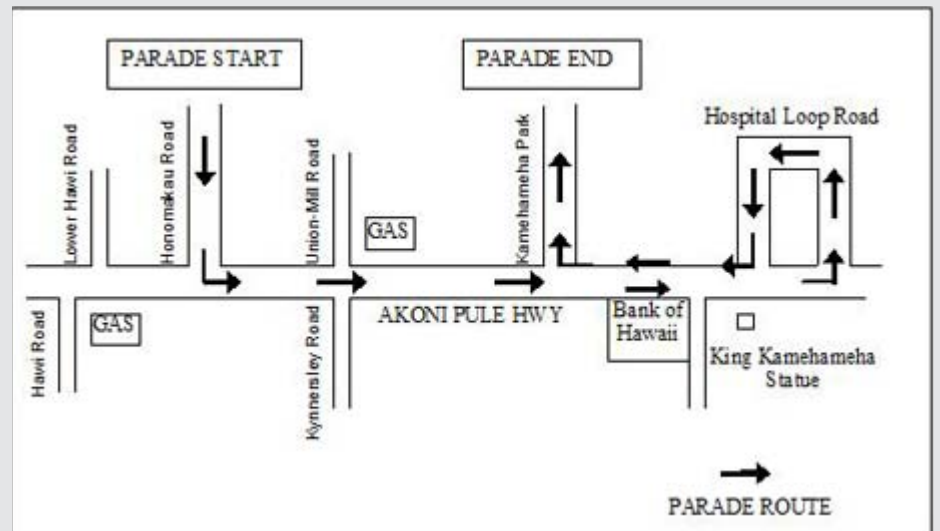
Na Wahine Holo Lio Honorees:

Princess Ka'iulani - Bernelle Camara
Queen Emma - Jamie Ho'opai
Queen Lili'uokalani - Jenny Stevens
Queen Kapi'olani - Amoo Ching
Anna Lindsey Perry Fiske - Judy Itzig Heine

Island Princesses:

Hawai'i - Kawe Akana
Maui - Heather Goto
Kaho'olawe - Cheri Atkins
Lana'i - Jessica Cook
Moloka'i - Kehau Bruno
O'ahu - Hualalai Carvalho
Kaua'i - Lauren Holland
Ni'ihau - Lilah Ellis

ROAD CLOSURE SATURDAY, JUNE 11, 2011 9 a.m. - 10 a.m.



NOTICE TO MOTORISTS

Akoni Pule Highway (Route 270) will be closed in North Kohala on Saturday, June 11, 2011, from 9 a.m. to 10 a.m.

The Kamehameha Day Celebration Parade will begin from Honomakau Road (Kohala High School intersection), proceed through Kapa'au town to Kamehameha Statue, continue along the Kohala Hospital Loop, and end at Kamehameha Park.

Motorists may be stopped for as long as 30 minutes and should plan their trip accordingly. Only emergency vehicles will be allowed through.

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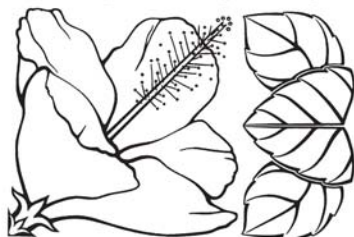
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Congratulations, North Kohala Graduates, Class of 2011

KHS Class of 2011

Kohala High School Graduation took place Saturday, May 21, at 4 p.m. at the Hisaoka Gym in Kamehameha Park. Class valedictorian for this year is Brooke Kise, and salutatorian is Jerome Arellano. Following is a list of this year's graduating class and their post-graduation plans:

Efrellyn Abellera, University of Hawai'i - Hilo
 Jaylen Ah Sing, Hawai'i Community College - West Hawai'i
 Tahjra Alcoran, Kapi'olani Community College
 Krystal Aleta, Kapi'olani Community College
 Julyne Antonio, University of Hawai'i - Hilo
 Jerome Arellano, Maui Community College
 Tamilyn Badua-Stevens, College of Southern Nevada
 Teyja Ann Balgas, Hawai'i Community College - West Hawai'i
 Kodi Cabulizan-Aros, Kapi'olani Community College
 Katherine Campollo, University of Hawai'i - Manoa
 Solomon Carlos-Akau, Hawai'i Community College - Hilo
 Whitney Cazimero, Hawai'i Community College - West Hawai'i
 Dustin Ching, Hawai'i Community College - Hilo
 Jordan Ching, Southwestern Oregon Community College
 Tyler Coakley, Hawai'i Community College - Hilo
 Eric Dela Cruz, Rochester Institute of Technology
 Felicia Dominici, Hawai'i Community College - Hilo
 Erik-Alan Estabilio, University of Hawai'i - Manoa
 Chezerae Fernandez, Hawai'i Community College - Hilo
 Casiandra Furukado, University of Nevada - Reno
 Jonathan Hiraoka, Hawai'i Community College - Hilo
 Caleb Javillo, Hawai'i Community College - Hilo
 Alysha Kohaloa-a-Salis, Honolulu Community College
 Aaron Kaitoku, Hawai'i Community College - Hilo
 Brooke Kise, Northern Arizona University
 Randen-Chase Kuikahi-Tagaca, Hawai'i Community College - West Hawai'i
 or Cornish Arts College - Washington
 Kelson Kupuka'a, Mesa State College - Colorado
 Kapoe Lewis, Southern Oregon University
 Reyn Maria, Universal Technical Institute - Arizona
 Micah Marquez-Ching, Weatherford College - Texas
 Guy Medeiros, Universal Technical Institute - Arizona
 Darling Orenillo, Heald College - Honolulu
 Mary Josephine Osorio, Hawai'i Community College - Hilo
 Reggie Lewis Padillo, Kapi'olani Community College
 William Poliahu, Universal Technical Institute - Arizona
 J-Mart Ramos, Universal Technical Institute - Arizona
 Karen Ramos, Northern Arizona University
 Edward Rivera, Workforce
 Summer Roquemore, Kapi'olani Community College
 Marygold Salvador, University of Hawai'i - Hilo
 Kennieth William Santana, Hawai'i Community College - Hilo
 Albert Santiago III, Hawai'i Community College - Hilo
 Jannell Saragosa, Hawai'i Community College - West Hawai'i
 Isaiah Smith, Kapi'olani or Hawai'i Community College
 Silas Sniffen-Stokes, Workforce
 Wyatt Souza, University of Hawai'i - Manoa
 Wylee Sullivan, U.S. Army
 Tiana Valenzuela, Kapi'olani Community College
 Roberto Ventura, Jr., Workforce
 Nainoa Victor-Kailianu, Hawai'i Community College - Hilo
 James Werner III, Kapi'olani Community
 Kaila Yamura, Workforce

Hawai'i Preparatory Academy and Parker School Graduates from North Kohala

The students listed below graduated from HPA on Friday, May 20; their post-graduation plans are listed after their names.

Samantha Neal, University of Oregon
 Isaiah Adams, University of Puget Sound
 Nathaniel Adams, University of Puget Sound
 Malachi Kobayashi, Azusa Pacific University
 Selena-Zola Osorio, Humboldt State or Palomar Community College

Parker School

The following North Kohala student graduated from Parker School in Waimea on Friday, May 27:

Brian Sullivan, University of Colorado - Boulder

KHS Alumni Earning Bachelor's Degrees

Congratulations to the following former Kohala High School graduates who have received their bachelor's degrees in the spring of 2011:

Christopher Ansel, KHS Class of 2007, B.S. in Aeronautical Engineering, Air Force Academy, Colorado Springs, Colo., May 25.

Julia Noelle Hall, KHS Class of 2002, B.A. in Psychology, University of Hawaii - Hilo, May 14.

Lauren Hall Stovall, KHS Class of 1999, B.A. in History, University of Hawaii - Hilo, May 14.

Nicole Pasalo, KHS Class of 2007, B.A. in Psychology, University of Hawaii - Hilo, May 14.

Sarah Sullivan, KHS Class of 2007, B.A. in Sociology, Fort Lewis College, Durango, Colo., April 30.

KMN regrets if there are any graduates not mentioned but, as of press time, these were the names that had been received. Congratulations to all!



—photos by Aniela Chertavian
 Brooke Kise was KHS valedictorian and the recipient of the Merit Shield



KHS Class of 2011



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April K. Lee, RB & Jeffrey D. Lee, RS

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North Kohala Celebrates May Day



—photo by Catherine Bratt

Princess Anuheha Kaholoa`a and Kelson Kupuka`a. The court was guided by Auntie Kauai Nakamura and assistants Uncle Michael Matsu and Uncle Laddie Shim.

◀ “Nana I Ke Kumu O Na Kupuna” [Look to the Teachings (Wisdom) of the Kupuna] was the theme of the 2011 May Day program at Kohala High School on April 28. Presiding over the royal court were, left to right: back row, May Day King (Mo`i Kane), Erik-Alan Estabilio; Lady-in-Waiting, Breea Souza; and May Day Queen (Mo`i Wahine), Kapoeokeolani Lewis; middle row: Cape Bearer, Bradlee Estabilio; Crown Bearer, Kaneakala Pahio; and front row: Flower Girls, Lily Ho`opai and Dazzlyn Alcoran. Completing the royal court were Ni`ihau Princess Brooke Kise and Prince Reggie Padillo; Kaua`i Princess Chezerae Fernandez and Prince Ola Dela Cruz; O`ahu Princess Teyja Ann Balgas and Prince James Werner III; Lana`i Princess Hoku Cazimero and Prince Dustin Ching; Kaho`olawe Princess Kealohi Ah Sing and Prince Isaiah Smith; Moloka`i Princess Tita Alcoran and Prince Jerome Arellano; Maui Princess Summer Roquemore and Prince Jonathan Hiraoka; and Hawai`i



—photo by Jesús Solís

The Kohala Elementary School May Day Court watches as the fourth-graders dance to the song, “A-L-O-H-A” at the school’s festivities on April 29. The theme of the program was “Aloha Kekahi I Kekahi” (Love One Another). The royal court, representing the islands of Hawai`i, were: Ni`ihau Prince Bohdi Kauwe`okamalu Amar and Princess Naomi Rose Noelani Ney; Kaua`i Prince Tupu Kaohu Toafili and Princess Ku`uipo Kaholoa`a Mokiao; O`ahu Prince Sean Keali`imanowaiola o Kohala Giron and Princess Kiele Kaleialohaokuupuuwai Carpio; Moloka`i Prince Tehvyn-Li Kealoha Delacruz and Princess Maya Amanda Anderson; Lana`i Prince Kaid Albert Osamu Nickl and Prince Marvelanne Hana-Lei Clark; Maui Prince Maui Kaho`oilinaokapoho Hook and Princess Maila Lee Tabiolo-Amaral; Kaho`olawe Prince Louis Kahiau Arraujo and Princess Amber Nicole Sumic; and Hawai`i Prince Ian Rivera and Princess Tahni Kawaipualani Baculpo.

—photo by Megan Solis



↑ Representing the island of Hawai`i, Prince Josiah Adams and Princess Mikaela Bartsch proudly enter the May Day festivities at Kohala Middle School on May 2. The school’s May Day theme was “Kaulana Na Pua O Hawai`i” [Famous are the Flowers (Youth) of Hawai`i.] The royal court was presided over by Mo`i Kane Ryan Carvalho and Mo`i Wahine Kadence Coito. In addition to Adams and Bartsch, the Island Princes and Princesses were: Kaho`olawe Prince Mikael Justin Agbayani and Princess Karisse Cafe Ayoso; Maui Prince William Skelton and Princess Amber Malasig; Moloka`i Prince Angelo Lawson and Princess Cassandra Kometani; Lana`i Prince Kealen Figueroa and Princess Alexis Ella Matundan; O`ahu Prince Kahj Maunu and Princess Heaven Rodrigues; Kaua`i Prince Kaelan Kahalioumi and Princess Isabel Steinhoff; and Ni`ihau Prince Jason Yamamoto and Princess Ashlyn Van Zandt.

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Polenta with Creamy Pesto
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Edamame
Risotto of the Day
Kalua Pork Quesadilla



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Domestic Beer \$2.50
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Kona Draft Beers \$3.75

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Calamari Strips \$7.25
Thai Coconut Prawns \$9.25

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Coca Cola 12-pk Cans All Types 4 ⁹⁹ 	CapriSun Ready to Drink 10 pk. 2/5 ⁰⁰ 	Yuban Coffee original 33 oz. 11 ⁹⁹	Progresso Soup Traditional Only 18 - 19 oz. 3/6 ⁰⁰	Marie Callender Dinners Select Types 13 - 21 oz. 4 ⁵⁹ 	Totino Party Pizza All Types 10.2 - 10.7 oz. 3/4 ⁹⁹
JELL-O Jello Pudding Instant/Cook 'n' Serve, Sugar Free 4/4 ⁰⁰ .9 - 3.4 oz.	Powerade Drinks All Flavors 32 oz. 10/6 ⁹⁹	Dasani Water 24 pk. - 500 ml. 2/7 ⁹⁹ 	Wacky Mac Pasta 12 oz. 1 ⁷⁹	IQF EZ Peel Shrimp 31 - 40 2 lb. 10 ⁹⁹	Eggo Waffles All Types 12.5 oz. 2 ⁹⁹ 
Sky Flakes Crackers 30 oz. tub 5 ⁸⁹	Hamakua Plantation Mac Nuts 12 oz. 7 ⁴⁹	Nissan Cup Noodle 2.25 oz. 2/1 ⁰⁹	Hansen Apple Juice 64 oz. 3 ¹⁹	Tyson Chicken Thighs 5-lb. box 5 ⁹⁹	Mama Bella Garlic Bread Assorted 14 oz. 3 ⁷⁹ 
Pioneer Beef Jerky 3.5 oz. 3 ⁷⁹	Asia Trans Li Hing Drops 4.5 oz. 1 ⁶⁹	Taco Bell Refried Beans 15 oz. 2/2 ⁴⁹ 	Taco Bell Salsa Mild - Medium 16 oz. 2/5 ⁰⁰ 	Birds Eye Steam Fresh Vegetables All Types 12 oz. 2 ¹⁹ 	Tropicana Orange Juice All Types 4 ⁹⁹ 59 oz. 
Precious Top Shellfish 16 oz. 8 ⁴⁹	Island Cafe 100% Kona Coffee 7 oz. 8 ²⁹	Hawaiian Hula Salad Dressing 8 oz. 2 ¹⁹	Libby Vienna Sausage 18 pk./5 oz. 7 ⁹⁹ 	Meadow Gold Nectars 1/2 gal. 1 ⁹⁹ 	Meadow Gold Premium Ice Cream 48 oz. 4 ¹⁹ 

Grocery

Aloha Shoyu, reg./lite, 64 oz.	5 ³⁹
Coral Chunk Light Tuna, in oil or water, 5 oz.	2/1 ⁹⁹
Campbell's Cream of Mushroom Soup, 10 oz.	2/2 ²⁹
Delmonte Ketchup, 24 oz.	2/2 ⁵⁹
Delmonte Fruit Cocktail/Peaches, 14 - 15 oz.	2/2 ⁹⁹
Delmonte Peas, 15 oz.	2/2 ¹⁹
Delmonte Tomato Sauce, 8 oz.	2/1 ⁰⁹
Diamond Bakery Saloon or Graham Crackers, 8 - 9 oz.	3 ¹⁹
Diamond Bakery Soda Crackers, all types, 13 oz.	3 ⁵⁹
Diamond Bakery Cookies, all types, 6 oz.	1 ⁷⁹
Golden Grain Spaghetti/Elbow Macaroni, 16 oz.	1 ⁶⁹
Lindsay Pitted Olives, lg./med., 6 oz.	1 ⁵⁹
Best Foods Mayonnaise, 30 oz.	4 ⁴⁹
Hamburger Helper, 4.5 - 7 oz.	3/5 ⁰⁰
Krusteaz Blueberry Muffin Mix, 17.1 oz.	2 ⁸⁵
Lion Coffee, reg/auto drip (no decaf), 10 oz.	5 ¹⁹
Bakers Chocolate Chunks, 12 oz.	2 ⁸⁹
Wesson Oil, all types, 48 oz.	4 ³⁹
Sanka Instant Coffee, 8 oz.	6 ⁹⁹
Planters Sesame Nut Mix, 8.5 oz.	2 ⁹⁹
Koolaid/Tang, 6 - 8 qt.	3 ³⁹
Kraft Grated Parmesan, 8 oz.	4 ⁴⁹
Kraft Mac & Cheese, 7.25 oz.	2/3 ⁰⁰
Taco Bell Taco Shells, 12 ct.	2 ¹⁹
Taco Bell Taco Seasoning Mix, 1.25 oz.	2/1 ⁷⁹
Mitsukan Seasoned Rice Vinegar, 24 oz.	2 ³⁹
Momoya Kim Chee Sauce, 6.7 oz.	3 ⁷⁹
Mums Mushrooms, pieces & stems, 4 oz.	1 ²⁹

Shirakiku Shiitake, 3 oz.	2 ⁸⁹
Shirakiku Chuka Soba, 8 oz.	3 ⁴⁹
Shirakiku Koshian, fine, 17.6 oz.	1 ⁶⁹
Skippy Peanut Butter, 16.1 oz.	2 ⁷⁹
Western Family Pinto Beans, 15 oz.	2/2 ¹⁹
Western Family Black Beans, 15 oz.	2/2 ¹⁹
Western Family Syrup, 24 oz.	2 ⁵⁹

Natural Foods

Pamela's WF/GF Cookies, 7.25 oz.	3 ⁵⁹
Herdez Mexican Sauces, 7 oz.	1 ¹⁹
Hansen's Sodas, 6 pk.	1 ⁹⁹
Lundberg Rice Chips, 6 oz.	3 ⁸⁹
Bionature WW Pastas, 6 oz.	3 ¹⁹
Galaxy Granola, 12 oz.	4 ⁸⁹

Dairy

Meadow Gold Drinks or Tea, 1/2 gal.	2/2 ⁹⁹
Meadow Gold Yogurts, 6 oz.	2/1 ⁹⁹
Meadow Gold Ice Cream Bars, 6 pk., assorted	2 ⁶⁹
Horizon Organic Milk, 64 oz.	5 ⁹⁹
Big Island Poultry Grade A Large Eggs, Mainland Shell Protected, per dozen	2 ²⁹

Meats

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

SALE PRICES GOOD JUNE 1 THRU JUNE 14

LOVE'S Hearth Bread 24 oz. 4 ⁴⁹	LOVE'S Kid's Choice Bread 24 oz. 3 ⁹⁹	Mae Ploy Sweet Chili Sauce 10 oz. 1 ⁴⁹	JFH Sugatami Nori 1 ³⁹ 10 ct.	Pepsi 24-pk. cans All Types 9 ⁹⁹	Pepsi 2-liter bottle 1 ⁸⁹
Oscar Mayer Bacon All Types 16 oz. 5 ¹⁹	Oscar Mayer Deli Shave Meats 7-9 oz. 2/ ⁶ 00	Dynasty Chow Funn 20 oz. 2 ¹⁹	Kadoya Sesame Oil 5.5 oz. 2 ⁴⁹	Nabisco Wheat Thin, Triscuit or Chicken in a Biscuit Crackers 5.5 - 10 oz. 3 ⁴⁹	Chips Ahoy! Nabisco Chips Ahoy Assorted 9.5 - 15.25 oz. 3 ⁵⁹
Kraft Shredded or Chunk Cheese 3 ³⁹ 8 oz.	Kraft Singles Velveeta or American 2% 3 ⁸⁹ 10 - 12 oz.	Kikkoman Soy Sauce 4 ⁹⁹ 40 oz..	IIDA Ume 3 ⁰⁹ 10.58 oz.	Dreyer's Ice Cream 48 oz. 4 ⁴⁹	Di Giorno Rising Crust Pizza 11.5 in. 6 ⁹⁹
Oscar Mayer Fun Pack Lunchables 11.2 - 12.2 oz 2 ²⁹	Banquet Pot Pie Chicken, Beef, Turkey 7 oz. 2/ ² 19	Maui Caramacs 6 oz. 2 ⁸⁹	Tentay Fish Sauce 25.6 oz. 2 ¹⁹	Zantac Tablets 10 ct. 4 ⁹⁹	Nice 'n' Easy Hair Color Assorted 1 app. 7 ⁹⁹
Frank's Foods Frankfurters 16 oz. 3 ³⁹	Holy Bakery Frozen Pies Assorted Types 36 oz. 10 ⁹⁹	Trader's Choice Shiofuki Kombu 1.5 oz. 3 ¹⁹	Newton Pancit Bihon 8 oz. 2 ¹⁹	Suave Shampoo/ Conditioner 22.5 oz. 1 ⁷⁹	OB Tampons 18 ct. 3 ⁹⁹
Frank's Foods Portuguese Sausage 12 oz. 3 ³⁹	Flavor Pac Frozen Raspberries 12 oz. 3 ⁹⁹	Local Zori 1 pr. 2 ⁵⁹	Krazy Glue 1 ⁵⁹ .07 oz.	Excedrin Extra Strength Migraine/Tension Headache Relief 24 ct. 3 ⁶⁹	Theraflu M/S Day 6 pks. 24 capsules 4 ⁸⁹

Freezer/Deli

Darigold Butter, 16 oz.	4 ²⁹
Shedd's Country Crock Margarine, 45 oz.	4 ⁷⁹
Pillsbury Buttermilk Biscuits, 7.5 oz.	2/ ¹ 49
Athenos Hummus, 7 oz.	2 ⁴⁹
Yoplait Yogurt, 4 - 6 oz.	2/ ¹ 99
Stella Romano/Parmesan Cheese, 5 oz.	2 ³⁹
Wing Wing Lup Chong, 7 oz.	2 ⁷⁹
Bays English Muffins, 6 ct.	2 ⁹⁹
Chef America Hot Pockets, 4 oz.	3/ ² 99
El Monterey Burrito, 8 pk.	4 ²⁹
Farmer John Pork Links, 8 oz.	1 ⁷⁹
Inland French Fries, crinkle/reg., 32 oz.	3 ¹⁹
Birds Eye Voila, 22 oz.	5 ⁸⁹
Louis Rich Ground Turkey, 16 oz.	3/ ⁴ 69
Mays Patties, 32 oz.	8 ⁹⁹
Cyrus O'Leary Banana, Chocolate or Lemon Pie, 8 in.	7 ³⁹
Nestles Drumstick, 4 ct.	3 ⁸⁹
Morning Star Grillers, Patties, Strips, Links, 5 - 9 oz.	4 ⁴⁹
Menlo Lumpia Wrappers, 16 oz.	2 ⁶⁹
Tyson Tenderloins, 2.5 lb.	8 ⁸⁹
Tyson Party Wings, 5 lb.	15 ⁹⁹
Tyson Boneless, Skinless Thighs, 2.5 lb.	7 ⁴⁹
S/S Saimin, 'ohana pkg., 9/4.5 oz.	5 ⁶⁹
Frozen Mussels, 1/2 shell, 2 lb.	5 ⁷⁹
Paradise Mahi Mahi Fillet, 2 lb.	11 ⁷⁹
Mrs. Friday Gold Pac Shrimp, 21 - 25, 2.5 lb.	20 ⁹⁹
Tasty Bird Gizzards or Livers, 16 oz.	2 ⁴⁹
Villa Roma Italian Sausage, 1 lb.	4 ³⁹
Zippy Entrees, assorted, 20 -24 oz.	5 ⁷⁹

Produce

Garlic, per lb.	3 ⁷⁹
Celery Bunch, per lb.	2 ⁰⁵
Potatoes, loose, per lb.	99¢
Amano Kamaboko, 6 oz.	1 ⁹⁹

Non Foods

Angel Soft Double Roll Bath Tissue, 6 ct.	4 ⁴⁹
Sparkle Single Roll Paper Towel	2/ ² 79
Hefty Foam Plates, 50 ct.	2 ⁷⁹
Fitti Diapers, Jumbo Pack, 26 - 40 ct.	8 ⁹⁹
Kingsford Match Light Charcoal, 6.7 lb.	7 ⁹⁹
Saran Wrap Classic, 100 sq. ft.	2 ¹⁹
Raid Ant & Roach Spray, 17.5 oz.	3 ⁵⁹
Reynold Foil, 30 sq. ft.	1 ⁶⁹
Irish Spring Soap, 3/4 oz.	2 ²⁹
Sunburst Liquid Detergent, 117 oz.	6 ⁹⁹
Western Family Napkins, 360 ct.	3 ¹⁹
Western Family Facial Tissue, 160 ct.	1 ⁴⁹

Beer/Wine/Liquor

Corona, 12 pk., bottles	14 ⁹⁹
Heineken, 12 pk., bottles	15 ⁴⁹
Steinlager, 12 pk., bottles	10 ⁹⁹
Coors Light, 18 pk., bottles	15 ⁹⁹
Natural Beer, 24 pk., cans	15 ⁹⁹
Becks, 12 pk., bottles	11 ⁹⁹
Budweiser, 12 pk., bottles, reg/light	10 ⁹⁹
Yellowtail Wine, 750 ml.	5 ⁹⁹
Fetzer Wine, 750 ml.	6 ⁹⁹
Sutter Home Wine, 1.5 liter	8 ⁹⁹
Columbia Crest Wine, 750 ml.	9 ⁹⁹
Jim Beam, 750 ml.	9 ⁹⁹
Tanqueray Gin, 750 ml.	16 ⁹⁹
Smirnoff Vodka, 750 ml.	10 ⁹⁹
Jose Cuervo Tequila, 750 ml.	12 ⁹⁹
Crown Royal, 750 ml.	19 ⁹⁹
Karkov Vodka, 1.75 liter	12 ⁹⁹

Big Island Fit Club Comes to Kohala

By Suzanne Sasaki

The Big Island Fit Club, a local chapter of the national Beachbody organization, provides and encourages fitness and proper nutrition for Big Island residents. Darrell Ellis of Waikoloa is assisted by coaches Ross Pagat, Tracy Fujii, and Mandy Salis of Kohala to establish a program for North Kohala. They currently meet at the Hawi gym at 6:30 Friday evenings.

The coaches motivate and teach participants good nutrition, including



—photo by Darrell Ellis

Big Island Fit Club participants work up a sweat at the Hawi gym on Friday evenings. Sessions are free.

consumption of their Shakeology line of products, and a variety of exercises suitable for their ages and skill levels, from elite athletes to 20-year couch potatoes.

Ellis states that the goal of the program is to promote overall, lifetime fitness.

"It is an adoption of a lifestyle of fitness and nutrition, not just a one-shot deal like wanting to lose five pounds," says Ellis. He further notes that the program also provides socialization and companionship, important factors in maintaining overall health. Ellis states that although children are welcome, they must be accompanied by parents.

The classes are free, as are samples of the Shakeology line of nutritional shakes, but exercise DVDs for home workouts and the Shakeology products are also sold.

Ellis says that if the program grows, they would like to hire more Kohala residents to serve as coaches. He emphasizes that coaching staff are "regular people," not professional trainers, and they learn as they advance through the program and through consults with professional Beachbody staff in the parent organization.

Interested persons are encouraged to check local bulletin boards (e.g., at the post offices and Takata Store) for workout schedules, or contact Ellis directly at his e-mail:

coachellis7972@gmail.com. Examples of the fitness programs provided, which include P90X and Insanity, can also be seen on television infomercials.

Kapa`au Go Skate Day - June 18

Skateboarders of all ages are encouraged to join the Skateboarder Parade in Kapa`au at 10 a.m. Sunday, June 18. The parade begins at 10:30 a.m. from the Kynnersley-Union Mill Road intersection (Aloha Gas) where skaters can enjoy a downhill cruise on the Akoni Pule Highway to Kamehameha Park where there will be a Skate Day Fundraiser to help build "Phase Two" of Roots Skatepark.

The fundraiser is at Roots Skatepark behind Hisaoka Gym and includes a Kalua pork plate with rice and salad from Kohala Organic Farm; live local music; an auction of donated local services; raffle; and skateboarding contest and game of SKATE.

Roots Advocates for Youth received a \$15,000 grant from the Atherton Family Foundation and support from the Dorrance Family Foundation to help fund construction of Roots Skatepark. The group is asking for support in the form of products or services, gift certificates, donated board sports gear, safety equipment, etc., that can be used for contest prize packs, auctioned or raffled as prizes at the fundraiser.

For information call Richey or Kimberly at 889-0503, e-mail skate4roots@yahoo.com, or visit their website: <http://fivemtn.org/nhdfc/roots/index.html>.

Go Skate Parade Highway Closure

Both lanes of the Akoni Pule Highway will be closed between Kynnersley-Union Mill Road and Kamehameha Park from 10:30 to 11 a.m. on Sunday, June 18, for the Go Skate parade. The road will reopen when the skateboarders have arrived at the park.

'The Amazing Tooth Bus' in Kapa`au in June

Editor's Note: In the April 2011 issue of KMN, The Amazing Tooth Bus was incorrectly reported as providing dental services at the Kohala Health Center in May. The bus begins its monthly rotation between North Kohala and Hamakua in June. KMN regrets the error and any inconvenience to those providing or seeking the dental services.

The Amazing Tooth Bus arrives in North Kohala during the second week of June at the Kohala Family Health Center on Hospital Road in Kapa`au, beginning the first of monthly rotations between the Hamakua Health Center Annex in Honoka`a and the North Kohala site. The bus will remain in Kapa`au until Friday, July 1, and will return to Kapa`au on August 1.

Appointments for children, adolescents and young adults between the ages of 1 to 20 who are not insured and eligible for MedQUEST or who are already enrolled can be made between 8 a.m. and 5 p.m. Monday through Friday by calling 333-8410.

"Our focus in the beginning is to take care of our keiki in order to establish good oral health habits throughout their lives," says Susan Hunt, CEO of Hamakua Health Center.

The program's dentist, Carrie L. Ayer, DMD, was born and raised in northern

Nevada. She is a 2007 graduate of the University of Nevada at Las Vegas School of Dental Medicine.

"Comprehensive dental care begins with practicing good oral hygiene and having regular checkups to prevent problems," says Dr. Ayer, who will be assisted by three dedicated staff.

The custom-built, state of the art, 38-foot Winnebago is outfitted with three dental operatories, digital x-ray and computerized dental health records.

The bus is owned and operated by Hamakua Health Center, Inc., a federally qualified community health center and nonprofit 501(c)(3) organization whose mission is to improve the health of its patients and community through integrated medical, behavioral health, dental and health education services for all regardless of ability to pay.

For appointments and more information about cost and qualifying for services, call (808) 333-8410.

And the Winner Is...

Christine Richardson, (far left), executive director of North Kohala Community Resource Center (NKCRC), reads the name of the lucky winner (Gerald Skelton) in a fundraising drawing organized by four Kohala Middle School students. The students, including Mina Apostadiro, seen here on the left, and Mikaela Bartsch, hope to



—photo by Vicky Kometani

attend a Junior National Young Leaders Conference in Boston this summer. Tax deductible donations to help offset the KMS students' expenses are welcomed at NKCRC during business hours. Skelton won a 50-inch Pioneer Flat Screen Television and Sony Sound System donated by Hilo Audio.

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Hawai`i Wildlife Center Volunteers Plant Native Landscaping



—photo by Lynda Wallach

On May 14, more than 100 volunteers of nearly every age gathered at the Hawai`i Wildlife Center (HWC) in Kapa`au for a community volunteer day and the inaugural planting of native Hawaiian landscaping. Pictured above, Linda Elliott, president and director of HWC, (standing, left) and Erika Blanco, Kohala Middle School science teacher, observe as KMS students carefully transfer young plants. "We are very grateful for all who came and worked so hard and for the continued support for the wildlife center," said Elliott.

The volunteer day included tours of the facility and the opportunity to meet the nonprofit organization's board of directors. Visit www.HawaiiWildlifeCenter.org to learn more.

Fish Catches Top Prize at Trash Bash

Maggie Frohmader won first place for her fish piece made of compact discs entitled, "The Big Catch," (shown at right) at the 2011 Trash Bash Art Show on April 23. Second place was awarded to Rebecca Parks for her piece



—photo by Malia Welch

titled, "The Widow Moving," and third went to Jessica Andrews for her wearable art, "The Cute Papio." The art show featured 18 entries of art pieces or wearable art, all made of recycled materials. The goal of the event is to raise people's awareness about reducing, reusing and recycling the trash they produce.

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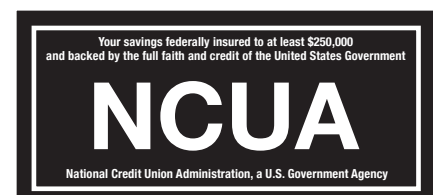
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Living Arts Gallery in Hawi Celebrates "Spirit of Place"



—photo courtesy of Mary Sky Schoolcraft
Yvonne Yarber Carter and Keoki Apokolani Carter

The Living Arts Gallery invites the community to celebrate its second birthday on Saturday, June 11. The gallery will be serving birthday cake and giving away free art gifts every hour. This locally owned and artist-operated gallery opened its doors on June 11, 2009, with the motto to "Take Heart and make ART!" and showcases the fine art of 50 Big Island artists.

In honor of King Kamehameha and the community, the gallery will feature a special exhibit, "Spirit of Place," from June 10-July 10. This show of beautiful photographs by artist members Yvonne Yarber Carter and Keoki Apokolani Carter contains striking imagery of the

Big Island's people, plants and places and Kohala's own King Kamehameha Day celebrations from years past.

Meet the artists at a "talk story" evening and slideshow Friday, June 17, from 6 to 8 p.m. at the gallery. Yvonne and Keoki are both accomplished musicians, as well as artists, so their presentation will be Hawaiian style, with ukulele and original songs, living plants and images of the 'aina that truly capture the spirit of place.

The imagery of this collaborative couple celebrates open sacred places, endangered native plants, quiet contemplation, and panoramic pu'u. The Carters are deeply involved in working to restore the native dryland forest on the Big Island, planting, protecting and teaching groups of children and scientists from around the world about this rare ecosystem (fewer than 5 to 10 percent of these native Hawaiian habitats are left today!) Their daily work in cultural ecology and interpretive education in one of the rarest ecosystems on the planet is a weaving together of art, malama 'aina, (caring for the land) and education.

Their photography includes some of the rarest plants in the world that only a hundred years ago thrived in the dryland ecosystems of South Kohala and North Kona and elsewhere in the islands.

The Living Arts Gallery is located at 55-3435 Akoni Pule Highway in Hawi and is open daily from 10:30 a.m. to 5:30 p.m. For more information, visit www.livingartsgallery.net or call 889-0739.

KMS Students Learn About Disaster Preparedness

Kohala Middle School seventh-graders listen as Quince Mento of the Hawai'i County Civil Defense Agency explains the role the agency plays in coordinating emergency services during natural disasters. With the recent tsunamis in Japan and Hawai'i, KMS teacher Duncan Anderson realized it was important to help students "learn from the past, so we're prepared for the future." Mento emphasized the importance of having sufficient supplies to be able to "camp" at home for one week.

Also on hand for the presentation were Mark Provencal, acting chief of Hawai'i Fire Department Station 15 in North Kohala, and James Young, acting driver. The firefighters emphasized the importance of students and their families being prepared because they may end up being the first responders in an emergency due to the small size of the fire department.



—photo by Megan Solís

St. Augustine's Episcopal Church

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Sunday Services:

9:00 a.m. - Holy Communion
(Child Care & Fellowship Brunch)
7:00 p.m. - Holy Communion

Thrift Shop Hours:

Weds: 12:00 - 3:30
Thurs: 4:00 - 6:00
Last Saturday: 10:00 - 12:00
Free Community Meal:
Last Saturday: 11:00 - 12:30



Kohala Baptist Church

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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

The Kohala Lions Club sponsored a Mother's Day breakfast on May 8 at the KHS cafeteria. Pictured from bottom left, clockwise, Joe Maria, Emma Faisca, Hokani Maria, Michael Maria, Lluvia Cornejo, Curtni Maria, Rita Maria, Manu Salvador, and Vivian Maria enjoy a hearty breakfast of pancakes, eggs, rice, sausage, fruit and beverages. Club members cooked and served 437 breakfasts for mothers and their families.



Attitudinal Healing Group Meets in Kapa'au

A new support group based on the philosophy of Attitudinal Healing (AH) begins meeting on Thursday, June 2, from 5 to 7 p.m. at Kenji's House in Kapa'au. The group is facilitated by Sydney Limtiaco, who also conducts meetings at the Community Center in Waimea on Tuesdays from 5:30 to 7 p.m.

According to Limtiaco, Attitudinal Healing is "based on the belief that it is not people or conditions outside ourselves that cause us to be upset. We are not victims of the world we see. Rather, our perceptions, beliefs and attitudes are the source of our conflict, pain and unhappiness. We are not only responsible for our own thoughts; we are responsible for the feelings we experience. By exploring these feelings, we can eventually heal them."

"Attitudinal Healing defines health as inner peace, and healing as letting go of fear. It emphasizes listening with empathy and without judgment or advice. Everyone is recognized as a teacher; therefore, we are students and teachers to each other," explains Limtiaco.

The groups are for adults looking to enhance the quality of life experiences both personally and professionally. Each meeting begins with members reading the

Guidelines for Attitudinal Healing Groups, which establish a group protocol, and the 12 Principles of Attitudinal Healing, used as tools for learning how to change painful perceptions and beliefs. Meetings provide a venue for sharing in a nonjudgmental, confidential environment.

The philosophy originated at the Center for Attitudinal Healing, founded in 1975 by Gerald Jampolsky M.D., a psychiatrist, to provide support for individuals and families in addressing life's challenges. The model is used in dozens of countries, with independent locations in schools, hospitals, churches, and homes. The center is nonprofit and nonsectarian.

Since Limtiaco began attending group meetings in 1993, she has participated in AH levels I and II plus facilitator training and facilitated groups in California and Guam, where she also opened a center. She was a guest speaker and panel participant at an AH international conference in 1995. Limtiaco is also a certified hypnotherapist and minister, apprenticed at Jiba (Tenrikyo), Japan.

Groups meet weekly, and there is no fee. Size is limited, so anyone interested in joining a group is asked to call Limtiaco at 345-4594.

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Scenic Byway Nomination OK'd By DOT

The Hawai'i Department of Transportation announced that it has approved the "Ke Ala 'O Kohala—The Way of Kohala" Hawai'i Scenic Byway nomination, with North Kohala Community Resource Center (NKCRC) as the sponsor.

The next step in the process is for NKCRC to convene a Local Byway Committee (LBC) to prepare an application for the State Scenic Byway designation process, which would include required documentation regarding the LBC, a proposed work plan, and a schedule for completing a Corridor Management Plan (CMP) for the byway.

If the application for the State designation is approved, then the project can apply for federal funds to assist in the

preparation of the CMP. A completed CMP and the documentation necessary for the State scenic byway designation are required for National Scenic Byway designation and for access to federal project grant funding.

In its approval letter, the department told NKCRC it was "impressed by the high caliber" of its submission, and appreciated "the extensive effort that was reflected in the quality and completeness of (the) nomination package."

If approved, the scenic byway route will begin at the Honokoa Gulch Bridge, a mile south of the North Kohala district border. The byway will run along Akoni Pule Highway and terminate at Pololu Valley.

Easter at Mahukona

Early rising worshippers gathered Easter morning, April 24, for a sunrise service at Mahukona.

—photo by Malia Welch



KOHALA CALENDAR

June

- 1 Wed 8:30 am – 12:30 pm, `Iole trail clean up volunteer day, 53-496 `Iole Road, Kapa`au, gloves, tools, and a "mahalo lunch" provided, 889-5151 or info@iolehawaii.com.
- 1 Wed 4:30 – 6:30 pm, No. Kohala Public Access Group Mtg., Senior Center, Ted, 889-5801.
- 2 Thu 5:00 – 7:00 pm, Attitudinal Healing group first meeting, Kenji's House, call first, Sydney, 345-4594.
- 2 Thu 6:00 – 7:00 pm, Relay for Life Committee Mtg., Hisaoka Gym conf. rm., Maile, 334-0010.
- 2 Thu 6:00 – 9:00 pm, Green Drinks Hawi, Kava Kafe, organic networking & pupus, Forrest, 987-2365.
- 6 Mon 12:00 – 1:00 pm, CDP Growth Management Subcommittee Mtg., Surety Office, Hermann, 889-6257.
- 6 Mon 3:00 – 6:00 pm, Chess for all ages, Kohala Library, Dylan Trumpy, 889-6655.
- 7 Tue 3:00 pm, Summer Reading Program for elementary age with stories, crafts, games, Kohala Library, 889-6655.
- 7 Tue 4:00 – 5:30 pm, Hope for Haiti Mtg., St. Augustine's Walker Hall, new members welcome, Lani, 889-5852.
- 7 Tue 6:30 – 8:30 pm, Miniatures Club, Kenji's, dollhouse projects, Susan, 889-5604.
- 8 Wed 8:00 am, No. Kohala Merchants Association Mtg., Resource Center, public invited, Bobby, 889-0505.
- 8 Wed 3:00 pm, Storytelling Workshop, Kohala Library, 889-6655.
- 9 Thu 6:30 – 7:30 pm, Relay for Life Team Capt. Mtg., Hisaoka Gym conf. rm., Maile, 334-0010.
- 10 Fri 10:00 am, Preschool Story Time series, Kohala Library, 889-6655.
- 10 Fri 10:30 am – 5:30 pm, "Spirit of Place" art show through July 10, Living Arts Gallery in Hawi, Mary, 889-0739.
- 11 Sat 8:00 – 9:00 am, Kamehameha Day Celebration, Lei Draping Ceremony, Kamehameha Statue, Cicely, 884-5168.
- 11 Sat 9:00 – 10:00 am, Kamehameha Day Celebration, Floral Parade starting at Kohala High to Kamehameha Statue, road closed to traffic, Cicely, 884-5168.
- 11 Sat 10:30 am – 5:30 pm, Living Arts Gallery in Hawi, 2nd birthday celebration with free cake, drawings every hour, Mary, 889-0739.
- 13 Mon 4:30 – 6:30 pm, CDP Action Cmte. Public Mtg., Senior Center.
- 13 Mon 6:00 – 7:00 pm, Kohala Haw'n Civic Club Public Mtg., Hawi Community Center, Rochelle, 896-3033.
- 14 Tue 3:00 pm, Summer Reading Program for elementary age with stories, crafts, games, Kohala Library, 889-6655.
- 15 Wed 3:00 pm, Storytelling Workshop, Kohala Library, 889-6655.
- 16 Thu 1:30 – 2:30 pm, Kohala Hospital Auxiliary Mtg., Hospital Pavilion, new members welcome, Dixie, 889-5730.
- 17 Fri 10:00 am, Preschool Story Time series, Kohala Library, 889-6655.
- 17 Fri 6:00 – 8:00 pm, "Spirit of Place" Talk Story with Yvonne Yarber Carter & Keoki Apokolani Carter, Living Arts Gallery in Hawi, Mary, 889-0739.
- 18 Sat 9:00 am – 1:00 pm, Treasures Helping-Hand Store, Assembly of God, Hawi Rd., free meal: 10 am – 1 pm, 889-5177.
- 18 Sat 10:00 – 11:00 am, Kapa`au Go Skate Parade on Akoni Pule Hwy from Kynnersley to Kamehameha Park, road closed to traffic 10:30-11 am, fundraiser at park to follow, Richey, 889-0503.
- 18 Sat 5:00 – 6:30 pm, Free Grindz -- Hot Meal, Hawi Banyans, Kohala Baptist Church, Sondra, 889-5416.
- 21 Tue 3:00 pm, Summer Reading Program for elementary age with stories, crafts, games, Kohala Library, 889-6655.
- 22 Wed 3:00 pm, Storytelling Workshop, Kohala Library, 889-6655.
- 22 Wed 6:00 – 8:00 pm, Wildfire Preparedness Workshop, free, Spencer Beach Pavilion, Hawaii Wildfire Management Organization, 885-0900.
- 24 Fri 10:00 am, Preschool Story Time series, Kohala Library, 889-6655.
- 25 Sat 10:00 am - 3:00 pm, First Community Harvest Day, bring fruits & vegetables to be processed & shared, community feast follows, Kohala Intergenerational Center, Andrea, 960-3727.
- 25 Sat 11:00 am – 12:30 pm, Free Community Meal, St. Augustine's Walker Hall, Thrift Store open 10 am – 12:30 pm.
- 27 Mon 3:30 pm & 6:30 pm, Jewelry-making Workshop, Kohala Library, 889-6655 to register.
- 28 Tue 1:00 pm, Irish storyteller Niall de Burca, Kohala Library, 889-6655.
- 29 Wed 3:00 pm, Storytelling Workshop, Kohala Library, 889-6655.

Email calendar listings to kmncalendar@hotmail.com or call 884-5986.

COMMUNITY HARVEST HAWAII

Hō'umeke a Hānai

everyone growing or bearing fruits, presenting it in a bowl, and sharing, while caring for each other



Saturday, June 25th, 10 am – 3 pm KOHALA COMMUNITY HARVEST DAY

Kohala Intergenerational Center (behind Kamehameha Park Gym)

HARVEST your extra fruits and vegetables (citrus, avocados, guava, breadfruit, lilikoi, banana... anything!). If you need us to harvest for you, we can do that too— call Carol at 889-5391.

BRING your bounty. Drop off on Friday, June 24th, 3 – 7 pm or Saturday, June 25th 9 – 10 am.

HAVE FUN while preparing and processing the food into a community feast and into products to share. **LEARN NEW** food preparation and preservation skills each month. June features **DEBBIE CHOO** of Kohala's Finest, which produces jams, jellies, lilikoi butters and salad dressings out of locally grown fruit. Lots of **MUSIC** and **LAUGHTER**.

EAT a community prepared meal and **CONNECT** with your community— old timers, newcomers, all ethnicities, all ages.

SHARE food with others--your fresh, local food donations will be distributed back into the community through the Food Basket and Kohala Senior Nutrition Program.

MORE at communityharvesthawaii.org. Let us know if you are coming and what you will bring... or just show up.

Community Harvest Hawaii is helping to build a local, sustainable food system in North Kohala and is a project of the North Kohala Community Resource Center and a partnership between the North Kohala Eat Locally Grown Campaign, Ka Hana Nōeau and the Ho'ēa Agricultural Park. The project is funded through the Island Innovation fund.

Gomes Awarded First Place at Hawai'i's Woodshow

North Kohala's David Gomes was awarded first place in the musical instrument category for his piece, a guitar entitled "Kanani," at Hawai'i's Woodshow.

The show was the 19th annual state-wide juried woodworking show of the Hawai'i Forest Industry Association (HFIA), held at the Honolulu Academy of Arts in April.

Only Hawaiian-grown wood works of art are displayed in Hawai'i's Woodshow. The show is designed to strengthen appreciation for the artists' work and encourage sustainable forestry through the planting of native and non-native trees.

HFIA promotes healthy and productive forests and a sustainable forest industry. In addition to its annual woodworking exhibition, HFIA sponsors the Hawai'i's Wood trademark, manages several community forests and serves as an advocate for Hawai'i's diverse forest industry. Visit: www.hawaiiiforest.org.

David Gomes' award-winning piece: a guitar entitled "Kanani."



—photo by Hal Lum

HIP Agriculture Hosts Workshops/Open House

The Hawaii Institute of Pacific Agriculture (HIP Ag) hosted an open house and community potluck on May 15 to celebrate its new farm site at Halawa Gulch and introduce its upcoming education initiatives.

About 120 guests enjoyed the festivities, including free workshops on Hawaiian medicine, holistic bee guardianship and composting with worms. The event also included tours of the new farm followed by live music and a potluck feast.

HIP Agriculture offers its Summer Sustainability Course, open to young farmers ages 16 to 25, from July 11 to August 12. Students live and work on the HIP Ag farm and learn how to grow vegetables and traditional Polynesian crops; plant and care for bananas, papayas and other tropical plants; farm wetland taro on Niuli'i stream; experience small scale dairy and poultry operations; and process and cook fresh local produce into delicious and



—photo by Megan Solis

Kai Malino teaches about traditional Hawaiian medicines at the HIP Agriculture open house on May 15.

nutritious meals every day.

Curriculum is taught by experienced North Kohala farmers with weekly guest speakers. Public school students who complete the program earn a half-unit of credit toward graduation. The cost of the course is \$795, including all meals, camping on the land, class materials and tools, and on-island field trips.

For more information about HIP Ag, call 889-6316, e-mail hipagriculture@gmail.com, or visit their website: www.hipagriculture.org.

Poetry In Motion



—photo by Malia Welch

Internationally acclaimed poet and storyteller Kea I o h a performed his slam poetry to an enthusiastic audience of about 75 keiki and adults at the North Kohala Public Library on April 25. Slam poetry is a public performance art form with exuberant self expression. The event was funded

through the Friends of the Library of Hawai'i and the University of Hawai'i College of Continuing Education.

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Painting by Arthur Johnsen and available at Elements



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