

Kohala Mountain News

Vol.10, No. 8

August 27, 2011

Kohala Country Fair Is Moving!

The new location for the 27th annual Kohala Country Fair has created a lot of buzz around town. Yes, the fair is moving. Already the biggest country fair on this island, this year's fair on October 1 expands to an exciting new 10-acre location in Kapa'au, one mile past the statue, makai of 'Iole Road.

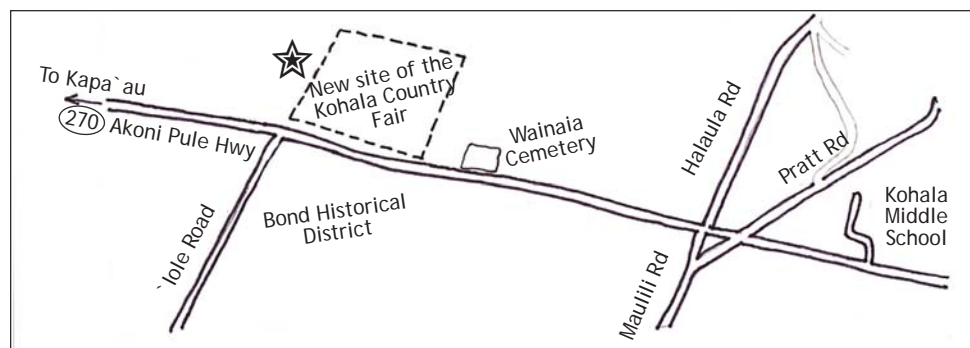
The fair will have something for everyone in the family, including all-day live entertainment, demonstrations ranging from saddle-making to kava preparation, an international assortment of ono foods, crafts to meet every budget, and lots of games and contests. Old favorites like lua-decorating will be back along with many new offerings like Fishpipe Fun. Experience the very popular Bungee Trampoline or watch the dancing "Hawai'i Paso Fino" horses

perform.

Kohala's rich history in ranching and agriculture are this year's featured themes. Watch Paniolo riding and roping, learn about animal husbandry, and visit the petting zoo. Local farmers will be sharing their ag practices and delicious produce. Make sure to visit the "Made in North Kohala" food booth" showing value-added products. Look for the "Master Gardener" advice booth and the seed exchange.

The fairgrounds will be comfortable rain or shine, with a large tented pavilion for dining and a covered amphitheater for entertainment.

Check out the new website at www.kohalacountryfair.com, watch for updates and save Saturday, October 1, 2011, to have some fun at the fair.



Kohala School Ring Mystery Solved

Last month, Kohala Mountain News published a photo of a Kohala school ring from 1948 which had been found in a local resident's garage. The woman's ring, bearing the initials A.L.R., didn't match school records of students attending Kohala High in 1948.

KMN is happy to report that the ring's owner, Marian (Miriam) Reyes, has claimed the ring, which bore the initials of her then-boyfriend, Albert Lopez Reyes. Albert had to quit school in the ninth grade to go to work in the sugar cane

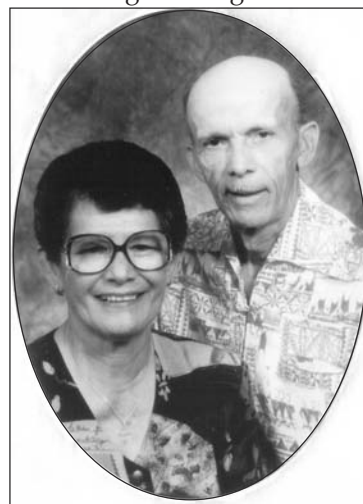
fields, but his sweetheart Miriam had his initials engraved on her school ring. The couple married in 1948 and raised three children, Albert Jr., Diane and Nani. Albert Sr. passed away three years ago.

Miriam says she must have lost the ring when she worked as the first female custodian at Kohala High School. She thinks she must have taken it off while working and left it lying somewhere—later to be found by one of the other custodians. She retired in 1986, so the ring had been missing for more than 25 years.

Miriam is delighted to have her ring back and was quite pleased to note that it still fits!



Miriam Reyes happily wears her 1948 high school ring.



—photo courtesy of Miriam Reyes
Miriam and Albert Reyes
on their 50th wedding anniversary.

CDP Action Committee Seeks Applicants, Extends Deadline

Story by John Winter

Time is ticking for the North Kohala Community Development Plan Action Committee (AC) with some members' terms soon to expire. At the committee meeting held August 8, Bob Martin reviewed the terms of the AC members. Martin's and Ron Friman's terms expire in September 2011 and Giovanna Gherardi's in January 2012. Members whose terms have expired may stay on until a replacement is appointed.

The county has received three applications from citizens wishing to join the AC. Due to the low turn-out, the deadline for applications has been extended to September 1. Applications can be downloaded at <http://hawaii-county-cdp.info>, or hard copy forms are available at the

North Kohala library.

Several AC members expressed concern at the county's delay in processing the applications and replacing members with expiring terms. Bennett Mark, who was filling in for Rosalind Newlon of the Planning Department, explained the application review process. A review committee reads the applications and interviews the applicants and then passes on their recommendations to the Mayor's office for assessment. Successful candidates are then submitted to the County Council for final approval. The entire process will likely take until February.

Curt Inaba of the Department of Water Supply presented a status report of the new Halaula well. The drilling has been finished, and the engineer is finish-

ing the report on this phase. The county is working on land access and/or acquisition. Phase two will then begin with design and construction of the pump and holding tank, etc. Construction is expected to take about a year. Water will be treated in an on-site holding tank.

The Halaula facility is a back-up to the Hawi system and is expected to produce about a million gallons of water per day, which is equivalent to the Hawi system and should double the "source capacity" of the supply. Inaba pointed out this does not mean that any user can increase their use heavily, as there may be transmission limitations to many areas. He explained the pumps on the North Kohala wells are not interchangeable or standardized because the department shops carefully for the most efficient pumps available at the time of construction, which saves money over time.

AC Chair Joe Carvalho summarized progress on redistricting, a requirement for County Council districts to have

nearly equal populations based on the recent census data. A meeting of all district representatives on the redistricting committee is pending, followed by east- and west-side meetings. The public may also submit plans beginning September 1.

Bennett Mark reported on Land Use permit activity. The Harrison subdivision permit shows a public access trail along the shoreline, but the public access subcommittee is asking for mauka-makai access. The present proposal is for a managed (not open to the general public) 4-wheel drive easement beginning below the 'Ainakea subdivision. The landowner is resisting the proposal. Later in the meeting, Toni Withington reported from the audience that the subdivision was at or near the location of the annual makahiki held in ancient times and may have profound cultural implications. The public access subcommittee plans to meet with Harrison to

See CDP, page 2

Inside This Issue:

Drummers helped dancers keep the beat during the Bon-Odori at Kohala Hongwanji Mission.

For more Obon photos, see page 14.

—photo by Erin Tamashiro



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Holly Algood Honored by Chamber of Commerce

The Kona Kohala Chamber of Commerce recently presented Hawai resident Holly Algood with the Pualu Award for Environmental Awareness—honoring her work to create the Kona Kohala Grand Green Homes Tour, as well as living and working by principles of sustainability.

The Grand Green Homes Tour offered the opportunity to see up to 12 “green” homes on the west side of Hawai`i Island from Kealahou to Kapa`au. Each of the homes showcased a different assortment of green building, décor and/or landscaping features. Four properties in North Kohala were on the tour, including the Algood homestead. The feedback from attendees was overwhelmingly positive. The purpose of the event was to educate the public on how to green-up their properties, showcase local green businesses and raise money for the West Hawaii Mediation Center. The Kona-Kohala Chamber of Commerce co-presented the event.

The idea for the Grand Green Homes tour came from a sustainability event on Salt Spring Island, British Columbia, Canada, for which Holly and her part-



—photo by Eila Algood

Holly Algood of Hawi, above, at the Business Expo held at Four Seasons Resort, Hualalai.

ner Eila volunteered a few years ago. Holly's passion for energy conservation and sustainability stemmed from her organization effectiveness consulting work with a utility company developing energy conservation programs over a decade ago. Holly's experience as a Planning and Zoning Commissioner in Connecticut also spurred her commitment to eco-friendly living.

The Algood property features a bamboo barn where Kumu Raylene hosts Ho'oponopono Talk Story every other Friday night, an aquaponics garden, and a Tridipanel-constructed home with clay

plaster walls and ceilings throughout. They create all their own power from an integrated wind and solar system and raise organic chickens and sell organic eggs. They recently planted 500 trees to help restore their property to pre-sugar cane state.

Besides her consulting business, Holly co-owns Algood Living LLC with Eila

Algood. Their company is the Hawaii distributor for American Clay Plaster Products, which are used to create earth-friendly wall and ceiling finishes. Holly volunteers as a mediator and board member for the West Hawaii Mediation Center and as secretary for the Puako Condo Association. She is also a recent graduate of the Ulumau leadership series.

Get Fit Hawai`i Offers Free Health Program

Get Fit Hawai`i, a free, team-based, 10-week healthy lifestyle program, is back and better than ever with a new name (formerly known as Take It Off Hawai`i).

Get Fit Hawai`i is a wellness initiative in Hawai`i County that seeks to promote positive lifestyle change through a community-wide competition. Teams of contestants compete with other teams by adopting positive lifestyle changes and weight loss. The new and improved program will include personalized goals, more events, prizes to all who complete (instead of teams) and no more cumbersome lifestyle point tallies. All activities are focused in and around North Hawai`i.

The program is easy—just gather friends, co-workers, and `ohana for a team of four to 10 people. Participants without a team can contact organizers, who will help find one.

Registration and health screenings

will be held the week of August 27 to September 2. For dates in North Kohala, contact Jen Marr, R.N., at Kohala Hospital at 889-6211; in Waimea at Tutu's House, Saturday, August 27, 9 a.m.-noon or Tuesday, August 30, 4 to 6 p.m. RN/Contact: Sally Kaufmann; or Kaiser Clinic-Waimea on Monday, August 29 through Friday, Sept. 2, 9 a.m. to noon or 1:30 to 3 p.m. RN/Contact: Raynette Pierson, 933-4538.

Program events include the Kick Off Event at Tutu's house in Waimea from 9 a.m. to noon, August 27; a healthy potluck at Spencer Beach on September 2; and a workshop on stress reduction techniques October 15 in Hawi. Final health screenings are conducted the week of November 5 through 11 with a final celebration at Anna Ranch.

For more information, contact Five Mountains Hawaii at 887-1281 or visit <http://getfithi.wordpress.com/>.

CDP, continued from page 1
reach a mutual agreement.

Under New Business, Mark gave a brief description of the Capital Improvement Project (CIP) process. Early each December, the director of the Planning Department requests all county agency heads to submit projects that require construction financing. All such projects require CIPs. The proposals are returned to the director by mid-January. The department then shepherds the projects through the county until they reach the Mayor's office and the Council. Action Committees are encouraged to communicate to the department their recommendations and priorities for projects in their area, as they may affect final CIP priorities. CIPs with a supplemental private source of funding, land acquisition, and/or continued maintenance are looked upon favorably. Recommenda-

tions should be submitted by September or earlier.

Gherardi made a motion that the AC entrust the Infrastructure-A subcommittee to draft a CIP proposal for new restroom facilities at Mahukona Beach Park. The motion passed unanimously.

From the subcommittee reports: Growth Management: The group focused on the land-use application process with the Planning Department and questions on how to effectively down-zone State land parcels for local use. Hermann Fernandez said he had spoken with Newlon about timely communication from her office, as many variances have short turnover times.

Public Access: Toni Withington reported The Ranch at Puakea has two shoreline lots with homes being built above the conservation district. The county has required historic sites review

and lateral coast access. A community-based Stewardship Plan draft is in process with guidelines for access on public and private land, including addressing cultural preservation, levels of access, and environmental restoration and stabilization.

Infrastructure A: Gherardi reported they are working to develop a Park Management Committee of citizens that would caretake the three beach parks.

Infrastructure B: Susan Fischer reported that Melora Purell, coordinator for the Kawaihae/Pele Kane Bay watershed restoration project, will speak on soil retention methods that could be used to prevent erosion at the Upolu coastal area restoration effort at the September 12 AC meeting.

Affordable Housing: Collin Kaholo reported they are working with the West Hawaii Habitat group to see what they

are doing in Kona. He also noted there is a narrow income window for eligibility for self-help housing and that applicants need to attend classes on individual financial planning.

Agriculture: Richard Liebmann discussed the challenges of meeting the goal of 50 percent local food production by 2018. Andrea Dean received a grant for working on the plan. The subcommittee is gathering data on what is being produced and consumed locally now and will subdivide that by food types.

Patsy Ching had the only statement from the public, announcing that a group is working with the North Kohala Community Resource Center to add “The Birthplace of Kamehameha I” to the Historic Kohala sign on the west end of Hawi.

The next meeting of the AC is Monday, September 12, at 4:30 p.m. at the Senior Center in Kapa`au.

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Why 9/9 Is a Day to Remember

In 1999, parent groups in the U.S. and Canada established September 9 as International Fetal Alcohol Spectrum Disorder (FASD) Awareness Day. Around the world, the day is commemorated with community events and educational happenings, along with the ringing of bells at 9:09 a.m. local time.

The Big Island's FASD Awareness Day event takes place at the West Hawai'i Civic Center on Friday, September 9 at 9:09 a.m., to include networking and learning opportunities, presentations from parents of kids with FASD, a talk and proclamation by Mayor Kenoi and more. The Civic Center is located just off Kealahou Parkway, near Kealahou High School.

What is FASD? FASD is the No. 1 cause of mental retardation in children and is 100 percent preventable. The average IQ of an FASD baby is 68 compared to 100 of most children.

FASD is an "umbrella" term representing a collection of health issues, across a wide spectrum. FASD, Fetal Alcohol Syndrome, Alcohol-related Neurological Disorders and other terms all refer to problematic behavioral, mental and physical conditions related to brain damage from alcohol consumed during pregnancy.

Children with FASD have trouble learning, more often drop out of school, and are more likely to use drugs and alcohol themselves. The spectrum ranges from functioning children who may be misdiagnosed as having Attention Deficit Disorder or other behavior issues, to severely disabled children who will never be able to work, have meaningful relationships or care for themselves.

Don't people know this? Not really. Recent research shows that about half of Hawaii Island's pregnant mothers drank alcohol during pregnancy. Most say they did so because they didn't know they were pregnant.

A little wine can't hurt though, right? I heard it was good for you. No amount of alcohol is safe for an unborn baby. There is no safe kind of alcohol or time period in which it is OK for a pregnant mom to drink. It is unknown why some babies are affected and some are not—even in twins, one child may be born with FASD and one is normal. What is known is that even a small amount of alcohol, as early as the 20th day of pregnancy, can cause brain damage.

What if it is too late? It is never too late to stop drinking if you are pregnant. Stopping as soon as you know is the best thing you can do for your baby's health. If you need help, talk to your healthcare provider, a minister or counselor, visit www.AA.org or call the West Hawaii A.A. office at 329-1212.

How do you know if a child has FASD? Some children most affected by FASD have facial features that make them easy to recognize, and often these children have limited self-control. They may be unable to follow multi-step instructions and have difficulty paying attention, sitting still or understanding consequences of their actions. Children with FASD are often misdiagnosed and incorrectly medicated, or thought of as "just stubborn." Disciplinary measures that work with other kids may not impact a child with FASD; their brain may not be able to make the connection between their action and its consequence.

I think my child or grandchild has FASD. What can I do? There are special treatment programs that can help kids re-train their brain and function more normally, leading to happier and more productive lives. Learn more about FASD, at the Children's Research Triangle website www.childstudy.org or <http://www.cdc.gov/ncbddd/fasd/>.

Families with children affected by

FASD may find Dr. Chasnoff's "Cause & Consequence" Behavioral Management Software helpful. This interactive system guides parents and teachers through a progressive problem-solving process, to help manage behavioral difficulties and improve communication. Detailed information is available at <http://www.ntiupstream.com/cc/>.

Another thing you can do is take a moment on September 9 at 9:09 a.m. to look at your watch, ask someone if they know what time it is, and why it's important. And, take the quick quiz at <http://www.cdc.gov/ncbddd/fasd/quiz.html>.

quiz.html.

Acknowledging FASD Day can raise awareness about the importance of abstaining from alcohol for the nine months of pregnancy. Remember, even though FASD is the No. 1 cause of mental retardation, it is 100 percent preventable.

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

Celebrating Her School Hawaiian Style

Kohala resident Emily DeWitt, at right, was pictured in The Salinas Californian newspaper as she danced the hula for the Gonzales High School Centennial Celebration in May. DeWitt is an alumnus of the California school.

—photo courtesy of The Salinas Californian



New Website Helps Keep Kohala History Alive

A new website, Digitalmoku.net, seeks to preserve the mo'olelo (stories) and cultural history of Kohala through the modern technology of the Internet.

"The goal of Digitalmoku.net is to use multi-media to give voice to our ancestors and Hawaiian culture and beliefs through technology via the Internet," said Ann Marie Nalani Kirk, co-founder of Digitalmoku.net. "This is a free service and accessible to all people 24/7 worldwide by the simple click of a button on the Internet. This website is intended to give the people of Hawaii a deeper understanding of the importance of place."

Kirk, a community activist and award-winning filmmaker from Maunaloa, O'ahu, co-created the website with David Kawika Parker with a nearly \$50,000 grant from the Office of Hawaiian Affairs. Parker is a respected artist,

author, historian and researcher with extensive knowledge of Hawaiian culture and history.

"When we lose cultural knowledge through the loss of our kupuna and their unrecorded stories, we become disconnected from the very source of who we are; a strand in our cultural DNA is broken," said Kirk. "By providing a voice for our kupuna through technology, they and their stories will live on forever in the cyber world."

The site features short movies, photos, stories and interviews with historians, archeologists and local residents, including Collin Kaholo explaining the history of Kapalama Heiau; stories about plantation life from Kealahou Sugiyama at Mahukona Plantation Camp and Henry Dulan remembering life at Halaula Camp; profiles of community groups such as the Kohala Okinawan Club told

by Jean Matsuda; and Dr. Michael Graves teaching about sweet potato grown in Kohala and how it connects Hawai'i and Rapa Nui.

Other pages include photos with historical and cultural information about such sites as Mo'okini Heiau, Kamehameha Stone, and the story of Waiapuka and John Palmer Parker.

Kirk and Parker plan to include more moku (land districts) in the future, but they began with Kohala because of its significance in Hawaiian history. Three years ago, Kirk created a similar site, maunalua.net, which records the history of the East O'ahu region.

Digitalmoku.net will continue to be updated with more information. If you have a story about the history of Kohala or know someone who would like to share with the Kohala community, contact: digitalmoku@gmail.com.

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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.



September

Ad deadline: 9/9/11
News deadline: 9/14/11

October

Ad Deadline: 10/14/11
News Deadline: 10/19/11

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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Kohala Mountain News

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Letters—

The Kohala Hospital Charitable Foundation and the Chilton `Ohana would like to thank those friends who, in Te Iwi's memory, donated over \$1,800 to Kohala Hospital and

Mahalo to Friends of Te Iwi

also made substantial contributions to North Hawaii Community Hospital and North Hawaii Hospice. It was a wonderful way for friends that loved her to honor her memory.

Mahalo,

Tommy Tinker
Kohala Hospital Charitable Foundation

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.

Seniors Celebrate Fiesta Sa Nayon - Our Town Festival

By Vivian Moku

On June 27, the Kohala Senior Citizens Club dispensed with their regular business meeting after the reading of the minutes by recording secretary Lorraine Glory.

The senior hall was teeming with human electrical energy as finishing touches were added to the decorated hall to give more ambience to the fiesta.

In past months, the seniors had celebrated various ethnic cultures with "light" demonstrations and luncheons; however, the Fiesta Sa Nayon was a full-blown celebration which started with the presentation of the morning amenities: Filipino National Anthem led by F. Tolentino; invocation by R. Rosimo; the pledge of allegiance to the U.S. flag led by Robert Glory; a welcome address by Leo Guitang; and a brief history of the Philippine Islands by Belma Rullan. It was enlightening to recall some of the history that some of us were taught in our younger years and also a reason for having these cultural celebrations to remind of "where we came from."

Now as the cliché goes, "Let the party begin!" Under the direction of F. Tolentino we had Filipino folk songs and dances; more dances with Marcy Hernaez; and Lucille Naungayon with our senior band music. For the more colorful aspect of the entertainment, a fashion show ensued with the modeling of ternos; Baron Tagalogs (made of pineapple fibers) worn by our handsome men; Maria Claras; peasant attire with many tedious hours of hand-crocheted undergarments gracing the hemline; a farm woman's attire for working in the rice fields; a colorful Igorota attire with the background of a clanging cymbal; a stay-at-home attire; a lovely Hawaiian-style terno with orchids cascading down the front panel, and last but not least, a Sultana-Mora with hundreds of pearls, gold chains and beads.

The fashion show was followed by a



—photo by Tito Pasco

Leo Guitang, far left, Harry Cabrera, kneeling, and Sally Castillo, far right, pound the bamboo poles for the Tinik-ling dance as Marcy Hernaez and Kealoha Sugiyama perform the Filipino dance and try not to get their ankles pounded.

skit of "courtship" played by Jacob Zane and Leo Guitang. A nipa hut built by Tito Pasco added to the decoration whereby a folk dance and song "Bahay Kubo" was illustrated by Marcy Hernaez, who also coordinated a demure folk dance called Pagta-ta-hip, which showed how the women winnowed the grains of rice.

The highlight of the fiesta was the "Tinik-ling" dance, where our president Kealoha Sugiyama (with only four practice sessions) displayed his prowess and agility. This dance is a feat of stamina and challenge: you could have your ankles crushed if you did not at least master the basic dance steps. However, our foresighted president had his ankles fortified with ACE bandages, bringing gales of laughter from the audience. Kealoha was complimented for his bravery.

But what is a fiesta without delicious Filipino cuisine? First, a blessing by Madeline Gonsalves, and then the delicious noodle dish, Pancit, by chef Sally Castillo; pork with peas by chef Tito Pasco; and then the best part—the myriad of kakanen, Filipino desserts, made by our talented Filipino ladies.

To everyone who attended the fiesta; those who helped decorate the hall; the teachers of the folk songs and dances; all the participants; Elsie Carpio for printing the songs and program; Lucille Naungayan for printing and "keying" the songs; and the music from the Senior String Band—"Salamat Sa Inyong Lahat" (Tagalog); "Dios Ti Agnina" (Ilocano); "Daghan Salamat" (Visayan); the co-chairpersons L. Guitang and M. Gonsalves, and chairperson V.M.V. Moku.

HIP Ag Celebrates First Program Graduates

The first agriculture education session hosted by the Hawaii Institute of Pacific Agriculture (HIP Ag) in Halawa Gulch culminated August 12. The five-week, hands-on intensive farming and community living curriculum served eight students from around the country, teaching basics from building compost and nutrient-rich soil, to preparation and distribution of fresh fruits and vegetables. Because a healthy community is as important as healthy soil, students also practiced group communication skills and observation of mental and emotional states through weekly ho'oponopono (group discussion) and daily check-ins.

The curriculum included teachings from indigenous cultures and Hawaiian ways in order to remember and relearn

the traditions of sustainable living in harmony with the earth. Students learned from guest speakers like Kai Malino, who taught about Hawaiian values and medicines; Brooks from Worm Works Hawaii, who taught vermicomposting, the benefits of worms and finding the entrepreneurial edge; and Coconut Chris in Waipio, who shared his longtime techniques and extensive plantings.

Despite the localized agriculture information (the course focused on cultivating traditional Hawaiian crops and utilizing local resources), the holistic curriculum left students from New York, California, Pennsylvania, Tennessee, Oregon and the Big Island empowered to go back to their respective regions and implement sustainability projects that improve com-

munity and environmental health.

At the closing ceremony luau, program director Dashiell Kuhr expressed, "We have presented various solutions to current environmental and ecological issues. Now that you have this information, go and be the change agents, and start vital projects that make a difference."

Kuhr expressed his thanks to all the supporters who made the first six months possible. HIP Ag will host an eight-week course starting September 26. They hope to improve the teaching headquarters and farming site—including an outdoor classroom and housing for students, water catchments and pond systems, and more fenced gardens for planting and research.

See HIP-Ag, page 5

HIP-Ag, continued from page 4

The institute is seeking help and funding from volunteers and community members to expand their capacity to host more workshops, hands-on courses and programs for the Kohala community. To volunteer time or provide donations,

tools, building supplies, education materials, etc., call 889-6316 or email dash.kuhr@gmail.com.

HIP Ag, a project under the fiscal sponsorship of North Kohala Community Resource Center, provides holistic agriculture education to youth, young

adults and the greater community. They practice and teach ecologically conscious approaches to agriculture, empowering individuals and communities to cultivate alternative systems of living that restore human and environmental health. Visit www.hipagriculture.org.

Meditation and Teaching Retreat with Anam Thubten Rinpoche

The Dharmata Foundation's Anam Thubten Rinpoche will visit North Kohala during the weekend of September 2 to 4. Rinpoche is the foundation's spiritual advisor and dharma teacher. He will hold a weekend retreat at Starseed Ranch.

The focus of the retreat is to unburden ourselves from mental habits that cause unnecessary suffering and to realize our natural state that is the inner dimension of peace, joy and love. Anam Thubten invites everyone to experience this spiritual transformation through meditation practice and the timeless teachings of the Buddha.

There is a free preliminary talk Friday, September 2, 6:30 to 8 p.m., at Tutu's

house in Waimea.

The retreat is scheduled for 10 a.m. to 5:30 p.m., September 3 to 4 at Starseed Ranch in North Kohala. For those who wish to attend there is a suggested donation of \$150 for the whole weekend or \$75 for one day. No one is turned away for lack of funds.

Anam Thubten Rinpoche was born in Golok, eastern Tibet. He undertook Buddhist training in the Nyingma tradition at an early age and was recognized in Tibet as the reincarnation of Anam Lama. Rinpoche has been teaching in the west since 1992 and is fluent in English.

For further information about the retreat, contact Chris Cackley at 889-5915, indoodyssey@yahoo.com or Adrienne

Cherry at 889-1595, choirmama@hawaii-antel.net.

School Meal Prices Increase

Kohala High School announced that school meal prices are increasing effective September 1, 2011. Breakfast/brunch prices will be: Reduced - .30; Regular - \$1.10; Seconds: \$2.20; Adult - \$2.20. Lunch: Reduced - .40; Regular - \$2.50; Second Entree - \$1.85; Seconds - \$5.00; Adult - \$5.00.

New meal cards were issued to students at the beginning of the school year; replacement cards cost \$5. For questions, call the school office at 889-7117.

HWC Construction Nears Completion

Linda Elliott, Hawaii Wildlife Center (HWC) president and director, announced recently that the center has reached a major milestone. Following a tour of the facility and a briefing of the organization's goal to help preserve Hawaii's native wildlife, a generous donor provided funds needed to complete the construction of the building's interior.

"I cannot express how grateful I am that this caring individual really understood what we're trying to accomplish here," said Elliott. "Our fundraising will never end since as a non-profit we still need money to operate, provide staffing and develop programs, but this donation is huge in many ways and means our doors will finally open."

The building exterior is now complete and beautifully landscaped with Hawaiian trees, plants, and granite benches. Subcontractors for Tinguely Development Inc. are busy with plumbing, wiring, and interior infrastructure, reports Elliott.

The center is planning a dedication celebration for November 19, allowing sufficient time to complete the build-out.

The center's objectives—to protect, conserve and aid in the recovery of Hawaii's native wildlife through hands-on treatment, research, training, science education and cultural programs—will be achieved through the integrated operation of three related components: the wildlife treatment facility, an interpretive lanai and an education pavilion.

The 4,500-square-foot building includes rooms for wildlife intake, holding, washing, drying, food preparation, lab work, medical treatment and isolation. Its location on just over two acres provides sufficient space for an outdoor Recovery Yard. Public visitation will be encouraged to enhance awareness of conservation issues. The education pavilion will be used for training, public lectures and related projects including collaboration with the Kohala School Complex for hands-on learning programs in math, science and conservation.

The center's next goal is to raise \$120,000 to operate HWC for its first year. A wildlife rehabilitation manager will be hired shortly to assist Elliott in preparing and keeping HWC ready at all times, and the center is seeking a development coordinator to handle the increasingly complex growth of the center.

Visit www.HawaiiWildlifeCenter.org to learn more or to make a donation.

Crafts, Food, Auction at Annual Bazaar

St. Augustine Episcopal Church is having its Annual Bazaar on Saturday, September 10, 2011. The bazaar features lots of baked goods and crafts for sale,

along with a keiki corner, silent auction, white elephant and plants. For hearty appetites, shaved ice, BBQ sticks, hot dogs, hamburgers and ethnic foods will be available. The Thrift Store will also be open.

Doors open at 9 a.m. and close at 1 p.m. Come early so you don't miss the sale and fun!

To donate gently used or new items for the white elephant or silent auction, contact Kathy at 889-5801. Cash donations are also welcome.



Photo courtesy of St. Augustine Episcopal Church

Pat Ching, a member of St. Augustine Episcopal Church, assists customers at the church's bazaar last year.

For more information, contact the church office at 54-3801 Akoni Pule Highway, Kapa'au, call 889-5390 or email: staugustine1@hawaiiiantel.net.

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High School Newspaper Moves Online

Story by Andrew Trump

Ka Leo Na Opio, the Kohala High School newspaper, has now moved online to www.kaleonaopio.com. Staff of the newspaper decided to make the switch because they wanted to get current information to students and the community in a timely manner, avoid printing costs, and increase picture use.

Editor Jenna Nickl said, "I'm excited about the change; we're really hoping we can reach the whole community with the paper."

The website will have score reports for Kohala varsity games in addition to its regular articles. Also look for *Ka Leo Na Opio* on Facebook and Twitter for additional updates.

Snelling Leaves Middle School, Takes Helm of Kohala High

Story and photos by Megan Solís

With the retirement of long-term Kohala High School principal Catherine Bratt in early summer, the pressure was on to find a new principal to lead the Cowboys before the start of the 2011-2012 school year. Searchers did not have to look far, with Kohala Middle School principal Janette Snelling filling the position in time for the first day of school August 1.

The move marks a return to the high school for Snelling. In the school's parent newsletter, she wrote: "It is an honor and a privilege to be serving as your school leader for Kohala High School. Returning to Kohala High School represents a homecoming after spending six well-spent years away from 'home.' I am excited about being a part of a team that will work to ensure that your children graduate from high school with skills that will enable them to compete with the best and brightest in the world."

Snelling encouraged parents to be active in their children's education, creating a partnership between home and the school. She said she is committed to building a strong system of supports that includes parents as partners whose input will be honored.

The move creates a vacancy at the middle school, being filled temporarily by Jacque Johnson Hirt, the school's guidance counselor and art teacher. Johnson Hirt, who has many years of administrative and teaching experience on the mainland, said she is happy to step in and assist with the transition. She has been the counselor and art teacher at KMS for the last two years. She will continue as interim principal until a new permanent principal is hired, a process which is underway.

Here is a brief introduction to other new and returning faces showing up at Kohala school campuses this fall.

Kohala High School
Lisa Polonski, M.S.Ed. – Returning to



Janette Snelling

KHS after a one-year leave, Lisa Polonski is happy to be back in Kohala. Polonski began her career as a special education teacher at the fourth- and fifth-grade levels in New York. In 2008, she moved to Kohala where she taught high school special education math and science. At the end of the 2010 school year, she decided to return to New York to pursue a doctorate and be closer to family. However, she says, life had a different plan for her. She missed Hawai'i and the students of Kohala and so decided to return and pursue a doctorate at a later date.

She said, "I am looking forward to this year and continued years in the Kohala schools. I hope to become an active part of the school's academics, extra-curricular, and community-inclusive activities."

Polonski grew up in suburban Long Island, New York, about one and a half hours from New York City. She earned a Bachelor of Arts in psychology/special education with a minor in Spanish from Marist College. While in college, she did a summer internship with Brookhaven National Laboratory, where she worked with the Science Education Department to bring math, science, and technology lessons and museum exhibits to an accessible level for young students. After college she began teaching immediately while also earning a Master of Science in Education from Southampton College - Long Island University in literacy education.

Outside of her professional life, she enjoys running, reading, dancing, biking, and any active outdoor activity.

Kohala Middle School

Jason Muse – Coming from urban Southern California to Kohala was a bit of culture shock for Jason Muse, who teaches physical education and study skills at KMS. He was a bit concerned about the

transition from inner city to rural life, but has found the change refreshing. He was surprised by the friendliness he found in Kohala, noting that a neighbor even brought him breakfast one morning shortly after he arrived.



Jason Muse

Muse will be working with students on reading skills, not only to improve HSA scores, but also to prepare them for life beyond high school, whether in the working world or college. His philosophy is that any child may choose not to go to college, but no child should be prevented from going to college because they lack the skills. His job is to make them ready. Instruction includes reading comprehension, literacy skills and vocabulary development, incorporating new words learned across the curriculum.

And he will hold the bar high in P.E. as well, focusing on general health and fitness, setting goals, nutrition, basic anatomy and the rules of sports.

Muse comes to KMS through the Teach for America program. He earned a Bachelor of Arts in philosophy from UCLA last spring and is currently pursuing a master's degree in education through the University of Phoenix. Eventually he plans to go to law school, but right now he is happy to be working with Kohala kids. His interests include cooking, writing, and playing sports such as football and basketball, but he also wants to learn how to surf.

Santana Rougemont – A fellow



Santana Rougemont

teacher in the Teach for America program, Santana Rougemont comes to KMS from Arizona and is teaching special education language arts in grades 6, 7, and 8. A graduate from Arizona State University with degrees in family and human development, and women and gender studies, Rougemont is currently pursuing a post-baccalaureate degree in special education through the University of Hawaii at Manoa. She previously taught summer school in Houston, Texas.

Rougemont said although she was a little nervous at the beginning of the year, she absolutely loves teaching the

See Schools, page 7

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Schools, continued from page 6

kids and the year is already going by fast. This is her first time living in a rural area, and she notes that "everybody knows everybody and news travels fast!" She has also learned a lot from her students—including the meaning of "pau" and that calling someone "aunty" doesn't necessarily mean you're related but is a term of respect. Though she has only been in Kohala for a short time, she is looking forward to immersing herself in the community, going to potlucks, and finding the local hangouts and best beaches.

Kohala Elementary School

Melanie Rufo - Though not new to Kohala Elementary, this year Melanie Rufo joins the teaching staff as a first-grade teacher. In fact, her first paid teaching position was at KES, teaching second grade in 2001 - 02. She returned to Kohala in 2009 as an educational assistant and became a first- and second-grade special education teacher last year.

Rufo is a long-time resident of Hawai'i island, attending Waimea Elementary, Hawaii Preparatory Academy, California International School in Hong Kong, and then graduating from Honoka'a High School in 1991.

Rufo was an undergrad student at the University of Hawai'i at Manoa but left before graduating because she was

uncertain about her career path. Through the support of her parents, she and her sister were able to go abroad to Nanjing Teacher's College in China, where they studied Chinese culture and language. Upon her return to Hawai'i, she worked as a tutor and clerk while completing her bachelor's degree in elementary education in 2000 and the teacher's education program in 2001.

Following her first year teaching at KES, Rufo taught fifth grade in Honoka'a. In 2003 she ventured abroad to teach English at Zhejiang Forestry University and later taught second grade in Hong Kong. Rufo

says those overseas experiences helped broaden her understanding of education in Asia.

Returning to the Big Island in 2006, she worked at Waimea Christian Academy and again in Honoka'a before coming to Kohala in 2009.

Rufo says she was offered the position because of her familiarity with the faculty, staff and students at KES. "I am blessed to work with the experienced teachers and staff at Kohala Elementary School. I look forward to a



—photo courtesy of Melanie Rufo
Melanie Rufo

wonderful year in first grade," she said.

Sheria Rosenthal, M.A.Ed. - Sheria Rosenthal happily relocated to Kohala from Volcano in January 2011 to begin teaching pre-kindergarten special education and is currently teaching first- and second-grade special education at KES. Rosenthal and her husband, Mike, moved to Hawai'i from Seattle, Washington, in September 2010, yet are no



—photo courtesy of Sheria Rosenthal
Sheria Rosenthal

strangers to the Aloha state. Rosenthal is a 2005 graduate of the University of Hawai'i at Hilo with a degree in psychology and has spent time on Kaua'i, Maui and O'ahu. After graduating from UH Hilo, she returned to Seattle to earn her elementary teaching certificate and a Master of Arts in education from Antioch University Seattle.

Rosenthal is a well-rounded educator, with experience teaching students ages 3 through adult in various capacities. Her repertoire includes teaching dance, reading, writing, skiing, special education, and CPR/first aid. She is an authorized instructor for Hawai'i and Washington with the American Red Cross, a member of Professional Ski Instructors of America-Northwest, and served as a member of the board of directors for the League of Women Voters in Washington, which focused on civics education and encouraging youths to vote.

Rosenthal enjoys camping and loves fast muscle cars. The Rosenthals are expecting their first child in September.

Chuck Hart, M.A.Ed. - After teaching

four years of fourth grade and one year of second grade at Waimea Elementary School, Chuck Hart transferred this year to Kohala Elementary to teach fourth grade special education.

Hart was born and raised in Hilo and went to high school at Hawai'i Preparatory Academy followed by business school at University of Hawai'i at Manoa.

Hart met his wife, Kelly, in accounting class and after graduation, they moved back to the Big Island and started a small business in Holualoa with picture framing, art, and gifts. The business went well for 13 years, but then the couple decided they needed a change, so they sold their business, rented out their house, and moved to Connecticut with their two young children to get their master's degrees in education at the University of New Haven.



Chuck Hart

Hart's daughter Emily is working on her master's degree in environmental conservation at the University of Massachusetts, and his son is a junior studying electrical engineering at Stanford University.

The Harts bought two acres in Kapa'au last winter and have spent the summer landscaping. They hope to start building a small "green" home this fall. In his free time, Hart enjoys gardening, tennis, kayaking and other ocean sports.

When they returned to Hawai'i, Hart started teaching at Holualoa Elementary School in special education. Six years later, they moved to Waimea. Hart's wife started teaching at HPA, and he started at Waimea Elementary.

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Free Retinal Eye Screening in Hawi

The Kohala chapter of the Lions Club is sponsoring a visit by the Lions vision van from 10 a.m. to 4 p.m. Monday, September 5, under the banyan tree in Hawi. Testing is free and is open to all ages, 12 and older.

The mobile screening unit is from Honolulu and is equipped with state-of-the-art digital imaging equipment that takes high-quality photos of the inside of the eye in less than 10 minutes. The photograph will be sent to specialists

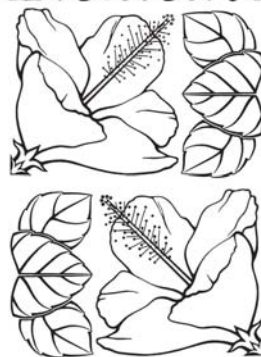
who will look for retinal diseases of the eye, such as diabetic retinopathy, macular degeneration, and glaucoma (but not for vision testing). Results of the tests are mailed directly to participants.

Project Vision was established by Lions Clubs International to improve and advocate for the health and well-being of the people of Hawai'i through early detection of eye diseases.

For more information contact Dixie Adams at 889-5730.

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Kohala Honors Cancer Survivors 9/11 First Responders Find Healing in North Kohala

As the nation approaches the 10th anniversary of the September 11, 2001, attacks on the World Trade Center (WTC) and the Pentagon, unresolved issues still abound for the men and women who risked their lives in the aftermath of the tragedy.

The majority of those involved in saving lives and searching for the WTC occupants were members of the NYPD and the NYFD (New York Police and Fire Departments); more than 500 rescuers lost their lives that day.

During the following year, thousands of police officers and firefighters sifted through the WTC debris, looking for any remnant that could link to anyone lost in the disaster to help their families find closure.

During the rescue and clean-up phases, the responders were exposed to countless toxins. As of November 2006, according to the *Village Voice*, 75 percent of these responders have experienced serious illnesses—many with cancer.

In December 2010 Karin Cooke and Lew Whitney [founders and owners of Kokolulu Farm and Cancer Retreats (KFCR) in Hawi] were watching a talk show featuring a panel of responders who all had cancer and had lost their jobs, health benefits and homes. For several years the United States Congress had been pondering a bill extending health benefits to all 9/11 First Responders, but no action had been taken. (Though in late 2010 Congress passed the James Zadroga 9/11 Health and Compensation Act to provide health care aid for responders, the bill does not include cancer as a WTC-related health condition.)

Cooke and Whitney were moved by the apparent lack of support for those who had risked their lives and health, so they vowed to help. They sent a letter to the talk show and to New York City Mayor Bloomberg, offering a one-week residential cancer retreat stay at KFCR to any first responder at no charge. Bloomberg conveyed the message to the NYPD and NYFD commissioners and their 60,000-plus members.

Francine and Laurie, detectives with



—photo courtesy of Kokolulu Farm and Cancer Retreat
9/11 First Responders Francine, left, and Laurie, participated in a weeklong cancer retreat at Kokolulu Farm and Cancer Retreat.

NYPD and first responders, contacted Kokolulu last spring. Both now have cancer diagnoses and were interested in attending one of Kokolulu's cancer retreats.

The ladies participated in a weeklong group cancer retreat at Kokolulu Farm along with several Big Island residents with cancer. (Kokolulu offers participation at no charge to Big Island residents with cancer as well.) In the retreat they learned many new research-based skills on how to better cope with their cancer diagnoses. They enjoyed three nutritious meals a day with food harvested from Kokolulu's farm prepared by French-trained chef Doug Seymour (a cancer survivor and past Kokolulu Cancer Retreat participant) and learned ways to prepare nutritious foods that don't require a lot of time and energy. Food was also donated by Chaba's Thai food in Kohala.

Both Francine and Laurie were moved by their experience at Kokolulu, and the sights and friendliness of the people of North Kohala. Upon the completion of the week the women wrote:

"The retreat has made me learn to listen, share my feelings, and communicate with others and meet new friends. I gathered so much information concerning breast cancer and all my other concerns that will help me put together an effective plan for healing myself from

cancer. Karin and Lew were wonderful. The informal and caring way of dealing with the others and me made for a safe environment. The great tasting and organically grown food on the farm, the beautiful property, views of the ocean and mountains, great weather, and the wonderful clean air in paradise helped heal my body." ~ Laurie

"What a wonderful and positive experience. I felt loved and cared for by the staff at Kokolulu. I learned many effective tools that will help me deal with my breast cancer and allow me to heal myself. Both Karin and Lew were very generous with their time and helped me to get in touch with myself. The laughter and crying from all the participants was so helpful! Thank You, Kokolulu!" ~ Francine

The mission of Kokolulu is to provide 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. And their vision is simple: "a safe, healing, nurturing space where those affected by cancer are able to fully access a deeper healing, while nurturing body, mind and spirit through scientifically proven integrative techniques."

An on-site farm provides participants with organically grown food and medicinal herbs shown by research to boost the immune system and enhance the healing process. Kokolulu offers both group and individual retreats. Their next group retreat is October 23 to 28, 2011.

To help Kokolulu continue to offer retreats to Big Island residents and 9/11 First Responders at no charge, send a check to Kokolulu Farm and Cancer Retreats, P.O. Box 340, Hawi, HI 96719. KFCR Inc. relies on donations and is a 501(c)(3) nonprofit organization. Donations may be tax deductible to the extent allowable by law.

For more information visit their web site www.kokolulu.org or call Cooke or Whitney at 889-9893.

Angels Serve Food, Fellowship at Survivor Tea

Story and photo by Megan Solis

Celebrating the courage and strength to fight cancer and win, about 35 cancer survivors and their caregivers came together at St. Damien's Hall for food and fellowship at the Survivor Tea July 16.

Sponsored by the Sacred Heart Angels Relay for Life team, the first Survivor Tea began in 2009, in conjunction with the American Cancer Society's Relay for Life event. The Angels have continued to sponsor the annual tea since then, with team members and their families planning and preparing the food and drinks for the luncheon.

Co-team captains Lannette Yamamoto and Cathy Furukado coordinate the event and said this year was their biggest turnout. "Some survivors come each year, but we also get

some new people, and we also have lost a few. Many of them just like to talk story with each other," said Furukado.

Attendees were treated to a delicious luncheon buffet followed by the award-



Shigeru and Jane Oshita, seated left, enjoyed lunch with friend Kimiyo Ohta, seated right, and Ohta's daughters Joy, left, and Arlene at the Survivor Tea July 16.

ing of door prizes, which were donated by Angel team members. Nino Ka'ai was master of ceremonies and also played guitar and sang for the group.

See Survivors, page 9

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Kohala Honors Cancer Survivors Cheers and Tears and Hope Mark Relay For Life 2011



Holding the Relay for Life banner are survivors (left to right): Daveline Ching, Karin Cooke, Madeline Kawai, John Fernandez, Orlino Dacuycuy, Jacob Zane and Harrison Heinicke.

The 14th annual Relay For Life of Kohala was held August 6 to 7 at Veteran's Field at Kamehameha Park. The night started with a dinner to honor cancer survivors and their caregivers, who were greeted by Miss Kona Coffee Lacey Deniz, 2010 Hero of Hope Geraldine (Vinta) Johansen of Honolulu, and 2011 Hero of Hope Yisa Var of Hilo. Johansen, a former resident of Kohala, decided to attend Relay to tell her story of hope and courage. She shared her personal cancer journey and thanked the American Cancer Society (ACS) for

providing her with local support as well as everyone at Relay for their fundraising efforts that make these services possible to people of Kohala.

This year, RFL-Kohala had 18 leaders coordinating the event. Team captains worked through a seven-month period to prep their teams, holding meetings to discuss the team name; campsite theme and decorations; and team, individual and onsite fundraisers. RFL-Kohala had 14 onsite teams and three virtual teams, an increase of about 40 percent from last year. The committee was especially

ecstatic that three high school student teams were formed under the guidance of CJ Yamamoto and adviser Colleen Pasco.

The committee was also grateful for the community donors that sponsored the event. Each year, the committee works hard to get everything donated, sponsored or underwritten so all of the funds raised can go back to ACS. Generous local donors made this the second-highest year for sponsorship in the event's 14 years. ACS Staff Partner Maile Carvalho concluded that successes are due to the "hard work, dedication, and commitment of the whole committee who made this event a team effort."

Relay attendees were treated to great entertainment including music by Damn Straight, and keiki enjoyed the waterslide and bouncy castles. The teams provided a variety of food, drinks, goodies, and crafts for their onsite fundraisers, and the silent auction kept everyone alert as bids increased and time ran out. As day turned to night, Zumba kept the blood pumping and the late-night activities and themed laps helped to pass the time and kept friendly competitions between the teams.

Carvalho noted the most enjoyable and touching part of the event is the Luminaria Ceremony, which started with a slide show in honor and memory of

those touched by cancer. The background to the slide show gave it a personal touch with pictures of places in Kohala. Local residents then performed a candle skit about hope, and personal testimonies by local families touched by cancer followed by Nino Ka'ai, Daveline Ching, and three-time cancer survivor and Hero Yisa Var. As attendees lit their candles in honor or memory of their loved ones, the darkened field was illuminated not only by candles but by tiki torches held by local representatives. Attendees followed the torch bearers on one complete Luminaria Lap and then returned to their campsites for team reflections. One attendee mentioned "this was the best Luminaria ceremony that I had ever experienced in Kohala. It was very touching and symbolic."

As the sun began to rise, the closing ceremony took place, prizes were awarded, and the fundraising total was revealed. Carvalho announced that a little over \$30,000 was raised for the 2011 Relay. Everyone's hard work and efforts were met by cheers as well as tears. Hawai'i Aloha was sung by all as another year for Relay came to a close.

Carvalho expressed her thoughts to the community: "On behalf of the Relay For Life of Kohala Committee, and the staff, volunteers and patients of the American Cancer Society West Hawaii, thank you

to each and every one who made this event a tremendous success. It's about a community that takes up the fight and it is even more special as this is the town that I call home! Mahalo Nui Loa Kohala and we will see y'all next year on August 11 to 12, 2012—save the date!"

Survivors, continued from page 8

Survivor Jane Oshita commented that it was nice to see everyone each year. Oshita attended the event with her husband, Shigeru, and fellow survivor Kimiyo Ohta and Ohta's daughters Joy and Arlene. Joy said it was her second year at the event: "It's wonderful—I would like to see more people participate."

First time Tea attendee Maydean Bowman, a survivor since 1992, came with her husband, James. She commented that it was really nice to meet all the survivors.

Furukado thanked all the team

members who have helped with the Survivor Tea, especially her co-captain, Lannette. Team members include: Madeline Gonsalves, Renee Gonsalves, Kylie Gonsalves, Lee Ann Ashimine, Hulale Kahaikupuna, Dora Carvalho, Sandie Carvalho, Claude Carvalho, Darnelle Carvalho, Violet Carvalho, Keao Kainoa, Sally Castillo, Tom Adams, Evie Adams, Joshua Adams, Casiandra Furukado, Randy Furukado, Jr., Mary Lou Ignacio, Dulce Francisco, Lisa Carvalho, Charlene Pinho, Cheryl Oda, Miriam Reyes, Joan Pruchniak, Jacob Zane, and Nancy Cabingas.



KHS Class of 2012 Relay team (left to right): Team Captain CJ Yamamoto, Jenna Nickl, Chyler Imai, Casey Utemei, Adam Anakalea, Michael Nelson, Calsie Carvalho, Christopher Roxburgh, Ha'ale Kaiser, Delani McAulay, Andrew Trump and adviser Tracy Cassinelli.

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Da Heo Chicharons
3.5 oz. 2⁵⁹

P'Nuttles Toffee Peanuts
6.5 oz. 1⁹⁰

Sky Flakes Crackers
30 oz. tub 5⁸⁹

Post Pebbles Cereal
11 oz. 2⁷⁹



Yuban Coffee original
33 oz. 11⁹⁹

JELL-O Jello Pudding
Instant, Sugar-free, Cook 'n' Serve 4/4⁰⁰
.9 - 3.4 oz.



C & H Granulated Sugar
4 lb. 3³⁹

Post Honey Bunches of Oats
Almond/Reg. 14.5 oz. 2⁹⁹



Kraft Mac & Cheese
7.25 oz. 2/3⁰⁰



Nissan Top Ramen
3 oz. 4/1¹⁹

Langers Apple Juice
64 oz. 3¹⁹

Taco Bell Refried Beans
16 oz. 2/2⁴⁹



Taco Bell Salsa
Mild - Medium 16 oz. 2/4⁹⁹



Best Foods Mayonnaise
30 oz. 4⁷⁹



Lion Coffee
Regular / Auto Drip (No Decaf) 10 oz. 4⁹⁹

Banquet Family Entree
Salisbury or Turkey 26 - 27 oz. 3⁹⁹



Marie Callender Dinners
Select Types 13 - 21 oz. 4⁴⁹



Eggo Waffles
All Types 12.3 oz. 2⁹⁹



Banquet Fried Chicken
28 oz. 6⁹⁹



Totino Party Pizza
Select Types 10 - 10.7 oz. 3/4⁹⁹

Mama Bella Garlic Bread
14 oz. 3⁷⁹
Reg./Parmesan



Tyson Chicken Thighs
5-lb. box 6¹⁹

Tyson Chicken
Buffalo, Popcorn, Strips 28 - 32 oz. 9³⁹

Zippy Meals
20 - 24 oz. 5⁹⁹

Flavor Pac Frozen Blueberries
16 oz. 4⁶⁹

Meadow Gold Ice Cream
4 qt. 6⁹⁹



Meadow Gold Nectars
64 oz. 1⁸⁹



Grocery

Aloha Shoyu, reg./lite, 64 oz. 5³⁹
Bumble Bee Chunk Tuna, in oil or water, 5 oz. 2/1⁹⁹
Campbell's Cream of Mushroom Soup, 10 oz. 2/2²⁹
Delmonte Ketchup, 24 oz. 2/2⁵⁹
Delmonte Whole Kernel or Cream Corn, 14 - 15 oz. 2/2²⁹
Delmonte Fruit Cocktail/Peaches, 29 - 30 oz. 1⁹⁹
Delmonte Peas or Cut Green Beans, 15 oz. 2/2²⁹
Delmonte Tomato Sauce, 26 oz. 2/99^c
Delmonte Spaghetti Sauce, 26 oz. 2/2²⁹
Diamond Bakery Graham/Salty Crackers, 9.5 oz. 3¹⁹
Diamond Bakery Soda Crackers, 13 oz. 3⁵⁹
Diamond Bakery Soda/Saloon Crackers, 32 oz. 7⁹⁹
Jif Peanut Butter, 18 oz. 2⁷⁹
Classico Pasta Sauce, 24 oz. 2⁸⁹
Bush Baked Beans, 16 oz. 1⁸⁹
Kraft Grated Parmesan, 8 oz. 4³⁹
Koolaid, 8 qt. 3³⁹
Bakers Chocolate Chunks, 12 oz. 2⁷⁹
Sanka Instant Coffee, 8 oz. 6⁹⁹
Perrier Sparkling Mineral Water, 25 oz. 1⁵⁹
Van Camp Kidney Beans, 15 oz. 99^c
Libby Corn Beef, 12 oz. 4¹⁹
Sue Bee Honey, 12 oz. 3⁷⁹
Taco Bell Taco Seasoning Mix, 1.25 oz. 2/1⁶⁹
Taco Bell Taco Sauce, 8 oz. 1⁶⁹
Ritz Crackers, 14.5 - 16 oz. 3⁶⁹
Mums Long Rice, 2 oz. 2/1⁰⁹
Mums Koshian, 18 oz. 2³⁹

S & B Golden Curry Mix, 3.5 oz. 2⁴⁹
Shirakiku Tempura Batter, 10 oz. 1⁹⁹
Shirakiku Bamboo Shoots Tips, 8.5 oz. 1¹⁹
Shirakiku Sesame Oil, 5.5 oz. 2⁹⁹
Wesson Oil, all types, 48 oz. 4²⁹
Western Family Stewed Tomatoes, 14.5 oz. 99^c
Van Camp Pork 'n' Beans, 16 oz. 2/1⁸⁹

Natural Foods

Apple & Eve Juices, 8 pk. 3⁴⁹
Barbara's Cereal Bars, 8 ct. 3⁵⁹
Newman's Family Cookies, 7 oz. 2⁸⁹
Recharge Sports Beverages, 32 oz. 2⁷⁹
Kettle Potato Chips, 5 oz. 2⁶⁹
Wolfgang Puck Organic Soups, 14.5 oz. 2⁷⁹

Dairy

Meadow Gold Drinks/Tea, 1/2 gal. 3/3⁹⁹
Meadow Gold Yogurts, 6 oz. 2/1⁹⁵
Horizon Organic Milk, 64 oz. 5⁷⁹
Meadow Gold Novelty Bars, 6 pk. 2⁶⁹
Big Island Poultry Grade A Large Eggs, Mainland Shell Protected, per dozen 2⁶⁹

Meats

USDA Boneless Chuck Steak, per lb. 4⁶⁹
Island Range Fed Boneless Top Sirloin Steak, per lb. 5⁷⁹
Foster Farm Value Pack Chicken Thighs, per lb. 1⁹⁵
Frozen Pork Butt, bone in, per lb. 1⁸⁹

SALE PRICES GOOD AUGUST 31 THRU SEPTEMBER 13

<div>LOVE'S Hearth Bread All Types 24 oz. 3⁹⁹</div>	<div>LOVE'S Gourmet Hamburger Buns reg. or onion 20 oz. 3⁴⁹</div>	<div>IIDA Salted Plum 3³⁹ 10.58 oz.</div>	<div>LKK Oyster Sauce 17 oz. 1⁶⁹</div>	<div>Pepsi 24-pk. cans 9⁹⁹ </div>	<div>Pepsi 2-liter Bottle 2/3³⁹</div>
<div>Oscar Mayer Turkey Variety Pack 9 - 12 oz 2/4⁹⁹ </div>	<div>Oscar Mayer Deli Shave Meats or Chicken Strips 6 - 10 oz. 2/6⁰⁰ </div>	<div>J.E.S. Sauces 13.9 - 15.2 oz. 2⁴⁹</div>	<div>JFH Sugatami Nori 10 ct. 1⁴⁹</div>	<div>Nabisco Wheat Thin, Triscuit or Chicken in a Biscuit Crackers 5.5 - 10 oz. 3⁴⁹ </div>	<div>Nabisco Oreo Cookies 11 - 16.6 oz. 3⁹⁹ </div>
<div>Kraft Shredded or Chunk Cheese 2/7⁰⁰ 8 oz. </div>	<div>Cool Whip Whipped Topping 8 oz. 1⁷⁹</div>	<div>Kikkoman Shoyu 5⁹⁹ 1.25 qt.</div>	<div>Dynasty Chow Funn 20 oz. 2¹⁹</div>	<div>Haagen Dazs Ice Cream 14 oz. 3/9⁹⁹</div>	<div>Di Giorno Rising Crust Pizza 11.5 in. 6⁹⁹ </div>
<div>Philadelphia Brick Cream Cheese 2/4⁹⁹ 8 oz. </div>	<div>Louis Rich Turkey Bacon or Smoked Sausage 14 oz 2/5⁰⁰ </div>	<div>Tropics Salad Dressing 12 oz. 3³⁹</div>	<div>Trader's Choice Sliced Shiitake .75 oz. 1⁴⁹</div>	<div>Stayfree Maxi Pads 3⁷⁹ 16 - 24 ct. </div>	<div>Pepto Bismol Tablets 30 ct. 3⁸⁹</div>
<div>Frank's Foods Portuguese Sausage 12 oz. 3³⁹</div>	<div>Frank's Foods Frankfurters 16 oz. 3³⁹</div>	<div>Trader's Choice Saki Ika .75 oz. 1⁶⁹</div>	<div>Sun Butane Cannister 1⁸⁹ 8 oz.</div>	<div>Scope Outlast 4⁶⁹ 750 ml.</div>	<div>Benedryl 4⁷⁹ 24 ct.</div>
<div>Haagen Dazs Ice Cream Bars 3 ct. 3¹⁹</div>	<div>Kraft Singles 3⁵⁹ 10.7 - 12 oz. </div>	<div>Panasonic Blue Battery AA 4pk. 1²⁹</div>	<div>EZ Foil Bake Pan with Lid 2 ct. 4⁰⁹</div>	<div>Oral B Indicator Tooth Brush Assorted 1 ct. 2¹⁹</div>	<div>Johnson & Johnson Baby Powder/Oil 14 - 15 oz. 14 oz. 3⁴⁹</div>

Freezer/Deli		Non Foods	
Farmbest Butter, 16 oz.	3 ⁸⁹	Angel Soft Double Roll Bath Tissue, 12 pk.	4 ⁶⁹
Imperial Softspread, 2/7.5 oz.	2 ⁴⁹	Sparkle Single Roll Paper Towel	2/2 ³⁹
Pillsbury Buttermilk Biscuits, 7.5 oz.	2/1 ³⁹	Dixie Heavy Duty Plates, 45 ct.	2 ⁵⁹
Athenos Hummus, 7 oz.	2 ³⁹	Fitti Diapers, Jumbo Pack, 26 - 40 ct.	8 ⁹⁹
Yoplait Yogurt, 6 oz.	2/1 ⁹⁹	Kingsford Match Light Charcoal, 6.7 lb.	7 ⁴⁹
Bays English Muffins, 6 ct.	3 ¹⁹	Hefty Foam Plates, 50 ct.	2 ²⁹
Banquet Pot Pie, 7 oz.	2/2 ²⁹	Gain Dish Liquid, 28 - 30 oz.	2 ⁶⁹
Chef America Hot Pockets, 4 oz.	2/1 ⁹⁹	Sun Laundry Detergent, 112 oz.	6 ⁶⁹
El Monteray Burrito, 8 pk./4 oz.	4 ³⁹	Glade Aerosol, 9 oz.	2/2 ⁹⁹
Menlo Lumpia Wrappers, 16 oz.	2 ⁶⁹	Downy Fabric Softener, 64 oz.	3 ⁹⁹
Louis Rich Ground Turkey, 16 oz.	2/3 ⁷⁹	Ziploc Snack Bags, 120 ct.	2 ⁵⁹
Amy Bowls, 9.5 oz.	4 ⁵⁹	Ziploc Sandwich Bags, 120 ct.	3 ³⁹
Farmer John Pork Links, 8 oz.	1 ⁷⁹	Beer/Wine/Liquor	
Villa Roma Italian Sausage, 16 oz.	4 ³⁹	Corona, 12 pk., bottles	14 ⁷⁹
Hormel Ham Patty, 12 oz.	2 ⁶⁹	Heineken, 12 pk., bottles	14 ⁹⁹
Mrs. Friday Gold Pack Shrimp, 21 - 25/2.5 lb.	21 ⁷⁹	Steinlager, 12 pk., bottles	11 ⁹⁹
Birds Eye Steam Fresh Vegetables, 12 oz.	2 ⁵⁹	Coors, 18 pk., bottles	15 ⁶⁹
Cyrus O'Leary Banana, Chocolate or Lemon Pie, 29 - 30 oz.	7 ³⁹	Natural Beer, 24 pk., cans	16 ⁴⁹
Frozen White Crab Sections, 2 lb.	8 ⁹⁹	Becks, 12 pk., bottles	11 ⁹⁹
Frozen Mussels, 1/2 shell, 2 lb.	7 ⁸⁹	Budweiser, 12 pk., bottles	10 ⁹⁹
Frozen Squid, 3 lb.	7 ⁴⁹	Sutter Home Wine, 1.5 liter	8 ⁹⁹
Tyson Party Wings, 5 lb.	15 ³⁹	Yellowtail Wine, 750 ml.	5 ⁹⁹
Tyson IQF Tenderloins, 2.5 lb.	8 ⁸⁹	Columbia Crest Wine, 750 ml.	9 ⁹⁹
Tyson Boneless, Skinless Chicken Thighs, 40 oz.	7 ⁴⁹	Newman's Own Wine, 750 ml.	7 ⁹⁹
Tasty Bird Chicken Livers, Gizzards, 16 oz.	2 ⁵⁹	Fetzer Wine, 750 ml.	6 ⁹⁹
Inland French Fries, 32 oz.	2 ⁹⁹	Jose Cuervo Tequila, 750 ml.	12 ⁹⁹
Birds Eye Voila, 22 oz.	5 ⁹⁹	Karkov Vodka, 1.75 liter	13 ⁵⁹
S/S Saimin Ohana Pack, 9/4.5 oz.	5 ³⁹	Bacardi Rum, 750 ml.	11 ⁵⁹
Wes Pac spinach, chopped/leaf, 16 oz.	2 ⁶⁹	Crown Royal, 750 ml.	19 ⁹⁹
Produce		Jim Beam, 750 ml.	10 ⁹⁹
Russet Potatoes, per lb.	99¢		
Bunny Munch Carrots, 1 lb.	1 ³⁹		
Broccoli Crowns, per lb.	1 ⁷⁹		
Amano Kamaboko, 6 oz.	1 ⁹⁹		

Coqui Coalition Focuses on Prevention, Eradication, and Education

Anyone who has spent the night in Hilo (with earplugs) can tell you about the noise created by the coqui frogs. If you appreciate Kohala's tranquility at night, give a big thank you to the Kohala Coqui Coalition, which helps keep coquis from invading our refuge and damaging our fragile eco-system.

When the coalition started, it focused on preventing coquis from coming in on landscape plants or other materials from outside of Kohala. The group put up road signs to "check incoming plants." Educational newsletters and flyers spread the message to buy plants locally and instructed on treating plants that were bought elsewhere.

Today the group's focus is preventing coquis from coming in on trucks, equipment and construction materials. As the coquis spread across the island, isolating the source has become difficult but is important for preventing future infestations.

This summer there were two major infestations in Kohala: at the transfer station and in Waianae Gulch (both mauka and makai of the road). The county had hired contractors to trim trees along the highway at Waianae, and the equipment was leased from the Hilo side. The recycling bins at the transfer station are also Hilo-based. Coquis hitchhike on the trucks and equipment coming from the east side, and Kohala is left with expensive eradication after they are gone. Coqui teams treated seven different sites in July alone.

To address this problem, coalition

members met with the County Solid Waste Division and are collaborating with the Department of Agriculture to construct a physical barrier along the perimeter of the transfer station to keep coquis from spreading to the surrounding gulch area. The barrier has successfully kept coquis out of nurseries on the Hilo side. The coalition hopes to have the barrier installed in late August.

This type of barrier may be useful on future construction sites. After a frustrating experience with the construction team at Keokea Beach Park, the coalition is trying to get a schedule from the county of contract work planned in Kohala and prepare the area before the equipment arrives.

Another tool that may be helpful for large infestations in inaccessible areas is a trap that uses a singing male coqui to attract females that may be otherwise undetected. Community volunteers will monitor the traps and report on their success.

One thing is sure: the coqui problem in Kohala is not going away. Coalition representative Kim Takata said, "As long as the community supports the efforts of prevention, eradication and education, the coalition will continue to do its work."

"Mahalo to the many supporters who have made monetary donations through the North Kohala Community Resource Center (NKCRC). Our efforts in Kohala could never succeed without the support of the people who live here. It is only through you that we are able to continue the battle of keeping Kohala coqui free," said Takata.

She also expressed thanks to Lorraine Burkey, who constructed and donated six money-collection boxes for the coalition. "If you see them around town, please drop in your spare change. The nickels and dimes really add up," Takata said.

The Kohala Coqui Coalition is a sponsored project under NKCRC, and donations made to NKCRC for the coalition are tax deductible.

To report coquis in your area, call the Coqui Hotline at 889-5775.

Library Hosts Programs for Preschoolers and Homeschoolers

North Kohala Public Library in Kapa'au hosts preschool story times at 10 a.m. each Friday in August, September and October. Preschoolers, ages 2 to 5 years old, and their caregivers are invited to enjoy stories, songs, games and simple crafts.

This story series is particularly appropriate for newcomers to story time. With many of the regular attendees starting kindergarten, the August and September sessions will be small and parents will not need to worry if their child does not sit quietly or remain attentive through the program. Librarians are patient and realize this is the first group experience for many young children.

The library also hosts "Homeschool Wednesday" twice a month from 10

to 11a.m. beginning September 14 for children ages 6 to 12. Children will discover how libraries are organized; learn research techniques using online

databases; and participate in fun learning activities. Each session will feature hands-on activities related to books and libraries. Students will also be able to explore their own areas of interest and research with the help of our librarian.

The program is flexible, open to suggestions, and easily modified to meet the needs of homeschool families.

For more information contact Janet Lam at the library, 889-6655. Please call three weeks in advance if you need a sign language interpreter or other special accommodation.



—photo courtesy of North Kohala Public Library

Librarian Janet Lam reads to preschoolers each Friday morning at the North Kohala library.

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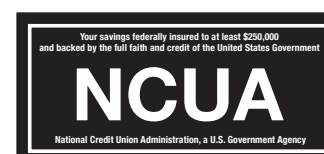
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Lineker a Medalist at National Karate Tournament

Maria Lineker of North Kohala earned bronze and silver medals at the 2011 USA National Karate Federation's National Karate Championships and Team Trials held in Arlington, Texas, at the Arlington Convention Center July 14 to 18.

Lineker won the bronze medal in the 18+ Female Advanced Open Hand Kata division on July 14 and the next day the silver medal in the 45 and over Female Intermediate/Advanced Open Hand Kata division. Sanctioned and recognized by the U.S. Olympic Committee, the event included more than 1,500 competitors.

Renshi Lineker is a practitioner of Sukunai Hayashi-Ryu, a branch of the style of Shorin-Ryu founded by Master Chotoku Kyan. She has been studying for 29 years under Kyoshi Skip Ettinger, located at Fort Lewis Army Base in Washington. Retired Army Special Forces SMG Kyoshi Ettinger is chairman and chief instructor for the American Shorin Seibu-kan Karate Dojos.

"Competition began later in life for me. At the age of 35 I thought it might be possible and what did I have to lose? I did not begin training thinking that competition was the ultimate goal because too much of it could give a student a false sense of security. There are most certainly others in life who are good at

defending themselves and it is not a good idea to provoke others into this state," said Lineker.

Lineker, who had been away from competition for 10 years before returning to it last year, also said the skills and the recognition for the effort it takes to

help others improve upon the skill is the ultimate goal. "Whether you had a good or bad day at the tournament, it is just another day of training," she said.

Renshi Lineker is not just a practitioner of karate, but also a teacher. She teaches Classical Traditional Okinawan Karate-do and has two dojos in Kohala and one in Waimea.

She taught summer school classes at Kohala Elementary, which she hopes will continue in coming years. She said those students who did not receive their certificates of participation can pick them up in the school office.

Outside of school, karate-do classes also continue in front of the Hisaoka Gym at Kamehameha Park, Wednesdays and Fridays, 5:30-7 p.m., and at Waimea Community Education, Thursdays, 3:30-4:45 p.m.

These events are possible through local fundraising, and Lineker thanks the community for its continued support. For more information, contact Lineker at 889-1828.



—photo courtesy of Maria Lineker

Renshi Maria Lineker with the silver and bronze medals she won at the National Karate Championships held in Texas in July.

Special Olympians Begin Bocce Practice

Special Olympics Kohala Delegation recently began preparing for bocce ball and hosts practices Tuesdays and Thursdays, 3:30 to 4:30 p.m. at the Gate Ball Field (below the playground) at Kamehameha Park. The program is open to all North Kohala Special Olympians, age 6 and older, with competition open to those age 8 and older. The program is free, and all equipment is provided.

Bocce is a game of skill and strategy played on a 12- by 60-foot court, usually grass. The object is for one team to get as many of their bocce balls closer to the pallina (the smallest ball) than the opposing team's. In Special Olympics competition, two players are on a team; each player is given two balls and they must take turns delivering the ball toward the pallina ball. A team is given a point for each of their bocce balls that is closer to the pallina than the opposing team's closest ball. Play continues until one team scores a certain number of points, or a time limit has been reached.

Bocce is played from September to

December for Special Olympics Hawaii. Athletes compete in bocce events at area competitions to qualify for the Holiday Classic in December. As in all Special Olympics sports, teams are placed in divisions according to ability, age and gender.



—photo by Jesús Solís

Special Olympians and their families enjoy practicing bocce ball. From left to right, standing: Elijah Raband, Tezrah Antonio, Lansen Caravalho, Serena Ellazar, Debbie Ellazar, Michelle Antonio; and lying on the ground, Deon Seidel-Glory and Kamakoa Dela Cruz.

Special Olympics Hawaii offers year-round sports training and athletic competition to children and adults with intellectual disabilities.

For more information, contact Sarah Kobayashi at 640-0471.



COMMUNITY HARVEST HAWAII

Saturday, September 10th, 10am – 3pm

Kohala Intergenerational Center
(behind Kamehameha Park Gym)

Bring Your Bounty

Eat and connect with your community – old timers, newcomers, all ethnicities, all ages.

Have fun learning new food preparation skills.

Harvest and Bring your extra fruits and vegetables. If you need us to harvest for you, we can do that too – call Carol at 889-5391.

Drop off on Friday, September 9th, 3 – 7pm or Saturday, September 10th 9 – 10am, and then stay and help prep and eat! Lunch at 1 pm.

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WWW.COMMUNITYHARVESTHAWAII.ORG

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 No'eau and the Ho'ea Agricultural Park. The project is funded through the Island Innovation Fund.

Yay!! Happy Hour @ **bamboo**

Tuesday, Wednesday, Thursday
4:00 - 6:00




Pupus \$4.00

Kona Beer-Battered Crispy Onion Rings
Crispy Chicken Wings
Polenta with Creamy Pesto
Mac Nut Caesar
Edamame
Risotto of the Day
Kalua Pork Quesadilla

Also:

Chicken Sate Pot Stickers \$8.95
Calamari Strips \$7.25
Thai Coconut Prawns \$9.25



Suck 'Em Up!

Well Drinks \$4.50
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Lanterns, Kimono, Dancing Enhance Obon Celebrations

The Obon festival is a Japanese Buddhist tradition, a time to honor the spirits of ancestors and loved ones who have died in the previous year. The events include religious services in the temple and cemetery, followed by the ever-popular Bon-Odori, traditional folk dances to welcome the spirits of the dead. Kohala marked this summer festival with three events at Kohala Hongwanji Mission in Halaula, Kohala Jodo Mission in Kapa`au, and Hawi Jodo Mission in July and August.

Kohala Hongwanji Mission photos by Damon Hayward and Erin Tamashiro; Kohala Jodo Mission photos by Tomiko Jones; Hawi Jodo Mission photos by Kathy Matsuda

Hawi Jodo Mission Obon included

performances by taiko drumming groups. Pictured at right are: back row left, Ukwanshin Kabudan from O`ahu; back right, Lois and Tajirih Ajimine from Waikoloa; third row, Young Okinawans from O`ahu; 1st, 2nd, 4th rows, RMD Kohala/



Waimea; and front left, Eric Nitta and Jon Itomura with the Young Okinawans. The Lion Dog costume is called the Shisa, which Nitta and Itomura danced in. In Okinawa, the Shisa is placed on the roof of houses or at the front entrance to guard and protect the house.



Kohala Jodo Mission ladies worked diligently to prepare one food for the concession at their Obon festival.



Hanging lanterns illuminate the beautiful kimono worn by Bon-Odori dancers at Kohala Jodo Mission.



Keiki joined the dancing in honor of their ancestors at three Obon celebrations in Kohala. Even the youngest Bon-Odori dancers wear beautiful kimono at Kohala Hongwanji Mission.



Affordable Kohala

Build your Dream Home on this 1.395 acre lot with new driveway. Deep soil for farming, totally private, yet walking distance to downtown Kapaau. Small unpermitted sleeping cabin to stay in while you build your home. Water meter is available and electricity at the street. \$220,000 (fs)



Desirable Kynnersley Plantation-style home. 3 bedrooms, 1 3/4 bath with 2-car garage, mud room, utility room and extra bedroom or storage area. Bamboo flooring, tile kitchen, double wall construction, new rafters, deck, overhang, posts and piers and roof. 15,000-sq-ft lot with views of ocean nicely landscaped. \$279,000 (fs)



Priced to Sell. Three-bedroom, two-bath home with good floor plan, well positioned lot, ocean views from front and back yard. Home is ready for modest remodel to make it your own style. \$224,000 (fs)

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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

Sacred Heart Catholic Church

Hawi, Hawai'i • The Welcoming Church

Masses: Saturday 5 p.m.

Sunday 7 a.m. • 9:30 a.m.

Weekday Mass:

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

9 am

Adult Bible Study/Kids on Mission

10:15 am

Worship Service/Sunday School

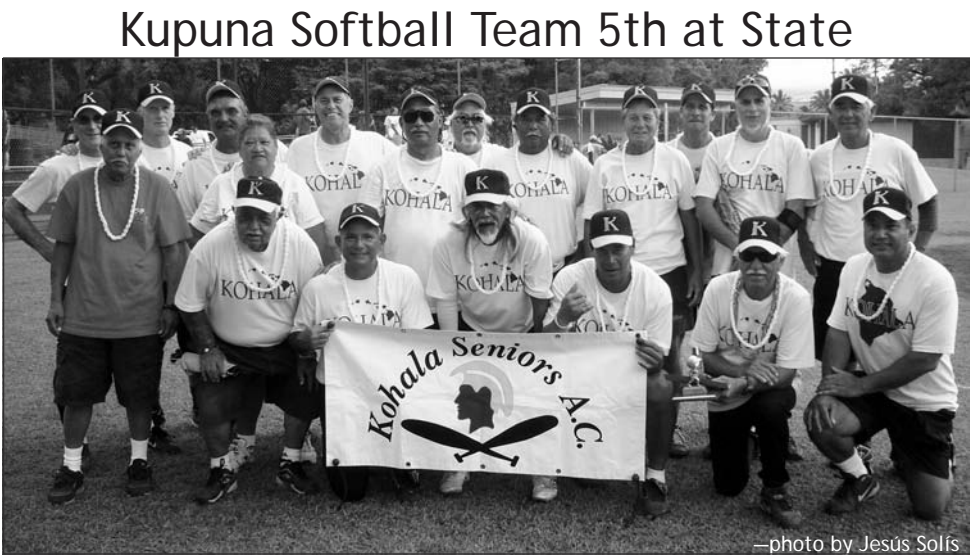
Pastor Steven E. Hedlund (808)889-5416
www.kohalabaptist.org

KAMP Prepares Keiki and Parents for Kindergarten

Incoming kindergarteners at Kohala Elementary School and their parents, grandparents, aunts and uncles had a sneak peek at school life at Kindergarten KAMP (Kindergarteners Are Most Precious) July 25. About 70 adults and 55 kindergarteners attended the transition program, which is designed to promote school readiness and academic success for new kindergarteners as well as help keiki overcome their apprehensions about starting school.

Students were introduced to important places on the school campus such as their classrooms, the office and cafeteria, as well as learning safety practices for behavior at school, while parents received information about their roles in their children's education. The program also gave students, parents and teachers an opportunity to meet and talk together before the first school day.

The program was provided by the Kona 4-H Chapter.



Kohala Kupuna Softball team placed fifth in Division B at the State Senior Softball Tournament in August. Front row, left to right: Joe Kumukoa (in red), Harry Soares, Frank Carvalho, Sonny Yangson, Mel Ako, Galo Fernandez (coach), and Harold Carvalho. Back row: Mike Fischer, Bill Graham, Terence Pule, Momi Soares, Joe Carvalho, Jimmy Marques, Butch Lincoln, Tony Galigo, Louie Troche, Stanford Rocha, Richard Liebmann, and Jimmy Giel.

NORTH KOHALA

EAT LOCALLY GROWN

Celebrating the Unique Tastes of our Local Farms

DID YOU KNOW THAT THE NORTH KOHALA COMMUNITY HAS A GOAL TO PRODUCE 50% OF OUR OWN FOOD BY 2018?

September is the launch of a year long campaign to celebrate North Kohala's locally grown food.

Join Kanu Hawaii's Eat Local Challenge at kanuhawaii.org/eatlocal

September "Eat Locally Grown" Activities in North Kohala

- Value Added Products for Small Farms-Talk and Book Signing with Craig Elevitch, author of *Specialty Crops for Pacific Islands*.
- Community Harvest Hawai'i
- Plant & Seed Exchange at the Kohala Country Fair
- North Kohala Local Food and Farmer Directory
- Organize an "Eat Local" Pot Luck at your school, home or business
- And more...

Full Schedule of Events at:
WWW.EATLOCALHI.ORG

The North Kohala Eat Locally Grown Campaign / North Kohala Food Forum is a project of the North Kohala Community Resource Center and is sponsored by Kaiser Permanente, County of Hawai'i Office of Research and Development, and the County of Hawai'i.

KOHALA CALENDAR

September

1	Thu	9:00 – 11:00 am, CDP Infrastructure Subcmte. Mtg., Walker Hall, public invited, Giovanna, 889-5590.
1	Thu	6:00 – 9:00 pm, Green Drinks Hawi, Kava Kafe, organic networking & pupus, Forrest, 987-2365.
2	Fri	10:00 am, Preschool Story Time series, ages 2-5, North Kohala library, 889-6655.
5	Mon	Labor Day Holiday, schools, county & state offices closed.
5	Mon	10:00 am – 4:00 pm, Lions Club Vision Van, free retinal eye screening, under Hawi banyan trees, Dixie, 889-5730.
6	Tue	4:00 – 5:00 pm, Youth Golf registration with KCAA, grades 6-10, free, no equipment/experience required, Hisaoka Gym, Tom, 889-5049.
6	Tue	4:00 – 5:30 pm, Hope for Haiti Mtg., St. Augustine's Walker Hall, new members welcome, Lani, 889-5852.
6	Tue	6:00 – 7:00 pm, Zumba Fitness with Sheila each Tuesday, fee applies, Hisaoka Gym, Renee, 889-6505.
7	Wed	4:30 – 6:30 pm, No. Kohala Public Access Group Mtg., Senior Center, Ted, 889-5801.
8	Thu	5:00 pm, Friends of the Library meeting, North Kohala library, 889-6655.
9	Fri	10:00 am, Preschool Story Time series, ages 2-5, North Kohala library, 889-6655.
10	Sat	9:00 am – 1:00 pm, St. Augustine Episcopal Church Bazaar, crafts, food, baked goods, silent auction, St. Augustine's, 889-5390.
10	Sat	9:30 am – 3:30 pm, Women's webcast event with Beth Moore, Bible teacher, by donation, optional potluck lunch, Kalahikiola Church, `Iole Rd., 884-5575.
10	Sat	10:00 am – 3:00 pm, Community Harvest Day, drop off produce 8-10 am, KIC, Andrea, 960-3727.
12	Mon	4:30 – 6:30 pm, CDP Action Cmte. Public Mtg., Senior Center.
12	Mon	Biddy basketball games begin, Hisaoka gym, Renee, 889-6505.
12	Mon	6:00 – 7:00 pm, Kohala Haw'n Civic Club Public Mtg., Hawi Community Center, Rochelle, 896-3033.
12	Mon	6:00 – 7:00 pm, Fit Club workout with Ross, free, Hisaoka Gym, Renee, 889-6505.
13	Tue	11:00 am, Adult book discussion group, North Kohala library, Janet, 889-6655.
13	Tue	4:00 – 5:00 pm, Youth Golf registration with KCAA, grades 6-10, free, no equipment/experience required, Hisaoka Gym, Tom, 889-5049.
13	Tue	Boys & Girls age-group volleyball (age 9-14) practice begins, Hisaoka Gym, Renee, 889-7505.
14	Wed	10:00 – 11:00 am, Homeschool Wednesdays, learn about the library & research techniques, free, North Kohala library, Janet, 889-6655.
14	Wed	6:30 pm, KHS SCC mtg., rm. D-24, parents & community welcome, 889-7117.
15	Thu	1:30 – 2:30 pm, Kohala Hospital Auxiliary Mtg., Hospital Pavilion, new members welcome, Dixie, 889-5730.
16	Fri	10:00 am, Preschool Story Time series, ages 2-5, North Kohala library, 889-6655.
17	Sat	9:00 am – 1:00 pm, Treasures Helping-Hand Store, Assembly of God, Hawi Rd., free meal: 10 am – 1 pm, 889-5177.
17	Sat	4:30 – 6:30 pm, Free Grindz -- Hot Meal, under the Hawi Banyans, bring a friend, Kohala Baptist Church, Sondra, 889-5416.
19	Mon	6:00 – 7:00 pm, Fit Club workout with Ross, free, Hisaoka Gym, Renee, 889-6505.
21	Wed	11:00 am – 5:00 pm, Celebrate International Peace Day with free hugs from artists, Living Arts Gallery, Hawi, Mary Sky, 889-0739.
23	Fri	10:00 am, Preschool Story Time series, ages 2-5, North Kohala library, 889-6655.
24	Sat	8:30 am – 12:30 pm, `Iole Volunteer Day, New Moon Foundation land, help to maintain `Iole's trails, stay for catered lunch, contact Kerry, 889-5151.
24	Sat	11:00 am – 12:30 pm, Free Community Meal, St. Augustine's Walker Hall, Thrift Store open 10 am – 12:30 pm.
26	Mon	6:00 – 7:00 pm, Fit Club workout with Ross, free, Hisaoka Gym, Renee, 889-6505.
28	Wed	10:00 – 11:00 am, Homeschool Wednesdays, homeschoolers learn about the library & research techniques, free, North Kohala library, Janet, 889-6655.
30	Fri	10:00 am, Preschool Story Time series, ages 2-5, North Kohala library, 889-6655.
10/1	Sat	9:00 am – 4:30 pm, Kohala Country Fair, demonstrations, games, crafts, food, makai of `Iole Rd., David, 333-8712.

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

The Barefoot Days at John John Pond

By Tito Pasco

Part one of a two-part story about the sugar plantation days at Hawi camp.

The youthful days of exploring the wonders of the plantation back roads on bare feet were exciting adventures for Hawi kids. This backyard playground was used for the production of sugar cane, and the main purpose of the pond there was to retain water for irrigating the sugar cane fields, but this amazing pond became an adventure-filled recreational spot and year-round swimming pool for the Hawi camp kids.

The Hawi camp was located above the current Surety Office, Nakahara Store and Hawi Post Office. Only a few houses occupy this area today on the outskirts of the original Hawi camp. The historic old sugar smoke stack that once overlooked this area no longer exists, due to an earthquake disaster. The encampment was situated with the ambiance of a neighborhood with many homes and rocky dirt roads to access passageways throughout the camp enclosure. The houses, of different shapes in a wide variety of pale colors with faded iron-roof discoloration, were bordered by hibiscus hedges, wire, or iron roof fences. The fruit trees and the gardens that grew different vegetables defined the cultures living in these close typical surroundings of plantation camp lifestyle. The tough road conditions prepared the bare feet of kids in the camp with calluses to manage the rough terrain in those exploratory days.

The Hawi pond was located above the camp and beyond the pig pens that

were on the outskirts where the road leads to the pond. We usually stopped to clean and feed our pigs with grass (hono'hono); we used old boards to walk on to cut the grass around the pig pen because of the pig manure from cleaning the pens. This is why this glutinous green grass that the pigs enjoyed eating grew so abundantly.

On the way to the pond we also stopped to eat sugar cane that was almost ready for harvest and get our sugar rushes for the day. There was a special place where this sweet red sugar cane grew, a little further inside the cane field, and we used instinct as we plunged our way through the overgrown cane that blocked the location. We would break the stalk in pieces with our feet and hands and take the cane in a grassy area up the road to hide the evidence. I couldn't imagine that we used to peel the husk with our teeth, stripping away the layers until reaching the juicy sweet cane; we chewed, swallowed the liquid, and spit the roughage out. But we had to be careful that Uncle Holoke, the plantation supervisor who patrolled these roads, wouldn't catch us. He said if we got caught eating sugar cane he would tell our parents and they had to pay for the cane. So every time we heard his truck coming we all hid from view till he passed.

The Hawi pond got its name from

the family of a man who resided close to the pond, and his first name was John. He was a foreman for the Kohala Sugar Company. The name caught on as John John Pond. He raised all kinds of animals and had his cows tied on the grassy slopes to feed on the California grass that grew around the pond. The large round pond had guava and Christmas berry trees that encircled it, where doves and mina birds fed on insects. John John Pond was a swimming pool to all the Hawi camp kids where they

is where the long pipe was attached to the turning wheel to open the drainage outlet on the bottom of the pond. To this day I think we were endangering ourselves unwisely by holding onto the pipe and going down under the water to feel the suction of the water on our feet. But we didn't realize the risk at that time, that we could have been accidentally sucked under.

This was where the sweet guava trees grew, a great snack for the gang with salt and pepper to give the sweet guava that extra ono taste. We also used the guava branch that extended out over the pond as a spring-action plank that would flip us up, and we would dive in the water if we were lucky, or flat dive most of the time, which hurt but the fun took over the pain with laughter.

The black lagoon was beyond the bridge, where the water was deeper, darker and colder; it got its name from the movie *The Monster from Black Lagoon* that kept us from swimming beyond the bridge. But as we got older we did swim past the bridge in groups on occasions to explore the myth in the cold deep waters of the pond. We hardly ventured on the other side where the cows would be tied and the stream water flowed in to fill the pond.

Part two of this story will be published in next month's KMN.



John John Pond, an original drawing by Tito Pasco

had swimming lessons that made them good swimmers in the years to come.

There were four sections of the pond. The shallow side was the entrance. The middle, where the extended bridge was located to adjust the water release for irrigation, was the deeper and gloomy part of the pond. The release had a chain and a lock on the turning wheel to keep it steadily adjusted, and keep the kids from playing with the adjustment. This

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