



Vol.15, No. 11

November 26, 2016

Kohala Seniors Honor Veterans

Story and photo by Kealoha Sugiyama

On Veterans Day, November 11, the Kohala Senior Club members of the Kohala Nutrition Program took time to remember their `ohana veterans. The morning began with the seniors bringing their flowers to the Senior Center and creating five

floral bouquets to be placed at the Veterans Board, the Rock Memorial and the Civic Memorial Board. Kealoha Sugiyama led the ceremony with chants, songs and words to live by. The seniors also shared their stories of their fallen heroes. Flowers and flags were placed at the three sites.



Photo by Renee Gonsalves

Members of the Kohala Senior Club gather on Veterans Day to honor their `ohana veterans.

North Kohala Eat Locally Grown Shares Progress

It is an exciting time to be in the midst of the movement towards local food self-sufficiency in Kohala. As many are aware, one of the goals of the North Kohala Community Development Plan (CDP) is for the district to "promote and support a community of diversified agriculture" and to "...produce 50% of the food it consumes." There are many individuals and organizations doing amazing work that contributes to meeting this community goal. For some folks, engaging in agricultural activities has always been a way of life, and for many it is a passion and a livelihood. Others find inspiration in sharing ways of growing and preparing food, raising animals and caring for our environment with Kohala youth. Many enjoy the connection to culture, health and community that comes from preparing and sharing delicious meals using locally grown foods. From the rich agri-

cultural history of North Kohala to the current day expanding gardens and markets, it is apparent that the community has been and continues to be committed to a system of diversified local agriculture. It is also clear that each and every contribution towards our local food system is essential in meeting our community's food self-sufficiency goal.

North Kohala Eat Locally Grown (NKELG) is one spoke in the wheel of our North Kohala food system. Since 2009, NKELG has been spearheading initiatives that are aimed at growing a community based, culturally appropriate, sustainable food system that addresses the health, environmental and economic development of the North Kohala community. In 2014 the United States Department of Agriculture (USDA) awarded NKELG a grant through their Agricultural Mar-
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"Moana" has Roots in Kohala

Story and photo by Lani Eugenio

Chloe Auli'i Cravalho, who spent her formative years in Kohala, is Disney's "Moana," which was released on November 23.

She now lives in Mililani with her mother, Puanani, while attending Kamehameha Schools, Kapalama campus.

Her father, Dwayne Cravalho, lives in Kokoiki and Auli'i comes home to Kohala for visits.

While in Kohala, she was on the swim team. Coach Jeffrey Coakley remembers her as a very talented little girl. "Before swim practice I would ask her to sing and she wasn't shy at all. She belted it out and her beautiful voice lifted our spirit."

Auli'i was born on November 22, 2000 and celebrated her sixteenth birthday with the opening of her film the next day. The film also features "local boy" Dwayne "The Rock" Johnson, who went to McKinley High School on O'ahu.

Another Native Hawaiian, former Pussycat Doll Nicole Scherzinger, is also in the voice

cast. The animated film is about an adventurous teenager who sails on a daring mission to save her people.

Hundreds of women in the Pacific Islands were auditioned by filmmakers before selecting Auli'i as Moana, and she was the very last girl auditioned.

According to the Internet Movie Database (imdb.com), director John Musker said that Auli'i was cast as Moana because of a "certain fearlessness in her auditions and callbacks. She has a playful, mischievous wit. She can project vulnerability, she doesn't seem intimidated at all by the challenges ahead, and her Polynesian background has helped shape her connection to family, hard work and music. These are all qualities she shares with Moana."

Auli'i stated, "From baby time to now, I wanted to be a Disney princess and then I wanted to be a singer or an actress."

And now she is! From a joyful little girl in Kohala to a joyous teen living her dream in the world of Disney... what a journey!



Chloe Auli'i Cravalho in Kohala at a family friend's wedding. Cravalho has been cast as the voice of Moana in Disney's eponymous new film.

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Community Photo



Pololu Valley morning

Photo by James Grenz

Seniors Entertain Hospital Residents

By Kealoha Sugiyama

After the seniors of the Kohala Nutrition Program completed their 'ohana veterans ceremony at the Civic Center, with musical instruments in hand, they proceeded to

the Kohala Hospital to entertain the residents with their songs and hula dancing. The Nutrition Program ukulele senior group was led by Renee Gonsalves, nutrition site manager. It was a fun day for all.



Seniors play for the residents of Kohala Hospital on Veterans Day.

Photo by Renee Gonsalves

Local, continued from Page 1
keting Services Farmers Market Promotion Program (FMPP) that enabled the organization to continue and expand its program offerings. This particular grant was designed to establish, expand and promote direct producer-to-consumer market opportunities.

As the almost two years of USDA grant funding comes to a close, it's important to share the results that were accomplished and what's in store for this next phase of programming.

NKELG has operated an EBT Booth at the Hawi Farmers Market every Saturday since 2012. The EBT booth makes it possible for community members who receive Supplemental Nutrition Assistance Program (SNAP, formerly food stamps) benefits to purchase locally grown and produced products directly from producers at the market. This program distributed over \$34,650 to Hawi Farmers Market vendors from December 2014 to September 2015, and over \$42,500 to market vendors from October 2015 to September 2016. There were an average of 111 EBT transactions

per month. Surveys collecting feedback from market vendors as well as EBT booth customers highlighted the value of the EBT booth at the market for both vendors and consumers alike.

With FMPP funding, advertisements for the Hawi Farmers Market and the North Kohala Ag Tourism Initiative were placed in Ke Ola Magazine, Kohala Mountain News, North Hawai'i News, Edible Hawai'i and Paradise Post, benefitting over 30 North Kohala producers. In partnership with Palili O Kohala, 330 pounds of poi and 560 pounds of sweet potato were distributed to over 200 families through the Sacred Hearts Food Basket. A "Made and Grown in Kohala" label was created and distributed to Hawi Farmers Market vendors and two roadside stands, and two banners were created to highlight the Hawi Farmers Market.

Outreach was conducted to concierges, promoting the Hawi Farmers Market and the North Kohala Ag Tourism initiative. In addition, rack cards for Farm Tours North Kohala were distributed island-wide. Finally, a new

website for the Hawi Farmers Market was launched at www.HawiFarmersMarket.com.

Looking forward to the next phase of programming, NKELG is sourcing funding to accomplish four main goals. The first goal is to continue to operate the EBT booth at the Hawi farmers market every Saturday.

The second goal is to publish a revision of the North Kohala Know Your Farmer Directory. Originally published in 2012, it is a local agricultural directory that connects consumers to over 50 local producers by highlighting what they produce and where it is available for sale.

The third goal is to continue the produce program for the Sacred Hearts Food Basket. This program will help provide fresh, locally grown, fruits and vegetables to the 200-250 families that receive nutrition assistance through the food basket monthly. In addition to the distribution of fresh food, there is opportunity to provide food basket recipients with plant starts and resources for home gardening.

The fourth goal is to continue

marketing and advertising for the Hawi farmers market, including maintenance of the market's website and other services that will support the market and its vendors.

NKELG looks forward to continuing to serve the North Kohala community and shares deep gratitude to project partners, including Hawi Farmers Market LLC, Sacred Hearts Food Basket, Palili O Kohala Cooperative, Hawi Farmers Market vendors, North Kohala Ag Tourism initiative participants, and the numerous individuals who have shared their time and their services. This work would not be possible without the incredible support from NKELG's fiscal sponsor, the North Kohala Community Resource Center.

NKELG invites community feedback and support, stating, "If there is anything you would like to share, things that you would like to see happen or ways that you would like to contribute, please contact Leslie Nugent by visiting the EBT booth at the Hawi Farmers Market or by email at Lrae.nugent@gmail.com."

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Action Committee Puts Parks, Green Waste Dump At Top of CIP List

By Toni Withington

Mahukona and Kapa`a Park improvements reached the top of a priority list for County capital improvements recommended by the North Kohala Community Development Plan Action Committee at a meeting November 14. Coming right behind were requests for funds for a new green waste dump at the Ka`auhuhu Transfer Station, improved water transmission pipes and a covered grandstand for Kamehameha Park.

The recommendations will be sent to the county planning director to be included in the County Capital Improvement Budget for next year. Mahukona and Kapa`a Parks have been at the top of the committee's list for four years. The old playing field grandstand at Kamehameha Park was storm-damaged and torn down earlier this year and the field no longer has protected seating for spectators. A new bin for green waste at the dump has been repeatedly promised by the county administration, but has not yet materialized.

In other business the Action Committee (AC) unanimously recommended the Planning Department return to a monthly schedule for its meetings. The

department earlier this year cut the meetings back to every other month, claiming staffing problems. Councilmember Margaret Wille, who attended the meeting, said the planning director assured her he had hired extra staff in order to hold regular meetings. Seven members of the AC, including new member Jack Hoyt and 12 members of the public attended the meeting, the first since September.

During subcommittee reports, both the Growth Management and Community Access Group reported troubles with getting required documents to review from the Planning Department.

"We need more help from Planning in getting information on permits that need recommendations," said Richard Elliott, a member of Growth Management. "The timing on some notifications made it impossible to respond in time."

Lehua Ah Sam of the Access group said there are four ongoing access issues for which the planning department has failed to respond for over six months.

"Lack of response from county offices is the most frustrating part of our job," said AC chairman John Winter. "The only thing we can do is look forward to the next

administration. [Mayor] Kim has said he will support the CDPs."

Even with the obstacles, the subcommittees reported lots of activity since the last meeting. Parks, Water, Roads reported on the receipt of a \$1.5 million appropriation to the State Commission on Water Resources to study a proposal for an integrated agriculture water system, something the subcommittee has worked on for several years. Meetings for community input into a possible locally run ag water system are being scheduled. (See separate story in this issue of the Kohala Mountain News.)

The subcommittee also reported on upcoming repairs and vegetation clearing on Old Coast Guard Road and the finish of installing the new floor in Hisaoka Gym and repairs to the swimming pool roof. Winter said an unfortunate breakdown in a communications agreement with the Department of Parks and Recreation has delayed many actions, especially in repairs and maintenance at Keokea Park. (See separate story in this issue of the Kohala Mountain News.)

The Access Group helped facilitate the removal of squatters on coastal land near Kapa-naia Bay and, once they were

gone, cleaned up all the trash left behind. Members of the group will be meeting with The Kohala Center about access issues at their land at Niuli'i, Ah Sam said. Members of the group met with the Na Ala Hele Advisory Council to continue with repairs and find solutions to re-open the trail at Puakea Bay Ranch that was closed after the 2006 earthquake. Also anticipated soon is the updated report from the National Rails to Trails Program on the status of the Mahukona Railroad easement.

Four of the subcommittees – Access; Parks, Water, Roads; Growth Management; and Power, Viewplanes and Erosion Control – are working together to address the safety and health problems at Polulu Valley Lookout and to seek community input into possible solutions. Meetings and community outreach are expected to be conducted next month and in January.

"The joint effort will lead to a broader community discussion of recommendations for the future of the lookout and access, including public or conservation purchase of the land between the lookout and Akoakoa Point," said Susan Fischer, chairperson of the Power, Viewplanes and Erosion Control

See CDP, Page 4

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CDP continued from Page 3
Subcommittee.

Fischer also said subcommittee efforts to reduce the glare of highway lights has resulted in the change to softer, down-facing LED streetlights at Kailapa and Kohala Ranch subdivisions. The lights also use less energy and are expected to become standard throughout the county.

The Power subcommittee also reported the start of making a map to show the locations of possible additional small scenic lookouts on Mountain Road and Akoni Pule Highway to improve traffic flow. The map would also show the possible location of the secondary electrical transmission lines being planned by HELCO.

Jack Hoyt, chair of the Affordable Housing Subcommittee, reported on efforts to locate land to build an affordable neighborhood with a playground and communal areas. His subcommittee is looking at several possible sites, but keeping the cost low is the biggest challenge, he said, followed by getting water meters.

Lani Eugenio, chair of the Agriculture Subcommittee, said she is encouraging efforts to fight the spread of fire ants, which now are found in Keokea and Makapala. She said they are

most likely brought in by potted plants that carry the queen ants, not by worker ants hitchhiking on vehicles. She said they would be a danger to workers if they invaded the many orchards in Kohala.

The Historic Preservation Subcommittee is working with seniors to gather stories about our history and is thinking about writing a second book of Kohala's early life by using oral histories. Faye Yates, chair of the subcommittee, also reported that efforts are underway to create a new subcommittee on health. Members of that new subcommittee are being sought.

Councilmember Margaret Wille suggested the roads subcommittee keep track of the new bus routes and see that ridership stays high enough to justify keeping the links to South Kohala and beyond.

David Tarnas talked about the County's efforts to draft the new General Plan. He suggested the Action Committee ask the planning director to make sure the proposed updates are consistent with the Community Development Plan.

The next Action Committee meeting is scheduled for January 9, unless the meetings are changed back to monthly meeting.

New Crafts Fair at HUB To Feature Kohala-Made Items

The first Kohala Village HUB Christmas Crafts Fair, to be held in the HUB Barn, is planned for Saturday, December 3, from 9:00 a.m. till 2:00 p.m.

Proceeds from the \$15.00 vendor's fee will benefit the HUB's sponsorship program, which subsidizes costs for youth needing financial support to participate in HUB enrichment classes and activities.

This Fair is requesting only vendors who are offering locally

homemade, handmade items. Food products are also welcome. "We are trying to offer another venue for our gifted local craftspeople... a place to showcase their efforts and talents," shared Traci Figueroa, program manager at the HUB. "This is just one more way to support our community and encourage people to buy local," she added.

Vendor applications are available at Kohala Village HUB's front desk.




Photo by Miyoko Lewis
Ceramics made by local artists represent the flavor of the upcoming Kohala Village HUB Christmas Crafts Fair, which will sell items from local craftspeople and value-added food producers.

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Letters

Coquis in Kohala

Dear Editor:

Coqui frogs continue to present a major threat to our community, and the threat continues to increase as coquis become established around the island. In the last thirteen years of fighting coquis, the Coqui Coalition has treated over 300 different outbreaks in North Kohala. In September alone, nineteen different sites were treated (Kohala Club Hotel, Makapala Area, Hawi Road and Flume, Keokea / Pololu Junction, Keokea Gulch, Keokea Beach Park, Landmark Baptist Church, Niuli'i Bus Stop, Kohala Middle School turn around, transfer station, nine private residences).

During 2016 we have lost ground: we now have five major infestations and continue to get an average of 12 new infestations a month. We have spent over \$20,000 this year, and will exhaust our funding by the end of November.

Unless we can continue to fight back, we will be overwhelmed in less than five years. Whether it is individual residents bringing in

potted plants, a landscaper working on a resident's property, contractors working on residential, state or county property, the County's trash trucks coming into the community daily, or any number of trucks and cars arriving from coqui infested parts of the island, new coquis are piggybacking into our community every day.

To win this war will take an extraordinary effort in the next year, and a sustained effort for many years to come. The Coqui Coalition, a volunteer organization of local people, exists to educate the community about this threat and to eradicate coqui infestations. So far, we are holding our own. However, we have spent almost \$105,000 since we started in 2003, with \$32,000 spent in the last two years alone. In spite of two grants from the County of Hawai'i (thanks to Margaret Wille), our eradication has been hampered by insufficient funding.

To help increase our funding, we will be talking with our new mayor, Harry Kim, who is very familiar with the coqui challenges

and with State House Representative Cindy Evans to examine how the county and the state could help us in this effort.

We need the community's help! We are asking for financial support and we hope members will be able to contribute to keep us funded going forward. We encourage tax-deductible donations be made to the North Kohala Community Resource Center for the Kohala Coqui Coalition. (Checks made payable to NKCRC, mail to NKCRC, P.O. Box 519, Hawi, HI 96719. ATTN: COQUIS)

Donations may also be made online by visiting northkohala.org and making a contribution to the Kohala Coqui Coalition.

We ask the community to please report coquis to the COQUI HOTLINE: 889-1777.

We thank everyone who helps and truly appreciate all the support!

HELP KEEP KOHALA COQUI FREE!

Sincerely,
The Coqui Coalition



Homeless in Coast Guard



The abandoned Coast Guard station at Honoipu Landing has unused homes.

Photo by Mike Frailey

My name is Elias Edayan. My inspiration for this story is a field trip with Mike Frailey during UPLINK at Kohala Middle School. Our destination for that day was to travel to King Kamehameha's birthplace. During our field trip, we visited the Puerto Rican monument at Honoipu Landing. While there, I noticed all the abandoned homes. They were actually very nice and pretty intact. I thought to myself, "What if we made them homeless shelters?" This was my inspiration for this story.

I told Uncle Mike about my idea. He said it was a good idea and maybe write to the newspaper to let other people know about my idea. I then thought the only thing that needs to be provided for them is water and mattresses. The people who can help provide can help a lot in giving homeless people their lives back.

Some people need those homes to get a job, to get a home and to get money so they don't need to live in a shelter. Finally they will help people around the world and

then there will be no homeless people in the world, or at least we would be able to help with the problem. We wouldn't have to focus so much on the homeless problem and we can focus on something else that's also important.

I know this is idealistic, but it is a start. Why can't we turn those abandoned homes into a homeless shelter?

Elias Edayan, age 11
Kohala Middle School sixth grade student

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 accommodated.

December deadlines:
Ads and News: 12/09/16
Publication date: 12/23/16

January deadlines:
Ads and News: 1/13/17
Publication date: 1/27/17

Kohala Mountain News

www.kohalamountainnews.com

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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Both must address issues affecting North Kohala. Letters and Viewpoints are subject to editing, and shorter submissions will receive preference for publication.

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Letters

Support a KISS for the Future

Dear Editor:

A number of students from Kohala Elementary, Middle and High Schools are participating in their very first Science Fair on December 15.

We – the Kohala Science Foundation – named it Kohala Innovation Science Showcase (KISS) so kids will not be intimidated with the word “science”. We wish to encourage many, many kids to participate and have a positive experience.

We know a lot of students do not feel confident in math and science, but we need to help them. Our future depends on their ability to create new technology to maintain, repair and improve our everyday lives.

How can we motivate kids? We are asking the community to help us. We need prizes, lots of lots of prizes, so every participant will be positively reinforced by having a great experience, loving what they learned and “showing

off” what they discovered.

Donations can be either monetary or prizes. Checks can be made payable to “Kohala High School” and dropped off at either the high school or Hana Anderson’s office, or mailed to:

Kohala High School Science Foundation
PO Box 279
Kapaau, HI 96755
We will be happy to provide a tax deduction letter.
We urge people to contact us

at the email addresses below with any questions and appreciate all support offered!

Mahalo nui loa,

Hana Anderson (kohalataxllc@gmail.com)

Marcus Douglas (Marcus_Douglas/kohalahi/hidoe@notes.k12.hi.us)

Steve Hoffman (hoff4nrg@gmail.com)



Mahalo for Kokua and Aloha

Our family would like to thank the Kohala community for their support for my candidacy in this past election.

We have learned a lot about campaigning and we have learned a lot about ourselves. Mahalo to all those who have helped with our fundraisers and for supporting us in many other ways, whether physically, financially or spiritually.

I am grateful for all the opportunities I had to voice my views at the forums sponsored by the community and on KNKR radio station, and for the chance to relate to my opponents on a personal level.

Although we have diverse opinions, I believe we respect each other for our shared experience.

My family now make it a point to wave at politicians because we know how difficult it is to sign-

wave and to put yourself out there to defend your ideas and beliefs.

Congratulations and good luck to Cindy Evans.

We had been advised that running for a political office is hard on the family, but my wife and I are thankful that through this campaign, our sons had become involved in the political process.

After all, it is their future that will be impacted. This was actu-

ally an exciting adventure for our ‘ohana. We gained much more than what we expected. We have met many good people through this experience, have strengthened friendships and forged a stronger family bond.

For this we are truly blessed! Mahalo, Kohala, for the toots, shakas and waves.

Jeffrey Coakley and Family

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County Council Update

From the Desk of District 9 Councilwoman Margaret Wille

A Fond Mahalo and "A Hui Ho"

It has been an honor to serve the communities of North Kohala as your Councilmember for the past four years. Councilmember-elect Tim Richards and I met to review pending council matters affecting District 9.

We share many core values and I look forward to further progress in the areas I championed.

As I was, Tim is anticipated to be chair of the Agriculture, Water, and Energy Sustainability Committee. He is especially knowledgeable about agriculture, water, and energy issues – all of which are particularly important to

North Kohala.

I urge you to work with him for the benefit of the constituents of North Kohala, Council District 9, and Hawai'i Island. I will remain available to him for consultation and guidance.

Finally, I wish to express my appreciation for all of the cards and other communications from North Kohala residents expressing gratitude for my service.

With much aloha,
Margaret Wille
Councilmember
District 9



Photo courtesy of the Office of Margaret Wille

Margaret Wille and Tim Richards express unity during transition. Councilmember Wille has served as the representative for District 9, which includes North Kohala, for the past four years. Councilmember-elect Richards will be assuming the office in December.

Kupuna Softball Player Dies While Surfing at Lighthouse

John "Buff" Willard died Saturday morning, November 12. Fellow surfers say that he did not resurface after riding a wave. Rescue crews tried in vain to resuscitate him at the scene. He was pronounced dead at Kohala Hospital. He was 63. An autopsy is planned to determine the cause of death.

Buff played first on the Local Boyz team, and then on the Kohala team. He was a member of the Kohala team that won the state championship this year.



Photo courtesy of Tom Morse
John "Buff" Willard died Saturday, November 12, 2016, while surfing at Lighthouse in Kohala.

Sustainable Kohala Sponsors Free Cooking Classes

Sustainable Kohala announces its 2017 series of free cooking classes featuring local and native food crops.

Classes will be offered the first Saturday of every other month (February, April, June, August, October and December) from 2:00 to 4:00 p.m. at the HUB Barn.

They will be taught by either Erika Kuhr or Donna Maltz.

Both are highly knowledgeable and experienced teachers. Classes will be free, but participation requires signing up in advance, as space is limited and planned according to numbers attending.

Each class will focus on how to plant, harvest, prepare and enjoy food that is healthy, delicious and easily grown in North Kohala.

Please sign up by emailing Deborah Winter (winterd@whitman.edu) before one week prior to each class.



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On the Journey Together: Awareness of Widespread Substance Abuse and Support of 'Ohana are Key

By Lynn Fraher

If someone is struggling with drugs or alcohol, especially during the holidays, they usually don't struggle alone. When a family member has a substance use disorder, the effects are also felt by family and friends who may experience feelings of abandonment, anxiety, fear, anger, concern, embarrassment or guilt.

Some may wish to ignore or cut ties with a person, but more often than not, 'ohana are not ready to go to that extreme. Hamakua-Kohala Health (HKH) can help individuals and 'ohana find encouragement and hope, learn to recognize the signs of a problem, and guide those in need to appropriate treatment and recovery support services, like those available at HKH.

Substance Abuse Outpatient Treatment Program Available

Certified Substance Abuse Counselor Candace Kauahi provides services for adolescents and adults in an intensive outpatient program setting. She also believes strongly in educating the entire 'ohana.

Did you know?

- Meth - Crystal methamphetamine (ice) is the primary drug threat in Hawai'i and Hawai'i has the highest per capita ice use in

the nation.

- Marijuana is Hawai'i's second most significant drug threat, is increasingly used among our keiki, and is frequently found in public schools (grades 6-12).

- Hydrocodone is one of the most abused pharmaceutical drugs in Hawai'i. It and other opioid drugs are derived from the opium poppy and contributed to 35% of drug overdose deaths in Hawai'i in 2015.

- Alcohol/Drug abuse - in Hawai'i about 8.7% of all individuals 12 and older were dependent on or abused alcohol and drugs.

- More than one third of 12th-graders reported alcohol use in the past 30 days, and Hawai'i County had the highest percentage of 12th-graders, almost 50%, who were current users of alcohol.

- In Hawai'i, about 3.5% of all adults have serious mental illness and about 9.1% of all youths have had at least one major depressive episode. Many people with mental illness self-medicate with drugs and alcohol.

- In 2015, suicide surpassed traffic fatalities as the number one cause of death by injury in Hawai'i, and Hawai'i Island has the highest death by suicide rate in the state.

"Putting the statistics aside,"

says Candace, "Hamakua and Kohala have been affected hard by alcohol and drugs. This insidious disease has plagued our families for years, tearing families apart, sometimes beyond repair. However, there is hope! Like many chronic illnesses, alcohol and drug disorders can be treated and go into remission, individuals can heal and so can families. The HKH Substance Abuse Outpatient Treatment Program can help with your needs."

Prevention works, treatment is effective and people recover!

"Recently, HKH conducted a community needs assessment," said Medical Director Cathy Marquette. Many patients filled out a questionnaire at the clinic. "Our assessment confirmed our community has great need for substance abuse and behavioral health programs, and we're here to help."

HKH wants to work with the community on stress management, anxiety, depression, trauma, family health and well-being including parenting skills and relationship support, marital and family communication problems, significant life changes or disruptions, grief and loss, physical health maintenance, chronic pain support and other topics. The stress of any of these issues may affect family

members in different ways and some may self-medicate. Individual counseling and group meetings are available.

HKH providers collaborate to provide whole-person oriented healthcare services and education and offer integrated treatment for tobacco and e-cig control and prevention, behavioral health and substance abuse concerns.

The HKH website, hamakua-health.org, provides more information on services offered: Substance Abuse Counseling, Tobacco and e-cig Cessation Program, Chronic Pain Management, Behavioral Health Counseling, Care Coordination, Free Health Insurance Sign-up, Prescription Drug Discount program, Diabetes and Hypertension Health Screen and Management, Breast and Cervical Cancer Control Program, Family Planning, Pediatrics, Ultrasound Services and more.

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Expanding North Kohala's Agricultural Water Sources

By Toni Withington

The State Commission on Water Resource Management has begun a study of all existing water sources in North Kohala to see if it is possible to create an integrated system to supply water to a broader agriculture community. The State legislature has set aside \$1.5 million for the feasibility study. The system would be separate from the potable water system of the County Department of Water Supply and would likely include the Kohala Ditch along with other water sources such as the high level tunnels that once supplied drinking water to the district.

An agricultural water system was identified in the North Kohala Community Development Plan as a goal for achieving sustainable and uninterrupted source for farmers. It could also return water to Kohala streams to promote traditional Hawaiian farming practices and restore environmental balances.

The call for an integrated system came from a Kohala Water Report, prepared by the

Parks, Water, Roads Subcommittee (PWR) of the North Kohala Community Development Plan (NKCDP) in 2014 (published in the KMN in April and May 2014). The first of four recommendations of that report was creation of an ag water system using multiple sources.

That year Senator Lorraine Inouye introduced a bill in legislature that would have the State take over running the Kohala Ditch system. The proposal proved highly unpopular. Last year Sen. Inouye, taking the lead from the PWR subcommittee and some of the larger farmers, earmarked the \$1.5 million for a Kohala Water Study. Susanne Case, chairperson of the Board of Land and Natural Resources, requested release of the funds this month.

"Completion of the study will identify better and more reliable water sources for the farmers of the Kohala region," she said in a letter to Governor David Ige.

Governor Ige and the legislature have identified the production of agricultural products to

feed Hawai'i's population as a high priority. The creation of free-standing ag water systems is part of that goal. Only one other district, the Whitmore Village Agricultural Development Project in Wahiawa on O'ahu, has begun plans for a separate ag water system. That one has applied to use reclaimed waste water.

"The beauty of Kohala is that high quality natural water sources already exist at high elevations, allowing for gravity flow to save the costs of drilling and pumping," Inouye said at a meeting last month with representatives of the Water Commission, the Department of Water Supply, Kohala Ditch Foundation and the PWR Subcommittee. Along with the subcommittee she insisted that the administration and staff of any system that may result from the study be centered in North Kohala.

At that meeting Keith Okamoto, manager and chief engineer of the County Department of Water Supply, said his engineers and legal staff would compile the needed information on the former

water system that included at least six tunnels and extensive transmission lines. Also they would locate any other water sources, reservoirs or tanks that could be used for agricultural water.

Jeffery Pearson, deputy director and chief executive officer of the State Commission on Water Resource Management, said his engineers in a preliminary survey of possible water sources identified 15 locations.

"The feasibility study will consider water sources, cost to develop the sources, maintenance cost and transmission options, to include transmission through the existing Kohala Ditch," Pearson said in the justifications for the study. "Completion of the study will identify better and more reliable water sources for the farmers of the Kohala region."

The Parks, Water, Roads Subcommittee members are meeting with farmers and farmers' groups in preparation for wider meetings to gather information on what the community can do to prepare for a possible wider ranging ag water system.

HUB Helps Kids Celebrate the Holidays

By Diann Wilson

On October 25, Luke's Room at Kohala Village HUB was filled with over 55 people, young and old, enjoying a variety of free activities the HUB organized to celebrate Halloween. Kids filled the room with talk and laughter as they went from station to station to create fun holiday-themed crafts, like popcorn monster hands and spider decorations.

A big hit was the cookie decorating center, where various fun treats were provided for kids to create their own specially designed Halloween cookie. A lucky winner won a pumpkin to take home, kid friendly snacks were provided and Caspar, a Halloween movie, was also played for the young ones.

The HUB plans to offer a free



Photo by Traci Figueroa

The happy and proud winner of the drawing for a pumpkin was K.K., shown here with his dad Kell Matsuda.

activity session for many of the holidays throughout the year, with the next one planned for December 20 from 5:00 to 6:00 p.m. This Christmas-themed event will include crafts like creating snowmen and reindeer, and the popular cookie-decorating center will be stocked with holiday treats.

The Kohala Village HUB's nonprofit Feed Hawai'i is dedicated to supporting and enriching the people of Kohala in a variety of ways, and these holiday craft sessions offer a chance for community members with children to connect, relax and enjoy watching the kids engaged in fun and enriching activities.

Can you guess the next session after Christmas? Valentine's Day, of course! Mahalo to the HUB for creating these free family events.



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Living Journals Spotlights Monty Richards of Kahua Ranch

On November 5, Monty Richards and Faye Mitchell were guests of honor at a celebratory book-signing event marking the debut of "A View from Up Here: Monty Richards of Kahua Ranch." Sponsored by Living Journals, a project of the North Kohala Community Resource Center, Mitchell wrote the book that brings permanence to the life of another legendary kupuna of Kohala.

Born and raised in Kohala, Mitchell heard many tales by her elders, and had the idea to document the oral histories of kupuna. Thus began the Living Journals project. Many Kohala residents will remember her book honoring the late Kindy Sproat.

"Kindy's book was in Monty's hands when he called me," says Mitchell. "He said he wanted to do a book like that."

Richards and Mitchell talked story for over 25 hours to bring out the long and winding story of Richards's many decades of adventures and pursuits.

Then the long process of editing began. Rather than a direct transcription of the interviews, the book reads like a conversa-

tion with an old friend, cozy beside a crackling fire up at the ranch. The thoughtful writing reflects Richards's sense of humor and gives a feel for the challenges and rewards of the



Photo by Maureen Garry
Christine Richardson, Monty Richards and Faye Mitchell celebrate the release of "A View from Up Here: Monty Richards of Kahua Ranch." Written by Mitchell, the new book is the latest publication of the Living Journals Project, and provides a written version of Richards's oral history of life at Kahua Ranch.

paniolo life.

Mitchell adds, "People have told me they can hear his voice, which is the ultimate goal. You can edit this thing to death, but you shouldn't."

Although Richards was born on Kahua Ranch and became its manager by age 29, the book is not so much about him as it is about the ranch. Included are many family photos of ranching

toes, sheep, installed a radio tower, pumped hydro, and was involved in alternative energy way back.

"It's great that he's writing these things down through Faye. Monty and his dad were very much a part of Kohala for the past 100 years of so. It's important to have history down for the future, for the kids. Faye has the capability to capture the person's voice. You can hear the person talking, especially if you know the person. She's very gifted like that, capturing the person. It's so important, because we've lost so many of the old folks."

Copies sold at the event have both Richards's and Mitchell's signatures, plus Richards's signature red ink "chop", an East Asian stamp that can be used in lieu of a signature. Funding to meet the final demands of this project was generously provided by the Bank of Hawai'i and the Dorrance Family Foundation. During the holiday season, the book may only be purchased at the Resource Center or ordered online at northkohala.org. Purchase price is \$20, no tax, and all proceeds will benefit the Resource Center.

life that have never before been published.

Cheryl Sproat adds, "Monty is a major player in Hawaii ranching history. One of the first to diversify, he did toma-

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Our Editor, Maureen Garry, will acknowledge your submission.
Your draft does not have to be perfect.
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The deadline for stories is the Friday closest to the 11th each month.

Of Bread So Sweet

By Elaine Vinta Murota

One day, my friend Rose gave me a loaf of her homemade sweetbread and as I bit into a slice I tasted anise. I remembered that my mother used anise in her sweetbread.

It brought back such nostalgic memories of the carefree days of my youth at Kohala Sugar Plantation... and Mama.

My mother, Marianna Soares Vinta, arrived in Kohala from Portugal in 1906 when she was eight years old. At age 13, she was already baking bread in an out-

door brick oven. She got married a month shy of her 15th birthday and 10 children later continued baking sweetbread.

I recall one Christmas right after World War II when I was 12. We lived across the sugar mill in the village of Haluala. By that time, the paper covering our windows during the wartime Black-out had long since been removed and the windows polished with Bon Ami til they sparkled. Up went Mama's frilly lace curtains.

My brothers went up into the mountains and brought home a

pine tree which we decorated, giving our home a festive look.

Two days before Christmas, Mama, in a big white apron and hair covering, began kneading dough in a huge pan. I was sent to Titia Estrella's home where my aunt helped me cut banana leaves, which I brought home and cleaned. That evening, the kitchen table and counters were covered with pie tins, with a piece of banana leaf placed in each and a mound of dough placed on the leaf. The aroma of baking bread wafted through the crisp night air

as Mama stayed up late baking.

The next morning, Christmas Eve day, each bread was wrapped in waxed paper and covered with an embroidered kitchen towel. I delivered bread to our Japanese neighbors, who later reciprocated with their homemade maki sushi.

It was autumn when Mama passed away; there was no sweetbread that Christmas.

Looking back, I like to think she added a heaping cup of love into her dough that made her bread so special and enjoyed by everyone.

A Couple Committed to the Kohala Community: The Aionas

By Eila Algood

As I walked into the on-air studio of the radio station in Hawi one Saturday afternoon to interview Sammie and Donovan Aiona, DJ's at KNKR, I felt a wave of aloha wash over me. I was greeted with smiles and hugs as if I were family, which touched my heart.

Hawaiian Gem

Sammie (Samantha) Aiona is a gem in Kohala and the host of Hawaiian Time, a two hour weekly show featuring Hawaiian music. She is assisted by her husband of 13 years, Donovan, who does the engineering.

Hawaiian music has always been in her life. She learned hula as a child growing up in Makiki on Oahu. Kanikapila was a big part of her time with her Dad's family (Kaimulua) who lived in Kamuela on the Big Island. As a child, she spent most holidays and school breaks with her father's family. Her grandpa, Frank Bernard Vierra, worked at Parker Ranch for over 50 years so she was also connected to the paniolo culture. It was during one of her many visits to Kohala as a teenager that she met Donovan (Kohala born and raised). Sammie works with Donovan during the sports broadcasts, setting up and collecting statistics of players and games.

The songs she chooses for Hawaiian Time are meaningful to her, as they have been part of her life. She likes to mix up old and

new artists and songs in Hawaiian and in English. She professes to be shy, making it challenging for her to speak on air, yet I found her incredibly warm, friendly and expressive.

During the week, she teaches computer lab at Kohala Elementary School. As a component of class, she has her students log on to KNKR.org to learn about the radio station. She also offers a summer program involving the radio station. KNKR is broadcast in the school. This early introduction to radio offers students firsthand experience of broadcasting.

Multitasking Master

Donovan Aiona was born in Kohala to Harvey and Eva Carvalho and raised by his grandparents, Thomas and Sugako Aiona. After graduating high school he went to Linfield College in Oregon and was the first grandchild in his family to graduate college. He spent four years as a college radio DJ playing reggae and Hawaiian music. It might be easier to write

about what Donovan does not do at KNKR, but here goes. He is the host of the Kohala Kine Sports Show, inspired by Len Winkler, on Saturdays at 11:00, on which he reports scores and news on local, college and national teams. Following the sports show is Deez Rootz Reggae at 12:00 p.m. Then from 4:00 p.m. to 6:00 p.m. he assists his wife Sammie, by doing the engineering, as she hosts Hawaiian Time. That is a total of seven hours volunteering at the studio

after a full week of teaching fourth grade at Kohala Elementary School. It is one of his gifts to Kohala. Add to that his play-by-play coverage of the

Kohala schools sports home games with co-hosts Al Nickl and Duncan Anderson, and you can tell he is a busy guy. He has noticed an increase in attendance at Kohala home games over the past year. Many people tune in to listen to those local games on KNKR.



Photo courtesy of the Aiona family
Sammie and Donovan Aiona host multiple radio shows on Kohala's local radio station, KNKR 96.1 FM.



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Library Plans Family Fun with The Grinch

Get in the spirit of the holiday season at North Kohala Public Library during our annual Family Fun Night for ages 5 and up on December 19 at 5:00 p.m. This year, the library is holding a Dr. Seuss "How the Grinch Stole Christmas" themed party, including a story, craft, film and food. Children's librarian Leilani Silver will read "How the Grinch Stole Christmas!" by Dr. Seuss. A holiday craft will be offered for families to make and take home. There will be food, including vegetarian chili and rice. The "How the Grinch Stole Christmas" (PG) movie starring Jim Carrey will be shown, accompanied by popcorn and hot chocolate. It will be a fantastic evening of fun for the whole family.

For more information, call Leilani Silver at North Kohala Public Library, 889-6655. Please call three weeks in advance to request a sign language interpreter or other special accommodation.

WEEKLY EVENTS IN DECEMBER 2016

MON	9AM		KOHALA SENIOR CLUB MEETINGS - AGE REQUIREMENT 55 PLUS	OLD COURTHOUSE	895-2094
	5:30PM	6PM	INSANITY CLASSES WITH ROSS PAGAT	SOLID ROCK NORTH CHURCH	989-0966
	7PM		AL-ANON MEETING WITH LAURA	KOHALA MISSION SCHOOL CAFETERIA	
	7PM	8PM	NARCOTICS ANONYMOUS - LIVING CLEAN - DISCUSSION	CLAY HOUSE (BEHIND THE HUB)	
TUES	10AM	3PM	HAWI FARMERS' MARKET		
WED	9AM		YOGA CLASS WITH JAMIE EVERSWEET BELMAREZ	KOHALA YOGA COMMUNITY CENTER	756-3919
	2PM		AFTERSCHOOL ACTIVITY CLUB - DEC 7: GAMES DEC 14: HOLIDAY CRAFT, DEC 21: HOLIDAY MOVIE	NORTH KOHALA LIBRARY	889-6655
	6PM	7:30PM	SEIBUKAN KARATE ACADEMY	HISAOKA GYM	
	7PM		ALCOHOLICS ANONYMOUS	WYLIE HALL, 'IOLE ROAD, KALAHIKIOLA CHURCH	889-6703
THURS	5:30PM	6PM	INSANITY CLASSES WITH ROSS PAGAT	KAMEHAMEHA PARK COMPLEX	989-0966
	6PM		TABLE TENNIS/PING PONG	INTERGENERATIONAL CENTER	889-1099
	7PM	8PM	NARCOTICS ANONYMOUS - 12 STEPS & TRADITIONS	CLAY HOUSE (BEHIND THE HUB)	
FRI	10AM		PRESCHOOL STORY TIME FOR AGES 2-5	NORTH KOHALA LIBRARY	889-6655
SUN	10AM	11AM	SEIBUKAN KARATE ACADEMY	HAWI FARMERS MARKET (IF SUNNY)	
	6PM	7:30PM	CELEBRATE RECOVERY - HOSTED BY ADAM & MELINDA ANAKALEA	SOLID ROCK NORTH CHURCH	640-8590

EMAIL WEEKLY CALENDAR LISTINGS TO KMNCALENDAR@HOTMAIL.COM

Third Annual Christmas Luau at HUB Honors Paniolo Traditions

By Randee Golden

The third annual Christmas Luau at Kohala Village HUB is scheduled for Sunday, December 18, from 5:00 till 9:00 p.m. in the HUB Barn. This year's community celebration will be paniolo-themed. "We need to acknowledge our community, which is rooted in paniolo traditions," shared Traci Figueroa, who coordinates programs at the HUB.

Traditional Hawaiian food, country music, entertainment, shopping for gifts and activities for kids will be included in the \$25.00 general admission price, with kupuna and keiki priced at \$20.00. Limited tickets for \$30 may be available at the door, but you might not want to wait as this event has been sold out each year. Tickets are available at Kohala Village HUB's front desk or from Kohala 4-H members.

"This is a 'friendraiser' for our

community," shared Lehua Ah Sam, executive director for the HUB.

"Even though we try to raise sponsorship money for youth programs run through our non-profit, we also want to help other groups do fundraising. This is also a showcase for our HUB activities to help the community

become more aware of what is happening here," Lehua added. Staff at the HUB initiated this annual event in 2014 in the spirit of historic community Christmas luaus that were held in Kohala years ago.

The Kohala 4-H Club is a major co-sponsor of the Christmas Luau this year and they will be prepar-

ing the food. A variety of groups will also offer items for a donation, including ceramics by HUB crafters, leather-tooled bracelets, key chains and knife cases from members of Ka Hana No'eau, and silent auction items organized by Halau 'o Mana'olana. Fun activities will be provided for children of all ages, with some experiences focused on cowboy culture, like learning how to rope and line dance. There will also be picture taking with Santa in exchange for a two-can donation to our local food pantry.

This annual luau provides a chance for Kohala folks to take time during the busy holiday season to celebrate with community members. It's a chance to give back to local organizations that support activities for youth as well as adults. It's a chance to pause and enjoy an evening, Kohala style....



Photo courtesy of Kohala Village HUB
Aunty Audree's Christmas Kanikapila featured graceful hula to celebrate the season. The Kohala Village HUB will continue the tradition on December 18 with the third annual Christmas Luau.

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Parks Department Deal with CDP Fails to Launch

By Toni Withington

Four months after the start of what was supposed to be better rapport with the community, the County Parks and Recreation (P&R) Department has failed to meet with park stewards here. Despite assurances from the head of the department, talks with the Kohala CDP have dwindled since the pilot program for improved communications was announced in Kohala Mountain News last July. Meanwhile, conditions at Keokea Park have deteriorated. Stacks of cut tree trunks remain at Kamehameha Park. Numerous calls for P&R maintenance have been ignored.

Part of the agreement between P&R director Clayton Honma and the Community Development Plan Subcommittee on Parks, Water and Roads (PWR) was that maintenance staff would meet

monthly with the subcommittee to discuss upcoming work and the needs of the parks. Despite efforts by several PWR members to get the meetings started, no one from P&R maintenance responded.

Instead, when Friends of Keokea Park reported that the outdoor sink there had been clogged for several months, the parks maintenance crew, without notice, busted out the front of the sink, allowing water to flow directly onto the feet of the users. Two days later the crew returned and spray-painted the jagged concrete a gold color. The sink is still not fixed.

Security lights at the park were out for four weeks in October and November, despite repeated calls to P&R. Reports that fire ants were found at the park produced no responsive action for over a month also. Vector Control was finally scheduled to address the problem on November 15.

"The lights are for safety of the public. Someone can get hurt," said a member of Friends of Keokea. She said it took a dozen calls to various P&R offices to get the lights back on. Committee members noted that reports to P&R about 14 lights out at the Kamehameha Park parking area took almost a year to replace.

Although Honma had said at the meeting with PWR members in July that the vegetation that was obscuring the narrow entrance road to the Keokea Park would be taken care of, it took a call to Bobby Command, the County's West Hawai'i coordinator, to get the work crew out to begin cutting four months later.

During the past several months contractors hired by the County completed three projects at Kamehameha Park – a new gymnasium floor, re-roofing of the pool utility area and re-wiring the lights and scoreboards on the playing fields.

The pilot project for better communications was started in July after the unannounced removal of 11 trees in Kamehameha Park in May. Protests from the com-

munity halted more tree removals and were carried out before the County Council on the front pages of newspapers. One of the lingering issues pointed out by the PWR subcommittee at its meeting with Honma and Parks Managing Director James Komata was the danger of two stacks of tree trunks left unprotected in the parking lot. As of November 11, the pile of cut wood remains.



Photo by Sarah Pule-Fujii
Destroyed to drain. Pieces of the battered sink at Keokea Park were piled beside sink after Parks Dept. maintenance "repaired" the stuck drain.



Photo by Toni Withington
Six months after County workers cut down eleven trees in the Kamehameha Park parking lot in order to save the parking spaces from being torn up by roots, the trunks of the trees still eat up parking space, providing questionable climbing for kids. Malie, Daysha and Daylan were smart enough not to risk the temptation.

Keeping Our Keiki Safe at Halloween

Story and photos by Lani Eugenio

Churches, organizations and the neighborhoods keep a watch on the children while making it fun for them during Halloween.



Solid Rock Ministries went all out this year, treating the children as well as adults with bouncy houses, food, music and prizes.

In the heart of historic Hawi Town is a community-based hub for education and gathering. The Kohala Village HUB works to feed Hawai'i food, arts, culture, and ecology. The HUB strives to enrich the lives and wellbeing of everyone in rural North Kohala through its diverse offerings:



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Seniors Get Into Spirit of Halloween

Story by Kealoha Sugiyama

If you were in the Halloween mood on October 31, the Kohala Senior Center was the place to be. The place was decorated to the max with Halloween decorations, which the Nutrition Seniors made in their craft class. The club meet-

ing was filled with craft tables of ghost making, spiders and painting of sun catcher hangings. All the crafts supplies and instructions were provided by Renee Gonsalves, nutrition site manager. Mahalo to all who got into the Halloween spirit.



Photo by Renee Gonsalves

Official Commendation Honors Musical Contribution

On November 15, Kahu Kealoha Sugiyama received a Commendation, sponsored by Councilmember Margaret Wille, from the Hawai'i County Council for his "Oh Beautiful, Hawai'i Nei" lyrics.

As told by Sugiyama, "I am the chairman of the Retired Senior Volunteer Program (RSVP), and we have about 1,500 senior volunteers on Hawai'i Island who provide as much as 350,000 volunteer hours to the County and State offices. We have a mahalo and recognition luncheon for them, and on the program we always sang "America the Beautiful". So I asked the RSVP director, 'Why are we singing about America when

we live in paradise Hawai'i?' His reply was, 'You pick a song.'

"I decided to write lyrics which would highlight the beauty of Hawai'i Island. I spent a lot of time choosing words and compiling sentences but nothing blended with the picture in my mind. I decided to take a break and just be quiet. Later on, I picked up the pen and, to my surprise, line by line was being written with no thought or effort on my part. The pen in hand continued to freely flow until all four verses were completed. When I read each line of the song, it was exactly as the picture in my mind. We have been singing these lyrics at the RSVP luncheon ever since."



Photo courtesy of Hawai'i County Council

On November 15, Kahu Kealoha Sugiyama received special recognition by the County Council for composing lyrics to "Oh Beautiful, Hawai'i Nei".

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Guidelines for the New Hisaoka Gym Floor

By Tom Morse

The gym is open again and has a brand new floor. The Department of Parks and Recreation has requested that all users understand that food, drinks and coolers are not allowed in the gym with the exception of water bottles or hydro-flasks. Please take all empty water bottles out with you.

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Kupuna Honored at Annual Celebration

Story by Lani Eugenio

Another successful Kupuna Dinner at the old Makapala School. The event is run by Island Breeze Ministries, of which Ed and Lix Kawe are the

directors. The Kawe couple are committed to the youth as well as the elders. They note, "We know that the generations that come before us have paved the way for the generations to come

and we want to honor them for all they have done. Part of the work we do is with Youth (i.e., Camp Lokahi) and other youth events. It felt like we could not do youth events without doing

something for the Kupuna... it all goes together. We also know that this property is special to many of our Kupuna, seeing it was the first school for this part of Kohala."



Photo by Crystal Gugino Grosshuesch

Kohala elders enjoy the 2016 Kupuna Dinner, which is hosted annually by Island Breeze Ministries as a way to express their appreciation for the kupuna's support.

Wreath-Making Class to Be Held at HUB

Have you always wanted to learn how to make a beautiful wreath out of local natural materials? Here's a chance to feed creative juices: a special wreath making class being offered at the Kohala Village HUB on December 15 from 5:00 to 8:00 p.m.

Included in the cost of \$45.00 will be materials gathered from yards and forests as well as needed wreath forms and pins. Instruction will be provided by Audrey Veloria, one of Kohala's local wreath makers, who will talk about protocols for gathering materials, teach how to clean each type of natural item, share ideas about design and show techniques of wreath construction. A retired teacher who worked

in our elementary school during her long career, Audrey is also an



Photo by Randee Golden

A dried wreath exemplifies the use of various materials found in the forests and gardens of Hawai'i Island.

accomplished lei maker who is known for her beautiful lei po'o, or head lei.

"This is a unique opportunity to learn from someone with a lot of experience," shared Traci Figueroa, in charge of HUB Programs. "We hope a class like this can help perpetuate this beautiful

tradition," she added.

Enrollment for the Christmas Wreath Making Class is limited to 10 people. Interested parties can register at the Kohala Village HUB front desk on or before December 10. Proceeds will benefit the youth scholarship fund for activities and classes at the HUB.

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KOHALA MONTHLY CALENDAR DECEMBER 2016

DAY	DAY	START	END	EVENT	DESCRIPTION	VENUE	PHONE
2	FRI	4 PM	7 PM	KHS FIRST FRIDAYS	CRAFT AND LOCAL FOOD VENDORS	KHS	889-7117
3	SAT	9 AM	2 PM	CHRISTMAS CRAFTS FAIR	OFFERING LOCALLY HOMEMADE, HANDMADE ITEMS	KOHALA VILLAGE HUB	889-0404
5	MON	5:30 PM	7:30 PM	KOHALA PARENT SUPPORT GROUP	MEETING	THE COTTAGE @ THE HUB	895-3578
5	MON	6 PM	7 PM	GROWTH MANAGEMENT SUBCOMMITTEE	MEETING	BANK OF HAWAII BUILDING	
7	WED	4:30 PM		COMMUNITY ACCESS GROUP	MEETING	SENIOR CENTER	
12	MON	3 PM	4:30 PM	NORTH KOHALA PARENT SUPPORT GROUP	SUPPORTED BY N. HAWAII COMMUNITY CHILDREN'S COUNCIL	KING KAMEHAMEHA PARK	989-4894
12	MON	6:30 PM		TEEN NIGHT	HOLIDAY CRAFT	NORTH KOHALA LIBRARY	889-6655
13	TUE	11 AM		ADULT READING DISCUSSION	"THE NATURE OF THE BEAST" BY LOUISE PENNY	NORTH KOHALA LIBRARY	889-6655
13	TUE	6 PM		HAWAII FARMERS UNION UNITED	6PM POTLUCK, 7PM PRESENTATION. FOR EVERYONE INTERESTED IN GOOD FOOD, NOT JUST FARMERS	KOHALA VILLAGE INN BARN	889-5715
15	THU	3 PM	6 PM	KISS	KOHALA INNOVATION STUDENT SHOWCASE	KHS LIBRARY	889-7117
15	THU	5 PM	8 PM	WREATH-MAKING CLASS	INSTRUCTION WILL BE PROVIDED BY AUDREY VELORIA	KOHALA VILLAGE HUB	889-0404
17	SAT			FREE GRINDZ HOT MEAL	KOHALA BAPTIST CHURCH	BANYAN TREE	
18	SUN	5 PM	9 PM	CHRISTMAS LUAU	PANILOLO-THEMED	KOHALA VILLAGE HUB	889-0404
19	MON	5 PM		FAMILY FUN NIGHT	HOW THE GRINCH STOLE CHRISTMAS PARTY	NORTH KOHALA LIBRARY	889-6655
TO 19	MON			BOYS BASKETBALL REGISTRATION	REGISTER ON THE WEB AT WWW.KCAA.ONLINE	HISAOKA GYM	895-1939
TO 19	MON			T-BALL/PITCHBALL REGISTRATION	REGISTER ON THE WEB AT WWW.KCAA.ONLINE	HISAOKA GYM	895-1939
20	TUE	10 AM		ADULT & TEEN WRITER'S GROUP		NORTH KOHALA LIBRARY	889-6655
21	WED	5:30 PM		AGRICULTURE SUBCOMMITTEE	MEETING	SENIOR CENTER	
24	SAT	11 AM	12:20 PM	COMMUNITY MEAL	AT ST. AUGUSTINE CHURCH	WALKER HALL	889-5390
25	SAT	10 AM	12 PM	THRIFT SHOP	AT ST. AUGUSTINE CHURCH	NEXT TO WALKER HALL	889-5390
27	TUE	5 PM	6 PM	CDP SUBCOMMITTEE	POWER, VIEWPLANES, & EROSION CONTROL, CONTACT SUSAN FISCHER	OLD COURTHOUSE	882-7611
28	WED	4 PM	5:30 PM	RESTORATIVE YOGA THERAPY CLASS	WITH CARLA ORELLANA, CERTIFIED YOGA THERAPIST, BY DONATION	THE HUB	889-5151
28	WED	5 PM		PARKS, WATER & ROADS SUBCOMMITTEE	MONTHLY MEETING	OLD COURTHOUSE	882-7611

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 Prayer Meeting: Friday 6:30 PM
 Pastor Ilima Moiha
www.gospelofsalvationkohala.org

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First Fridays at Kohala High School

The first Friday of every month, Kohala High School (KHS) hosts a special fundraising event, open to the public, from 4:00 to 7:00 p.m. in the halls in front of the library. Items sold include food and crafts, including hand-made items.

In December, organizers are planning to coordinate and introduce booths aligned with the Blue Zones Project, to explore how KHS could become part of that effort.

The Student Council at KHS is continuing the opportunity for craft and food vendors to sell items at the high school at the First Friday event. With the assis-

tance of Teresa Marquez (889-7117) of the KHS office staff to keep track of the vendors, along with Head Custodian Verna Fernandez assisting with facilities, the student council members and their advisor Margaret Hoy have already held two events this fall.

A small cost for the booth fee goes to support projects the students work on all year, such as games during spirit weeks and dances.

January will present a conflict with a home basketball game, so there will not be a First Friday that month.



Photo by Margaret Hoy
 Kamaile Gusman (left) and Reyanna Savedra (right), sophomores at Kohala High School, sell student work at the First Friday fundraising event. The money they raise will go toward buying glazes for the high school ceramics class.

Students in Environmental Science Win \$10,000 Scholarship

The "Kohala Ocean Clean-up Crew" has won a \$10,000 scholarship in the Scholastic Lexus Eco Challenge, a national STEM (science, technology, engineering and math) competition, for their work on ocean pollution from plastics. They have a chance to win an additional \$30,000 in the final phase of the challenge.

Team members Zazttaney Matsu, Naomi Ney, Nicole Castillo and Maya Anderson are juniors, and Duncan Anderson is a freshman, at Kohala High School (KHS).

Mr. Marcus Douglas from KHS's Environmental Science class and Mr. Duncan Anderson from Kohala Middle School's Social Studies class are the Teacher Advisors.

The students would like to use their portion of the scholarship to attend the Plastic Ocean Pollution Solutions Interna-

tional Youth Summit in Long Beach. They have submitted their project idea and are awaiting the decision on whether they are invited to attend.

The team is already planning to build two recycle stations in North Kohala: one by the playground at Kamehameha Park, and another by the pavilion at Keokea Beach Park. They secured \$5,000 in county funding for these stations by speaking to the County Council members. Part of their video testimony can be seen at <https://youtu.be/zeyHI-vj4Ppg>.

These recycling stations will be a collaborative effort of all schools in Kohala. The Clean-Up Crew will be leading elementary and middle schools kids to decorate the stations. The stations will also be educational and a place to reach out the community, with pictures

teaching the right way to recycle, plastic pollution problems, plastic's danger to wildlife and showing the youth's love of the community.

The Clean-Up Crew will also be conducting scientific research on microplastics identification. Microplastics are defined as plastic particles smaller than 5 millimeters. They have already sent samples to scientists at UC Santa Barbara to identify different types of polymers and will receive the analysis in December. Knowing the types of microplastics found on our beaches, and their proportions, will help the team make a plan to recycle them appropriately.

PK Clean, a company founded by Massachusetts Institute of Technology graduate Priyanka Bakaya, uses technology to accept mixed and dirty plastic feedstock and

create usable oil. The company is located in Salt Lake City, Utah, but has a demo machine the Clean-up Crew is trying to have shipped to Kohala for their upcoming KISS Science Fair (see article in this issue). The team's award-winning project will also be on display at the fair.

These works are to achieve their ultimate goals: To have machines and robots find and collect plastic and microplastic pollutants from beaches and oceans, and to keep these environmental contaminants in the closed loop.

People are looking for solutions. The Clean-Up Crew, their teacher-advisors, and all the supportive people in the community are using their time, energy and brain-power to educate people, and find and support ways to clean up Hawai'i Island for all.

Kohala High School to Host Innovation Showcase

By Diann Wilson

Kohala High School has announced this year's Kohala Innovation Student Showcase (KISS) will be held on Thursday, December 15. Open to students in all age groups from kindergarten to high school, the showcase provides students with the opportunity to engage in science while having fun.

KISS is designed to provide rigorous learning opportunities that engage students in critical thinking. It is also a chance to bring students together, allowing them to meet others and make connections around the field of science.

Marcus Douglas, science teacher at Kohala High School (KHS), is coordinating this first annual event. He encourages all student residents of North Kohala in grades kindergarten through twelfth, to consider entering an engineering solution to everyday problems faced in Hawai'i and around the world.

Individuals, group or classrooms may enter the competition.

All entrants are provided with competition-sized display boards. Anyone needing project ideas may find some online at sciencebuddies.org.

Registration is open until Tuesday, December 12. Stu-

dents may sign up via email at marcus.douglas@notes.k12.hi.us or they can register in person at the Kohala High School library between 4 p.m. and 6 p.m. on December 12.

The competition will be judged by a team of qualified professionals with expertise in innovation. Categories for the judging include: chemistry, biology, medicine, microbiology, earth science and environmental science.

Winners will be awarded a variety of prizes, many of which were generously donated by members of the community. Prizes include cash awards, gift certificates and science kits. In addition,

all winning high school students in grades 9 through 12 will be automatically entered into the East Hawai'i District Science and Engineering Fair that will be held in Hilo in February 2017. Winners may also qualify to move on to the state or national science fair.

The public is invited to view the projects in the KHS library on December 15 from 3 to 6 p.m., with awards being presented from 6 to 7 p.m. For further information about the showcase, contact Marcus Douglas at (808) 889-7117. To donate prizes, contact Kohala Science Foundation board member Steve Hoffmann at hoff4nrg@gmail.com.



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KHS Hokupa'a Youth Council Increase Energy Use Awareness

Kohala High School's Hokupa'a Youth Council students – senior Cole Fuertes and juniors Cheyenne Fuertes, Kiera Isabel and Zazttaney Matsu – attended the Blue Planet Foundation 2016 Student Energy Summit on November 11-12 at Mid-Pacific Institute on O'ahu with Advisor Ms. Fern White. The two-day interactive educational workshop zeroes in on Hawai'i's energy challenges and opportunities, aiming to equip the next generation of clean energy leaders with the tools they need to power a renewable energy future.

Director of Innovation David Aquino, in his opening remarks on Day 1, introduced the concepts and missions for the first day. Participants went to three missions: Smart Energy Classrooms, Storing and Using Clean Energy with Electric Vehicles and Building a Cool Classroom. Francois Rogers, Blue Planet's special projects director, shared, "The Kohala High School students are engaged and participating." Rogers believes that the youth "see opportunities where adults see limitations."

Opening Remarks of Day 2 included Jeffrey Mikuluna, executive director of Blue Planet Foundation, who shared data regarding energy issues around the planet and in Hawai'i includ-

ing solar panels, bio-diesel production and electric vehicles.

The Summit is a one-of-a-kind event that allows students of 46 schools from around the state to connect with like-minded peers to grow their knowledge of energy systems, policies and technologies in an expansive and meaningful way. Students were exposed to information from sponsors and leaders in renewable energy and solutions processes: Hawai'i Energy, Oceanit and Energy Exclerator.

Students at the summit are invited to enter the Energy Innovation Design Challenge. The Blue Planet Foundation challenges youth to develop an actionable solution for one of Hawai'i's energy challenges. Part of the task is to create a three to five minute video showcasing ideas and prototypes using the design-thinking methodology learned at the summit. Each team must have at least one student and one teacher advisor who attended the 2016 summit.

A panel of distinguished judges—comprised of educators, community leaders and clean energy experts—will select the winning team, which will receive a \$2,000 scholarship for educational advancement. Kohala High's Hokupa'a Youth Council intends to respond to the call to action for energy efficiency.



Photo courtesy of Fern White
(Left to right) Cole Fuertes, Zazttaney Matsu, Cheyenne Fuertes, Kiera Isabel and Ms. Fern White gather at the Blue Planet Foundation 2016 Student Energy Summit on Oahu. The annual two-day Summit educates youth on Hawai'i's current energy challenges and helps equip them to create solutions.

Kohala Kowbotics Busy Winning Awards

Kohala Kowbotics VEX robotics program has a lot happening. As reported last month, the teams went to the Pan Pacific VEX Robotics tournament on October 7-9 against an international field and placed third overall. One of the program's teams - Team 2460, Na Paniolo - did not stop there.

Since that weekend, program's teams have competed in two other tournaments and two teams qualified for States, scheduled in January. Some team members worked through most of summer and made several revisions to the robot's first design. The goal for these members is to earn a berth at Worlds; only 5 slots are available for the Hawai'i high schools division.

On October 13-14, the Kowbotics pulled together and took three students (Team 2460, Na Paniolo) to Maui. They swept the field of 24 teams from Maui, Oahu and the Big Island, as the only undefeated team in the competition! Na Paniolo - comprised of Kaimi Hook, Deighton Bell and Johnette Emeliano - earned the highest Robot Skills Award, plus the Tournament Champions and Excellence Awards.

On November 9, Kohala VEX Robotics took two teams to the East Hawai'i TMT VEX Tournament. In addition to competing, the Kohala VEX robotics program helped to produce and coordinate the event that took place at Waiakea Intermediate. Team 2460 once again came out of the qualifications undefeated after everyone had played nine matches. They continued to advance until the very final match, only losing to Waialua Team 359 by one point. However, Team 2460 did win the Robot Skills Challenge with highest scores for driver and autonomous combined.

The second team, Team 2460A - comprised of Joe Pasco and Mitchell Canniff - earned a berth at States, placing fourth in robot skills. In addition, Kohala was awarded the judged Sportsmanship Award that qualifies the team for the coveted National competition in March.

Kohala VEX robotics has younger VEX-IQ middle school teams that are mentored within our high school program. Teams 2460P - Hunter Perez and Grace Todd - and 2460R - Baba Lescher, Broden Texeira and Dito Vaefaga - are the Paniolo Li'i. They are currently ranked third and seventh in Big Island league play, with the finals coming up December 3 in Keaau.

Kohala's comprehensive VEX robotics program will host a full robotics tournament on November 26 at Kohala High School gym from 9:00 a.m. to 4:00 p.m. Teams entered are from Molokai, Oahu, and Big Island. The Kohala High Annual Holiday Craft Fair takes place the same day. Both events are free to the public. For more information contact Ms. Fern White, 889-7117.



(Left to right) Johnette Emeliano, Kaimi Hook and Deighton Bell sweep the field of 24 teams at Maui VEX Tournament October 14. The team went undefeated, and won the Robot Skills, Tournament Champions and Excellence awards

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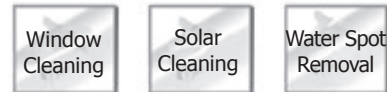
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KOHALA HIGH SCHOOL 2016-2017 WINTER SPORTS SCHEDULE

DATE	DAY	TIME	OPPONENT	BUS
BOYS SOCCER				
NOV. 29	TUESDAY	3:00P	@ KEAAU	11:30A
DEC. 01	THURSDAY	3:00P	@ PARKER	1:00P
DEC. 03	SATURDAY	3:00P	VS KONAWAENA	
DEC. 07	WEDNESDAY	3:00P	@ MAKUA LANI	1:00P
DEC. 14	WEDNESDAY	3:00P	VS WAIAKEA	
DEC. 17	SATURDAY	10:00A	VS KA'U	
DEC. 20	TUESDAY	3:00P	@ PAHOA	11:00A
JAN. 10	TUESDAY	3:00P	VS CLA	
JAN. 14	SATURDAY	3:00P	@ KA'U	10:00A
JAN. 18	WEDNESDAY	3:00P	VS PAHOA	
JAN. 21	SATURDAY	3:00P	VS PARKER	
JAN. 28	SATURDAY	3:00P	@ CLA	12:00P
JAN. & FEB. 31, 1,3	TUES, WED, FRI	TBA	PLAYOFFS	
FEB. 8 - 11	WED - SAT	TBA	HHSAA @ OAHU	
BOYS BASKETBALL				
JAN. 3	TUESDAY	6:00P	@ ST. JOSEPH	3:30P
JAN. 6	FRIDAY	6:00P	VS HONOKA'A	
JAN. 11	WEDNESDAY	6:00P	VS KEALAKEHE	
JAN. 14	SATURDAY	6:00P	VS KAMEHAMEHA	
JAN. 16	MONDAY	6:00P	VS KEAAU	
JAN. 20	FRIDAY	6:00P	@ KA'U	1:00P
JAN. 23	MONDAY	6:00P	@ WAIAKEA	3:30P
JAN. 25	WEDNESDAY	6:00P	VS LAUPAHOEHOE	
JAN. 28	SATURDAY	6:00P	@ PAHOA	2:30P
JAN. 30	MONDAY	6:00P	@ HILO	3:30P
FEB. 1	WEDNESDAY	6:00P	VS HAWAII PREP	
FEB. 4	SATURDAY	6:00P	@ KONAWAENA	2:30P
FEB. 9,10	THURS, FRI	TBA	BIIF TOURNAMENT	
FEB. 15 - 17	WED - FRI	TBA	HHSAA @ OAHU	

DATE	DAY	TIME	OPPONENT	BUS
GIRLS BASKETBALL				
DEC. 05	MONDAY	6:00P	VS LAUPAHOEHOE	
DEC. 13	TUESDAY	6:00P	@ HONOKA'A	3:30P
DEC. 19	MONDAY	6:00P	@ KAMEHAMEHA	2:30P
DEC. 27	TUESDAY	6:00P	@ KEAAU	2:30P
JAN. 02	MONDAY	6:00P	VS HILO	
JAN. 04	WEDNESDAY	6:00P	VS WAIAKEA	
JAN. 07	SATURDAY	6:00P	VS KA'U	
JAN. 10	TUESDAY	6:00P	VS KONAWAENA	
JAN. 13	FRIDAY	6:00P	@ HAWAII PREP	4:00P
JAN. 18	WEDNESDAY	6:00P	@ KEALAKEHE	4:00P
JAN. 21	SATURDAY	6:00P	VS PAHOA	
JAN. 26,27	THURS, FRI	TBA	BIIF TOURNAMENT	
JAN.- FEB 31 - 3	TUES - FRI	TBA	HHSAA @ OAHU	
BOYS AND GIRLS SWIMMING				
DEC. 10	SATURDAY	10:00A	@ HILO	
DEC. 22	THURSDAY	3:00P	@ KONA AQUATIC	
JAN. 07	SATURDAY	1:00P	@ KAMEHAMEHA	
JAN. 14	SATURDAY	1:00P	@ HAWAII PREP INVITATIONAL	
JAN. 21	SATURDAY	10:00A	@ KONA AQUATIC	
JAN. 28	SATURDAY	1:00P	@ KAMEHAMEHA	
FEB. 03	FRIDAY	3:30P	@ KONA AQUATIC (BIIF TRIALS)	
FEB. 04	SATURDAY	1:00P	@ KONA AQUATIC (BIIF FINALS)	
FEB. 10,11	FRI, SAT	TBD	HHSAA CHAMPS (ILH HOST)	
WRESTLING				
JAN. 07	SATURDAY	10:00A	@ KEALAKEHE	
JAN. 14	SATURDAY	10:00A	@ HILO	
JAN. 21	SATURDAY	10:00A	@ HAWAII PREP	
JAN. 28	SATURDAY	10:00A	@ KEAAU	
FEB. 04	SATURDAY	10:00A	@ PAHOA	
FEB. 11	SATURDAY	10:00A	@ KAMEHAMEHA (BIIF CHAMPS)	
FEB. 17,18	FRI, SAT	10:00A	HHSAA CHAMPS @ BLAISDELL	



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**PRACTICE EARLY JANUARY
GAMES MID-JANUARY THROUGH END FEB.
AT KAMEHAMEHA PARK**

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FOR MORE INFO CONTACT KIM AT 895-1939**



BOYS BASKETBALL REGISTRATION AGES 9 THROUGH 14

FREE REGISTRATION INCLUDES UNIFORM
COURTESY OF SURETY KOHALA CORP.

**REGISTER ONLINE AT KCAA.ONLINE
THROUGH DECEMBER 19**

**PRACTICE FIRST HALF OF JANUARY
GAMES MID-JANUARY THROUGH EARLY MARCH
AT HISAOKA GYM**

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Real Food. Real Farmers: Island Harvest – Happy 25th Anniversary!

By Marcy Montgomery

If there is any doubt in someone's mind about the potential of regenerative agriculture, a three year comparison of the macadamia nut trees managed by the local, family-owned Island Harvest, Inc. company makes a clear case for how potent organic, natural farming can be. Celebrating Island Harvest's 25th Anniversary this year, the North Kohala Trump family and their employee-manager team have accomplished something remarkable. Not only have they endured for an impressive twenty-five years as Real Farmers producing Real Food, they manage 700 acres producing around 1.5 million pounds of nuts a year and are pleased to be "going organic".

Jim Trump, his wife Debbie and sons Chris, Nathan and Andrew work closely with the employee-managers, creating an environment of mutual respect as shown in local photographer Malia Welch's image. Sharing knowledge across generations, their team is a commendable business model.

Working in concert with a combination of organic soil amendments, local beneficial pollinators (including 30 honeybee hives and wild insects from nearby gulch zones), Korean Natural Farming practices and a crew of dedicated land and crop stewards, the Island Harvest team manages 350 acres of organic orchards and is transitioning another 350 acres to reach 100% organic. These orchardists are pioneering new farming methods where the proof is evident in surg-

ing green canopies and bounties of delicious 'mac nuts'.

As a great example of a "before and after" study, during the period that the trees lining the drive up into Iole were being weaned-off synthetic chemical fertilizers, dry and brittle, pale and discolored leaves were showing signs of troubling nutrient deficiencies. The high cost to switch to imported certified organic fertilizers were prohibitive. Looking for a more affordable and sustainable solution to restore



By Malia Welch
Owners Jim and Debbie Trump, along with their sons Chris, Nathan and Andrew and the employee-managers of Island Harvest are celebrating 25 years of business success.

the trees' vitality and retain more water as the groves are not irrigated, the operation began feeding sections of the orchards beneficial microbial and fungal compost and compost tea mixtures. As early students of Master Cho, developer of Korean Natural Farming (KNF), the crew began using innovative nutrient-building methods. The KNF orchard trials proved successful and are now one of the larger scale applications of this type of regen-

erative farming on the island.

Three years later, it seems as if the renewed, thriving organic, natural farming trees are celebrating the Island Harvest 25th Anniversary, too!

Island Harvest is acutely aware of the importance of regenerating Kohala's silty clay soils after many generations of depletive sugar cane operations. Rather than return to an endless and costly cycle of depending on imported fertilizers to artificially boost the soil, they have

tion and tree health."

Another critical factor is rainfall. And while Kohala averages 60 inches of rain a year, with only 40 inches required for the trees, timing is everything. "What really matters is the distribution of the rain during the crop cycle," Jim says. "We need good rains during kernel development, especially in May and June during the critical oil accumulation phase of the kernel." Like other farm operations in Kohala, relying on rainfall without ditch or well irrigation as a back-up adds considerable risk to each year's production levels. The macadamia trees blossom in three successive cycles each year (December through March) and, depending on weather and soil factors, there may be great variability between harvest volumes. In addition to the issues of soil, weather and water, the operation also notes that having access to flexible capital is another factor impacting local farm viability and growth potential.

Island Harvest, Inc. is receiving national attention this year for exemplary small farm success and ag industry commendations for its steady transition toward 100% organic practices. The results of their innovations – soil, crop and collaborative teamwork – are impressive to behold. Congratulations on 25 years of employee-managed business success and a big Mahalo for pioneering regenerative agriculture as an inspiration to other farmers and for those of us enjoying the delicious flavor and locally-grown nutrition from your labors.

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