

Kohala Mountain News

Vol.10, No. 12

December 24, 2011

Kauhola Point 'Lighthouse' Needs Community's Help by Dec. 31

By Laura Ka`akua

With public support, the beloved Kauhola Point (aka Lighthouse) could be protected by January 1 as undeveloped open space for the Kohala community to enjoy in perpetuity. Over the past

ment and keep it open as a resource for the community. The private landowners of the 27.5-acre coastal parcel that constitutes the majority of Kauhola Point agreed to sell the property to The Trust for Public Land, rather than a developer, if the Trust could raise the agreed-upon bargain purchase price of \$1.3 million by December 31, 2011. With the help of Maika'i Kamakani 'O Kohala, Malama Kai Foundation's Ocean Warriors Program, the State Legacy Land Conservation Program, private foundations, members of the North Kohala Community Access Group, and many neighbors and regular users of Kauhola Point, the Trust has raised 94 percent of the purchase price (\$1,218,000) and has just 6 percent (\$82,000) left to raise by the end of December.

Once acquired, the property will be transferred to Maika'i Kamakani 'O

See *Lighthouse*, page 2



—photo courtesy of The Trust for Public Land

This northwesterly view of Kauhola Point shoreline shows the property to be acquired, from the foreground to beyond the point in the distance.

year, many Kohala community members and groups have been working to protect Kauhola Point from develop-

Marine Corps Seeks More Helicopter Landings at Upolu Airport

By Toni Withington

New U.S. Marine Corps helicopter squadrons based at Kaneohe on O`ahu and Pohakuloa on this island could mean more helicopter-landing activity at Upolu Airport, the Navy says in an Environmental Impact Statement (EIS) now being prepared. A draft of the gigantic document is available to read at the North Kohala Public Library.

It says maneuvers and training by three new MV-22 and H-1 helicopter squadrons at Kaneohe would produce about 250 more landings per year by 2018 at Upolu, which now handles about 800 landings of all aircraft per year, some of them military. Controlled area landings are the only activity anticipated, according to the EIS. No ground exercises or construction is planned.

Announcement of the EIS was made in early November. A public information meeting was held in Waimea November 30 with several Kohala residents asking questions about the operations. The Marine Corps was formally asked to hold a meeting in North Kohala, but declined saying it had previously scheduled five meetings on the Big Island. A spokesman said they "will make every reasonable effort to consider all com-

ments in the final EIS" received after the December 27 deadline.

Kohala Lihikai, the stewardship arm of the NK Community Access Group, has already filed a six-page list of comments on the EIS. The group points out errors and oversights in the data prepared for Upolu. Many of the environmental conclusions of the EIS were based on a 12-year-old report by Airports Division. No mention is made of the surface soil erosion that is happening seaward of the runway and damaging the offshore reef. Nor does the EIS reflect the historic and cultural significance of Mo`okini Heiau and Kamehameha's birthsite, which are within the landing approach-way to the airport.

The group is currently involved with Airports Division, Ala Kahakai Historical Trail and the County Planning Department in re-establishing public access, preservation of cultural sites and restoring native plants as ground cover in the strip of land makai of the runway. Eight other community groups have volunteered to help in the restoration.

In its comments to the EIS, Kohala Lihikai calls for the military to mitigate the impact that downdraft of the giant

See *Marines*, page 2

Remembering Loved Ones with Joy and Celebration



—text and photo by Megan Solis

Taiko drummers from Ryukyukoku Matsuri Daiko Hawai`i performed at the annual Hospice Tree Decorating/Remembrance Ceremony held December 9 at the Senior Center. The event is organized each year to remember, acknowledge and celebrate the lives of loved ones who have passed. A Christmas palm donated by Kohala Nursery was decorated with ornaments embellished with the names of loved ones who are gone but not forgotten. The celebration included caroling by the Senior Citizens Club, and ukulele and song performances by Kohala Middle School students.

New Year Brings New Captain for Kohala Police

As North Kohala rings in a new year, a new face will be in command of the North Kohala station and district. Capt. Jason Cortez will be taking over command on January 1, 2012, following his recent promotion.

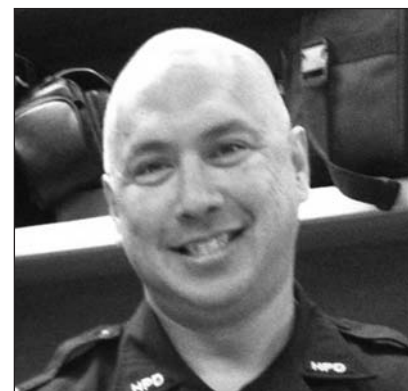
Cortez has been a member of the Hawaii Police Department since August 3, 1992. He has served as a patrol officer, a DARE officer, a field training officer, a community police officer, a Criminal Investigations Section detective, and a detective in the Criminal Intelligence Unit and Internal Affairs. He was promoted to lieutenant in 2006, serving first in Kona patrol and, most recently,

as head of Community Policing.

Cortez steps into the shoes of Capt. Richard Miyamoto, who will transfer to the North Hilo and Hamakua districts on January 1.

"I would like to take this time to express to all the residents of North Kohala my sincere appreciation and gratitude for having the opportunity to work here for you. These past few years have flown by and have been some of the happiest years I have spent in the police department," said Miyamoto. "The warmth and aloha that I received

See *Captain*, page 2



—photo Courtesy of Kohala Police Department

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2nd Annual Kupuna Dinner an Overwhelming Success

By Jenna Vega

The second annual Kupuna Dinner at the old Makapala Store is *pau*! Seventy-five guests braved pouring rain and were escorted into a dining room decorated with lights, candles and greenery. Pupus were offered as guests arrived, and dinner service of chicken and beef kabobs began. Coffee and dessert with a full Luau Show completed the evening with a bang! Door prizes were given throughout the evening which had many lucky kupuna (seniors) walking away from the party with a little something more than what they came with!

Kealoha Sugiyama, president of the Kohala Senior Citizens Club, noted, "The food was excellent. The entire event was so well done...we want to have our Christmas party here next year!"

Gladys Nanbu of Kohala added, "We had such a good time!"

If smiles and laughter count, then every kupuna left happier than they came.

This year, nearly 125 people tried to RSVP for the event, and it was difficult to tell people that after 75 spots had been filled, there was no more space.

"We're hoping to figure out how to expand for next year; that way we can include everyone who wants to come," said Ed Kawe, director of Makapala Retreat.

"We'd like to thank all of the people in the community who helped plan, prepare, decorate, serve or donate to this event," said Lis Kawe, the director's wife. "We could not do this without the help of so many and feel blessed to get to host this event for the second year in a row for our local kupuna."

Dinner organizers acknowledged the following businesses that contributed door prizes or food for the event: Ackermann's Gallery, Arakaki Store, As Hawi Turns, ATV Outfitters, Bamboo Restaurant, Big Island Eco Adventures, CSC Café, Elements, Hawi Gallery, Health In Motion, Hilo Products, Island Breeze Productions, Jenna Vega Photography, Kohala Artworks, Olivia Clare, Shige's Gas station, Starbucks, Sunshine Hardware, Susan Kobzev and Sushi Rock.

Information about next year's Kupuna Dinner will be posted on bulletin boards around town starting September 2012.

Captain, continued from page 1
from everyone made me feel so welcome. I hope that I was able to give back a little support and help to the community that gave so much to me. To each and every one of you, I wish that you

have a very safe, happy and joyous Christmas and New Year."

Of Cortez, Miyamoto said, "His background of working to strengthen and better communities will be a great asset to North Kohala."

Lighthouse, continued from page 1

Kohala, a trusted nonprofit made up of Native Hawaiian cultural practitioners, community leaders and kupuna who are deeply rooted through ancestral ties and present-day commitments in the Kohala community. Maika'i will ensure that public access for all is maintained for recreational, cultural and agricultural purposes, and that the area remains undeveloped and a community resource in perpetuity. Specific resource management plans will be formed through a community planning process, but Maika'i envisions a native landscape that protects the watershed, habitat for native species (especially sea and shorebirds), preservation of the existing open view plane, appropriate care of the remnants of Ohau heiau, and re-planting of Kamehameha I's taro patches and other organic produce to provide a healthy sustainable food source for Kohala.

Maika'i looks forward to supporting the ongoing community stewardship efforts at Kauhola Point, releasing rehabilitated native birds at Kauhola Point in partnership with Hawai'i Wildlife Center, and partnering with experts in sustainability, health and natural resource management.

Tax deductible donations can be sent to Maika'i Kamakani 'O Kohala, Inc., P.O. Box 40, Kapa'au HI 96755-0040 by December 31, 2011. Please note "Kauhola Point" on the donation.

For more information, watch a short video at <http://vimeo.com/18034112> or contact Laura Ka'akua at The Trust for Public Land, (808) 524-8562, laura.kaakua@tpl.org; Stephanie Naihe Laxton at Maika'i Kamakani 'O Kohala, 884-5757, naihe@msn.com, www.mkoki.org, or Elizabeth Pickett at Malama Kai Foundation, 443-8303, elizabethpickett@gmail.com.

Second Graders Showcase Favorite Stories



—photo by Rebecca Jankowski

Kohala Elementary School second-grade students from Ms. Griesser's, Mrs. Hagio's, and substitute Mrs. Wilkinson's (Mrs. Thomas') classes showcase their projects depicting stories from their reading anthology. The students are in Ms. Griesser's reading group. From August to December, they read 15 stories and made dioramas to show their favorite ones. They had fun working in groups to complete their projects. All look forward to the next anthology starting in the new year.

Marines, continued from page 1

M-22 and H-1 helicopters will have on the unprotected soil. It also says the historic and cultural importance of Mo'okini Heiau and Kamehameha birthsite must be acknowledged by the military and steps be taken to avoid impacts of noise, wind and vibrations on the sites.

"The connection between Upolu Airport and the military is long standing, and the Kohala community has long supported our men and women in uniform who have used the field for training," the letter says. "The comments by Kohala Lihikai are directed, not to the scope of the increased military use of the airport, but to the methods and findings of this EIS in identifying and mitigating impacts."

The land at Upolu was granted during the Mahele (land division) to

close supporters of King Kamehameha I. Upolu Airport was built as a U.S. Air Service landing field in June 1927. Though use was shared for a while with the Territory of Hawai'i, the military took back exclusive use through World War II until it was turned over fully to the territorial government in 1952. The military retains some landing rights mainly associated with activities at Pohakuloa Military Training Area.

Though the stated deadline for comments on the EIS is December 27, the preparers say they will respond to letters from North Kohala written within a reasonable time after that. Comments should be addressed to: Department of the Navy, Naval Facilities Engineering Command Pacific, 258 Makalapa Drive, Suite 100, Pearl Harbor, HI 96860-3134 ATTN: EV21, MV-22/H-1 EIS Project Manager.



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CDP Action Committee Addresses Community Communication, Filling Vacancies

By Lynda Wallach

The election of a new chair and vice chair and the urgency of filling the vacancies on the North Kohala Community Development Plan (NKCDP) Action Committee were among the first orders of business discussed at the December 12 meeting.

The committee currently has four vacancies: three members' terms have expired and one member has resigned. The county has received three applications which are being processed and will go to the planning director, Bobby Jean Leithead-Todd, for review. She will make her recommendations to the Mayor, who will then advise the County Council, which makes the final confirmation of the appointees. The elections for chair and vice chair have been postponed until March when, hopefully, the positions will have been filled. Until then, current AC chair Joe Carvalho will remain in his position and Susan Fischer will be vice-chair.

There was some discussion of having a volunteer take notes and help with the minutes since it is difficult for an AC member to actively participate and take notes. But Rosalind Newlon, NKCDP project manager from the planning department, explained that regulations prohibit an unpaid volunteer from taking minutes and that no money is budgeted for a paid position. Giovanna Gherardi volunteered to take minutes in January and suggested that AC members take responsibility for this on a rotating basis.

The committee also decided to postpone its annual community meeting until the vacancies on the committee have been filled. At the annual meeting, the AC reports to the community on the accomplishments of the committee and its subcommittees for the past year and presents its goals for the coming year. A committee consisting of Joe Carvalho, Hermann Fernandez, Giovanna Gherardi and Collin Kaholo was formed to plan the community meeting.

The session was then opened up to public comments on the issue that prompted so much discussion at the November meeting: how can the AC communicate more effectively with the community? Though fewer than 10 members of the community were present this month, those who were there

had many good suggestions including: create a newsletter summarizing the meeting including subcommittee reports; develop an email list of community members and representatives of community groups who wish to be sent meeting agendas, minutes, subcommittee reports and other communications; post AC and subcommittee meeting announcements and agendas on all the commonly used bulletin boards and at the library; create a Facebook page; identify and reach out to smaller communities (religious, business, schools, kupuna, etc.) within the larger North Kohala community; and hold small group "Ask the AC" sessions.

Toni Withington presented her ideas to the committee in a paper titled, "Let's Start Talking."

Among her suggestions were neighborhood meetings: there are approximately 11 neighborhoods within the North Kohala district, each with its own concerns. Each month the AC could schedule a meeting in one of the neighborhoods. She also proposed there be more articles in the Kohala Mountain News as well as short fact sheets covering the work of the subcommittees. Participation in the subcommittees needs to be encouraged.

In subcommittee reports, Hermann Fernandez of the Growth Management subcommittee reported the planning director will decide on the Harrison Family Trust road variance request sometime the following week.

They also reviewed two additional subdivision applications: one in Niuli'i for two 20-plus acre lots and one in Hawi just west of the Hawi Gym where the applicant wants to create five lots from a 1.985 acre parcel. This application is in conformity with the NKCDP which directs "North Kohala's growth to areas within and near existing town centers in order to preserve the district's open space and cultural resources." The subcommittee met with a planning department representative who educated them on how farm dwelling applications are handled: the first farm dwelling on an agriculture-zoned lot is allowed without conditions, the second farm dwelling must prove eight hours of farm work per week and any additional one must prove 40 hours of farm work per week per farm dwell-

ing. The subcommittee also researched and discussed the State's land use designations: Conservation (51 percent of all land in the state of Hawai'i), Urban (2.5 percent), Rural (less than 1 percent) and Agricultural (46 percent) and their ramifications. Anyone with an interest in Growth Management issues affecting North Kohala is encouraged to attend the next subcommittee meeting on Monday, January 2, from 6 to 7 p.m. at the Surety Kohala office in Hawi.

Joe Carvalho, reporting for the Public Access subcommittee, stated that although most of the \$1.3 million needed to purchase the 27 acres at Kauhola Point has been raised, \$107,000 is still needed to complete the purchase by the end of the year, when the land will be put on the open market. [See related story on page 1.] On other issues, the Upolu restoration work will begin early next year; the subcommittee is continuing to work on the Grant of Easement documents and the Access subcommittee is trying to get a community meeting set up in Kohala with officials regarding the proposed use of Upolu Airport by a unit of the United States Marines Corps. [See related story on page 1.] The Public Access subcommittee's next meeting is Wednesday, January 4, 4:30 to 6:30 p.m. at the Senior Center.

Giovanna Gherardi of the Infrastructure A subcommittee said the pavilion at Kapa'a Beach Park will be power washed and painted by community volunteers. Until county funds are allocated, the upgrading of toilet and shower facilities at Mahukona is going to be done by volunteers. The subcommittee's next meeting is 9 to 11 a.m., Thursday, December 29, in the Sunday School room at the St. James Episcopal Church.

Susan Fischer explained that the last Infrastructure B subcommittee meeting

centered on the issue of electricity reliability and redundancy or backup for Kohala. She showed a map of Kohala that the subcommittee will continually update showing the latest findings on the existing transmission system route, HELCO's proposed redundant loop route and coordination with potential geothermal power transmission routes to O'ahu. The subcommittee also plans to research the links between HELCO and the windfarm and improvements to the Hawi substation in conjunction with the windfarm. The next subcommittee meeting is Monday, January 16, at 3 p.m. at the Kamehameha Park gym conference room. The committee welcomes anyone interested in rural infrastructure, viewplane protection and electricity issues.

Speaking for the Affordable Housing subcommittee, Collin Kaholo said the issue is still finding land on which to build affordable housing units. The Kamakua Project (Self-Help) is on schedule with future homeowners on site from 7 a.m. to 4 p.m. on weekends and holidays. The subcommittee also discussed whether it should pursue 501(c)3 nonprofit status or work through the North Kohala Community Resource Center. Anyone concerned about the need for affordable housing in Kohala should plan on attending the January meeting. An announcement of the date and time will be posted. Meetings are held at the Senior Center.

The next meeting of the NKCDP Action Committee is Monday, January 9, at 4:30 p.m. at the Senior Center in Kapa'au. Agenda items include an update on the Upolu Airport, a proposal for an electronic bulletin board for Kohala and an update on the status of applications for open positions on the AC. The public is strongly urged to attend.

Community Communication Project

The CDP Action Committee wants community input. To encourage this, the Infrastructure A subcommittee has taken on the "Community Communication Project." Anyone interested in improving communication between the Action Committee and the rest of the community is encouraged to attend and share ideas. The next subcommittee meeting is 9 to 11 a.m., Thursday, December 29, in the Sunday School room at the St. James Episcopal Church.



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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.

January

Ad deadline: 1/13/11
News deadline: 1/16/11

February

Ad Deadline: 2/10/12
News Deadline: 2/13/12

Kohala Mountain News

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

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

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P.O. Box 639, Kapa'au, Hawai'i
96755

Letters—

Mahalo from Kohala Warrior Aquatics Team

Mahalo to those in the community who supported the Kohala Warrior Swim Team's Garage Sale, Car Wash and Auntie Peaches Poi Ball sale. The community's generosity made the day quite successful and will help offset costs for us to participate in the USA State Short-Course Championship meet in December in Kona. Monies will also be used for training equipment so that we might continue to improve our techniques and stamina.

A special mahalo to St. Augustine's Church for use of their parking lot, to Kathryn Groves for assisting with the garage sale set-up, to Mike Hasselbring for assisting with the car wash and again, to the community that donated generously. We love Kohala!

Kassie Kometani, Yuki Zbytovsky, Naomi Ney, Maya Inglis, Marvelanne Clark, Keala Gusman, Kendra Twist

A Little Clarity... and Levity... on the Subject of Rubbish

With regard to the article in the October issue of the Kohala Mountain News written by W. Tyler Gee titled, "Resource Recovery Reduces Rubbish at Fair," (which was most appreciated, so I start by saying thank you, Tyler): some of the information was unsubstantiated. In paragraph three the article suggests that businesses choose to use compostable, to-go items at the fair. This was not the case; it is a condition of having a food booth that the vendor use these required items. The Fair has even subsidized this activity for four years, as has Recycle Hawaii and Waste Stream. This is a multiple-entity effort to keep waste out of our landfill.

As for these items breaking down, or

not breaking down, in the landfill: This is not the purpose that they are designed for; the purpose is to biodegrade in a compost pile, with a temperature that has heated up. The problem lies in people actually doing this, and whether they feel that it is a benefit to their own compost pile, or not. This is not a simple issue, especially when it comes to the translucent corn cups, which few seem to actually want to compost, and which could possibly include genetically modified organisms or GMO's within the product structure. Hmmm, you say, and hmmm is right!??? But the "Resource Recovery" effort goes on, and is ever evolving, just like "life" itself.

My suggestion would be to take your

own plate, knife, fork and spoon to an event, eat your meal and take the flatware home and WASH IT. Or purchase a reusable clamshell food container (www.acemart.com/prod112508001.html), have the food vendor use your reusable, washable clamshell food container to put your meal into, and voilà, you have not used a "single-use item." Congratulations and welcome to your very own personal "zero waste" consciousness raising moment. It's a little bit like taking a shower, or a swim in the ocean. Feels great. Please try it.

In the vain hope that this "letter to the editor" will provide some clarity, rather than more confusion,

Sincerely, Edward Pollock

2nd Annual Christmas Craft Fair Festive & Successful

In a partnership with the elementary school, Kohala High's STUCO, Speech and Robotics organizations hosted the 2nd Annual Kohala School Christmas Craft Fair on November 26 at the school cafeteria. The fair included 26 local vendors with an array of crafts and food items. Vendor evaluation comments included the following: "atmosphere was festive," "organization was great," "friendly, helpful students," and "great variety."

Student performances from K-Factor talent show participants and winners Daryl Jim Diaz, Andi Amar, Kira Led-

ward, Carly Arraujo, Deja Ramos and Joy Antonio were enthusiastic performers and pleasant entertainment. Kohala graduate Brian Payapaya capped the fair off with an hour of audience favorites.

The Kohala Speech club students handled the emcee duties. The Kohala robotics students assisted vendors throughout the fair hours and worked the set up and clean up. Student council also participated. Over 30 lucky number items donated by vendors were given away to fairgoers. The drawings were a source of loads of fun.

The holiday season started with

soaring spirits and fabulous festive community cheer at the event. School organizations such as Leo Club and Journalism as well as the elementary and middle schools had booths with items for shoppers. Each school organization raised funds to support their school programs and projects.

The committee, Teresa Marquez, Donna Smith and Fern White, wants to extend a huge "Mahalo nui" with wishes for happy holidays to everyone for their participation and support.

Kohala School Christmas Craft Fair Committee

Editor's Note: These are the final letters, below, regarding the Kohala Scenic Byway project that will be published in Kohala Mountain News. Thank you for your contributions to the discussion.

For the Unity of the Community

I really had no idea of what was happening with the byway issue and just happened to find out about it on Facebook because of the hysteria of the highway name change. Since I had written the story about Akoni Pule, I too, joined the hysteria.

I was referred to a video and web page on the Internet, which I read and watched, but did not blindly believe because the authors were not identified. People whom I personally knew, whose families and whose hearts have always been in Kohala—Collin Kaholo, Fred Cachola and Joe Carvalho—were being vilified, and that was disturbing. If Malama Kohala is the voice calling for Total Transparency and Total Community, then it needs to follow its own mission statement and identify who they are.

Reading KMN's November issue and watching the video of the big meeting was interesting. Whether people agree with Malama Kohala's tactics or not, it brought people out to the meeting. Well, this is my take on the fiasco. It is written in my native language, "Pidgin Hawaiian" — not Pidgin English, as I'm

proficient in English. Sometimes people think that pidgin-speaking people are illiterate, but no, we can read, write and think. Pidgin is a simple, no-nonsense, common sense language with no Western grammar or spelling rules to limit thought.

Who make da decision fo my Kohala?...

Da businessman, da moneyman, o' da sista & da blahlah?

Da poe, eh, dey deserve sum pah-ticipation

Dey can tink fo' themself, yu-no... not like Plantation

So now we o' da organ-i-zashun dat manage da grant?

But, waht, as one business, heh? Dey take deir percent.

Da Kanaka kokua w/ mo'olelo & mele — manuahi

But ahwa packaged cul-cha malama da business, not me.

Waht? B-cuz I no go meetings, I no-mo one voice?

An' since yu go, den mek one plan, meen I no-mo choice?

Yu come my house an' like change

my pun'e

Eh, try wait... I tink I shoold have sum say — eh.

We waz so sked befo'... Plantation waz da rule,

We waz even controlled by da boss ov da skool

Now anaddah control... tell me fo' follow protocol

Well, maybe da meeting need one ovahaul!

But let us unite, come togedda an' hug,

Sing "Kamakani" & "E Hawaii," an' kiss eech ahddah's mug

An' tell eech ahddah how we've come to reespek

Ahwa differences in tinkin... dat we neva expek!

Fo' da unity ov da community Troh-way da Byway wid da opala, to prezeve da lifestyle ov Kohala.

Jus' say sorry, no need cry, no be huhu, say, "E kala mai"

Da plan is pau, da issue now dead... But I dunno, Boyd Bond...Wahtchu sed?

Lani Eugenio

Letters—

Editor's Note: A representative of the former Kohala Scenic Byway Ad Hoc Committee requested that the following be printed to address some of the information about the byway project they say is wrong and needs to be corrected.

1. The name of Akoni Pule Highway would change.

False. The committee never did and never would suggest the name of Akoni Pule Highway be changed. The story of Akoni and Sarah Pule is one of the stories we'd hope to share about Kohala.

2. Byway committee membership represents a conflict of interest.

False. Members do not benefit personally in any way. Volunteering for more than one organization in our com-

munity should be applauded, not condemned as self-serving.

3. Byway meetings were not open to the public.

False. Meeting times and contact information for committee members were published repeatedly in the Kohala Mountain News and presentations were made to several local organizations encouraging participation.

4. The byway committee gave power to a few individuals.

False. The byway program requires that local committees have grass roots support through extensive public involvement. The ad hoc committee had no power to change the highway in any way.

5. The byway could use eminent

domain to condemn land.

False. Only the government can condemn land by eminent domain.

6. The Byway group would "buy land and develop commercial complexes."

False. The only possible land purchases discussed were for preservation or community use, similar to the recent purchases of shoreline properties by the County and State.

7. The byway would bring in large mainland contractors and developers.

False. Pure fear-mongering with hot-button words intended to scare residents.

8. Byway would mean "years of road construction."

False. The purpose of a scenic byway

is to preserve the roadway; no road construction was ever discussed.

9. Byway will cause higher property taxes.

False. There is no relation between a scenic byway and property taxes.

10. At least 54 directional and interpretive signs or kiosks [were planned], averaging two visual intrusions per mile along either side of Akoni Pule Highway.

False. Existing byways have interpretive signs off the main road, not something to read while driving, and information centers would be in parking lots or other places for foot traffic, not car traffic.

Former Kohala Scenic Byway Ad Hoc Committee

In Response to Last Month's Byway Letters

I feel the need to address some of the letters from the last issue because there are some untruths and inaccuracies which are the type used by Malama Kohala to inflame tempers and cause unrest. Firstly, though, I thank Joe Ayer for his comments about change. It IS inevitable and unavoidable but it can be manageable. After all, how far back do we want to go? I'm sure there were people who objected to Akoni Pule's plan for a road, but it was inevitable and proved a big plus. Do we go back to pre-electricity or pre-telephone...or how about pre dish TV? These are all changes that some people objected to but are well embraced by this community.

To Frank Maier I ask instead of hurling questions and untruths why don't you do the research and actually check and see what the Resource Center has done? The facts are there and available to anyone who would make an effort to check instead of just making false statements publicly. The Resource Center's "agenda" is to help this community and no more than that. Anyone who doubts that should actually check its record before hurling untrue remarks and comments. This is why this community is hurting so badly now, not because of the byway proposition but because of lies told by the Malama Kohala website to advance their own agendas.

Enough of these lies and hurtful remarks. Use the truth and be pono about your criticisms. In that way you can be heard and respected by all, even those with opposite ideas. Changing the name of Akoni Pule Highway was never a part of the Byway group. Let's start with that truth and move forward as a community of mature, respectful people tolerant of each others' views and beliefs.

Aloha, Peter Pomeranze

Kohala Ditch Restoration Helped by Resource Center

I would like to express my gratitude and appreciation of the outstanding NKCRC contribution to the repair and restoration of the Kohala Ditch after the damaging earthquake of 2006.

The NKCRC did an outstanding job in the overall financial management of the project and its commitment in helping the North Kohala community. I can honestly state that many state legislators and federal officials to include Senator Daniel Inouye were impressed by NKCRC's performance in the repair and restoration of the Kohala Ditch.

I am extremely proud to have worked directly with the NKCRC because of its unselfish and productive involvement to make North Kohala a better place.

Sincerely, Larry M. Kanda

NKCRC Supports Cultural Enrichment Programs for Students

I want to thank the North Kohala Resource Center for sponsoring the North Kohala Student Cultural Enrichment Program. This program pays all expenses to bring the fifth-grade students to the Kahilu Theater three times a year and bring the fourth- and seventh-grade students to the Ka'upulehu Interpretive Center every year. This program helps pay for the Maui Academy of Performing Arts to come to the

Kohala Elementary school. We have also encouraged the Kahilu Theater to be more interactive with our schools by sending artists, film etc. This program has had a very positive effect on our children. Without the sponsorship of the NKCRC, this program and other vital programs that I am involved with would not exist.

Dixie Adams, Hawi

Kenji's Room Project Strengthened by Center's Support

The North Kohala Community Resource Center has been a tremendous help to me in strengthening my little Kenji's Room Museum project. It has supported me in my efforts to clarify the mission, and effectively share with the public the beauty and value of this unique piece of Kohala's History. I salute the good work that the people

at the Resource Center have done and all the generous community members who have helped build this exemplary organization. So many of us have seen our dreams take solid shape with their encouragement, guidance, and expertise. Their track record definitely deserves our support.

Catherine Morgan

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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.

A Plea for Peace in the Neighborhood

By Michael and Betty Meinardus

This is an unusual letter for us to write. Given the season, perhaps it is appropriate that it is sent now, as it is a plea for peace. Not for the world in general—though it is sorely needed everywhere—but for our own community. More specifically, it is an appeal for restoring a spirit of good-neighborliness.

When we moved here from the mainland seven years ago, it was for reasons similar to those of many fellow transplants: to build a home on a gorgeous view property in this island paradise. Our local architect designed us our perfect residence, and we situated it on a beautiful property with a view down the slope and across the strait to Maui. We settled in and tried to become "giving back" members of the community. Four years ago, we founded and continue to sponsor an annual golf event from which all monies go to benefit our local Kohala Hospital; we buy uniforms

for the Little League Team so that our local youth can play our national pastime. We try to be active and engaged in local events.

All this is now threatened by a terrible incident and an ensuing, ongoing "whisper" campaign to smear our names and turn our community against us. Let us explain.

Almost seven years ago, our immediate neighbors began planting trees along the common property line down the slope from our home, and directly across our view of the channel. There are no homes, just trees and sometimes cows, on this large hill. As you can imagine, we were distressed by this, and attempted to contact our neighbors to discuss an amicable resolution, such as different, shorter plants. The letters went unanswered. A personal encounter elicited a promise "to do something." We heard nothing. We invited them for dinner at our home, trying to establish a more social relationship in the hopes of

gaining their ear. They did not respond. We simply did not know what more we could do to address the problem. Quite naturally, we would comment on the trees—and the problem—to guests and friends we have had at the house over the years. The actions of one of those precipitated our dilemma.

While we were in Africa and Asia recently, an off-island friend house-sat for us. He, of course, has heard the tree lament more than once. Unfortunately, he took it upon himself to take action, in a misguided attempt to "help." Without our knowledge, he used fuel to poison a few of the trees. After our return, we were in contact with our local police, explaining to them what had happened. We offered to replace the trees or make a donation to a charity. Our "neighbors" responded by throwing a party for their employees all night long which featured signs placed on the fence along the road that offered a "\$5,000 reward for the 'tree killers.'" They put ugly, large

plastic banners, cameras, solar lights and trashy "decorations" up in the trees which are still there today. It was a scary night. This is not only an eyesore for us, but for the whole neighborhood.

In grade school this is called bullying.

We are neither bad people nor are we tree killers. We are being victimized by "neighbors" who have no concept of, nor concern with, what it means to be good neighbors. They have for years cavalierly ignored all attempts to communicate and to rationally discuss the effect their selfish and needless actions have on others. We can't apologize enough for the insupportable act performed against their property by our friend. But we do not deserve this vicious rumor mongering and character assassination at their hands.

We love this community. We love our home. We are staying. Our only hope is that you will appreciate the other side of this story and be our good neighbors. Thank you.

Workshop Helps Parents Manage the System

The North Kohala Parent Support Group for Special Needs Children are presenting a workshop titled, "Helping Parents Manage the System," 5:30 to 7:30 p.m., Monday, January 9, 2012, at the Compassion Pregnancy Center, 53-540 Iole Road (next to the Kalahikiola Church). Alice Bratton of Hawai'i Families As Allies will provide important information for families.

Parents who learn to help themselves help their child the best. This experiential workshop allows participants to evaluate their own performance in navigating the systems of care needed to meet their child's unique needs. After assessing their strengths and weaknesses in various aspects of advocacy, parents will share their successful strategies and begin to develop a plan to address their

challenges. Good self-care routines help parents remain focused and relaxed, and are most effective when the time to advocate for their child comes.

The support group's meetings are hosted by two North Hawai'i community

agencies, The North Hawai'i Community Children's Council (NHCCC) with representative Susan Wood, and Hawai'i Families As Allies (HFAA) representative Alice Bratton. For more information, call Debbie Ellazar at 889-1334.

Kohala VEX Robotics Wins Safety Award at Pan Pacific

By Fern White

Kohala VEX Robotics returned with accolades and awards from the Pan Pacific VEX Championships December 1 to 3 at the Hawaii Convention Center on O'ahu. With more than 104 teams competing, the level of competition was very high.

Kohala won the Overall Judge's Award for Safety. The teams also placed seventh overall after forcing second-seeded teams to a three-match quarterfinal. Team 2460 ranked 14th in programming skills with Joey Vignato programming. Team 2460 also placed fourth in robot driving skills with Michael Nelson as driver. Currently,

2460 is ranked ninth in the world for robot skills. The top 30 teams each season qualify to go to the World Championships.

Kohala robotics VEX program has grown from one robot to a total of five VEX robots. This is already a huge win for our students and the program. At two previous Big Island tournaments Kohala VEX teams had great successes with top rankings for all five of the robot teams.

For information on the program or to assist with program supplies or student travel, contact program coordinator Fern White at 889-7117, ext. 249.

Local Farm Releases 'Farmageddon' Calendar

'Ohana Living Farms is pleased to announce Farmageddon 2012, its first annual farm benefit calendar.

Set in a proximate-apocalyptic Hawai'i, Farmageddon explores life on the farm while our existence on earth is in peril. Slash-and-burn is celebrated with dancing; men harvest bananas while women sunbathe on solar panels; chickens are slaughtered amidst a feather pillow fight; it's work and play in the future on the farm, plus UFOs and zombies. True to theme, the calendar ends on December 21, 2012.

The calendar is educational, too, and includes icons and a key to the ancient Hawaiian moon calendar related to fishing and farming, sharing day-by-day

insight to best practices on land and in the water.

Calendars are 11x17-inch vertical format with wire-o binding and printed on recycled paper. They're available for preorder now at <http://olf.bigcartel.com/> and will be on sale at businesses in Hawi, including Paradise Postal and Kohala Coffee Mill. Proceeds benefit the reforestation and sustainable farming practices at 'Ohana Living Farms, a farm based on a 500-acre ranch atop Kohala Mountain. For inquiries contact Tim Dubitsky at tim@ohanalivingfarms.com or call (917) 488-6981.

Farmageddon is sponsored in part by North Kohala Eat Locally Grown, <http://eatlocalhi.org/>.

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Coqui Barrier Installed at Transfer Station

By Kim Takata

In early October, Ralph Blancato, Hiram Hagio, and a half-dozen community volunteers gathered at the transfer station on Ka'auhuhu Road to install a fence-like barrier that research

has proven keeps coquis at bay. It was designed at the University of Hawaii using an insect barrier screen that coquis are unable to grasp and hold onto. The barrier has been in use for several years in Hilo, where it has proven to protect nursery greenhouses from being infested by surrounding coquis.

In Kohala, the transfer station is an area where coquis are a constant problem, which has led to ongoing and expensive eradication in the gulch below. Last spring, the Coqui Coalition met with Greg Goodale, the head of the Solid Waste Division of the County Department of Environmental Management, to see what could be done about the spread of coquis from trucks and dumpsters, which all come from the Hilo side. Goodale had just moved to Hawaii

from Alaska and had never heard of coqui frogs until he lived in Hilo. He was very sympathetic to our concerns and willing to help us in whatever way he could to prevent their spread.

The result was collaboration between

the State Department of Agriculture, the County of Hawaii, the Kohala Coqui Coalition, and community volunteers. All the materials and labor were donated, except for the use of some heavy equipment used to clear the fence area and dig a trench to bury the screen.

Time will tell if the barrier works.

If it does, perhaps this method could be used in other applications such as construction sites before equipment is brought in. Plants are still the primary way coquis are spread, but now that so many areas are completely infested, coquis hitchhike on automobiles, heavy equipment and construction materials as well.

North Kohala is one of the few areas on the island that has been successful in keeping coquis at bay, due to the cooperation, education, communication, and

dedication of this community. As long as the community continues to support the efforts of the Coqui Coalition, members will continue the battle to keep Kohala coqui-free.

Report coquis to the Coqui Hotline: 889-5775.

Donations are accepted through the North Kohala Community Resource Center and are tax deductible.



—photo courtesy of Kohala Coqui Coalition

A fence-like barrier to ward off coquis around the transfer station was installed in October. The barrier is intended to keep coquis, which hitchhike in on trucks from Hilo side, from spreading to the gulch behind the station.

Hawi Stylist Takes A Little Off The Top

Story and photo by Megan Solís

Kohala residents who are feeling the pinch on their wallets have a new option for a haircut to fit any budget. Ardyth Diangelo offers \$10 haircuts at her new salon, Hair Splitting Experience, located on the back side of Kohala Trade Center, behind the Mexican restaurant, in Hawi.

Despite the low prices, Diangelo is not a novice hair stylist. Before her move to Kohala, she had been cutting hair on Maui since 1991, after receiving her training at Trendsetters there. In addition to the \$10 cuts, she also offers beard trims in the newest styles and shampoo for \$5.

Diangelo, who opened her shop in November, said she understands how tough it can be to make ends meet in this economy, so she wanted to help people by offering an affordable haircut. Diangelo is raising her 8-year-old grandson, Sam, and is happy to have such a safe place as Kohala to raise him.

"My heart has always been in the islands. I am so grateful to be here and I have the coolest grandson that I could ever dream of," said Diangelo.

Hair Splitting Experience is open Monday through Friday, noon to 5 p.m., and Saturday afternoons, 1 to 4 p.m. She



Ardyth Diangelo gives a hair trim to her grandson, Sam, at Diangelo's new salon, Hair Splitting Experience, located behind Kohala Trade Center in Hawi.

can be reached at (808) 769-2900. There is ample parking behind Kohala Trade Center.

January Classes and Workshops

Bring Your Favorite Pets to Life in Watercolor

A fun and inspiring three-day workshop entitled "Painting Pet Portraits in Watercolor" with watercolorist Tracy Lewis is planned for January 27, 28 and 29.

Filled with painting demonstrations, exercises, individual painting instruction and critiques, this workshop focuses on techniques to create shiny coats, fluffy fur and soulful expressions in watercolor. Students can paint from their own photographs or follow along with

Lewis.

Open to intermediate/advanced and beginning watercolorists with some experience.

Classes are from 10 a.m. to 4 p.m. at the Kohala Intergenerational Center at Kamehameha Park. Cost is \$250. Materials list will be provided upon registration.

For more information or to register, call Lewis at (530) 306-2595 or email thebubble94@yahoo.com. Her website is tracylewisart.com.

Aikido Beginners' Class Starts Jan. 3

Kohala Aikikai starts its beginners' class on January 3. The three-month cycle introduces aikido footwork, breathing, strong foundation and beginning techniques.

Cost for the 12 week program is \$150, which includes a training uniform.

Those interested in exploring the art of aikido are encouraged to practice with Kohala Aikikai at the dojo on Akoni-Pule Highway in Kapa'au (across from Sunshine Hardware.) For more details, call 889-5958.

Free Beginning Taiko Drumming Classes Offered

Ryukyukoku Matsuri Daiko Hawai'i of Kohala is offering beginner taiko drumming classes starting January 7. Classes are free and meet Saturdays 8:30 to 9:30 a.m. at Kohala Intergenerational Center at Kamehameha Park. Bring water and wear covered shoes. Children must be accompanied by an adult.

Call Kathy at 889-5801 to confirm location, or Sadie 889-6298.

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Hawaii Wildlife Center Takes Flight,

—photos by Ethan Tweedie and Megan Solís



With great anticipation, Lynda Wallach, left, and Gladys Nanbu enter the center's new building.



The Matsuda family was among the many Kohala residents and dignitaries who came to see the grand opening of the center.



Kohala Middle School student Hartwell Soledad sings for the guests at the grand opening, with some encouragement from Pete Hendricks, HWC board member.

Aloha and Mahalo to the North Kohala Community!

Saturday, November 19, 2011, Hawai'i Wildlife Center reached a major milestone with the completion of the building. The Grand Opening event was an amazing and wonderful celebration with more than 300 in attendance. It was truly a community event and is the result of the efforts of a large number of supporters, neighbors, friends and family.

The Hawai'i Wildlife Center board of directors and I would like to share our heartfelt THANK YOU to all who helped this project along the way. We would also like to acknowledge some of the many who assisted us with the event:

Speakers and entertainment: Kumu Hula Raylene Ha aieiea Kawaiaea; Halau Kalaniumi Alilola o Hawai'i Nei; Governor Neil Abercrombie West Hawai'i representative, John Buckstead; Representative Mark Nakashima; Representative Cindy Evans; County Councilmember Pete Hoffmann; DLNR First Deputy Guy Kaulukukui; US FWS Hakalau Refuge Manager Jim Kraus; John Keawe; Hartwell Soledad;

Event Coordination and Preparations: Katherine Groves; Vicky Kometani; Randee Golden; Jeff Devins; the Kohala Middle School staff and students, led by Advisory Team Leaders Duncan Anderson, Erika Blanco, Justin Brown, Chris Michaelis, Wendy Nickl and Janean Stone; Larry and Peggy Zolton; Focus Wildlife; Diana DeBruno; Jenny Kaulupali; Kohala Lions Club; Conservation Council for Hawai'i; John Allen Sign Company; LunaKai Hawai'i Sound Systems;

(see next page)



Halau Kalaniumi Alilola o Hawai'i Nei, under the instruction of Kumu Kau Nakamura and chanter Michael Matsu, seated, danced hula in celebration of the grand opening.

Geraldine Lopez of Archipelago Studios, which printed the Remains of a Rainbow: Rare Plants and Animals of Hawaii prints by Susan Middleton and David Liitschwagger. Ironwood Framing in Waimea mounted, coated and framed the prints, which are on display at the center.



Among the dignitaries present to celebrate the opening was Guy Kaulukukui, Ph.D., first deputy for Hawai'i Department of Land and Natural Resources chair person William Aila.




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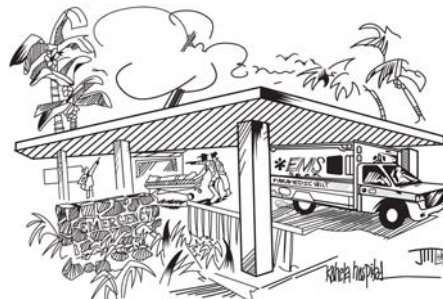
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Celebrates Grand Opening November 19

(continued from previous page)

Kona Impact Printing; Chambers Landscaping; Archipelago Gallery; Ironwood Custom Framing & Design; Susan Middleton; Ethan Tweedie; Steve Groves; Barb Davis; Colleen Nevins; Dahl Young; Elsbeth Meinardus; Giovanna Gherardi; Aaron Spielman, William Ruhl, Rhoady Lee; Kohala Watershed Partnership and Bradley Lau; Hawai'i Forest & Trail; Tinguely Development; Surety Kohala Corporation; ATV Outfitters;

Refreshments: Bamboo Restaurant; Nanbu Courtyard Café; Kohala Coffee Mill; Lighthouse Delicatessen; King's View Café; Merriman's; Redwater Café; Starbucks Kamuela; Takata Store; Flower Arrangements and



The public got a first look at the inside of the center, which will provide medical/husbandry care for native wildlife that are sick or injured due to natural or manmade disasters.



Linda Elliott, president and center director, beamed with joy as she addressed an overflowing crowd at the celebration.

Kumu Hula Raylene Ha`aieia Kawaiaea chanted the blessing for the new center, which will help rehabilitate native wildlife in Hawai'i.

It was standing room only at the Hawai'i Wildlife Center grand opening November 19 as people flocked to see the new facility.

Lei: Nani Svendsen; Lisa Ebrahimi; Kathi Babbins; Karen Rosen; Lise Pagaard; Christie Cash; Pat Owen; Audrey Veloria; Starbowski; Clean Islands Council; Arakaki Store; And all those who brought the many and beautiful lei that I wore with love and appreciation.

For more about our contributors, our organization, and to join our amazing supporters go to www.Hawaii-WildlifeCenter.org and follow us on our Facebook page.

Mahalo nui loa!

The Board of Directors and Linda Elliott, President and Center Director, Hawai'i Wildlife Center



John Buckstead, the West Hawaii representative for Governor Neil Abercrombie, read a statement from the governor proclaiming November 19 "Hawai'i Wildlife Center Day."



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Roxy Lunkow Long Rice 8 pk. 2 ⁰⁹		Roxy Coconut Milk 13.5 oz. 1 ⁴⁹		Taco Bell Taco Shells 12 ct. 1 ⁹⁹ 		Taco Bell Salsa Mild - Medium 16 oz. 2/4 ⁹⁹ 		Ocean Garden Shrimp 26 - 30 5 lb. 31 ⁹⁹		Mrs. Friday Gold Pack Shrimp 21 - 25 2.5 lb. 19 ⁹⁹	
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Diamond Bakery Graham, Salty, Whole Wheat Crackers, 9.5 oz.	3 ¹⁹
Diamond Bakery Soda Crackers, 13 oz.	3 ⁵⁹
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Carnation Coffeemate, 15 oz. assorted	5 ³⁹
Carmia Marinated Artichoke Hearts, 6.5 oz.	1 ⁹⁹
Swiss Miss Hot Cocoa Mix, 10 ct.	2 ¹⁹
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Taco Bell Refried Beans, 16 oz.	2/2 ⁵⁹
Taco Bell Taco Seasoning, 1.25 oz.	2/1 ⁸⁹
Kraft Macaroni & Cheese, 7.25 oz.	2/3 ⁰⁰
Yuban Instant Coffee, 8 oz.	6 ⁴⁹
Smuckers Preserves, Strawberry or Raspberry, 18 oz.	3 ³⁹
Malt o Meal Dyno Cereal, 12.5 oz.	2/4 ⁴⁹
Mum's Long Rice, 2 oz.	2/99¢
Mum's Whole Mushrooms, 5.5 oz.	1 ⁵⁹

Shirakiku Tempura Batter, 10 oz.	1 ³⁹
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Meadow Gold Nectars, 64 oz.	1 ⁹⁹
Meadow Gold Yogurts, 6 oz.	2/1 ⁹⁹
Dairyland Milk, homogenized, 2%, 1/2 gal.	3 ⁹⁹
Meadow Gold Novelty Ice Cream Bars, 6 pk.	2 ⁶⁹
Big Island Poultry Grade A Large Eggs, Mainland Shell Protected, per dozen	2 ⁶⁹

Meats

USDA Boneless Chuck Steak, per lb.	5 ⁶⁹
Island Range Fed Boneless Top Sirloin Steak, per lb.	5 ⁶⁹
Foster Farm Value Pack Chicken Thighs, per lb.	1 ⁹⁹
Frozen Pork Butt, bone in, per lb.	1 ⁸⁹

SALE PRICES GOOD DECEMBER 28 THRU JANUARY 10

LOVE'S Hearth Bread All Types 24 oz. 4 ⁴⁹	LOVE'S Kid's Choice Bread 24 oz. 3 ⁹⁹	Mae Ploy Sweet Chili Sauce 1 ⁷⁹ 10 oz.	LKK Oyster Sauce 17 oz. 1 ⁶⁹	Pepsi 24-pk. cans 9 ⁹⁹	Pepsi 2-liter Bottle 3 ¹⁹
Oscar Beef Franks Reg., Jumbo, XXL 16 oz. 2/6 ⁹⁹	Oscar Mayer Bacon 16 oz. 3 ⁹⁹	Dynasty Chow Funn 20 oz. 2 ²⁹	Nong Shim Spicy Bowls 3.03 oz. 1 ²⁹	Nabisco Ritz Crackers 13.7- 15 oz. 3 ⁵⁹	Nabisco 100 Calorie or Snackwells 4 - 5 oz. 2 ⁹⁹
Louis Rich Ground Turkey 16 oz. 2/3 ⁶⁹	Kraft Shredded or Chunk Cheese 2/7 ⁰⁰ 8 oz. KRAFT	Yamamoto Teas 1 ⁷⁹ 16 ct.	Chucy Fru Ice Pops 10 ct. 1 ⁹⁹	Dreyer's Ice Cream 48 oz. 4 ²⁹	Di Giorno Rising Crust Pizza 11.5 in. 6 ⁹⁹
Cool Whip Whipped Topping 12 oz. 2/4 ⁰⁰	Oscar Mayer Variety Pack 9 - 12 oz. 2/5 ⁰⁰	Newton Pancit Canton 8 oz. 2 ²⁵	Tentay Patis Fish Sauce 25.6 oz. 2 ⁷⁹	Stayfree Maxi Pads 3 ⁷⁹ 16 - 24 ct.	Vicks 44 Custom Care 6 oz. 5 ⁹⁹ Assorted
Frank's Foods Portuguese Sausage 12 oz. 3 ³⁹	Frank's Foods Frankfurters 16 oz. 3 ³⁹	Traders Choice Shiitake Mushrooms, sliced .75 oz. 1 ⁴⁹	Local Rubber Zoris 1 pr. 2 ⁷⁹	Crest Crest Toothpaste Assorted 3 ¹⁹ 6.4 oz.	Vicks Vaporub 1.76 oz. 3 ⁹⁹
Flavor Pac Frozen Strawberries 16 oz. 2 ⁷⁹	Kraft Singles All Types 2/7 ⁰⁰ 10 - 12 oz. KRAFT	Panasonic C or D Battery 2 ct. 1 ⁰⁹	Krazy Glue 1 ⁵⁹ .07 oz.	Herbal Essence Shampoo & Conditioner 12 oz. 3 ⁸⁹	Playtex Nurser Trial Kit 4 - 10 oz. 3 ¹⁹ Drop In Liners 50 ct. 3 ⁷⁹

Freezer/Deli

Farmbest Butter, 1 lb.	3 ⁷⁹
Shed's Country Crock Margarine, 2/7.5 oz.	2 ⁶⁹
Pillsbury Cookie Chubs, 16.5 oz.	3 ⁴⁹
Athenos Hummus, 7 oz.	2 ⁵⁹
Yoplait Yogurt, 4 - 6 oz.	2/1 ⁷⁹
Banquet Pot Pie, 7 oz.	2/2 ⁴⁹
Gorton Thrift Pack Fish, 24.5 oz.	7 ²⁹
Bays English Muffins, 6 ct.	3 ¹⁹
Chef America Hot Pockets, 4 oz.	2/2 ¹⁹
Bailey Ground Pork, 16 oz.	2 ³⁹
Oscar Mayer Chopped, Cooked Ham, 6 - 8 oz.	2/4 ⁰⁰
El Monterey Burrito, 8 ct.	4 ²⁹
Aji Co Shumai, 7.9 oz.	3 ²⁹
Aji Co Gyoza, 8.87 oz.	2 ⁸⁹
Birds Eye Spring Fresh Vegetables, 12 oz.	2 ⁵⁹
Inland French Fries, 32 oz.	3 ¹⁹
Cyrus O'Leary Banana, Chocolate or Lemon Pie, 28 - 30 oz.	7 ⁹⁹
Hormel Ham Patty, 12 oz.	2 ⁸⁹
Totino Stuffers, 14 oz.	3 ⁹⁹
Amy Enchilada Dinner, 9 - 10 oz.	4 ⁶⁹
Wes Pac Spinach or Okra, 16 oz.	2 ⁴⁹
S&S Saimin, 9/4.5 oz. `ohana pack	5 ⁴⁹
Menlo Lumpia Wrappers, 16 oz.	2 ⁷⁹
Tyson Party Chicken Wings, 5 lb.	14 ⁷⁹
Tyson Boneless, Skinless Chicken Breasts, 40 oz.	9 ¹⁹
Tyson Boneless, Skinless Chicken Thighs, 40 oz.	7 ⁴⁹
IQF EZ Peel Shrimp, 31/40, 2 lb.	11 ⁶⁹
Frozen White Crab Sections, 1.5 lb.	6 ⁷⁹
Frozen Mussels, 1/2 shell, 2 lb.	7 ⁹⁹

Produce

Tomatoes, loose, per lb.	1 ⁷⁹
Potatoes, loose, per lb.	99¢
Granny Smith Apples, per lb.	1 ⁷⁹
Amano Tempura, 6 oz.	1 ⁹⁹

Non Foods

Angel Soft Double Roll Bath Tissue, 6 ct.	4 ⁴⁹
Sparkle Paper Towel, 1 roll	2/2 ⁴⁹
Hefty Foam Plates, 50 ct.	2 ⁶⁹
Downy Fabric Softener, 64 oz.	3 ⁶⁹
Fitti Diapers, Jumbo Pack, 26 - 40 ct.	9 ¹⁹
Dixie Plates, 10 in., 20 ct.	3 ¹⁹
Diamond Foil, 25 sq. ft.	1 ³⁹
Ziploc Sandwich Bags, 120 ct.	3 ²⁹
Western Family Napkins, 360 ct.	3 ¹⁹
Western Family Cups, 16 oz., 20 ct.	2 ¹⁹
Sun Liquid Detergent, 188 oz.	9 ⁹⁹
Tide Liquid Detergent, 50 oz.	9 ⁸⁹

Beer/Wine/Liquor

Corona, 12 pk., bottles	14 ⁹⁹
Heineken, 12 pk., bottles	15 ⁴⁹
Steinlager, 12 pk., bottles	10 ⁹⁹
Coors, 18 pk., bottles	16 ¹⁹
Budweiser, 18 pk., bottles	16 ¹⁹
Natural Beer, 24 pk., cans	16 ⁴⁹
Becks, 12 pk., bottles	12 ⁴⁹
Yellowtail Wine, 750 ml.	5 ⁹⁹
Kendall Jackson Chard., Avant, Sauv. Blanc., 750 ml.	11 ⁹⁹
Fetzer Wine, 750 ml.	2/12 ⁹⁹
Woodbridge Sparkling Wine, extra dry, 750 ml.	7 ⁹⁹
Crown Royal, 750 ml.	19 ⁹⁹
Jose Cuervo Tequila, 750 ml.	13 ²⁹
Wolt Schmidt Vodka, 1.75 liter	12 ⁵⁹
Bacardi Rum, 750 ml.	11 ⁹⁹
Tanqueray Gin, 750 ml.	16 ⁹⁹
Smirnoff Vodka, 750 ml.	11 ⁹⁹

Poster Contest, Golf Tournament Launch Hospital Fundraising Efforts

Kohala Hospital Charitable Foundation is launching its "2012: The Year of Kohala Hospital" fundraising campaign with two activities to involve both young and old. Donations and contributions will benefit a new emergency room for the hospital.

The foundation is sponsoring the 2012 Kohala Hospital Art Contest in an effort to engage young people in community service for the hospital. The theme is a "The Future of Kohala Hospital" poster contest. Students in sixth to eighth grades at Kohala Middle School or equivalent home-school students are eligible to participate, with divisions for each grade level.

Poster size must be 12-inches by 18-inches; the words "The Future of Kohala Hospital" must be on the face of the project and the student's name and grade must be written on the back.

Entry deadline is February 3, 2012. Prizes will be awarded for first through third place in each division.

All winning posters will be professionally matted by David Gomes and displayed at several locations. For more information about the poster contest, contact Hana Anderson at 987-6762 or hana@kohalataxllc.com.

For the adults, the foundation hosts a Scramble Golf Tournament at Hapuna Golf Course on February 11, 2012. Check-in time is 7:15 a.m.; shotgun start at 8 a.m.

Tournament play will be followed by a buffet lunch at Hapuna Beach Prince Hotel. All-inclusive tickets are \$195 per person. All participants will receive a generous welcome gift bag.

Team prizes will range from \$600 to \$100, and \$100 will be given for longest drive, men and women, and \$50.00 for closest to the pin.

Donations, hole and tee sponsorships are welcome.

The event is sponsored by Bitburger. For more information and to register, contact Betty Meinardus at 889-5304 or elsbethm@earthlink.net.

Mueller Offers a View of the Holy Land at St. Augustine's Episcopal Church

The Rev. Heather Mueller will offer a four-week presentation from her recent work in the Holy Land at St. Augustine Episcopal Church on January 20, 27 and February 3, 10.

The purpose of the offering is for people to explore a current view of the Holy Land, where Mueller spent the past year. The four Friday evenings start at 6 p.m. in Walker Hall, with dinner featuring Middle Eastern foods, and continue with information and a PowerPoint presentation. There will be time for questions. The presentation concludes at 9 p.m. There is no charge.

Mueller was appointed by the Episcopal Diocese of Hawaii as the new priest at St. Augustine's beginning in January. She is the second woman ordained as a minister in the Episcopal Church of Hawaii and the 50th woman ordained priest in the entire Episcopal Church of America.

Following her retirement after 29 years as the priest at St John's Episco-

pal Church in Keokea, Maui, Mueller accepted a position as manager of logistics at St. George's University in Jerusalem, where she coordinated worldwide



The Rev. Heather Mueller

Continuing Education Programs providing an in-depth introduction to the Holy Land. She designed programs that allowed students to engage in pilgrimages, explore Biblical archaeological sites and interact with religious leaders in Jerusalem.

The Rev. Mueller is a graduate of the Church Divinity School of the Pacific in Berkeley, Calif. She was the founder of Maui Christian Ministers Association in 1985, and since 1992, has been a member of the National Network of Episcopal Clergy Association and the Hawaii Episcopal Clergy Association. She was a founding member of the Kula Community Association and a member of the Rotary Club of Maui since 1993 where she became club president in 2010. For more information, call 889-5390.

St. Augustine's Episcopal Church

Kapa'au, North Kohala • 808-889-5390

Sunday Services:

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

7:00 p.m. - Holy Communion

Thrift Shop Hours:

Weds: 12:00 - 3:30

Thurs: 4:00 - 6:00

Last Saturday: 10:00 - 12:00

Free Community Meal:

Last Saturday: 11:00 - 12:30



Kohala Baptist Church

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

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Sunday 7 a.m. • 9:30 a.m.

Weekday Mass:

Monday - Thursday at 7 a.m.

Eucharistic Service: Friday at 7 a.m.

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Table Tennis, Anyone?

Story and photo by Megan Solís

Looking for a fun way to spend more quality time with your family or friends in the coming year? Why not pick up a paddle and try your hand at a little table tennis?

A group of table tennis enthusiasts meets each Tuesday and Thursday evening at Hisaoka Gym, and they are seeking people of all ages and skill levels to join them. The play is casual, with some beginner players just learning the game and other more experienced players wanting to hone their skills. Advice, encouragement and assistance are there for those who want it, but

no formal instruction is required. The only requirement is to have fun. There is no fee for participation.

The group was organized by Kohala resident Len Winkler, who has played the game since he was a child. Winkler is not only a competitive player but also a coach. In fact, he recently received his ITTF (International Table Tennis Federation) and PTT (Para Table Tennis Athletes) Coaching Certification. There are 32 such certified coaches in the United States, and Winkler is the only one in the state of Hawai'i.

Players range from elementary- age

students to adults; parents are encouraged to come and play with their children. Shawn Weisz and his daughter, Morgen, are regular players with the group. They square off against each other



Shawn Weisz, foreground left, plays a friendly game of table tennis with his daughter, Morgen. Players meeting on Tuesday and Thursday evenings at Hisaoka Gym are looking for more players.

at the table until another young player comes along to challenge Morgen, and Shawn takes a break.

"It's about family time," says Shawn. "This is a great family activity, and it's great for Kohala." He notes that Kohala has a lot of family activities, but it's nice to play together with his daughter and not just watch her from the sidelines.

Winkler notes that people can learn to play table tennis at any age, but children age 8 and up are especially suited to learn. "They are quick, and their size is perfect for table tennis," he said.

Local players are not all beginners,

however. A few compete in tournaments, including a recent one in Hilo. "We have all skill levels in our club," said Winkler. Players rotate, so there is an opportunity to play against both higher- and lesser-skilled players and learn from each other.

Winkler says he has five competition-quality tables at the gym, plus two more if needed, to accommodate lots of players. He also has the paddles and balls, so players do not need to buy equipment.

Also called ping pong, table tennis is now the most-played individual sport in the world, said Winkler.

"Research in Japan has shown that playing this sport reduces the risk of developing dementia and Alzheimer's. Some doctors in the USA have declared table tennis as the brain sport," he said.

Winkler began coaching with his own son, who is now a highly-accomplished competitive table tennis player. He continues teaching others, both with personal coaching at his home, and through programs at Kohala Elementary School, in RoseMae Watterson's programs as well as for 21st Century.

The group plays at the gym every Tuesday, starting at 7:15 p.m., and Thursday, starting at 6 p.m., as well as Wednesdays in Waimea, starting at 4:30 p.m., at the Waimea Community Center.

An enthusiastic and knowledgeable table tennis advocate, Winkler says he is happy to answer any and all questions regarding this great sport for both young and old. For more information about table tennis, visit Winkler's website at: www.tabletennisandmore.com/hawaiiitm.htm, or call him at 889-1099.

Credit Union Appoints New Director from Kohala

Hawaii Community Federal Credit Union is pleased to announce the recent appointment of Hermann Fernandez as a new director.

A member for more than 20 years, Fernandez is the chief financial officer at Surety Kohala Corporation and an active resident in the Kohala community. He serves as a member of the North Kohala Community Development Plan Action Committee, a director of the Kohala Community Athletic Association, and he also established the Kamehameha Park Tennis Association. He holds a Bachelor of Arts degree in accounting from the University of

Washington.

Hawaii Community Federal Credit Union has been serving its members for 75 years. It is a not-for-profit credit union, wholly owned by its 38,000-plus members, with branches in Kohala, Kealahou, Kailua-Kona, Kaloa and Honokaa. It sponsors Student Credit Unions at Kohala, Kealahou, and Kamehameha high schools and Children's Savings Programs at eight elementary schools, including Kohala. Membership in Hawaii Community Federal Credit Union is open to all island residents. For more information, visit www.hicom-mfcu.com.

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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.

Kohala School News

ELEMENTARY AND MIDDLE SCHOOLS EARN AWARDS

Kohala Elementary and Middle schools were recognized by the state Department of Education as Hawai'i Distinguished Schools for making more than 10 percent gains in both reading and math on the 2010-2011 Hawai'i State Assessment (HSA.) On October 27, a team of teachers, former KMS principal Janette Snelling, current KMS principal Patricia Champagne and eighth-grader Ford Clark attended the Hawai'i Distinguished Schools luncheon on Oahu. The luncheon recognized the school for its continuous improvement in making Adequate Yearly Progress.

On Friday, November 18, the elementary and middle schools were also recognized by Edison Learning Alliance

at an awards banquet in San Diego as Schools of Academic Achievement. Kohala Elementary was acknowledged for making the highest gains (of ALL Edison schools) in our state assessments, and Kohala Middle was honored as a Five-Star School (highest ranking) for making AYP (Adequate Yearly Progress) three years in a row.

Edison Learning Alliance and Principal Snelling have moved in at Kohala High School; great things will be happening there soon.

Danny Garcia and Patricia Champagne

A MUSICAL EDUCATION THROUGH BEETHOVEN AND SPONGEBOB

Kohala Elementary School and Kohala Mission School students were treated to a free concert at the KES gym with world-renowned pianist Alpin

Hong, courtesy of Kahilu Theatre. On November 17, Hong introduced 400 kindergarten to fifth-grade students to classical music from Beethoven's "Imperial March," Wolfgang Amadeus Mozart and Chopin in a fun and creative way using popular movies, television shows and video games such as Super Mario, Star Wars, and Sponge Bob themes.

RoseMaeWatterson

KMS SEEKS SUBSTITUTE TEACHERS

The Hawai'i Department of Education recently changed its policy: as of January 4, 2012, any substitute teacher who doesn't have a bachelor's degree will no longer be able to substitute. Kohala Middle School needs community members from Kohala with a bachelor's degree to take the substitute class and become certified. Anyone interested can

contact the school and speak to principal Patricia Champagne, who can assist them through the process of becoming certified. Information is also available online at <http://doe.k12.hi.us/personnel/substituteteacher/index.htm>.

Patricia Champagne

KHS STARTS NEW YEAR WITH HOMECOMING GAME, PARADE

Kohala High School Homecoming Basketball Game is Friday, January 27, 2012. Junior varsity begins at 6 p.m. with Homecoming Court presentation between the JV and varsity games.

The Homecoming Parade is on Saturday, January 28, 2012, at 10 a.m., starting at Kamehameha Park and ending at Kohala High School. This year's theme is "Blow Away HPA!"

Donna Smith

Library Presents Cello Quartet, Hawai'i History in January

The "Voice of the Wood" Cello Quartet will perform at the North Kohala Public Library at 6:30 p.m. on Monday, January 9.

As a delightful way to spend a Hawaiian winter evening, one young child said the quartet is "like hot chocolate on a snowy day." The hour-long program is designed to entertain children as well as adults and features a variety of music by classical, Hawaiian and contemporary composers.

Voice of the Wood plays in public schools throughout their home base of Denver, Colo. and considers contacts

with children to be a primary focus of the quartet. Each January, the four cellists spend one month in Hawaii performing on the Big Island.

Members of the quartet introduce each piece of music in a humorous way, setting the tone for the listener to relax and enjoy the sounds of the cello.

The members of the quartet are Marilyn Hof, Michael Marecak, Shirley Marecak and Stephen Weidner. In addition to performing with the quartet, each of these musician participates in other chamber or symphony orchestras.

Admission is free, and the entire

family is invited to this performance.

Bond to Talk Story about Hawai'i History

The library also presents a series of three "talk story" sessions on Hawai'i's history with North Kohala historian, Boyd D. Bond, in January, February and March 2012.

The first session on Monday, January 23, will focus on "The Life of King David Kalakaua." In the second presentation on Monday, February 27, Bond plans to talk about "The Royal Women of Hawaii." Based on audience interests, Bond will select a topic for the final program in the

series on Monday, March 19.

Each hour-long presentation begins at 6:30 p.m.

Boyd Bond's knowledge of Hawai'i's history stems from his academic studies and from a lifetime spent in Hawai'i as a sixth-generation descendent of early western settlers in Hawai'i. "Many of the stories of Hawai'i's history are also our family stories," he says.

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

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Olympians Earn Medals at State Competition

Special Olympics Kohala Delegation participated for the first time at the state competition for bocce and came home medal winners.

Elijah Rabang and Lansen Ellazar-Carvalho received the silver medal for their team "Kohala Warriors." Ellazar-Carvalho and Debbie Ellazar received the bronze medal in the Unified Division. Their team name was "Kohala Transformers G-1." And Rabang and Sarah Kobayashi received the gold medal in the Unified Division, under the team name, "Kohala White Tigers."

The event was held December 3 to 4 on O'ahu.

The next season of Special Olympics starts at the end of January. New sports



—photo courtesy of Special Olympics Kohala Delegation

Special Olympics Kohala Delegation members, from left, Debbie Ellazar, Lansen Ellazar-Carvalho, Elijah Rabang and Sarah Kobayashi, competed for the first time at the state bocce competition in December.

will include track and field, weight lifting and swimming. Any athletes or coaches interested in participating can contact Sarah Kobayashi at 640-0471.

Scenic Byway De-Designation Is Official

The North Kohala Scenic Byway, Ke Ala O Kohala, has officially been de-designated as a state scenic byway. A letter from the State of Hawai'i, Department of Transportation, was sent to North Kohala Community Resource Center confirming the de-designation effective the date of the letter, November 17, 2011. The letter was signed by Glenn M. Okimoto, Ph.D., director of transportation.

KOHALA CALENDAR

January 2012

- 2 Mon New Year's Day holiday observed, county/state offices closed.
- 2 Mon 6-7 pm, Growth Management Subcmte. Mtg., public invited, Surety Kohala office, Hawi.
- 3 Tue 4-5:30 pm, Hope for Haiti Mtg., St. Augustine's Walker Hall, new members welcome, Lani, 889-5852.
- 4 Wed 10-11 am, Homeschool Wednesdays, free, North Kohala library, 889-6655.
- 4 Wed 4:30-6:30 pm, No. Kohala Public Access Group Mtg., Senior Center, Ted, 889-5801.
- 5 Thu 3:30 pm, Kohala Elem. SCC mtg., rm. 12, public invited, 889-7100.
- 5 Thu 6-9 pm, Green Drinks Hawi, Kava Kafe, organic networking & pupus, Forrest, 987-2365.
- 6 Fri 10 am, Preschool Story Time series, ages 2-5, North Kohala library, 889-6655.
- 7 Sat 8:30-9:30 am, RMD Taiko beginner class starts, bring water & covered shoes, children must be accompanied by adult, free, Kathy, 889-5801 or Sadie, 889-6298.
- 9 Mon 4:30-6:30 pm, CDP Action Cmte. Public Mtg., Senior Center.
- 9 Mon 5:30-7:30 pm, Workshop: "Helping Parents Manage the System," Compassion Pregnancy Center, 53-540 Iole Rd., Debbie, 889-1334.
- 9 Mon 6-7 pm, Kohala Haw'n Civic Club Public Mtg., Hawi Community Center, Rochelle, 896-3033.
- 9 Mon 6:30 pm, Voice of the Wood Cello Quartet, free, North Kohala library, 889-6655.
- 10 Tue 11 am, Book discussion, "The Glass Castle" by Jeanette Walls, North Kohala library, 889-6655.
- 13 Fri 10 am, Preschool Story Time series, ages 2-5, North Kohala library, 889-6655.
- 14 Sat 10 am-3 pm, Community Harvest Day, "Chinese Food & Culture," drop off produce 8-10 am, KIC, Andrea, 960-3727.
- 16 Mon Martin Luther King Day, no school, county/state offices closed.
- 16 Mon 3 pm, Infrastructure B Subcmte. Mtg., public invited, Kamehameha Park gym conference room.
- 16 Mon 4:30 pm, Affordable Housing Subcmte. Mtg, public invited, Senior Center.
- 18 Wed 10-11 am, Homeschool Wednesdays, free, North Kohala library, 889-6655.
- 18 Wed 6:30 pm, KHS SCC mtg., rm. D-24, parents & community welcome, 889-7117.
- 19 Thu 1:30-2:30 pm, Kohala Hospital Auxiliary Mtg., Hospital Pavilion, new members welcome, Dixie, 889-5730.
- 20 Fri 10 am, Preschool Story Time series, ages 2-5, North Kohala library, 889-6655.
- 20 Fri 6-9 pm, 1st of 4 presentations by the Rev. Heather Mueller on the Holy Land, dinner precedes presentation, free, Walker Hall, St. Augustine Episcopal Church, 889-5390.
- 21 Sat 9 am-1 pm, Treasures Helping-Hand Store, Assembly of God, Hawi Rd., free meal: 10 am-1 pm, 889-5177.
- 21 Sat 4:30-6:30 pm, Free Grindz -- Hot Meal, under the Hawi Banyans, bring a friend, Kohala Baptist Church, Sondra, 889-5416.
- 23 Mon 6:30 pm, Hawaii's History, King Kalakaua, presented by Boyd Bond, free, North Kohala library, 889-6655.
- 27 Fri 10 am, Preschool Story Time series, ages 2-5, North Kohala library, 889-6655.
- 27 Fri 6 pm, KHS Homecoming Basketball game, Court presentation between JV & varsity games, Hisaoka Gym, 889-7117.
- 27 Fri 6-9 pm, 2nd of 4 presentations by the Rev. Heather Mueller on the Holy Land, dinner precedes presentation, free, Walker Hall, St. Augustine Episcopal Church, 889-5390.
- 28 Sat 9-11 am, KES Discovery Garden volunteer day, grade level challenges for students who bring family or friend, potluck lunch follows, Star, 896-3436.
- 28 Sat 10 am, KHS Homecoming Parade, on Akoni Pule Hwy. from Kamehameha Park to KHS, 889-7117.
- 28 Sat 11 am-12:30 pm, Free Community Meal, St. Augustine's Walker Hall, Thrift Store open 10 am-12:30 pm.

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



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THE COQUI CORNER

DECEMBER 2011

Quiet month for Coquis!

No calls on the Coqui Hotline this month.

Traditionally, coquis are less vocal when the weather is cool.

Frogs reported singing at Wainae Gulch. After treating, the area is quiet.

Mahalo, Kohala, for your support!

Coqui Hotline: 889-5775

Donations are gratefully accepted through
North Kohala Community Resource Center

HELP KEEP KOHALA COQUI FREE!

Hawi Woman's Journey Through Cancer Leads to Helping Others Heal

When Karin Cooke, R.N., filled in on the oncology wing of the Portland, Oregon, hospital where she worked as a young nurse in 1980, she had no idea it would awaken the passion that would become her life's work. After years of studying integrative healing therapies, research and her own personal cancer experiences, she co-founded Kokolulu Farm and Cancer Retreats in Hawaii to help those affected by cancer find their way to healing.

Karin feels it is her kuleana (Hawaiian for responsibility, passion) to share with others what she has learned through her own life experiences, because she feels sharing validates those experiences. She believes all of us go through journeys of great times and also of deep despair and we gain much wisdom by going through these periods. "What use is this amassed wisdom if not to be shared? It's what life is about." It gives her a sense of purpose.

Karin married her high school sweetheart, David Cooke, and they had two daughters, Gina and Stephanie, before he was diagnosed with a cancer that eventually took his life. She was his caregiver and primary support person for 12

years while he struggled through intensive chemotherapy in order to survive long enough to see his daughters finish high school. During this time, Karin worked as a nurse full time, continued her studies, and raised their two girls. Dave had been the fifth in his family in three generations to succumb to cancer; Karin believed there had to be more than just what western medicine had to offer for those on a healing journey. She vowed to find what more there was for people to heal.

The year after losing Dave, Karin met Lew Whitney, who shared her quest for knowledge of mind/body/spirit healing. Together they studied various healing techniques, including numerous trips to China to study Qigong and other eastern concepts of healing.

Then, after a few years together, Karin received a cancer diagnosis her-

self. She discovered she had had abnormal PAP smears for six years prior to diagnosis and each year had been told by her doctor they were "normal." It wasn't until the report read "cancer" that she was ever told there was anything wrong. From oncology nurse, to caregiver, to cancer patient! Karin felt

she was betrayed by her doctor and robbed of the opportunity to use less extreme healing measures than the surgery she now needed. She realized she had anger to deal with, in addition to a cancer that needed to be removed, and that the anger would get in the way of healing, so she needed

to figure how to dissipate the negative emotions in a healthy manner.

Karin felt, "When you have a cancer diagnosis it is as if your life has been taken out of your hands, like a hamster on a wheel, just putting one foot in front of the other with no power to change direction." She needed to find a positive space, the power in which to heal.

Lew had become a Qigong monk and made his focus Karin's support as her caregiver. They realized when you are diagnosed with cancer you need time to gather yourself, think clearly, and find the empowerment to move forward to heal. Karin put together a "cancer retreat" for herself at a small cabin in the woods, a day's drive from her home in Oregon, where she used all the tools for healing she had been learning about. When she returned several days later, she felt refreshed, in charge of her own life again, and ready to move forward with the task at hand, cancer surgery and healing.

Lew and Karin married a few years later and found the beautiful, peaceful land in Hawi that is now their retreat center. Here they farm organically and sustainably, possible in their location



Lew Whitney and Karin Cooke enjoy fresh papaya from their farm.

Novice Swim Team Wins 2nd Place at County Championships

The Na Papi'o of Kohala novice team battled against larger swim teams in the County of Hawai'i Novice Championship meet October 29. After competing in county pools around the island, the team had its final showdown at the Kawamoto pool in Hilo. Despite having only 30 swimmers and competing against teams of 40 to 50 swimmers, the Kohala Na Papi'o took the second-place overall team trophy; their individual swimmers took six sixth-place ribbons, nine fifth-place, eight fourth-place, five third-place, ten second-place and seven first-place ribbons for a total of 171 points.

Novice champions were Eyera Nogues (25 breast), Morgan Davis (25 free), Shiloh Perez (50 breast), Malcolm Davis (25 fly) along with repeat champions Ellia Baldwin (25 fly) and double winner Keala Gusman (25 fly, 100 IM).



—photo courtesy of Jeff Coakley

Individual novice champions of the Kohala Na Papi'o team celebrate their victories: front row Eyera Nogues, Shiloh Perez and Ellia Baldwin; back row: Keala Gusman, Malcolm Davis and Morgan Davis.



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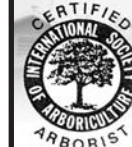
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