

# Kohala Mountain News

Vol. 11, No. 7

July 28, 2012

## KPCT Lands Set for Foreclosure Auction

By Megan Solís

Reports floating around North Kohala of an impending foreclosure of lands held by Kohala Preserve Conservation Trust, LLC, were confirmed with the publication of the Notice of Commissioner's Foreclosure Sale in the Honolulu Star Advertiser on July 15. The foreclosure auction is set for Wednesday, August 22, at 12 p.m. on the lanai of the South Kohala District Court, 67-5187 Kamamalu St. in Waimea.

The foreclosed property consists of more than 7,000 acres of North Kohala land. Included are 11 parcels totaling approximately 642 acres adjacent to the Mahukona Boat Harbor and Kapa'a Beach Park, both mauka and makai of the highway and including ocean frontage.

The bulk of the foreclosed property lies from Halawa to Pololu, described in the notice as "forty generally contiguous parcels with frontage on Akoni Pule Highway and extending uphill, together with portions of the Kohala Ditch irrigation water system, totaling approximately 7,116 acres."

Some areas of the property will be shown by caravan beginning at  
*See KPCT, page 3*

## Many Hands Make Light Work

Ever wondered about the self-help housing development just east of Hawi? Family, friends, and neighbors work together to make it happen.

Here, family friend Anson helps the Boyle family lay laminate flooring in their new house. Read all about it on page 10.



—photo by Megan Solís

## Akoni Pule's Legacy Honored with Highway Marker

For the many visitors and newcomers who have wondered about the name of the coastal highway that leads from Kawaihae to Pololu, the mystery is over. On July 7, members of the Pule 'ohana joined the staff and directors of the North Kohala Community Resource Center to dedicate a new sign board which explains who Akoni Pule was, his contributions to North Kohala, and why the highway was named for him.

The sign, topped by a green "Akoni Pule Hwy" street marker, was installed outside the Kohala Welcome Center, near Ho'ea Road.

The parking area outside of the Welcome Center was awash in red t-shirts as Pule family members, from keiki to kupuna, came together to honor this cherished son of Kohala. Akoni Pule's nephew, Herring Kalua, led the blessing and dedication, which was followed by the Pule family planting greenery around the sign.

Akoni Pule's granddaughter, Sarah Pule-Fujii, worked together with NKCRC Board President Chris Helmuth and Executive Director Christine Richardson to design the sign, which incorporates photographs and highlights of Akoni Pule's accomplishments, including his service in the State of Hawai'i House of Representatives.



—photo by Megan Solís

Herring Kalua, far left, leads the dedication of the marker honoring Akoni Pule on July 7. Kalua is joined by, left to right, Board Director Bob Martin, NKCRC Executive Director Christine Richardson, Akoni Pule's granddaughter Sarah Pule-Fujii and his daughters Lena Kapeliela and Margaret Kaoo.

Funding for the sign was provided by a capacity building grant from the O'Neill Family Foundation to NKCRC.

For more information about Akoni

Pule, please see his biographical article, written by Lani Eugenio, in the November 2011 issue of Kohala Mountain News, which can be viewed at [www.kohalamountainnews.com](http://www.kohalamountainnews.com).

## Candidate Forum in North Kohala August 4

In preparation for the August 11 primary election, a candidate forum will be held Saturday, August 4, from 8 a.m. to 1 p.m. at Kohala High/Elementary School cafeteria.

Doors will open at 7 a.m. The public is asked to arrive before 7:45 a.m. to allow time to find parking, sign-in, and review candidates' literature. A blessing will be given at 7:30 a.m. The forum will begin promptly at 8 a.m.

Candidates who have confirmed participation include:

County Council District 9: Robert Green, William Sanborn, Oliver "Sonny" Shimaoka, and Margaret Wille.

Mayor: Share Christie, Daniel Cunningham, Billy Kenoi, Harry Kim, Rand Walls, and Dominic Yagong.

Prosecutor: Lincoln Ashida, Paul Dolan, and Mitch Roth.

State Senate District 4: Kelly Greenwell, Lorraine Inouye, and Malama Solomon.

Refreshments will be available. Seating will be provided, but the public is invited to bring a cushion for comfort.

For more information, contact Lisa at 896-3354.

Remember: the latest reapportionment has changed the state legislative districts for North Kohala. We are now in the 7th Representative District and the 4th Senatorial District.

August 4 is also the last day to request an absentee ballot. Requests must postmarked by August 4, but voters are encouraged to submit their request early to allow for mailing and processing times. Don't be left out!

Voters also need to be aware that there is no early walk-in voting available in North Kohala. Early walk-in voting begins July 30 to August 9 at the following locations: Waimea Commu-

nity Center (Kawaihae Road), 9 a.m. to noon; Thursday only 1 to 3 p.m.; Friday only 1 to 4 p.m.; West Hawai'i Civic Center Community Room (Building G), 8 a.m. to 4 p.m., Monday thru Saturday; and in Hilo at Aupuni Center Conference Room, 101 Pauahi St., 8 a.m. to 4 p.m., Monday thru Saturday.

Read the County Council District 4 candidates' statements on pages 4 and 5 of this issue of KMN.

For more candidates' statements, visit the League of Women Voters website at [www.lwv-hawaii.com/candidates-2012.htm](http://www.lwv-hawaii.com/candidates-2012.htm). To learn more about campaign spending, see the State of Hawai'i Campaign Spending Commission website at <http://hawaii.gov/campaign/>.

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By Megan Solís

## Equine Doctor Joins Staff at Kapa`au Veterinary Center

Not everyone would be brave enough to try chiropractic treatment on a bull. Most wouldn't have the nerve to get anywhere near a stressed bull with a sprained back. But for Dr. Daniel King, it's one of his more memorable experiences.

"It was pretty scary," he said. "At the withers, he was almost as tall as me... but as I started working on him he slowly started to relax as his pain was relieved."

Chiropractic adjustment isn't about force but about technique and knowing how to get the particular joint to adjust with just the right tension, he explained. Ultimately the bull was able to stand and walk, and Dr. King came out unscathed and happy to have helped another patient.

On July 2, Dr. King joined Robin

Woodley, D.V.M., as the new equine veterinarian at Kapa`au Veterinary Center, which offers a complementary and alternative approach to veterinary care.

After earning his Doctor of Veterinary Medicine degree from the University of Illinois, Dr. King spent the first 15 to 20 years of his career practicing conventional Western veterinary care in Illinois. Then he sprained his lower back and was in excruciating pain. A friend recommended a chiropractor. He'd never had chiropractic treatment before and was hesitant, but he was in such pain he decided to try. After the first treatment he was 95 percent pain free, he said. That got him thinking about using chiropractic treatment for his animals.

Dr. King traveled to Florida to learn

animal chiropractic, which led to study of acupuncture and Chinese herbal medicine at the Chi Institute with Dr. Shen Xie, a fourth-generation Chinese doctor and faculty member at University of Florida. He is now a certified veterinary chiropractor, acupuncturist and herbalist.

He said the Chinese perspective of body function and disease is very different from Western tradition.

"It's 4,000 years old, and the Chinese haven't exactly died off the planet," he said. "Western medicine is only 200 years old, and we think we know it all. What I have found is integrating both just really gives me a tremendous advantage because I can use the best of both worlds."

When asked what he says to skeptics, he explained, "In the last 10 years there's been tremendous research coming out in the area of neurology... that we actually know the neurological pathways that we're stimulating to impact the brain and its output when we do chiropractic and acupuncture. We know now how and why it works, and it is able to restore the balance in the nervous system that nothing else can do."

He says integrative, holistic treatment can be used for anxiety and behavior issues, pain relief, and even cancer treatment, not as a cure but to extend and maintain an animal's quality of life.



—photo courtesy of Kapa`au Veterinary Center

*Dr. Daniel King provides a chiropractic adjustment for a horse.*

So, how did he get from Illinois to Kohala? Dr. King decided to sell his large central Illinois practice in 2008 but wasn't quite ready to retire. He had been looking for a practice that provided integrative care—then found Dr. Woodley's announcement. After a four-day trial run at the Kapa`au center in April, including a few horse calls, he knew he'd found a nice fit. Although he's an experienced equine veterinarian, he says his practice consists of about 75 percent pet care and 25 percent horse care.

His wife and son will soon be joining him in Kohala, but so far he likes the laid-back, small-town living here.

Kapa`au Veterinary Center is located at 54-3876 Akoni Pule Highway in Kapa`au. Call 889-5488.

## Amar Named New Administrator of Kohala Hospital

One of Kohala's own has been named to lead Kohala Hospital. Eugene "Gino" Amar Jr., has been named as the new administrator of Kohala Hospital, said Jay Kreuzer, regional chief executive officer for Kona and Kohala Hospitals. Amar will assume his duties immediately.

He has 20 years' experience at Kohala Hospital. He began his career there as an accountant, then became the hospital's business office manager. He subsequently moved up the ranks to assistant hospital administrator. Most recently, Amar was named acting administrator at Kohala Hospital.

"I'm grateful for this opportunity to serve the community in this way," he said.

Born and raised in North Kohala, Amar is a 1985 graduate of Kohala High. He graduated cum laude with a B.S. in business administration from Hawaii Pacific College. He went on to earn a master's degree in healthcare administration. In May, he received his nursing home administrator's license.

"Gino has been instrumental to much-needed hospital renovations as well as the construction of a secondary access road to the hospital's emergency room. He is also overseeing the implementation of electronic medical records

at Kohala Hospital, which will go live in February, 2013. His energy and commitment to his community and to rural health care make Gino the right person for this position," said Pat Kalua, chief nurse executive at Kona Community Hospital and former Kohala Hospital administrator.

Amar's community involvement includes serving on the Board of North Kohala Community Resource Center, where he is a founding member. He is a member, entertainment committee chair, and master of ceremonies for the Kohala Country Fair committee. He is also the secretary of the Puna Motorcycle Club-Kohala Chapter and an accomplished musician.

Kohala Hospital is a Critical Access Hospital with acute and long-term care services and a 24-hour emergency room that supports the North Kohala community. It is a member of the Hawaii Health Systems Corporation, a special agency of the state of Hawaii established in 1996.

Its mission is to provide a "healing" environment to the community of North Kohala by providing quality health care services with emphasis on quality of life to all patients and residents.

## Free Showing of Documentary 'O Kakou Ka Po`e'

By Lani Eugenio

Back by popular demand, the documentary "O Kakou Ka Po`e," about the fight for public access to the mountains and ocean after the close of the Kohala Sugar Plantation in the 1970s, will be shown in August.

Hui Mamalahoa and Ka Hana No`eau are sponsoring the show on Tuesday, August 14, at 6:45 p.m. at the Kohala Intergenerational Center. A panel will be present to answer questions, and people are encouraged to

come and reminisce.

The title comes from John Keawe's song, "O Kakou Ka Po`e," which means "We the People." After watching the film, John felt that the song was meant for the documentary.

More footage has been added to the film, and recently a statement written in 1977 was found in the final grant report which confirms its title: "This is our problem, our community, our lifestyle... the decision is ours. We are the people who must live with that decision."

**DR. STANLEY LAVINE**  
 lavinestanley@gmail.com  
 54-3695 Akoni Pule Hwy  
 PO Box 267  
 Kapaau, HI 96755-0267  
 Office 808-889-6405  
 Fax 808-889-6202

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Questions – call Kathy Matsuda at 889-5801

KPCT, continued from page 1

Mahukona Harbor access road on two Wednesdays, August 1 and 8, at 9 a.m.

Guido Giacometti, the First Circuit Court's appointed commissioner for the sale, will conduct the foreclosure process and report to the court. He does not represent either the creditor or the debtor.

Giacometti explained that normally the creditor will attend the auction. If the creditor feels that the bidding is not producing an acceptable offer, he may "credit bid," a term Giacometti described thus: "Since the creditor has already invested (by way of the loan) in the property, he does not have to put up any new funds. In that case, the creditor usually becomes the owner of the mortgaged property."

There is no upset price, or minimum price, set. Though Giacometti said there is always the possibility of a postponement of the foreclosure process, he did not know of any reason for a postponement in this case.

Kohala Preserve had not responded to requests for comment by KMN by press time.

The history of how this came about is complex, but in short, when Chalon International purchased Kohala Sugar Plantation lands in 1990, it had planned to build a hotel, golf course and high-end subdivision at Mahukona. The county permits for development included agreed conditions and time-

lines for construction, including public shoreline access, infrastructure, water run-off controls, and improvements to be made to the adjacent beach parks. Those conditions and timelines were not met.

In order to keep those previously issued permits alive, the land was transferred to KPCT, which downsized the resort plans and borrowed money to do the work. That loan has now fallen into default.

The sale of such vast tracts of land is complicated and could affect many, including Surety Kohala, large and small agricultural leaseholders, and local eco-tourism businesses that utilize the Halawa to Pololu properties.

Rob and Cindy Pacheco, owners of Hawaii Forest & Trail and Kohala Zipline, commented on the sale: "We value our long-standing relationship with Surety Kohala Corporation and all of us at Hawaii Forest & Trail and Kohala Zipline are sad to hear of the pending foreclosure of their Kohala Preserve Conservation Trust affiliate. Normal operations at Hawaii Forest & Trail and Kohala Zipline continue, and we will work closely with the landowners and their representatives to make certain there is no interruption of business in the future."

Ultimately, the sale is of interest to all in North Kohala, and no doubt many will be waiting to hear the outcome of the August 22 auction.

Steffani Baku Departs Recycle Hawaii

By Colleen Nevins

Recycle Hawaii Thrift Boutique opened August 21, 2009, on the Ka'auhuhu County Transfer Station site.

The first sale was a blouse that Steffani Baku had passed on to be reused by someone else.

Three years later, with Steffani at the helm, the Boutique was diverting approximately one ton from the landfill every five weeks. People drop off clean, working, useable items, they are gone through to determine what is salvageable, then sorted and categorized. Sold items are weighed to determine how much is diverted. One of the challenges is the size of the site, too

small to handle large donated items, furniture, windows, doors, etc. Hopefully, one day there will be a larger site. Steffani had a good eye for what

would sell. She operated the Boutique by herself with support of three dedicated (VIP) volunteers: Lea Mizuta, Stephen Gould and Holly Algood. Steffani would also like to acknowledge Larry Popkey, Roy Farber, Nari Asencion and Jack Boyle for their generous assistance when needed.

On July 17, she will be passing the torch to Marisol Favello. She would like to let the Kohala community know how much she appreciated their support and friendship. Steffani will be pursuing her own business as a personal organizer, as well as her house cleaning services.

Recycle Hawaii Thrift Boutique operates Tuesday through Thursday, 11 a.m. to 5:30 p.m., subject to close when raining. Please remember to Recycle, Reduce and Repurpose.



—photo courtesy of Recycle Hawaii Steffani Baku



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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.



### August

Ad deadline: 8/10/12  
News deadline: 8/13/12

### September

Ad Deadline: 9/14/12  
News Deadline: 9/17/12

## 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.**

### EDITORIAL STAFF

**Megan Solís**

Managing Editor

884-5986/kmneditor@hotmail.com

**Anne Fojtasek**

Associate/Layout Editor

884-5596/annef@hawaii.rr.com

**Jesús Solís**

Calendar Editor

884-5986/kmncalendar@hotmail.com

**Tom Morse**

Sales/Business Manager

345-0706/ltmorse@aol.com

**Hana Anderson**

Bookkeeper

987-6762/kohalataxllc@yahoo.com

### Contributors for this issue include

Kathie Babben, Richard Bodien, Elsie Carpio, Maureen Combes, Arden Dean, Lani Eugenio, Laura Ka`akua, Chris Larson, Maile Lincoln Carvalho, Bob Green, Mara Ledward, Linda Lewandowski, Charles L'Heureux, Jean Matsuda, Kathy Matsuda, Carolyn Mondress, Catherine Morgan, Frank Morgan, Robert Morrison, Colleen Nevins, Hana Roberts, Angela Rosa, Bill Sanborn, Sonny Shimaoka, Kealoha Sugiyama, Cathey Tarleton, Margaret Wille, Deborah Winter, Kristin Wohlschlagel

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

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### Kohala Mountain News

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For a twelve month subscription please send your check for \$36, made out to the Kohala Mountain News, P.O. Box 639, Kapa`au HI 96755. Be sure to include a note giving the name and mailing address of the recipient.

## Letters—

On Sunday, May 27, the Kohala Jodo Mission and the Hawi Jodo Mission members, families and friends held the "Annual Joint Service" to HONOR ALL VETERANS at the North Kohala Civic Center.

The Reverend Wajira Wansa officiated this special service including the Pledge of Allegiance and the patriotic song, "America."

Besides honoring all veterans, the Rev. Wansa gave a special blessing as he recited the names of each veteran born in North Kohala whose names are

## Sharing the Memorial Day Service

engraved on the Memorial Plaques of the following conflicts:

In Memory Of The United States Armed Forces From North Kohala, Hawaii, WORLD WAR II:

Shizuo Fukumoto, Kaoru Fukuyama, Gary T. Hisaoka, Sueichi Inkyo, Tadayoshi Iriguchi, Gordon K. Takasaki, Yoshio Iwamasa, Tsugito Kajikawa, Henry Lee, Masao Nakanishi, Noboru Sakamoto.

In Memory Of Those Who Made The Supreme Sacrifice In the KOREAN CONFLICT:

Paulino E. Hernaez, Masayuki Kihara, Toshio Shimonoya, Heishin Matsuda, John Mitchell, Jr.

In Memory Of Those Who Made The Supreme Sacrifice In the VIETNAM ERA:

Herman Ban, John Cabrera, Samuel Solomon, Randy Paro, Ernest Sakai.

Our sincerest appreciation and gratitude to the Reverend Wajira Wansa for a memorable Memorial Day service.

In Gassho,  
Jean Matsuda

## Mahalo Kohala Community from Planet Pioneers

The members of Planet Pioneers would like to thank the citizens of Kohala for their support in attending our energy conservation seminar and bringing your incandescent light bulbs for CFL bulbs which helps to make Hawaii less dependent on fossil fuels. Planet Pioneers will be having more events in the future that will be beneficial to our planet and to our community's future.

Mahalo Nui,  
Arden Dean and Planet Pioneers

*Below are statements from four people running for the County Council, District 9: Robert Green, Bill Sanborn, Sonny Shimaoka and Margaret Wille.*

### Robert 'Bob' Green

I was born in Hilo on the Big Island, raised in Pahoa and Mountain View and now live in Waikoloa. My mother, a Stevens, was from Waimea. My aunt married a Quintal and lived in Kohala. I attended public schools in Pahoa, Mountain View and graduated from Hilo High School. I attended the University of Hawaii at Manoa for one year; then earned an appointment to and graduated from the United States Naval Academy. I have two advanced degrees, a Masters in Industrial Engineering and a Masters in Business Administration.

I have served my country as both a transport pilot and instructor pilot in the Air Force. I worked as an industrial engineer on an Air Force base, as an advanced planner for an aircraft manufacturer, as a hospital management engineer, and as an information systems manager for a midsize city. Additionally, I was a small business owner before retiring.

### J William 'Bill' Sanborn

Mahalo for the **honor** and **consideration** shown to me as a candidate

seeking the open County Council position to help preserve and promote North Kohala's distinct hometowns. I understand each hometown in North Kohala has its separate and **unique vision** on islandwide decisions that affect your way of life.

As your **independent Council choice in this primary election**, I believe I am well qualified for the position I seek, due to my hands-on community volunteerism, **business and professional advocacy** experience and my **common sense** decision-making skills.

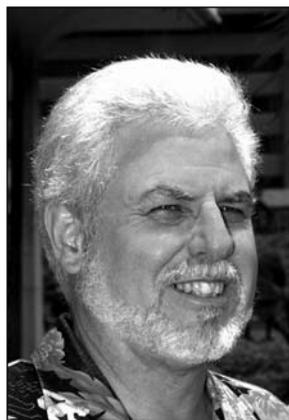
I am a good listener and decision maker. I look at the big picture, consider both the good and bad consequences of any issue and then make my decision. We all know the county is long on land, short on people, and has limited funds. While there are many worthwhile projects, I feel we have the duty to limit funding to issues within the county's kuleana. Our capital improvement budget must be more carefully scrutinized and applied. I will encourage council teamwork to focus efforts which ensure that citizens enjoy equal roads, parks, gyms, and community facilities. New areas grow and, as a council, we must make sure that these expanding areas have facilities equivalent to the established areas.

Our freedom is one of the most



important principles that separate America from the rest of the world. I have watched many of our freedoms erode, fueled by good intentions often producing harmful or less than positive results. As a veteran, I plan to act as a guardian of these individual freedoms. Only when I am convinced that there is no other viable choice will I support imposing restrictive regulations. (I will also

attempt to review existing regulations that have imposed upon our individual freedoms.) As an experienced business owner, in reviewing the Capital Improvement Project budget I will encourage council members to use equality-of-facilities as a primary review/decision criterion. We should spend more of our monies on people facilities rather than county facilities.



I have lived and served North and South Kohala islandwide from my neighborhood community of Waimea since relocating from Honolulu in 1987. I also have **family ties to North Kohala** as my older brothers were born in the then-Kohala infirmary while my father managed the "new" Kohala theater before WWII. Dad's mother was born in neighboring Waimea town as well.

My **leadership experience** includes volunteer positions as the immediate past Chair for the Kona-Kohala Chamber of Commerce; immediate past President for the Waimea Community Association;

Former Commissioner for the County Environmental Management Commission; Former Chair for the County Salary Commission and more services that have shaped my **independent advocacy** and willingness to lead to common ground for better results overall.

Although many campaign promises are most often just "talking the talk," my **pledge to North and South Kohala** is sincere:

**I will show up, listen, contribute** and represent your views, both individually and collectively from our district's perspective and in concert with our neighboring communities.

**I will independently represent you and your community**, void of any hidden agenda or unnecessary pressure from current political interest groups

See Sanborn, page 5

*Sanborn, continued from page 4*  
already directing other Council campaigns.

**I will provide my leadership experience to uncover new common ground on the Council** for improving the process by which Council members collaborate to solve islandwide opportunities better.

Having **walked the talk in District 9** and islandwide **with leadership roles** both in business, government and com-

munity volunteer positions, my skill is in **finding common ground** with those at the table to serve your hometown well. Please help me achieve this leadership vision for North and South Kohala.

I humbly ask for your participation, consideration and **vote** in our upcoming primary election as your new County Council representative.

Aloha and a hui hou, Bill

## Oliver 'Sonny' Shimaoka

*(Editor's Note: The following are statements by Sonny Shimaoka taken from his website.)*

Aloha Everyone!

I consider it an honor and a privilege to run as your representative for County Council in the 9th District.

The Big Island has been my home for most of my life, and I value the blessing of being able to live here with my family. People have asked me, "Sonny, why are you running for office?" My answer is simple: I believe that I can make a positive difference by bringing a real sense of unity between all nine districts!

One thing keeps coming up in my mind. We have many people from different cultural backgrounds with different values and unique ways of expressing them. As a result you will



have people with different views and opinions. Each district has common, as well as unique, needs and concerns. The County Council's kuleana (responsibility) is to seek solutions to these needs and concerns. Teamwork and a sincere desire to help each other [are what make the difference] instead of only desiring to "protect" our own district, [which] is not pono (right).

We live on one island! We need to think and move as one people seeking the absolute best for our island community as a whole.

I have the skills needed in order to bring people together to solve the problems that we are facing in these

*See Shimaoka, page 6*

## Margaret Wille

**I am all about accountability**, not just government accountability and "developer accountability," but also individual and community accountability. If elected I will partner with North and South Kohala communities to seek real and balanced solutions to District and County-wide concerns.

**I have been involved in many County issues over the past six years:** working closely with the current councilperson Pete Hoffmann, studying the issues and by testifying before the Council, County Commissions, as well as before State legislative committees such as concerning the Transit Accommodation Tax and the 2050 sustainability legislation. I understand "how the system works," who are the key players, and how to get results. I also understand the inter-relationship of federal, state, and county laws: how they should work and how they in fact do work. I will be able to collaborate with our state and federal legislators to resolve multi-dimensional issues—such as how to increase the Medicaid reimbursement rate for Hawaii physicians.

A county councilperson is your county level legislator and policymaker,

who writes laws, revises laws, and repeals laws. **I have the legal education and 30 years experience crafting and interpreting laws to be effective.** For example, I understand the frustration of those seeking to obtain a permit and confronting one bureaucratic obstacle after another. I intend to reduce the choke points now encountered by almost everyone seeking permission to do something with their home or property. I will work to dispose of our solid waste in ways that turn this waste stream into a revenue-generating asset. (To start with, I will advocate setting up green-waste stations in all community transfer stations.)

Besides addressing core County issues, **I will focus on ways to increase the revenue streams available to our County.** Time and time again I have noted opportunities to increase funds available to our County, and yet those opportunities are often overlooked. For example, for years I have urged setting up a county-level cultural commission so that we qualify for additional federal funding. I will also work with the Mayor to increase the portion of Transit



*See Wille, page 6*

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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 Historic Opportunity to Preserve Local Treasures

By Catherine Morgan and Charles L'Heureux

North Kohala's communities are built on foundations of local families, shared traditions, and their civic, spiritual and athletic networks. These traditions come from a century of learning to live well, and peacefully, while intermingled with different cultures. But we have been changing and growing so rapidly, records of our past, embodied in our elders' verbal stories, in the photos and memorabilia sitting in our garages, are often lost to the dump. These histories are unique in time and place; their ethnic wisdom may have a value far beyond this small community. They deserve to be preserved.

A unique opportunity for historical preservation has just been offered to the Big Island seniors, via donations to the Parks and Recreation Department. Kapa`au's Bank of Hawaii building and the Courthouse are being transferred to the seniors. There is also space in the Bond Memorial Library. Any or all of these buildings could be used as a Heritage and Historical Museum, to save and share our local treasures.

One treasure trove our communities could collect and preserve is the art and rare shell collections of Mr. Kenji Yokoyama. His nephew's family has been storing half of them in their own residence and very much want to help fulfill Kenji's dream of starting the "Kohala Shell Museum" by donating them to the Kenji Museum Alliance.

#### Wille, continued from page 5

Accommodation Tax revenues available to the County and will help community organizations, on their own and in partnership with the County, obtain more private and government grants.

Partnering together we can make a real difference.

PLEASE VOTE MARGARET WILLE COUNTY COUNCIL DISTRICT 9. MAHALO

If funds and space are not found soon, they may have to sell it all.

The good news is, for the last six years we have operated a small museum in Kapa`au called Kenji's Room, using only the parts of his collection left behind by the relatives. In the bottom level of Kenji Yokoyama's family homestead, we re-created a room to look as though Kenji had just stepped out, a bell jar from plantation times. The Museum Alliance had donated the rent and caretaker's wages for the shell museum, while the upstairs has grown into the Learning Center and the Kohala Artists Coöperative. This museum's "edutainment" has garnered articles in several publications and over 1,000 signatures in its sign-in book.

Over the years local families have offered the Museum Alliance some family heirlooms, including an 1860s safe, a Singer Treadle Sewing Machine, an 1875 set of scales from an old Japanese store, and countless other artifacts. Since we do not have an organization to function as a repository for our town's historical items, Kenji's museum became that focal point. Due to economic hardships, the museum's collection has had to go into storage except for a small display on the porch of the house. So we are ready to evolve.

Kenji's personal effects reflected what life was like for this fisherman, free diver, sculptor, gardener, and shell researcher, who lived between the 1930s and 2004. A portion of his personal art and rare shell collections is now sitting in the Bishop Museum. Bishop's Natu-

#### Shimaoka, continued from page 5

very tough economic times. I promise to do my best for our community!

Mahalo,  
Oliver (Sonny) Shimaoka

ral History Department gave us a copy of his diaries and photos of all the shells. They have been used to chart the health of our coastal reefs.

Judging by his verbal requests and his later diaries, Kenji wanted us to use all of his collection as a teaching tool for

generous offer and have stated their willingness to catalog and display his shells along with the local collections.

Just think! If the personal effects Kenji had left in the house had been thrown out when he died, we never would have enjoyed the work of his hands and his questioning mind as hundreds have done while visiting our tiny museum. Let's assure this does not happen with all the other hidden treasures of Kohala. When we collect and catalog these memorabilia, we are collecting the stories of our ancestors, and helping share their wisdom.

We hope to present our video of Kenji's life, and solicit suggestions for our proposals, in the fall, to the Kohala Senior Citizens and any other group who wants to help. For more information, contact Catherine Morgan at 960-3597 or Charles L'Heureux at kohalacharles@gmail.com.



Kenji Yokoyama's family homestead before it was renovated into what is now known as Kenji's House in Kapa`au.

reef restoration, and, to say "Enough! We have already taken too much; the sea's torrent of food is now a trickle. View nature's past bounty here, but leave present coastal life where you find it, for the reef to recycle." We will also encourage others to donate their collections to this effort. The members of our Kenji Museum Alliance support pursuing this

### \$ REWARD \$

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## Skating Down the Open Road



—photo by Megan Solís

Young and old grabbed skateboards, bikes, and scooters and took off down Akoni Pule Highway for the 4th annual "Go Skate Day" parade on Saturday, June 23.

With the assistance of Kohala Police, the highway was closed to traffic for 30 minutes from Kynnersley to Kamehameha Park to allow skaters and cyclists to ride safely on the highway. The event is sponsored by Roots Advocates for Youth in support of Roots Skatepark.

## Children's Puppet & Music Day Camp Offered

Dragonfly Theater Company presents a Summer Puppet/Music Day Camp in Hawi. The theme of this year's camp is "Fractured Fairy Tales" and will feature group singing, creative writing, puppet making, drama games and theater performance in small groups by age.

Camp meets 9 a.m. to 1:30 p.m., August 6 to 11, and is open to children ages 7 to 12. The camp is held on a beau-

tiful three-acre property and in the on-site yurt and theater house for lots of outdoor fun.

Registration fee is \$299 for the six-day camp (50 percent due on registration; the balance is due two weeks prior to camp). For registration and further info contact Adrienne Cherry at 889-1595 or choirmama@hawaiiantel.net; or Elaine Christianson at 987-9238 or mumupalms@gmail.com.

## Famous Author Offers Creative Writing Course in Hawi

Prize-winning author Susanna Moore will teach a four-week course on Creative Writing in Hawi starting August 9.

Ms. Moore, born and raised in Hawaii and now residing in New York City, has published nine books of fiction and non-fiction and teaches Creative Writing at Princeton University. Among her books is "In the Cut," which was made into a movie, scripted by Ms. Moore, and starring Meg Ryan.

She is visiting friends and family on the Big Island for the summer, and several asked her to teach such a course.

She responded with a program for all levels of writers: during the four weeks each student will submit two short stories or parts of a memoir for review by the class and Ms. Moore. The class, from 6:30 to 8:30 p.m. each Wednesday, will be limited to 12 people and will be held in a private home in Hawi. The cost of the program will be \$100 for the four weeks, principally to cover Ms. Moore's expenses.

Those interested contact Ms. Moore directly at susannam@princeton.edu. Her biography and list of books can be found at www.susannamoore.com.



## VOLLEYBALL CLINIC AND REGISTRATION

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4 TO 5 PM – Hisaoka Gym

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For More Info Contact Tom at 345-0706

## Kohala Country Fair Needs Volunteers

Saturday, October 6, the 28th annual Kohala Country Fair themed, "Celebrate Kohala," will feature live, all-day entertainment, more than 100 food and craft booths, keiki activities, and old-fashioned country fair contests like spam carving and lua decorating.

"We'll have all the old favorites plus some new activities like 'X BOX Dance Central' dance competition," says fair chairman David Ebrahimi.

Did you enjoy the Kohala Country Fair last year? Would you like to be a part of making the fair a success this year?

"The fair team needs volunteers for half-day shifts. We are looking for folks who can work either Friday, October 5; Saturday, October 6; or Sunday, October 7," says Alida Adamek, volunteer

coordinator. To sign up for a volunteer shift, leave a message at 808 640-5569, or email kcfvolunteers@aol.com.

Booth applications are available now for anyone who wants to share their crafts, food, games, talents or information with several thousand locals and visitors spending their day at the fair.

"Booth spaces always sell out. Submit your application by August 15 to pay the lowest fee and have the best chance your booth will be approved," says Lynda Wallach, co-chair of the booth committee.

To get information about renting a booth, leave a message at 889-1180 or email booths@kohalacountryfair.com. For booth applications go to our website at www.kohalacountryfair.com and press the booth button.

*Kathie Babben*



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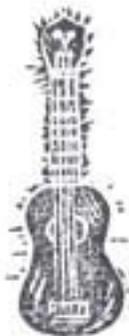
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## Kohala Middle School Welcomes New Faculty

By Megan Solís

Four new faculty faces will be gracing the classrooms at Kohala Middle School in the 2012-13 school year. Principal Patricia Champagne announced the new hires this summer, in time for the start of school July 30.

New to KMS, but not to Kohala, is **Cristy Athan**, who comes to the middle school from Kohala High School, where she served as a teacher/counselor for the credit recover program and as a coordinator for the AVID program. Ms. Athan will teach seventh- and eighth-grade science.



*Cristy Athan*

With a Bachelor of Science degree in physical education and a master's degree in educational counseling, Ms. Athan has put her education to use teaching P.E., computer science and study skills at both the middle and high school levels, in addition to counseling. In her varied career, she has also worked as a ward clerk for a trauma center, heavy equipment operator, and a college basketball and volleyball coach.

Ms. Athan has worked in Kohala for 10 years and has grown to love the community. She likes that it is a small town which enables her to get to know the families of the students she teaches. And, of course, Kohala is one of the most beautiful places in the world, she says.

In thinking about her goals for the coming year, she says, "From my past experiences working with middle schoolers, I have always admired their enthusiasm and curiosity. My goal for this year is to transfer that enthusiasm and curiosity into learning science. This age group has a tremendous capacity, and I look forward to working with them."

Outside of school, Ms. Athan enjoys traveling, fishing, sculpting, and sports and is active in serving the Baha'i Faith. The youngest of five children, she cur-

rently cares for her elderly mother.

**Crystal Bui** joins Kohala Middle School staff as a sixth- and seventh-grade English language arts instructor.

After growing up in California, Ms. Bui attended college on the East Coast, earning double degrees in English and women's studies and a minor in communications and media studies from Tufts University near Boston, Mass. She has taught seventh-grade English in Phoenix, Ariz., and worked as an undergraduate admissions officer at Tufts, but she is now excited to turn her attention farther west and across the ocean to Kohala.

She has fond memories of visiting O'ahu as a child, especially of the aloha and 'ohana spirit she found there. Family and friends were very important to her while growing up, she says, and she hopes to find that same sense of community here.

As she prepares to work with her new students, Ms. Bui recalls feeling confused and lost as a middle schooler and recognizes that it is a difficult transition period for many pre-teens and teenagers. She remembers her teachers who mentored and supported her during those years and hopes to offer her own students the same guidance and support.

She also believes in being a facilitator of classroom dialogue, guiding students to become critical thinkers and writers. She hopes students will feel comfortable enough to reflect and share their experiences and learn the power of their words and voice. She loves reading, writing, and especially poetry and hopes that her students will come to enjoy language arts and feel engaged with what they read and write.

A former competitive swimmer, Ms. Bui is looking forward to enjoying the



*Crystal Bui*

outdoors and swimming in the beautiful waters that surround the island.

"I am grateful for this opportunity and cannot wait to begin," she says.

**Monet Diaz-Huth** also comes to Kohala Middle School from the West Coast. She will be teaching social studies special education this school year.

Ms. Diaz-Huth has lived many places in California but considers San Diego to be her hometown. She earned a Bachelor of Arts in history from Uni-

versity of California, Berkeley, and an M.A. in history at San Diego State University. She has taught American history classes at SDSU and recently taught sixth grade in Phoenix, Ariz., but has come to Hawaii to get a master's degree in special education. After spending a good amount of time with a friend in Hilo, she is excited for the opportunity to return to Hawaii and learn more about the island and meet new people.

Her enthusiasm extends to working with middle-school age students. "They're so inquisitive!" she says. "I love the questions they ask and their attitude towards learning. They are

going through an interesting transition period, and I'm hoping I can be an ally in their learning and life experiences."

Her goals are to be an effective teacher, challenging her students to engage in critical thinking about both local and global issues and learn from them.

Coming from a big, tight-knit family, Ms. Diaz-Huth is eager to build strong ties to the community and learn more about her new home. She is excited about the middle school's garden and

wants to learn more about gardening and cooking.

Outside of the classroom, her interests include poetry, sports, hiking, swimming, singing (though she claims she's not very good), spending time with friends and family, taking life easy (Kohala style!) and laughing a lot.

**Deanna Shelor** will also be joining KMS staff as a study skills teacher.

Unfortunately, she was not available for an interview prior to press time.

E komo mai to the new KMS teachers and all the best for a successful and enjoyable school year to all the students and staff.



*Monet Diaz-Huth*

### WHAT'S NEW AT THE RESOURCE CENTER?

- The Kamehameha Day Celebration Committee has raised over \$10,000 in grants and donations to put on a beautiful parade and ho'olaulea. They received grants from the Office of Hawaiian Affairs and the State office of King Kamehameha Celebration Commission as well as generous donations from the North Kohala community. A special Mahalo to Cicely Ho'opai as project organizer.
- The Kohala Artists' Cooperative recently received a \$5,000 grant from the Reddus Foundation to support art programming at Kenji's House in Kapa'au. We thank Malia Welch for her hard work in building this program for youth of all ages in North Kohala.
- The Rotary recently awarded \$1,000 to our Summer Fun project and \$500 to KCAA. Congratulations!

You can support our projects and the Center directly with a tax-deductible donation to the North Kohala Community Resource Center, P.O. Box 519, Hawi, HI 96719 • 889-5523 • [www.northkohala.org](http://www.northkohala.org)

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## Ho`olaule`a Kicks Off Kauhola Point Community Consultation Process

By Laura Ka`akua

At the Kauhola Point Land Dedication Ho`olaule`a (Celebration) on June 23, community members reflected on the many hands that made the acquisition and permanent protection of Kauhola possible, enjoyed Hawaiian music and food and inspiring pule and speeches, and drew on a large map of Kauhola entitled "What Is Your Vision For Kauhola Point?" The map is one tool that the nonprofit landowner Maika`i Kamakani `O Kohala, Inc. is using to gather the Kohala community's input in the formation of a property management plan for Kauhola Point.

Building from the many community interviews and surveys taken over the past five years by Malama Kai Foundation's Ocean Warriors Program, Maika`i will be gathering community input from Kohala's kupuna on Monday, August 6, at 9 a.m. at the Kohala Senior Center in Kapa`au, and from the broader Kohala community on Tuesday, September 4, at 7 p.m. at the Kohala Intergenerational Center. The September meeting is being co-sponsored by Ka Hana No`eau mentorship program. All Kohala residents are invited to attend.

Maika`i will also be consulting the community via a Kauhola survey

included in the July edition of Kohala Mountain News mailed to Kohala post office boxes. The surveys can be dropped into boxes labeled "Kauhola Point, aka 'Lighthouse' Surveys" by September 23 inside North Kohala Public Library, Nakahara Store, Arakaki Store, and outside of Takata Store, brought to the above meetings, or mailed to The Trust for Public Land, 1136 Union Mall Suite 202, Honolulu HI 96813.

Maika`i has asked The Trust for Public Land to assist in the community consultation process. Drop off sites will not have additional copies of the surveys. Additional copies can be downloaded at [www.mkoki.org/home/kauhola\\_point\\_property](http://www.mkoki.org/home/kauhola_point_property).

Maika`i requests that in submitting survey feedback, the community understands that Maika`i: 1) is required by its grant agreement with the State to keep

the land undeveloped and may not erect permanent structures, 2) will continue to provide access along the coast, 3) is limited by liability and implementation and maintenance costs, and 4) looks forward to working with the broader Kohala community to develop a property management plan.

*Laura Ka`akua is the Native Lands Project Manager for The Trust for Public Land.*

## Senior Fathers Honored with Veiled Surprise

The Kohala Senior Club celebrated their Father's Day on Monday, June 18. The question that haunted President

Kealoha Sugiyama was what activity he could create to keep the fathers' attention and keep them awake and alert. As seniors have everything and need nothing in their present life, it was a big task for Kealoha to come up with an exciting program. However, the end results were something that will make these senior fathers chuckle every time they recall the moment.

They were serenaded, honored with a poem, and then the real shocker came when a 15-foot bamboo

pole was positioned in the center of the floor. Three veiled pole dancers (Aunties Mary, Winnie and Vivian) came out



—photo by Elsie Carpio

Members of the Kohala Senior Club got down with some veiled pole dancing in celebration of Father's Day.

one at a time and danced the pole while teasing the men seated in a circle. None

of the Aunties were able to get to the top of the pole, but that doesn't mean they didn't try—and try and try.

The men who were brave enough to participate with the dances were all given a gift certificate from (Shiro) Takata store. After all the fun and laughter was had, a sexy and rhythmic drummer took the air waves as our professional belly dancer, Aleili, seductively danced into the room and captivated all the men's attention. Aleili, aka Carla, controlled all the veils in a manner to tease her male audience, and no doubt all the blood pressures were high, high, high.

This was one Father's Day celebration the seniors will long remember and share with their great-grandchildren for years to come.

## Donations Sought for St. Augustine's Bazaar

Have some new or gently used items you're no longer using? Consider donating them for the upcoming St. Augustine Episcopal Church's Annual Bazaar, set for Saturday, September 15. The event features a white elephant sale and silent auction. Contact Kathy at 889-5801 about donations. Cash donations are also welcome.

The bazaar will include lots of ethnic foods, baked goods, crafts and lots of food! Doors open at 9 a.m. and close at 1 p.m. The thrift store will also be open. For more information, contact the church office at 889-5390 or email [st.augustine1@hawaiiintel.net](mailto:st.augustine1@hawaiiintel.net).



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**THE COQUI CORNER**  
Latest Update — July 2012

The last few weeks have been a busy and challenging month for Coalition members, with 7 sites being treated and 4 more sites still waiting eradication.

Sites Treated:

- Transfer Station
- Church in Makapala
- Pasture on Kynnersley
- Red Cinder Road on Hawi Hill
- Pololu Valley residence
- Kahei Residence
- Gulch across Kohala Nursery on Pratt Road

Still Singing:

- Kohala Nursery
- Gulch across Kohala Nursery
- Catholic Church in Hawi (again!)
- Residence on Hawi Hill

Your donations are greatly appreciated and are necessary to keep the Coalition active. Donations made through NKCRC are tax deductible.

**Coqui Hotline: 889-5775**  
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## Self-Help Housing: Building Homes with Sweat Equity

Story and photos by Megan Solís

On any given weekend, the sounds of saws and hammers can be heard from the emerging Self-Help Housing neighborhood along Akoni Pule Highway, not far from Kohala schools. But instead of burly construction workers wielding tools, you might find someone who's never before used a power tool working diligently to build their own home.

The current development, sponsored by Hawaii Island Community Development Corporation (HICDC), is phase 2 of an ongoing mutual self-help housing program designed to help Hawaii residents on a limited income buy their own home. Eleven homes are currently under construction in phase 2 with seven lots still available.

On Sunday, July 1, some of the homes under construction were open as part of a housing tour organized by the North Kohala Community Development Plan Affordable Housing subcommittee members.

On hand to lead the tour and answer questions was Terri Ferreira, program manager at HICDC. Ferreira noted that before phase 1 began, they held a community meeting about the program and a series of homebuyer education classes to help interested applicants get "mortgage ready" for when it came time for loan processing. HICDC reported that credit history was the biggest issue keeping people from becoming homeowners.

"The first thing buyers need to do is get their credit cleaned up," said Ferreira. Doing so takes time. Too many buyers wait until they think they're ready to buy a home and then are disappointed to find out they don't qualify. But with the right assistance and education, they can get their finances in order and be ready when it's time to buy.

To meet this need, the affordable

housing subcommittee has been working to bring a homebuyer education class to Kohala to help prepare potential first-time homebuyers for the financial requirements of qualifying for a home loan. Hawaii Community Federal Credit Union has agreed to co-sponsor



Homeowner Lani Boyle, far left, checks out her new floor, laid with the help of friends and neighbors.

a two-day course in North Kohala if there is sufficient interest. Otherwise, participants have to travel to Kona for the workshop. Completion of the class is required for HICDC applicants.

During the tour we met some homeowners, most of whom said they had no building experience but expressed great satisfaction with all they have learned about building a home.

Lani Boyle was working with a small crew including her husband, friends and family to install their laminate flooring in their nearly completed home. "It's very exciting," said Lani. "We have no experience in building but we learn."

Danny and Renee Perez echoed her sentiments.

Danny, who was working with neighbor Chad Castillo to lay the oak laminate floor, said, "I've never done this before, but it's been a rewarding experience and I've been able to learn carpentry."

"It's been awesome to go from knowing nothing...to framing... now we can

fix the house because we know it inside out," said Renee.

The walls of the Perez home are painted variations of warm colors—just one of the ways homeowners can customize their homes. Homeowners are given some choices of finishes for cabinets, flooring, etc. and can choose their home's interior colors. Exterior colors are selected by HICDC. No changes are allowed to floor plans except for handicap accommodations.

Homebuyers are expected to work 40 hours per family each week with at least two workers per family. Workers must be 18 years or older, and most work is done on the weekends. Labor is shared by small groups of homeowners—nobody builds their home alone and nobody moves in until all the homes are completed.

All construction work is supervised by professional contractor John Lorenzo, and the more technical work, such as electrical and plumbing, is subcontracted to licensed professionals. It typically takes 10 to 12 months to build a house. HICDC provides the larger power tools, and families are expected to provide hand tools, ladders, gloves, etc.

Homes in HICDC housing come in two models: one is 1,222 square feet with a carport and the other is 1,228 square feet with an enclosed garage. Both models have three bedrooms and two full baths.

The cost of an HICDC home in Kohala starts at \$250,000, considerably higher

than self-help housing in other parts of the island. One of the factors is the cost of land, said Ferreira. Kohala and West Hawaii land in general is more costly than the land in Puna, where HICDC does a lot of its other projects. Additionally, the homes in newer Kohala projects are more elaborate and expensive than the homes that HICDC used to build in Kohala and still does elsewhere. But the price is "turnkey" and includes the cost of infrastructure such as roads, power, and water, as well as the entire house package and sub-contractor expenses.

To be eligible for HICDC housing, applicants must not exceed income eligibility guidelines; have stable employment and the ability to repay a mortgage; have an acceptable credit record; and be able to provide the weekly labor requirement.

Homebuyers apply for a USDA Rural Development loan, which doesn't require a down payment and often provides 100 percent financing. Initial out-of-pocket expenses for HICDC homebuyers are about \$1,000, said Ferreira.

HICDC is a nonprofit housing and economic development organization. For more information about HICDC, contact their Hilo office at 969-1158.



Jack Hoyt, contractor John Lorenzo and Collin Kaholo in front of an HICDC home under construction.

For information about bringing a Homebuyer Education Class to North Kohala, contact Collin Kaholo at 889-6726 or Jack Hoyt at 889-0349.

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# The Easiest and Cheapest Way to a Beautiful Garden

Stories and photos by Deborah Winter  
 Want to grow food and landscape plants, but don't have much spare time or money? The Soil Food Web can do the work for you at almost no cost.

The Soil Food Web is what Dr. Elaine Ingham, Senior Scientist at Rodale Institute calls the system in which microbes in the soil feed plants, while reducing water use, weeds, pests, and disease. In a five-day workshop at the Kohala Intergenerational Center, about 30 farmers and gardeners from all over the Big Island gathered July 9 to 13 to learn the details.

Dr. Ingham explained the Soil Food Web approach showing how microbes (e.g. bacteria, fungi, protozoa and nematodes) in healthy soils do a much better job of protecting and feeding plants than chemical fertilizers and pesticides. And microbes are much cheaper because they use materials which would otherwise be thrown away, as well as reduce labor costs of weeding, watering, and chemical applications.

Chemically-based agriculture kills off valuable microbes, creating a need for repeated applications of chemicals, which deplete soil, contaminate water supplies, and reduce the nutritional, flavor, and health value of foods. And, they're expensive to buy and re-apply.

In contrast, microbes are cheap, easy once you set the system up, and carry on for you in the long term.

Because soils in North Kohala were depleted by the sugar industry, we need to build our soil health for healthy gardens. How do you feed your soil microbes? Though it takes a little knowledge and effort at the start, in the long run, the easiest and cheapest way is to *make compost*.

Compost is organic matter (kitchen

scraps, green yard waste, and woody material like wood chips or corn stalks) which are combined in specific ratios to begin controlled decomposition. When these materials are mixed and watered, beneficial microbes use oxygen to heat up the pile and kill pathogens. Disease-causing bacteria die while useful bacteria and fungi grow.

The compost pile should be turned twice with a pitchfork in three weeks to make sure the proper temperature has been reached and the environ-

do the heavy lifting. Worms are a bit slower, but they will turn your table scraps into rich compost within a few months. Get the right kind of worms and feed them in the right proportion.

In general, the best way to add microbes to your soils is to liquefy compost. After making the compost (which never stinks if it's made correctly) you can make an extract by pouring water through it and straining. Or you can make a tea to stretch its use further (which increases the microbes) if you aerate the extract for 24 hours. For very low cost, you can create a huge supply of safe and potent plant food that also reduces pests. And by using your green waste, you help reduce the stress on our limited landfills.

Dr. Ingham described many examples in which commercial farming problems have been solved through enhancing soil biology with these methods.

The workshop focused on the biological and chemical details of these methods, teaching its participants to analyze their soil samples with a microscope. But the take-home message is: healthy soil is cheap to build and once



Dr. Ingham and David Fuertes demonstrate how to build a compost pile.

it is, it reduces the need for weeding, watering, and buying plant food. So in the long run, it's easier because you spend less time weeding, feeding, and watering. Buying commercially made compost is also possible, but it rarely has the nutrients that home-made compost does. Plus it's expensive.

Because chemical pesticides and fertilizers deplete the soil, they create the need to put more on. In Dr. Ingham's words, don't be a "more on." Compost instead.

For more information see [www.soil-foodweb.com](http://www.soil-foodweb.com).



Dr. Ingham explains the Soil Food Web to participants at Kohala Intergenerational Center.

ment remains rich with oxygen. Properly made compost can make a world of difference when applied, and small amounts go a long way.

Plants fed with properly made compost will flourish, while weeds, which grow in disturbed soils, will not. That's because weeds and invasive grasses require a low ratio of fungi to bacteria, whereas crops and trees require a higher fungi to bacteria ratio. Add fungi and you'll be growing the plants you want, not the ones you have to pull. Compost also provides other important microbes such as protozoa and nematodes which do a variety of jobs to enhance the health of your plants.

If you're like me and don't enjoy working with a pitchfork, consider getting a worm bin and have the worms

## Community Nutrition Lecture Series Offered

Dr. Hana Roberts, N.D., presents a free community nutrition lecture series in Kapa'au on Wednesday nights in August. A naturopathic physician with a primary care practice serving North Kohala, Dr. Roberts believes that what we put in our bodies forms the basis of our health. Having a place to receive information and ask questions is an important beginning to embracing a healthy lifestyle.

On August 1 she will discuss how to incorporate traditional lacto-fermented foods into your diet. Fermentation is an ancient technique, an integral part of cuisines from all over the world. The group will learn about health benefits of these foods for our digestive health,

immune function, and overall vitality. Recipes and tips will be provided.

On August 8 Dr. Roberts will discuss food allergies and intolerances, focusing on how allergy symptoms can affect the body in myriad ways including energy levels, mood, joint pain, skin, autoimmune conditions, and gastrointestinal health. The group will discuss strategies to determine allergies/intolerances and how to rebuild the gut lining.

No meeting on August 15. The class will meet again on August 22 to discuss the importance of healthy fats. Dr. Roberts will go over the different types of fats, how they affect our bodies, and how to look for them in our food. The

See *Nutrition*, page 15

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<b>California Girl Imitation Abalone</b> 15 oz. 3 <sup>29</sup>	<b>Hawaiian Sun Jams • Jellies</b> Assorted 10 oz. 2 <sup>99</sup>	<b>Delmonte Spaghetti Sauce</b> All types 26 oz. 2/2 <sup>19</sup> 	<b>Delmonte Ketchup</b> 24 oz. 2/1 <sup>99</sup> 	<b>Meadow Gold Nectars</b> Passion Orange or POG gal. 3 <sup>59</sup> 	<b>Meadow Gold Drinks or Teas</b> 64 oz. 3/2 <sup>99</sup> 	

**Grocery**

Aloha Shoyu, reg./lite, 64 oz. ....	5 <sup>69</sup>
Delmonte Sloppy Joe Mix, 15 oz. ....	2/1 <sup>99</sup>
Delmonte Whole Kernel or Cream Style Corn, 14 - 15 oz. ....	2/2 <sup>25</sup>
Delmonte Fruit Cocktail/Peaches, 29 - 30 oz. ....	1 <sup>99</sup>
Delmonte Tomato Sauce, 8 oz. ....	2/99¢
Coral Chunk Tuna, 5 oz. ....	2/1 <sup>99</sup>
Diamond Bakery Saloon/Cream Crackers, 8 - 9 oz. ....	3 <sup>19</sup>
Diamond Bakery /Graham/Salty Crackers, 9.5 oz. ....	3 <sup>19</sup>
Diamond Bakery Soda Crackers, 13 oz. ....	3 <sup>49</sup>
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Yuban Instant Coffee, 8 oz. ....	5 <sup>99</sup>
A-1 Steak Sauce, 10 oz. ....	3 <sup>99</sup>
Kraft Easy Mac, 12.9 oz. ....	3 <sup>39</sup>
Baker's Angel Flake Coconut, 7 oz. ....	1 <sup>69</sup>
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Lipton Onion Soup, 2 ct. ....	1 <sup>79</sup>
Motts Apple Sauce, 23 - 24 oz. ....	2 <sup>29</sup>
Jif Peanut Butter, 18 oz. ....	3 <sup>79</sup>
Lion Coffee, auto drip or whole bean, no decaf., 10 oz. ....	4 <sup>99</sup>
Koda Machiko, 16 oz. ....	1 <sup>59</sup>
Shirakiku Young Cut Corn, 15 oz. ....	1 <sup>19</sup>
Shirakiku Chu Ume, 8 oz. bottle ....	4 <sup>59</sup>
Shirakiku Koshian, fine, 17.6 oz. pkg. ....	1 <sup>69</sup>
Mum's Mushrooms, pieces and stems, 4 oz. ....	1 <sup>29</sup>
NOH Ethnic Sauce Packets, 1.12 - 3 oz. ....	1 <sup>25</sup>
Planter's Dry Roast Peanuts, 16 oz. ....	3 <sup>99</sup>
Taco Bell Taco Shells, 12 ct. ....	1 <sup>99</sup>

Taco Bell Refried Beans, 16 oz. ....	1 <sup>39</sup>
Taco Bell Salsa, 16 oz. ....	2 <sup>59</sup>
Quaker Oatmeal, assorted, 42 oz. ....	4 <sup>39</sup>
Western Family Pitted Olives, assorted, 6 oz. ....	2/2 <sup>99</sup>
Western Family Syrup, 24 oz. ....	2 <sup>69</sup>
Van Camp Red Kidney Beans, 15 oz. ....	99¢
Van Camp Pork 'n' Beans, 15 oz. ....	2/1 <sup>79</sup>

**Natural Foods**

Tasty Bite Indian Entrees, 10 oz. ....	2 <sup>29</sup>
C20 Coconut Water, 17.5 oz. ....	1 <sup>59</sup>
Rice Dream Milks, assorted, 32 oz. ....	2 <sup>59</sup>
Blue Diamond Crackers, 4.25 oz. ....	1 <sup>99</sup>
Popcorn Indiana Chip'ns, 7.25 oz. ....	2 <sup>79</sup>
Green Mountain Gringo Salsa, 16 oz. ....	3 <sup>59</sup>

**Dairy**

Meadow Gold Yogurts, 6 oz. ....	2/1 <sup>69</sup>
Horizon Organic Milk, 64 oz. ....	5 <sup>99</sup>
Meadow Gold Ice Cream, 4 qt. ....	6 <sup>89</sup>
Meadow Gold Novelty Bars or Twin Pops, 6 pk. ....	1 <sup>99</sup>
Big Island Poultry Grade A Large Eggs, Mainland Shell Protected, per dozen ....	2 <sup>29</sup>

**Meats**

Foster Farm Value Pack Chicken Thighs, per lb. ....	1 <sup>99</sup>
USDA Boneless Chuck Roast, per lb. ....	5 <sup>19</sup>
Island Range Fed Top Sirloin Steak, per lb. ....	6 <sup>89</sup>
Frozen Pork Butt, bone in, per lb. ....	1 <sup>89</sup>

**SALE PRICES GOOD AUGUST 1 THRU AUGUST 14**

<b>LOVE'S</b> Hearth Bread All Types 24 oz. 4 <sup>69</sup>	<b>LOVE'S</b> Old-fashioned Donuts or Mini Bites 13 - 14 oz. 4 <sup>69</sup>	JFH Seasoned Nori 3 pk. 2/2 <sup>49</sup>	JFH Sugatami Nori 10 ct. 2 <sup>09</sup>	Pepsi 24-pk. cans 7 <sup>99</sup>	Pepsi 2-liter Bottle 3/4 <sup>99</sup>
Oscar Mayer Turkey Franks  16 oz. 2/3 <sup>99</sup>	Oscar Mayer Bacon All Types  16 oz. 4 <sup>79</sup>	S & B Curry 3.5 oz. 2 <sup>49</sup>	House Wasabi 1.5 oz. 1 <sup>99</sup>	Nabisco Crackers Triscuit, Wheat Thin, Chicken in a Biscuit 7.6 - 9 oz. 3 <sup>49</sup>	Nabisco Oreo Cookies 11.3 - 13 oz. 3 <sup>99</sup>
Oscar Mayer Deli Shave Meats  8 - 10 oz. 2/5 <sup>99</sup>	Kraft Shredded Cheese 2/6 <sup>99</sup> 8 oz. 	Dynasty Chow Funn 20 oz. 2 <sup>29</sup>	Yamamoto Yama Teas 1 <sup>99</sup> 16 ct.	Haagen Dazs Ice Cream 14 oz. 2/6 <sup>99</sup>	Di Giorno Rising Crust Pizza Select Types 11.5 in. 6 <sup>99</sup>
Cool Whip Whipped Topping All Types 8 oz. 1 <sup>79</sup>	Kraft Singles All types. 2/6 <sup>99</sup>  10.7 - 12 oz.	Tentay Patis Fish Sauce 25.6 oz. 2 <sup>69</sup>	Palm Corn Beef 11.5 oz. 4 <sup>89</sup>	OB Tampons  18 ct. 4 <sup>19</sup>	Mennon Speed Stick regular 2 oz. 2 <sup>39</sup>
Frank's Foods Portuguese Sausage 12 oz. 3 <sup>39</sup>	Frank's Foods Frankfurters 16 oz. 3 <sup>39</sup>	Edelweiss Salad Dressing 12 oz. 4 <sup>59</sup>	Aloha Gourmet Sesame Crepe 2 pk. 2 <sup>39</sup>	Alka Seltzer Regular 24 ct. 3 <sup>99</sup> Alka Seltzer Plus 20 ct. 5 <sup>39</sup>	Cortizone Cream 4 <sup>69</sup> 1 oz.
Flavor Pac Frozen Blueberries 16 oz. 3 <sup>19</sup>	Birds Eye Steam Fresh Vegetables Assorted 12 oz.  2/4 <sup>99</sup>	Mid Pac Sauces 7 oz. 2 <sup>69</sup>	Aqua Fish Kids Fork 1 ct. 2/1 <sup>39</sup>	Head & Shoulders Assorted 6 <sup>29</sup> 14.2 oz.	Fruit of the Earth Aloe Vera Gel 4 oz.. 2/2 <sup>99</sup>

**Freezer/Deli**

Farmbest Butter, 16 oz.	3 <sup>49</sup>
Country Crock Mini Tubs, 2/7.5 oz.	2 <sup>59</sup>
Pillsbury Buttermilk Biscuits, 7.5 oz.	2/1 <sup>19</sup>
House Firm Tofu, 16 oz.	1 <sup>99</sup>
Yoplait Yogurt, 4 - 6 oz.	2/1 <sup>69</sup>
Athenos Hummus, 7 oz.	2 <sup>59</sup>
Haagen Dazs Ice Cream Bars, 3 - 4 ct.	3 <sup>19</sup>
Bays English Muffins, 6 ct.	3 <sup>19</sup>
Chef America Hot Pockets, 4 oz.	2/2 <sup>29</sup>
El Monterey Burrito, 8 pk.	4 <sup>69</sup>
Pierre Sandwiches, 6 oz.	2 <sup>59</sup>
Morning Star Grillers, Patties, Strips, Links, 5 - 8 oz. ...	4 <sup>69</sup>
Farmer John Pork Links, 8 oz.	1 <sup>89</sup>
Philadelphia Brick Cream Cheese, 8 oz.	2/4 <sup>99</sup>
Carolina Ground Turkey, 16 oz.	2 <sup>39</sup>
Menlo Lumpia Wrappers, 16 oz.	2 <sup>79</sup>
Minute Maid Orange Juice, 12 oz.	2 <sup>59</sup>
Mays Beef Patties, 2 lb.	11 <sup>99</sup>
S&S Saimin, ohana pack, 9/4.5 oz.	5 <sup>39</sup>
Inland French Fries, reg./crinkle, 32 oz.	3 <sup>19</sup>
Tyson Party Wings, 5 lb.	15 <sup>89</sup>
Tyson Boneless, Skinless Tenderloins, 2.5 lb.	9 <sup>19</sup>
Tyson Boneless, Skinless Thighs, 40 oz.	7 <sup>69</sup>
Frozen White Crab Sections, 1.5 lb.	6 <sup>99</sup>
IQF EZ Peel Strimp, 31 - 40 ct./2 lb.	11 <sup>99</sup>
Frozen Mussels, 1/2 shell, 2 lb.	7 <sup>99</sup>
Smuckers Uncrustables, 4/2 oz.	2 <sup>69</sup>
Wes Pac Tiny Peas or Okra, 16 oz.	2 <sup>29</sup>
Zippy Meals, 20 - 24 oz.	6 <sup>49</sup>

**Produce**

Onions, yellow, round, per lb.	1 <sup>19</sup>
Tomatoes, per lb.	1 <sup>49</sup>
Cello Potatoes, 5 lb.	3 <sup>29</sup>
Amano Crabmeat, 20 oz.	2 <sup>49</sup>

**Non Foods**

Angel Soft Bath Tissue, 12 ct.	4 <sup>89</sup>
Sparkle Paper Towel, single roll	2/2 <sup>49</sup>
Fitti Diapers, 23 - 36 ct.	8 <sup>99</sup>
Dixie Heavy Duty Plates, 45 ct.	2 <sup>79</sup>
Downy Fabric Softener, 64 oz.	4 <sup>19</sup>
Sun Liquid Detergent, 188 oz.	7 <sup>99</sup>
Dawn Dish Liquid, 24 oz.	3 <sup>99</sup>
Mardi Gras Napkins, 250 ct.	2 <sup>59</sup>
Reynold Foil, 30 sq. ft.	3/4 <sup>99</sup>
Hefty Foam Plates, 50 ct.	2 <sup>79</sup>
Kingford Match Light Charcoal, 6.7 lb.	6 <sup>19</sup>
Glade Aerosol, 8 - 9 oz.	2/2 <sup>99</sup>

**Beer/Wine/Liquor**

Corona, 12 pk., bottles	14 <sup>99</sup>
Heineken, 12 pk., bottles	13 <sup>99</sup>
Steinlager, 12 pk., bottles	11 <sup>49</sup>
Coors, 18 pk., bottles or cans	15 <sup>99</sup>
Natural Beer, 24 pk., cans	16 <sup>99</sup>
Rolling Rock, 12 pk., cans	8 <sup>79</sup>
Budweiser/Bud Lt., 18 pk., bottles or cans	15 <sup>99</sup>
Columbia Crest Wine, 750 ml.	9 <sup>99</sup>
Yellowtail Wine, 750 ml.	5 <sup>99</sup>
Barefoot Wine, 750 ml.	2/9 <sup>99</sup>
Bacardi Rum, 750 ml.	12 <sup>99</sup>
Crown Royal, 750 ml.	19 <sup>99</sup>
Jim Beam, 750 ml.	10 <sup>99</sup>
Tanqueray Gin, 750 ml.	15 <sup>99</sup>
Jose Cuervo, 750 ml.	13 <sup>39</sup>
Smirnoff Vodka, 750 ml.	11 <sup>59</sup>
Karkov Vodka, 1.75 liter	12 <sup>99</sup>

## CDP AC Elects Chair, Sets Date for Community Meeting

By Megan Solís

Electing a new chair and vice chair was the first order of the day at the June 25 meeting of the North Kohala Community Development Plan Action Committee. John Winter is the new chair, responsible for leading action committee meetings and ensuring the agenda and protocol are followed. Frank Cipriani was selected as vice chair and will step in when the chair is unable to attend a meeting.

The date for the annual community meeting is set for Wednesday, September 12, from 5:30 to 7:30 p.m. at Kohala Intergenerational Center. This is an opportunity for the community to meet the action committee members and hear presentations about the work by the subcommittees, including goals for 2012, past year review and getting input from the community. The meeting includes a break out time for pupus and informal conversation between the community and AC and subcommittee members.

In new business, Gail Byrne Baber, commissioner with the county's Public Access, Open Space and Natural Resources Preservation Commission (PONC), provided a brief presentation about the commission and its process for soliciting nominations from the community for prioritizing county purchase of lands. The PONC fund is derived from two percent of county real property tax revenues and used to purchase lands for preservation. The commission, comprised of one representative from each district, advises the mayor about how to spend those funds. Lands are nominated for consideration by the community by June 30 of each year, and the commission evaluates each nomination using weighted criteria and then creates a prioritized list for the mayor by December 31. Lands may be selected for a variety of purposes, including preservation of historic or culturally significant areas; watershed protection; preservation of natural resources; and more.

Baber said PONC is just one funding source used to leverage monies from both government resources and private funds. She acknowledged that the strong grassroots efforts by North

Kohala groups in nominating and stewarding lands has led to success in seeing those lands preserved. In its 2011 report, PONC placed four North Kohala areas on its priority list, including Hapu'u to Kapanāia Cultural Corridor at No. 2 and Niuli'i at No. 3.

In the County Planning Department's land use/permit activity report, Rosalind Newlon, Planning's NKCDP liaison, stated the only new activity was a subdivision application for a 1.985-acre parcel to be divided into five residential lots of approximately 15,000 square feet each. The parcel is off of Hua Lane near Akoni Pule Highway in Hawi. The subdivision came up again during Hermann Fernandez's report for the Growth Management subcommittee. He reported the parcel is just south of town behind the Mormon gym with access off the highway. The main question about the subdivision regards water. There is a well on one parcel, and the owners are investigating whether the well can be used for the proposed four additional lots. This proposal, which encourages growth within Hawi town limits, conforms to the NKCDP as long as the water issue can be worked out, he said.

For the Public Access subcommittee, Toni Withington reported the restoration work at Upolu Airport is moving ahead with the arrival of seven pallets of naupaka. The subcommittee gave testimony to the Department of Agriculture to ensure that public access agreements are included in all agricultural leases. The subcommittee is also working with Department of Transportation to move the location of the parking lot for Kohala Kai trail closer to the mauka/makai access, located below Kohala Ranch and Kohala Estates.

John Winter reported for Infrastructure A subcommittee that work at Mahukona has begun. Two groups have taken on the responsibility of working with the county Parks and Recreation: Mahukona Cats Colony Caregivers, who will handle details of the feral cat catch, neuter and return program as well as the cat feeding stations, and Friends of Mahukona, who will work on improvement efforts for landscaping, restrooms,

BBQs, etc. These two groups will interface directly with the community and Parks and Rec regarding improvements at Mahukona Park. The Infrastructure A subcommittee is no longer taking the lead on this issue.

The subcommittee is working with the county water department and the University of Hawaii-Hilo to map the water "spaghetti lines" between meters and homes. The mapping would help prevent accidental digging into hidden lines. The program would be strictly voluntary.

Susan Fischer reported that Infrastructure B subcommittee is primarily concerned with viewplane protection and rural infrastructure; strategy 4.8 in the NKCDP includes utilizing low profile minimal street lighting. To that end, the group heard a presentation about traffic and street lighting, including a report about the county upgrading lighting for more energy efficiency. The county has purchased 1,000 fully shielded LED lights through federal stimulus funds; 50 have been installed in Waimea, in part to keep the skies darker for the Mauna Kea observatory. The subcommittee plans to research the

use of this lighting and report its findings at future meetings.

For Affordable Housing, Collin Kaholo reported that the subcommittee had set up a tour of the HICDC self-help housing on July 1. [See related story on page 10.]

Frank Cipriani reported that he has given information to some agricultural landowners about the merits of voluntary participation in Important Agricultural Lands designation. The subcommittee also continues to explore options for utilizing Kohala's citrus crop, perhaps through a producers' coop. He also said poor soil quality in Kohala needs to be addressed for agricultural productivity, and Jana Bogs has ideas for bringing the soil back to good health and can arrange comprehensive soil testing. Approved minutes and agendas of AC meetings are available on the county's CDP website: [www.hawaiicountycdp.info/north-kohala-cdp](http://www.hawaiicountycdp.info/north-kohala-cdp). See KMN's events calendar on page 19 for subcommittee meeting dates.

The next action committee meeting is set for Monday, August 13, at 5 p.m. at the Senior Center in Kapa'au. The public is encouraged to attend.

### Weaving Beauty with Coconuts

Mele Waikiki's coconut weaving class members at 4Joi in Hawi pose with their handiwork. It all starts with a coconut sprout (lower left) and ends with beautiful and useful products. Left to right, Tim Head, Darnell



—photo by Carolyn Mondress  
"Nell" Hanamaikai (Mele's assistant), Susan Barnes, Cheri Sproat, Mele and Randee Golden.



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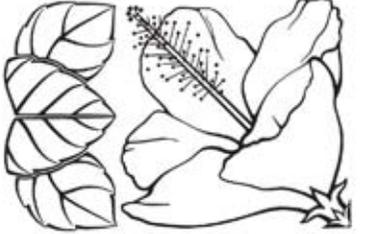
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## 15th Annual Relay For Life of Kohala

The American Cancer Society announced the 15th Annual Relay For Life of Kohala is scheduled for Saturday and Sunday, August 11 to 12. This year's event, themed "iRelay: The Music of Hope," will be held at Kamehameha Park Veterans Field, 6 p.m. to 6 a.m.

Relay For Life is a fun-filled, overnight event that mobilizes communities throughout the country to celebrate survivors, remember loved ones and empower others to fight back against cancer. Teams gather with tents and sleeping bags to participate in the largest fundraising walk in the nation.

The event begins with a free cancer survivors and caregivers dinner to celebrate those who have survived cancer or who are currently battling cancer. Kohala's event officially starts with the Survivor Lap followed by the Caregiver Lap and the Teams lap. Throughout the night, attendees are treated to a variety of onsite fundraisers with glow items, food, games and more. We will also have live entertainment and a variety of interactive dances such as Zumba. The public

is invited to come and show support.

At 9 p.m. is the Luminaria Ceremony (candle lighting) honoring the community's cancer survivors and remembering those lost to the disease. Participants, led by tiki torch bearers, will circle the track that is surrounded with glowing luminaria that bear the names of special loved ones who have battled cancer. Luminaria may be purchased for \$5 from any team member or by visiting [www.relayforlife.org/kohalahi](http://www.relayforlife.org/kohalahi).

Their goal is to raise \$35,000 for the American Cancer Society and to have 18 teams and 60 Survivors participate. Funds raised through these events enable ACS to continue the fight against cancer by helping people get well and stay well, finding cures, and fighting back.

In 2011, the American Cancer Society—Hawai'i Island serviced 647 patients with 3,001 services with the bulk of these patients being in the Kona area.

Information about how to form a team or become involved in Relay For Life is available at [www.relayforlife.org/kohalahi](http://www.relayforlife.org/kohalahi), or call Maile at 895-3168.

## Two-Day O-Bon Festivities Planned

The public is invited to join in O-Bon festivities hosted by Hawi Jodo Mission on Saturday and Sunday, August 4 and 5.

On Saturday, cemetery visitation is set for 4 p.m. with the church service at 5 p.m., followed by the Bon Odori (dance) at 6 p.m. at the mission on Akoni Pule Highway in Hawi. Ryukyukoku Matsuri Daiko Kohala/Waimea

will provide an opening performance for world peace at 6 p.m.

On Sunday, the celebration continues at Mahukona at 12 noon for the Fune Nagashi (sailing boat).

Bon Dance practice is scheduled for Wednesday and Thursday, August 1 to 2, from 7 to 9 p.m. at Hawi Jodo Mission. All are welcome to participate.

*Nutrition, continued from page 11* group will examine common myths such as "eating fat makes you fat," and "saturated fat is bad for your heart."

In the final session on August 29, she will talk about sugar and the many ways that it impacts our health. Come learn about how to get off of the blood sugar roller coaster and how easy it can be to lose your cravings for sweets. We will cover how important managing your blood sugar is to preventing and treating common conditions such as diabetes,

obesity, polycystic ovarian syndrome, addictions, and mood disorders.

The lectures will be from 6 to 7 p.m. in Dr. Roberts' office, located on the west side of the Nanbu building on Holy Bakery Road in Kapa'au. Herbal Tea will be provided. Children are welcome to attend.

Please contact Dr. Roberts for more information at [hanaroberts@gmail.com](mailto:hanaroberts@gmail.com) or (808) 315-0509. The lecture series does not require reservations or for you to attend all dates.

## Kanikapila with Andy Andrews at Hawi Gallery

Andy Andrews, leader of the Puna Ukulele & Kanikapila Association (PUKA), will be leading a new kanikapila at Hawi Gallery. Bring your ukulele and join the fun on the third Thursday of every month at 6 p.m. The next event will be held on August 16.

The term kanikapila comes from the word *kani*, which means sound, and *pila* which means any string instrument. This new kanikapila replaces the monthly ukulele class that Hawi Gallery has been hosting.

Andy is widely known as the founder of the Ukulele Club of Santa Cruz and was featured in the June issue of *Ke Ola* magazine.

Hawi Gallery is located in downtown Hawi.



—photo courtesy of Hawi Gallery

## 'Perils and Pearls in Paradise': Free Showing

"Perils and Pearls in Paradise—Hawai'i Island Alcohol Stories & Facts," the original documentary by Holly Algood of North Kohala, spotlights 29 Hawai'i Island residents whose lives were in some way dramatically touched by alcohol. The film premiered on July 7 at Kohala Intergenerational Center, but those who missed the premiere can catch another showing planned for a Town Hall meeting from 4:30 to 6 p.m., Friday, August 3, at Tutu's House in Waimea.

"We have stories from the head of the trauma center at North Hawai'i Community Hospital, from various people in recovery, more than a dozen youth talking about how they've stayed away from it, and parents of an adopted child with Fetal Alcohol Syndrome," said Algood, an independent organization development consultant who also does volunteer work with West Hawai'i Mediation Center, the Kona-Kohala Chamber of Commerce, and Recycle Hawai'i.

According to her research, 49 percent of pregnant women screened on Hawai'i Island had a positive screen for substance abuse.\* Drinking alcohol during pregnancy can change the structure and function of the developing fetal brain.

"The Fetal Alcohol Syndrome piece

is big; the drunk driving piece is big," said Algood. "We found that people in the film were very touched by the experience, and as a result felt like they wanted to do more activism in their community."

"Perils and Pearls in Paradise" is part of a series of community Town Hall meetings that also include pupu, panel discussion and facilitated "talk story." Admission is free, and all are welcome. In addition, it will air on Na Leo o Hawai'i during August, and be available to view on [www.ModelsNotBottles.org](http://www.ModelsNotBottles.org).

"Perils and Pearls in Paradise—Hawai'i Island Alcohol Stories & Facts" is part of an integrated awareness campaign for prevention of underage drinking, managed by Five Mountains Hawai'i. This project is an equal opportunity program funded through the County of Hawai'i Mayor's Office, Hawai'i Department of Health, and the Substance Abuse and Mental Health Services Administration—Center for Substance Abuse Prevention: Strategic Prevention Framework—State Incentive Grant SPO 13944.

\**Children's Research Triangle Summary Overview of Data on 3,153 women screened between December 2007 and September 2011.*

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## Kohala Mission School Explores All Options to Improve Student Performance

By Chris Larson

Kohala Mission School was once again able to garner more than two years of reading progress for both decoding and comprehension skills this year. But with advancements in the science of

education progressing at astounding rates, the school is constantly looking into other ways to improve student performance.

Seventh-day Adventists have long been promoters of good physical, emo-

tional and spiritual health as ways to improve academics, and modern research is confirming many of their tenets. A recent book titled *Spark: The Revolutionary New Science of Exercise and the Brain*, by Dr. John J. Ratey, has shown how daily cardiovascular exercise improves academic performance as well as reducing depression and the effects of ADHD. The case study in the book tells how Naperville school system in Chicago has gone to the top of the world in science and fifth in math mainly by providing daily cardio exercise and scheduling harder classes immediately afterward. KMS has always had daily PE, but this year it is looking at how scheduling can enhance the benefits even more.

Modern research and health gurus like Dr. Oz are constantly showing how diet can affect personal well-being, depression and cognitive process as well. KMS has, since its inception, been educating its students and families on the benefits of more nutritious meals and the results of what we put into our bodies in regard to academic success. KMS will continue to show its students how even small choices like cutting back on the amount of processed foods in meals can improve thinking and coping skills as well as protect one from diabetes, heart disease and other diet-related diseases.

KMS has also been educating its families about the amount of screen time that children are exposed to weekly. Modern research has shown that excessive screen time, whether TV, computer, smart phones or video game machines, changes the structure and wiring of the

child's brain. We are raising children whose brains and thinking abilities are increasingly different than their parents. For years, recommendations based on research have been that children will perform better in school (and life) if their screen time is kept below one hour a day (some researchers recommend five hours a week). A recent article in Newsweek titled "iCrazy," quotes research showing that the internet has the same affect on the brain as some addictive drugs and that too much time is also contributing to the restructuring of the brain, as well as depression, loneliness and loss of real world friends.

An area where KMS differs from most schools—and excels—is in Trust in God. "What good will it be for a man if he gains the whole world, yet forfeits his soul?" Mat. 16:26. When teaching students right ethical behavior, what is the basis? Where do we go to find the basic truths of our relationships with other people, our place in the world around us and our purpose in life? At KMS the Bible is the foundation for these principles and is used daily to educate choices in the classroom, on the playground, in sports and at home.

KMS is not promoting total abstinence from TV or the internet. It is not asking its students to be vegan or even vegetarian. It is not seeking to make "good little Adventists." The school is teaching that intelligent choices preventing over-indulgence in any area of life can and will improve the student's well-being in all areas. For parents seeking more than "just academics" from their school, KMS is here to serve.

## Moving Toward Food Self-Sufficiency for Kohala

Story and photo by Megan Solís

Some came because they want to create a strong local economy and keep Kohala, Kohala. Others because they want to eat fresh, locally produced food. Still others came for the day when perhaps the boats stop coming.

All were at the community meeting at Kohala Intergenerational Center on July 2 to learn more about how North Kohala can grow a local food system that will satisfy all of those wants. The meeting was a part of the development of a strategic plan to address the North Kohala Community Development Plan goal of producing 50 percent of Kohala's food needs by the year 2018.

Many attendees had already participated in small 'ohana dialogue sessions where they completed a local food self-sufficiency survey or had completed the survey online. The meeting was an opportunity to report on the data gathered and share how we might prioritize and implement the ideas from the survey.

After the opening blessing and introductions, the crowd heard brief remarks from local leaders including county council candidate Margaret Wille, State Sen. Malama Solomon (Dist. 4), youth leader Kinan Kawai, David Fuertes of Ka Hana No'eau, Bob Agres of Hawaii Alliance for Community-Based Economic Development, and Andrea Dean of North Kohala Eat Locally Grown Campaign.

Sen. Solomon commented that since reapportionment put North Kohala in the 4th Senatorial District, it will allow us to consolidate North and South Kohala ag districts.

"Sustainability is one of the key issues for our island," she said, noting we import 92 percent of our food. "Ag development is the key to our success."

Kinan Kawai, Hawi resident and



Talking story and writing down ideas was a big part of the community meeting regarding reaching Kohala's food self-sufficiency goals.

Kamehameha Schools student, spoke about his recent experience as a youth delegate to a national youth leadership conference where he spoke about sustainability in the context of Kohala's agriculture. His goal is to see sustainability taught as part of the school curriculum.

Organizer Andrea Dean reported that of 1,800 households, organizers had reached their goal of 200 survey  
*See Food, page 17*

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[www.kohalamountainnews.com](http://www.kohalamountainnews.com)

### St. Augustine's Episcopal Church

Kapa'au, North Kohala • 808-889-5390

#### Sunday Services:

9:00 a.m. - Holy Communion  
(Child Care & Fellowship Brunch)  
6:00 p.m. - Holy Communion

#### Thrift Shop Hours:

Weds: 12:00 - 3:30 • Thurs: 4:00 - 6:00  
4th Saturday: 10:00 - 12:00

#### Free Community Meal:

4th Saturday of each month: 11:00 - 12:30  
[staugustinebigisland.diohawaii.org](http://staugustinebigisland.diohawaii.org)

### Sacred Heart Catholic Church

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Sunday 7 a.m. • 9:30 a.m.

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Monday - Thursday at 7 a.m.  
Eucharistic Service: Friday at 7 a.m.

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10:15 am

Worship Service/Sunday  
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who labor and are  
heavy laden, and I  
will give you rest.'*  
(Matthew 11:28)

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

## Learn about `Ope`ape`a from the 'Bat Man'

"The establishment of bats in Hawai'i is among the most spectacular over-water colonization events in mammalian history." —Frank J. Bonaccorso, Ph.D., wildlife ecologist and author, "Natural History and Migration of the Endangered `Ope`ape`a in Hawai'i."

On Monday, August 13 at 6:30 p.m., "bat man" Dr. Frank Bonaccorso and his team will visit North Kohala Public Library to share fascinating insights into our only native land mammal. These USGS researchers "listen" to the activity of `ope`ape`a (Hawaiian hoary bats) around the Big Island and collect data using acous-



—photo by Corinna Pinzari  
`Ope`ape`a, Hawaiian hoary bat

tic equipment. Come, "hang out" and learn about these unique creatures, how their ancestors reached Hawai'i, and how their lives in our island environments differ from other bat species. Also, find out what you can do to help protect endangered `ope`ape`a in your own backyard. Ages 5 and up are welcome.

This free event represents the first in a series of monthly "talk story" presentations about Kohala's natural and human history, co-sponsored by Friends of the North Kohala Library and `Iole. For more information, check out [iolehawaii.com](http://iolehawaii.com) or call the library at 889-6655.

*Food, continued from page 16*  
responses. She reported results showed a strong feeling in the community about making our own agricultural inputs, including the need for composting and using worms for decomposition. Respondents were looking for cooperative tool sharing, a food processing facility and the capacity for meat processing, refrigeration and packaging. Consumers want better access and variety in locally grown food, and growers need more support for labor, equipment and technical support. The development of a seed bank and perhaps a storefront coop were also suggested through the survey.

Before attendees split into small groups, Bob Agres addressed the crowd: "We are on the cutting edge of developing our own food system. We must think how we can get to the short-, mid- and long-term goals." He emphasized that we need to look for individual actions as well as those by families and the community as a whole and ask, "How do we make the change?"

The meeting was an exercise in active participation as the crowd broke up into small groups and visited nine stations, each addressing one aspect of the overall vision toward self-sufficiency, including: why the 50 percent goal is important; strategic vision indicators; food production; distribution; energy; water; processing; waste and agricultural inputs; and education. Each group reviewed survey comments posted on

the table and then discussed and identified assets and resources that support the potential strategies and actions, recording them with markers on flip charts and post-its. Participants then revisited each station and marked priorities with colored dots.

During the wrap-up session, organizers explained that the information would be compiled and used in developing a strategic plan, one that is not static, but a changing document that can be revised. It will be a useful tool in prioritizing and in applying for grants that can help support Kohala's goals.

Before participants departed, each was invited to take a free "North Kohala Know Your Farmer Directory," designed to help local eaters connect with local food producers. It includes farmers' names and contact information, what they grow and sell, and where their products are sold.

Community members who did not have the chance to complete the survey may still do so by visiting [www.eatlocalhi.org](http://www.eatlocalhi.org) and taking the live survey. The farmer directory is also available on the site.

"Growing a Local Food System in North Kohala—Strategic Planning for Food Self-Sufficiency" is a project of the North Kohala Eat Locally Grown Campaign, Ka Hana No`eau and Kohala Intergenerational Center with assistance from the Hawai'i Alliance for Community-Based Economic Development. Funding was provided by the County of Hawai'i and Kaiser Permanente. Visit [eatlocalhi.org](http://eatlocalhi.org).

## Planet Pioneers is Looking for a Few Rising Entrepreneurs

By Linda Lewandowski

Planet Pioneers will begin taking applications via its website ([planetpioneers.org](http://planetpioneers.org)) from July 26 through August 24. This current application period is for KHS students. The high school program will begin in September.

New this year is the expansion of community-based leadership projects and the addition of internships with some of Hawai'i's top sustainability leaders and entrepreneurs. Expansion

to other school complexes and to middle school students is underway.

For more information, please contact Linda at 756-9005 or e-mail us at [planetpioneers@gmail.com](mailto:planetpioneers@gmail.com).

Planet Pioneers' mission is to build sustainability leadership and entrepreneurship capacity in Hawai'i's K-12 students through mentorship, hands-on project experience and knowledge transfer. Investing in Kohala youth is investing in our future!

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## St. Augustine's 2012 Scholars Receive \$1,000 Scholarships

By Dr. Robert Morrison

St. Augustine Episcopal Church in Kapa'au awarded 10 students attending college and vocational schools \$1,000 scholarships for the 2012-2013 academic year. The scholarships are one of many outreach programs of St. Augustine



—photo courtesy of St. Augustine Episcopal Church

**St. Augustine family members with 2012-2013 scholarship recipients. Front row: Melanie Matsuda, Wendy Andrews, Marina Arellano, Mana Purdy. Second row: Cecily Fujii, Mary Josephine Osorio, Rebecca Bartholomy, Daniel Fujii. Third row: Vance Fujii, Kathy Matsuda, Miho Fujii. Fourth row: Jayvimar Arellano, Kaky Purdy, Iris Fujii. Fifth row: Geoy Purdy, Eric Fujii, Kyoko Fujii, and Zen Fujii.**

designed to assist students with their tuition and cost of living expenses while attending college.

The scholarships represent the church's spiritual and financial support of the students' educational pursuits. The total amount of the scholarship fund was \$10,000 and represents one of the larger educational funds available to students in North Kohala.

To qualify, each Episcopal student submitted an application detailing reasons for applying, along with copies of transcripts or acceptance letters. The St. Augustine Scholarship Committee reviewed all of the applicants and allocated funds based on need, partici-

pation of the student at St. Augustine, and whether the student was attending a university in Hawaii or on the mainland. The fund is renewed each year with the goal to distribute all of the monies each year; as a result the amount available for individual scholarships varies each year. The money for the fund is given anonymously by church members. While the church congregation is small, the members are totally committed to the educational and spiritual growth of its Episcopal students, said Rosemary Rasmussen, a member of the Scholarship Committee.

During the awards ceremony at the July 15 Sunday morning service, students shared their educational goals and progress with the congregation. As in previous years, the congregation follows the progress of the students through their college experience and learns about the financial challenges in today's educational environment. Each of the students works to pay for school, with several students working several jobs while also attending classes. After the award ceremony, a buffet was provided by church members to the students and their families.

Students receiving awards this year included Melanie Matsuda (University of Hawaii at Manoa), Ikaika Andrews (Colorado State University at Pueblo, Colo.), Selena Osorio (Humboldt State University, Calif.), Cecily Fujii (Kapiolani Community College), Daniel Fujii (University of Hawaii at Hilo), Miho Fujii (University of Hawaii at Manoa), Mary Josephine Osorio (Hawaii Community College in Hilo), Jerome Arellano (Maui Community College), Mana Purdy (Northern Arizona University in Flagstaff, Ariz.) and Jacqueline Wong (Portland Community College, Ore.). All of the 2012 recipients were awarded scholarships in 2011.

## The Wonders of Coconut Water and Oil

By Angela Rosa RN, LMT

As mentioned in last month's article by Tim Head of Sustainable Kohala, coconuts have been rediscovered. This versatile super food is being touted for its nutrition, health benefits, and amazing medicinal properties, not to mention its contributions to beautiful skin.

From simple coconut water and coconut meat, to processed milk, oil and flour, coconuts offer us a wealth of benefits. If you are not already eating coconut as part of a balanced diet, I hope you will be inspired to give it a try and become part of the coconut revolution by planting these life-giving palms to ensure a healthier Kohala for future generations.

In the 1930s, a dentist named Dr. Weston Price examined the traditional diets of South Pacific peoples to study the effects on their dental and overall well-being. He found that those eating diets high in coconut products were healthy and trim, despite the high fat concentration in their diet.

Similarly, in 1981, researchers studied populations of two Polynesian atolls, where coconut was the chief source of calories. The results, published in the American Journal of Clinical Nutrition, demonstrated that both populations exhibited positive vascular health. There was no evidence that the high saturated fat intake had any harmful effects.

Coconut water and meat are especially high in potassium and offer fiber, protein, sugars, iron, magnesium and vitamin C, which are key foundational nutrients needed to maintain health.

The potassium in coconut water provides electrolytes and helps hydrate the body—particularly useful after exercise. Potassium is also linked to lowering blood pressure. There are many reports showing coconut water has been used as an IV solution in emergency situations where medical supplies were limited.

According to some studies coconut oil had been shown to aid in the absorption of calcium and magnesium, which strengthens bones and deters osteoporosis.

Research shows that eating coconut oil improves cholesterol ratio values. Extra virgin (first pressing) coconut oil is a stable, healthy saturated fat, free from trans-fatty acids. It is a protective anti-oxidant rich in lauric acid, known to be anti-viral, anti-bacterial, anti-fungal and effective against Candida. In addition it boosts the immune system and the normalization of body fats. It is anti-inflammatory, protects the liver, supports healthy weight maintenance, increases metabolism and promotes healthy thyroid function.

With all of its wonderful benefits why not consider including coconut as one of your lifestyle choices? In the months to come I hope to offer more information on the nutritional and cosmetic benefits of coconuts. In the meantime be sure to check out the Coconuts for Kohala information table at the Saturday farmer's market, and please plant some coconuts.

For more information about health and health-related topics go to [www.essentialhealth.info](http://www.essentialhealth.info).

*Angela Rosa is a registered nurse, licensed massage therapist, health consultant and barefoot doctor.*



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For More Info Contact Tom at 889-5049

## Summer Tennis at Kamehameha Park

By Jordan Virtue

Every Wednesday and Saturday this summer, the Kohala tennis courts have been a scene of organized chaos.

Up to 30 kids at any given time, ages six and up, have been playing tennis under the direction of Coach Hermann Fernandez, free of charge. There are a handful of kids that come with their parents who are under six years old.

The kids have learned proper technique for forehands, backhands, and volleys. Some have started learning how to serve the ball correctly. Throughout the practice you can hear excited cheers as the kids hit a target or rally with a volunteer, which earns them

a poker chip. Immediately after practice, the kids hurry to purchase candy from Coach Hermann with the poker chips they have gotten as a reward. So, not only are the kids learning tennis skills, they are also learning accounting.



—photo by Melissa Virtue  
Asher Carpio with his hard-earned poker chip.

Coach Hermann has been a tennis coach for years. He coaches high school tennis, and his students have gone to BIIFs (Big Island Interscholastic Federation), as well as going on to play college tennis.

My brother and I started playing tennis with Coach Hermann during the summer five years ago, just like the kids that we are now helping. I love tennis. I'm glad that now I can help to share it with other kids.

## Students Tickle Brains with Summer Learning Center Activities

A second Kohala group and a Kona group completed a rigorous two days of dissections in the Learning Center Anatomy Lab Intensive, opening eyes to the wonders of anatomy and physiology in a truly hands-on experience.

In addition, the Kohala Chapter of the Junior State of America (JSA) reminded residents of the opportunity to make their voices heard with a two-

day voter registration drive.

Looking forward, September marks the beginning of next year's homeschool offerings, which instructors Kristin Wohlschlagel and Maureen Combes will be expanding to include Latin; rhetoric; composition; US history, art and literature; and JSA. For more information on activities or enrollment, contact Kristin at 889-1110 or Maureen at 494-4237.

## KOHALA CALENDAR

### August

- 1 Wed 4:30-6:30 pm, CDP Public Access Subcmte. Mtg., Senior Center, Ted, 889-5801.
- 1 Wed 6-7 pm, Nutrition lecture series "Lacto-fermented foods," free, Dr. Hana Roberts' office, Nanbu Bldg, Kapa'au, 315-0509.
- 1 Wed 7-9 pm, Bon Dance practice, Hawi Jodo Mission, public invited.
- 2 Thu 6-9 pm, Green Drinks Hawi, Kava Kafe, organic networking & pupus, Forrest, 987-2365.
- 2 Thu 7-9 pm, Bon Dance practice, Hawi Jodo Mission, public invited.
- 3 Fri 10 am, Preschool Story Time series, ages 2-5, North Kohala library, 889-6655.
- 3 Fri 4:30-6 pm, Film showing "Perils and Pearls in Paradise" by Holly Algood, free, Tutu's House, Waimea.
- 4 Sat 8 am-1 pm, Primary Election Candidate Forum, free, public invited, Kohala schools cafeteria, refreshments avail., arrive early, forum begins promptly, Lisa, 896-3354.
- 4 Sat 3-7 pm, Summer Beer Garden, live music, 21 & over, \$5 cover, back parking lot of Kohala Trade Center, Hawi, hosted by Lighthouse Liquors & Deli.
- 4 Sat 4 pm, Hawi Jodo Mission Obon cemetery visitation, 5 pm church service, 6 pm Bon Odori, at the Mission, Akoni Pule Hwy, Hawi.
- 5 Sun 10 am, Hawi Jodo Mission Obon church service at Mission; 12 pm Fune Nagashi at Mahukona, public invited.
- 6 Mon 6-7 pm, Growth Management Subcmte. Mtg., public invited, Surety Kohala office, Hawi, Hermann, 889-1464.
- 7 Tue 4-5:30 pm, Hope for Haiti Mtg., St. Augustine's Walker Hall, new members welcome, Lani, 889-5852.
- 7 Tue 4-5 pm, KCAA registration/clinic for Volleyball (grades 4-8) & Biddy Basketball (ages 5-8); free, includes uniform, Hisaoka Gym, Tom, 889-5049.
- 7 Tue 5 pm, CDP Infrastructure A Subcmte. Mtg., KIC, public invited, Giovanna, 889-5590.
- 8 Wed 8 am, No. Kohala Merchants Association Mtg., Resource Center, public invited, Bobby, 889-0505.
- 8 Wed 6-7 pm, Nutrition lecture series "Food allergies & intolerances," free, Dr. Hana Roberts' office, Nanbu Bldg, Kapa'au, 315-0509.
- 9 Thu 4-5 pm, KCAA registration/clinic for Volleyball (grades 4-8) & Biddy Basketball (ages 5-8); free, includes uniform, Hisaoka Gym, Tom, 889-5049.
- 10 Fri 10 am, Preschool Story Time series, ages 2-5, North Kohala library, 889-6655.
- 10 Fri 6:30-9:30 pm, & Sat. 8/11, 9 am-12 pm, Women's Retreat at Makapala led by Sabrina Hamrick, Beth Moore ministries, Sondra, 889-5416.
- 11 Sat 7 am-6 pm, Primary Election Day, Kohala High/Elem School.
- 11 Sat 3-7 pm, Summer Beer Garden, live music, 21 & over, \$5 cover, back parking lot of Kohala Trade Center, Hawi, hosted by Lighthouse Liquors & Deli.
- 11 Sat 6 pm - 6 am, Sunday, Relay for Life Kohala, 9 pm, luminaria ceremony, Kamehameha Park Veterans Field, public welcome, Maile, 895-3168.
- 13 Mon 4-5 pm, Last sign-ups for KCAA registration for Volleyball (grades 4-8) & Biddy Basketball (ages 5-8); free, includes uniform, Hisaoka Gym, Tom, 889-5049.
- 13 Mon 4:30-6:30 pm, CDP Action Cmte. Public Mtg., Senior Center.
- 13 Mon 6-7 pm, Kohala Haw'n Civic Club Public Mtg., Hawi Community Center, Rochelle, 896-3033.
- 13 Mon 6:30 pm, "The Hawaiian Bat," a presentation by Frank Bonaccorso, Ph.D., sponsored by Iole, North Kohala library, 889-6655.
- 14 Tue 11 am, Adult book discussion group, "Seabiscuit" by Laura Hillenbrand, North Kohala library, 889-6655.
- 14 Tue 6:45 pm, Film showing "O Kakou Ka Po'e" by Lani Eugenio followed by panel discussion, free, Kohala Intergenerational Center.
- 15 Wed 5 pm, KMS SCC mtg., library, parents & community welcome, 889-7119.
- 16 Thu 1:30-2:30 pm, Kohala Hospital Auxiliary Mtg., Hospital Pavilion, new members welcome, Dixie, 889-5730.
- 16 Thu 6 pm, Ukulele kanikapila w/ Andy Andrews, open to players of all ages & levels, free, Hawi Gallery, Richard, 206-452-3697.
- 18 Sat 9 am-1 pm, Treasures Helping-Hand Store, Assembly of God, Hawi Rd., free meal: 10 am-1 pm, 889-5177.
- 18 Sat 3-7 pm, Summer Beer Garden, live music, 21 & over, \$5 cover, back parking lot of Kohala Trade Center, Hawi, hosted by Lighthouse Liquors & Deli.
- 18 Sat 4:30-6:30 pm, Free Grindz--Hot Meal, under the Hawi Banyans, bring a friend, Kohala Baptist Church, Sondra, 889-5416.
- 20 Mon 4:30 pm, CDP Affordable Housing Subcmte, public welcome, Senior Center, Collin, 889-6726.
- 21 Tue 5:30 pm, Kohala Elem. School Community Open House, public invited, 889-7100.
- 22 Wed 6-7 pm, Nutrition lecture series "Healthy fats," free, Dr. Hana Roberts' office, Nanbu Bldg, Kapa'au, 315-0509.
- 24 Fri 10 am, Preschool Story Time series, ages 2-5, North Kohala library, 889-6655.
- 25 Sat 11 am-12:30 pm, Free Community Meal, St. Augustine's Walker Hall, Thrift Store open 10 am-12:30 pm.
- 25 Sat 3-7 pm, Summer Beer Garden, live music, 21 & over, \$5 cover, back parking lot of Kohala Trade Center, Hawi, hosted by Lighthouse Liquors & Deli.
- 28 Tue 6 pm, CDP Agriculture Subcmte. Mtg, public welcome, KIC, Frank, 333-8026.
- 29 Wed 6-7 pm, Nutrition lecture series "Sugar," free, Dr. Hana Roberts' office, Nanbu Bldg, Kapa'au, 315-0509.
- 31 Fri 10 am, Preschool Story Time series, ages 2-5, North Kohala library, 889-6655.

Email calendar listings to [kmncalendar@hotmail.com](mailto:kmncalendar@hotmail.com) or call 884-5986.

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# Elect Margaret Wille

## District 9 County Council

Hawi, Kapa'au, Kawaihae, Mauna Kea and Mauna Lani Resorts, Puako, Waikoloa, Waimea, and Waiki'i



**MARGARET** doesn't just talk the talk; she works hard and **GETS RESULTS!**

### ★ Examples of Margaret's Accomplishments for District 9: ★

- ✓ Successfully helped convince Governor Abercrombie to reverse his opposition to legislation that now will bring in over 3 million dollars to our North Hawaii Community Hospital;
- ✓ Successfully blocked the Redistricting Commission from approving a county council redistricting map that would have been lop-sided in favor of a

Hilo voting block; the Commission then approved her alternative map that kept North and South Kohala together in District 9;

- ✓ Successfully fought for the Parker Ranch connector road (promised in 1992). This connector road reduces traffic congestion in Waimea;
- ✓ Successfully fought for the Charter amendment she drafted. (Her Charter amendment now sets the standard for preservation of natural and cultural resources).

### ★ Examples of her Accomplishments for North Kohala: ★

- ✓ She successfully helped North Kohala residents block the Marines' proposal to routinely use Upolu Airport for its training location (she produced an informational video that was circulated statewide);
- ✓ She regularly participates in our Senior Citizen Club meetings, helps keep the Club informed of District-wide issues of concern, and pursues solutions to senior issues. She is an honorary Club member;
- ✓ She regularly participates in our Community Development Plan Action Committee meetings and often assists the Action Committee.

For more information go to: [electmargaretwille.com](http://electmargaretwille.com) & her blog: [margaretwille.com](http://margaretwille.com)  
 Contact: [margaretwille@mac.com](mailto:margaretwille@mac.com) 887-1419 P.O. Box 548 Kamuela Hi 96743

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