

Kohala Mountain News

Vol.11, No. 8

August 25, 2012

GMOs, Home Rule Top Topics of Kohala Candidate Forum

Story and photo by Lynda Wallach

On Saturday morning, August 8, more than 60 people gathered in the Kohala High School cafeteria to meet some of the candidates running for state and county offices, listen to their ideas and ask them questions. The event was organized by Lisa Andrews, who said she wanted it to be an opportunity for all the candidates, the less well-known as well as the front runners, to present their platforms.

Attending the Forum were the candidates for County Council District 9: Robert Green, William Sanborn, Sonny Shimaoka and Margaret Wille; for mayor: Share Christie, Daniel Cunningham, incumbent Billy Kenoi, Harry Kim, Rand Walls and Dominic Yagong; for prosecutor: Lincoln Ashida, Paul Dolan and Mitch Roth; for State Senate District 4: Kelly Greenwell, Lorraine Inouye and Malama Solomon; and for U.S. Representative District 2: Tulsi Gabbard, Esther Kia`aina and Bob Marx.

After a blessing by Kealoha Sugiyama, the structured portion of the pro-



Audrey Veloria talks story with mayoral candidate Harry Kim at the Kohala candidate forum August 8.

gram began, moderated by Megan Solis, editor of the Kohala Mountain News. The candidates each had two minutes to introduce themselves after which they

were each given three questions, some submitted from the audience. The candidates had not seen the questions in advance. The questions covered a wide range of subjects from crime prevention and prison overcrowding to penalties for marijuana possession and improving public education.

The subject of genetically modified organisms (GMOs) coupled with the issue of home rule came up most frequently. Candidates for the state Senate, County Council and mayor were all

questioned regarding their positions on GMOs and whether they would support a community's decision not to have GMOs in their area. Although

most candidates agreed that communities should have the right to decide for themselves whether or not they wanted GMOs, opinions on GMOs varied.

Another issue of importance to Kohala is the shortage of healthcare professionals in Hawai'i and what can be done about it. This question was addressed to the candidates for state Senate and U.S. House. Here the proposed solutions varied, from Malama Solomon's emphasis on the University of Hawai'i's educating doctors who might tend to stay and practice in the islands to Lorraine Inouye's support for a program that sent interns to rural areas. Tulsi Gabbard suggested that Hawaii would benefit from a law like the Frontier Act of Alaska which provides for increased Medicare reimbursement rates for doctors serving in rural areas; Esther Kia`aina said her priority would be for the federal government to provide scholarship forgiveness loans for doctors and other health specialists working in rural areas.

See Forum, page 3

Action Committee Discusses Land Use, Community Outreach

By Lynda Wallach

Land use dominated the topic of discussion at the August 13 meeting of the North Kohala Community Development Plan Action Committee, including the withdrawal of a special use permit for the establishment of a school on Ho`ea Road.

Presenting the county Planning Department's land use report, Rosalind Newlon, Planning's NKCDP liaison, stated that plan approval was pending for a proposed four-unit multi-family dwelling on Akoni Pule Highway near Kapa`au Road. The lot is zoned commercial. Hermann Fernandez requested clarification that a "Plan Approval" type of request should not require scrutiny by the Growth Management subcommittee since Planning verifies that such a request is a permitted use of the property, that all requirements have been met and that it complies with the requirements of the CDP.

Newlon then reported the special permit request by Kohala Wishing Well, LLC allowing the establishment of a nonprofit pre-K through eighth-grade country school for up to 50 students on the site of the former Big Island Poultry Farm had been withdrawn by the applicant. David Rotstein commented from the audience that there had been

See CDP, page 2

Community Meeting September 12

The annual Community Meeting is set for Wednesday, September 12, 5:30 to 7:30 p.m. at the Kohala Inter-generational Center. The public is encouraged to come and learn more about the NKCDP and talk story with Action Committee members.

Sunshine Hardware Moving to Hawi Gym

Story and photo by Tom Morse

After 37 years in its present location across from Kamehameha Park in Kapa`au, Sunshine Hardware will move to expanded facilities at the Hawi Gym.

"We wanted to add more products. The Hawi Gym is twice as big and has twice the parking," said owner Greg Chilton. "We will be able to add more lawn and garden equipment, building materials, and maybe a housewares section. My wife Te Iwi and I were looking at this same location back in 2009, and now it's finally happening."

Greg, along with Glyn and Rolf Dean, and Bill and Carol Price, formed a holding company to purchase the land and building. The holding company will lease the facility to Sunshine True Value Hardware. The new location is scheduled to open in July 2013. Planned improvements to the gym include a new roof, electrical upgrades, and painting. Pictures of the building and the documentation of its transition are available on their website, www.

sunshinehardwarekohala.com, under the New Location link.

As Greg plans to retire soon after the move, he is transitioning control of the store to his son, Jake, who now works at the current location. "Jake is good with people and computers and is learning



Greg and Jake Chilton, father and son, operate Sunshine Hardware, which will move to larger facilities in Hawi in the coming year.

the product lines," he said.

Born and raised in Kohala, Jake graduated in 1997 from Kohala High

See Sunshine, page 6

Seniors Sizzle in Summer Softball



—photo by Megan Solis

Charlie Karratti of Local Boyz shows great concentration as he takes a swing during the State Senior Softball Tournament on Kaua`i. For tournament results and pictures of Local Boyz and Kohala teams, see pages 10 - 11.

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a petition from residents on Ho`ea Road objecting to the school on the grounds that it would significantly increase traffic. He stated that he, as a resident on Ho`ea, felt that the traffic issue was "bogus" and was "easily solved" and that "education is important; it is embarrassing that people would contest a school."

Fernandez added that many people had attended the last Growth Management subcommittee meeting in order to discuss the permit request for the school. There were two main objections, he said: that there would be a significant increase in noise and traffic on Ho`ea Road, which is reportedly already dangerous, and that they did not want the nature of the agricultural subdivision changed with the addition of a noisy school.

Wishing Well had already gotten approvals from the Department of Health and the Department of Land and Natural Resources. The Department of Public Works' report, which was filed after the meeting, stated that there

would have to be six feet of pavement added to Ho`ea Road where it turns into a one-lane road, in order for there to be safe traffic to and from the school. This would be very expensive. New AC chair John Winter stated there was nothing the AC could do about the project at this point since the request had already been withdrawn.

In early business, the committee considered a request from Kate Sterling, spokesperson for the Mahukona Cat Colony Caregivers, that the minutes from the previous meeting be corrected to delete the statement that "there was an issue with the cats and the trash cans." She said there is no issue; the statement was deleted.

The investigative committee on how to improve communications with the Kohala community continues working to put together a community-wide email list that could be used to disseminate information on AC and subcommittee business. Newlon thought the best way was to send the people on the email list direct links to the NKCDP AC portion of the Planning Department website.

Hermann Fernandez suggested that it would be more useful if, when Newlon sends AC meeting minutes and other communications to AC members, she should also send them to the community email list. The committee is also looking into getting a fixed place on the local bulletin boards where AC and subcommittee information can be posted.

In addition to the upcoming Community Meeting, John Winter proposed the AC have a booth at the Kohala Country Fair. Although in the past the AC booth has not drawn many visitors, Susan Fischer suggested that, if the committee were able to get large blow-ups of the original CDP maps, they may attract more people. It was decided that the AC would have a booth, and Winter and Newlon will explore getting some large maps.

Joe Carvalho reported from the Public Access subcommittee that landowners have been working with them to provide coastal access from Kapanāia to Hapu`u Point. He also said the landowner has put a protective fence around the heiau at Hapu`u because people have been removing huge boulders in order to drive 50 feet across the heiau to go fishing. There will be a clearly marked public access trail around the heiau.

Keoni MacKillop gave an update on Kauhola Point. He said they have gotten several grants and are beginning to solicit community input as to what types of projects should be developed there. Regarding Pratt Road, MacKillop explained that, since much of Pratt Road is privately owned, he is facilitating discussions with the owners to have it opened for emergency access and that, although there have been problems with drug dealing and illegal dumping along parts of the road, the feedback from several of the landowners has been very positive.

Giovanna Gherardi, speaking for the Infrastructure A subcommittee, now provisionally called Parks and Water Improvement, acknowledged the Mahukona Cat Colony Caregivers and the Friends of Mahukona for the work they have done at Mahukona. Barbecues have been built, the pavilion has been power washed and painted and the shower floors have been tiled. The cat feeding stations are also being moved south, farther from the picnic area. She added that the subcommittee is exploring the idea of a project to map water lines for people whose meter

is far from their house so they know where their lines are in case they need to be repaired. It is a complex problem, however, and there are many issues that need to be considered before any plans can be made.

Susan Fischer said that the name of the Infrastructure B subcommittee has been changed to Power, Viewplanes and Erosion Control. The subcommittee has been looking at traffic problems in Kohala, specifically backups at the Kynnersley Road intersection and the fact that the mauka and makai portions of Hawi Road are offset but not by the required 150 feet, making hazardous driving conditions. Roundabouts were discussed as an alternative to traffic lights. Answering the question as to why the wind farm cannot be used to provide power to North Kohala, she cited the many technical difficulties and the huge costs involved in overcoming them.

Collin Kaholo reported that, in spite of all the announcements of the event, not one member of the public showed up at the Self-Help housing open house on July 1. There is choice now of two house models: one with a carport and one with a garage. There is also a choice of flooring and doors. In the next phase the new policy will be that homes will be assigned after all the homes are finished rather than before the homes are built to ensure that the same amount of care goes into the building of each home. The subcommittee is also looking at the possibility of getting some state lands to build Habitat homes.

Frank Cipriani gave the report from the Agriculture subcommittee. [For a full report on that meeting, see related story on page 7.] Dr. Jana Bogs told the AC about her processes of soil testing and creating nutrient rich soil and how nutrient rich crops grown in such soil can be a marketing opportunity for Kohala farmers. Dave Rotstein proposed that the amount of locally grown food might be increased by getting funding to hire unemployed young people, provide equipment and train them to put in gardens for free for anyone who wants one. After these gardens are established, a portion could be set aside for a specialty crop that would be donated to a free cooperative for anyone who wants food.

The annual Community Meeting, planned for September 12, will take the place of the regular AC meeting for September.

Dancing in the Rain



—photo by Megan Solis

With clear plastic sheeting over her beautiful kimono, Joy Ohta, second from right, came prepared for the frequent rain showers that fell at the Hawi Jodo Mission's Bon Dance on August 4. Esteban Rabang, far right, braved the weather without rain gear.



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Forum, continued from page 1

The question of whether the Community Development Plans (CDPs) should be treated as community guidelines by the Planning Department or as law was considered critical enough to be asked of the candidates for both County Council and mayor. Though most candidates voiced support for the

and then collapsing on the newly waxed floor when someone sat down heavily.

After the formal portion of the program, many of the candidates stayed to answer questions, talk story and enjoy the food that was provided by Lighthouse Deli, King's View Cafe, Kohala Organic Produce, Sushi Rock, Sustainable Kohala and Starbucks Coffee.



—photo by Jesús Solís

The North Kohala candidate forum included candidates for five different government offices. From left are: Mitch Roth, Kelly Greenwell, Harry Kim, Lincoln Ashida, William Sanborn, Daniel Cunningham, Share Christie, Mayor Billy Kenoi, Bob Marx, Paul Dolan, Dominic Yagong, Rand Wall, Bob Green, and Margaret Wille. Not pictured: Lorraine Inouye, Tulsi Gabbard, Malama Solomon, Esther Kia`aina and Sonny Shimaoka.

CDP process and Mayor Kenoi said that his administration honors the voice of the CDP by providing resources to the communities, only William Sanborn, Margaret Wille, Harry Kim and Dominic Yagong maintained the position that the CDP is ordinance and should be treated as such.

There were several interruptions during the meeting caused by an epidemic of collapsing chair legs and the surprised grunts of people who suddenly found themselves on the floor. Happily though, no one was hurt. Lisa Andrews, who had rented the chairs, primarily for the convenience of the seniors, speculated that problem might have been caused by the chairs slipping

Several of the candidates also brought cupcakes, donuts and water. Paper products were supplied by Takata Store.

Most of the attendees felt the Forum had been useful in helping them understand more clearly the positions of the various candidates.

Said Joe Carvalho, "The forum was very useful, and I want to thank Lisa for organizing it. It gave me a chance to see and hear the candidates up front and definitely gave me a better insight on my vote."

Pat Owen stated, "The forum helped me to form my own perspective on how a candidate responds and reacts under the spotlight –it serves as an indicator to me on how well he or she will be able

to bring the right people together in getting the right job done at the right time for the right reason."

Susan Fischer, of the North Kohala CDP Action Committee, had this to say: "For specifics of CDP implementation and from the perspective of the Power, Viewplanes, and Erosion Control subcommittee, the best question was concerning streetlights ... There are 14 huge freeway-style streetlights at the entrance to the ... lots in the Kawaihae Hawaiian Homesteads area...Would you be willing to work to turn off all but one or two of these ..., and all but one or two of the lights at the mauka entrance to Kohala Ranch and to ensure that this kind of wasteful overkill by either the State or the County is not repeated in the future? ...I was looking for a defini-

itive yes, but heard only political-speak indicating the status quo would continue. So, my vote went elsewhere. The question was useful and informative, but the answer was not."

Pua Rowe stated. "It was my first [political forum] ever, and it was wonderful to see the human behind the name and the quotes. I wish we could do them more often and that more people were there."

And from Vivian Moku, "It was useful to know their points of view. It was especially interesting to hear about their years of experience working with ongoing problems that could be solved."

Many people helped make this event a success. Special thanks go to Albert Santiago and Boy Scout Troop 56 for their assistance with traffic control.

No Majority Winners in Nonpartisan Primaries, On to General Election

By Megan Solís

Margaret Wille and Oliver "Sonny" Shimaoka will face off in the November general election to see who will represent District 9, including North Kohala, in the County Council. Wille garnered 35.9 percent of the votes while Shimaoka won 25.7 percent, but neither had the required majority to avoid a runoff in the nonpartisan race. William Sanborn came in with 20.9 percent of votes and Bob Green trailed with 10.9 percent.

The nonpartisan Hawaii County mayoral and prosecutor races will also require general election run-offs. Competing for Mayor in November will be Mayor Billy Kenoi, who won 42.4 percent of votes and former Mayor Harry Kim with 34.1 percent. Dominic Yagong earned 19.3 percent with Share Christie, Daniel Cunningham and Rand Walls getting less than 3 percent of votes combined.

For the office of Prosecuting Attorney, Lincoln Ashida had the most votes with 45.6 percent and will continue the race against Mitch Roth with 29.8 percent of votes. Paul Dolan is out of the race, earning 15.8 percent of votes.

In the hotly contested Democratic primary for State Senator, District 4, incumbent Malama Solomon edged out Lorraine Rodero Inouye, winning by a slim margin of 47.5 percent to Inouye's 46.7 percent, just 69 votes. Inouye called

for an investigation into election results following a problem-riddled primary election that included late openings of several Hawaii County polling places. Solomon will face Kelly Greenwell of the Green Party in the general election.

District 7 State Representative Cindy Evans, (D), won unopposed in the primary and faces no challenger in the general election.

In the race for U.S. Representative for District 2, Democratic candidate Tulsi Gabbard won a majority 53.1 percent of votes to Mufi Hannemann's 31.8 percent. Gabbard will run against the winner of the Republican primary, Kawika Crowley, who received 43.3 percent of votes to Matthew DiGeronimo's 33 percent.

Mazie Hirono came out on top in the battle against Ed Case for the Democratic candidacy for U.S. Senator. Hirono won 61.7 percent to Case's 35.1 percent and will face Linda Lingle, who won the Republican primary with 89.3 percent, and Heath Beasley, who won the nonpartisan ticket with 48.9 percent.

The general election will be held Tuesday, November 6, with polling places open 7 a.m. to 6 p.m. The voting registration deadline is October 8, and the general election absentee application deadline is October 30. For more information and complete election results, go to www.hawaii.gov/elections, or call (800) 442-VOTE (8683).

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It's important for the Kohala Mountain News to receive ads and news submissions by the following deadlines. Otherwise, submissions may not be able to be accommodated.



September

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

October

Ad Deadline: 10/12/12
News Deadline: 10/15/12

Kohala Mountain News

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

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Current Circulation 3,500

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

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

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From the Editor's Desk —

From time to time, Kohala Mountain News sends out a plea to the community for writers. Since we don't have any staff reporters, we are dependent on you to help us keep the community informed, not just of news and community events, but about the people of Kohala.

Recently while browsing through copies of The Kohala Midget, I came across a similar plea from the Midget's editor, printed on August 18, 1912, but its message still rings true today.

Got News? Send It In!

[A "suggestion" to the country editor by the old time Missouri rimer.]

If you have a bit of news, send it in;
Or a joke that will amuse, send it in;
A story that is true,
An accident that's news,
We want to hear from you. Sent it in!
Never mind about your style. Send it in!
If it's only worth the while, send it in —
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Megan Solís

Letters—

North Kohala Historical Society Formed in Early 2012

This is in response to the July viewpoint, "A Historic Opportunity to Preserve Local Treasures." Just last month casual communication with Kohala Senior Citizen's president Kealoha Sugiyama and prior lunch engagements with a "select few" who are active in our Kohala community began just this conversation in 2011: "Securing treasures for kupuna when their children opt to sell property leaving hidden history of Kohala."

Maika`i Kamakani `O Kohala, Inc. [MKOKI] kept on the quiet since we initiated an official trade name North Kohala Historical Society "NKHS" filed with the State of Hawaii, Department of Commerce & Consumer Affairs on March 20, 2012, and approved March 21. This same document is now permanently filed with the Internal Revenue Service for reference of "doing business as" for MKOKI. Our research found that we are the best candidate for this given our 11-year anniversary on August 1, 2012. One must be a 501(c)(3) organization for a minimum of 25 years to be recognized by the Honolulu Historical Society, and respectively as a 501(c)

(3) organization for its official affiliation with the nationally known American Historical Association. MKOKI's purposes for which we are organized, possess the nonprofit makeup for a museum in recordkeeping and historical information, periodicals, film, etc.

It is unfortunate that the Kohala Senior Citizens and Kenji's House is not a legal 501(c)(3) but we have expressed our interest with individual kupuna as well as our recent "casual conversation" with Kealoha Sugiyama last month. Since this has now been brought to the community's attention we want to make this an official statement or communication through this article. We have also secured a website address but are looking for a physical location. We feel the Bond Memorial Library would not be sufficient due to termites unless it is torn down and reconstructed to fit an official museum standard.

Bank of Hawaii would seem ideal to have a museum. And since the Seniors' old courthouse building is under the County Office of Aging we are surprised to hear why the Parks & Recreation (P&R) would take up such an endeavor.

Unless, of course, all P&R districts in Hawaii County are set up to become a museum in their organized documents which of course Corporation Counsel (attorneys) for the County would confirm this.

In any event, MKOKI is open to conversation with the Office of Aging and Kohala Senior Citizens if a partnership would seem appropriate given we have the trade name North Kohala Historical Society. All we need is conversation and a building. I may be contacted at 1-800-727-9166 or by email: stephanie.naihe.laxton@mkoki.org. Otherwise we will proceed on this project on our own.

As a legal nonprofit we are able to secure funding and as a native Hawaiian organization we are able to work in affiliation with the Bishop Museum on `Oahu which would seem appropriate given our history of projects and with respecting and working with revered kupuna, our roots of Kohala natives in "Keeping Kohala, Kohala."

Stephanie N. Naihe Laxton
President of Maika`i Kamakani `O Kohala, Inc.

Clarification to North Kohala Community Resource Center (NKCRC) July Newsletter

In their July newsletter which campaigns for funding, NKCRC's listed "Summaries of Projects" provided two project managers' information of our Kauhola Point property for which they sponsor projects.

On July 18, Maika`i Kamakani `O Kohala, Inc. (MKOKI) sent an email to NKCRC to make corrections to their website on information of "Summaries of Projects" on any affiliation to Kauhola Point aka: Lighthouse. We were told information was posted by respective project managers and it was their responsibility to update their summaries. However, NKCRC's newsletter nor website is not the responsibility of any project managers, nor do we hold project managers fully responsible to edit in any public information provided as "circulated in a fundraising campaign for NKCRC" especially utilizing federal United States Postal Service or advertising publically on the world wide web. Therefore we are now responding "publically" for authenticity.

We have worked with project managers listing information of Kauhola as we are one of five organizations who collaboratively work together on supportive letters to state legislation and state and county agencies for land issues in the North Kohala District. I

introduced project managers of Malama Kohala Kahakai Coastal Preservation (G. Byrne) and Malama O` Kohala Wahi Pana Cultural Resources (F. Cachola). Continued projects on securing land in perpetuity of protection and conservation with the energy they possessed as other organizations like MKOKI has worked on tirelessly since 2001. This includes my former board seat with nonprofit KAKO`O which I co-founded with Richard Boyd in 1997. I did pro bono work in transferring a for-profit entity to a nonprofit corporation in 1997. NKCRC became a 501(c)(3) organization in 2002.

We are grateful to Ms. Byrne in her generous contribution to MKOKI in assistance to clearing our private easement to Kauhola Point as she is also a personal dear friend of mine. Ms. Byrne also advocated for MKOKI by contacting The Trust for Public Land (TPL), Native Land Division appointing MKOKI as one of five organizations to hold real property under its current capacity. Mr. Cachola requested to speak at our Kauhola Dedication as he represented himself and the Royal Order of Kamehameha which is noted on video and publically advertised.

We hold NKCRC's "campaigning of funds for any projects under NKCRC,"

liable for truth on their website and newsletters for they are fully responsible for editing information to the general public not any project managers for projects which they sponsor. We approached NKCRC before the circulation of their July 2012 newsletters and found they elaborated more information instead of a correction. We hope somewhere publically NKCRC will provide us a sincere apology and not a created "excuse" or blame shift. MKOKI has no affiliation, nor has had any projects with NKCRC in relation to any of our own projects inclusive of any activities of the Kauhola Point Property and therefore make it known publically to our Kohala community with this information to be circulated.

We thank the concerned citizens of Kohala for questioning MKOKI to any affiliation to NKCRC. MKOKI and TPL is fully responsible for any fundraising that occurred on our Kauhola Point Property whether before or after the closing of escrow, for we have publically made this known in a prior article we submitted to the Kohala Mountain News. Kina`ole!

Stephanie N. Naihe Laxton
President of Maika`i Kamakani `O Kohala, Inc.

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.

Extremely Concerned Again

By Frank J. Maier

Since my written questions on the following (submitted at the August 4 candidate meeting) never saw the light of day in open forum, I appreciate you reading my opinion here.

Margaret Wille, candidate for Councilperson, District 9, in her article in the July 28 KMN, stated, "I will work to dispose of our solid waste in ways that turn this waste stream into a revenue-generating asset." I called her the morning of July 30, to inquire how she would accomplish that; here is what I learned. This candidate wants to consider "Waste Gasification," etc., despite the fact that she is well aware that our community was 100 percent against such a project. At the time of our struggle against "Waste Gasification," I invited her to join our cause; she never did. Not joining our community then is clear now; she considers this harmful process as a possible option to serve her money-generating goal.

Her confessed desire is to make

money for the county. She writes, "I will focus on ways to increase the revenue streams available to our County." She also states, "I have been involved in many County issues over the past six years: working closely with the current Councilperson Pete Hoffman, studying the issues...." This candidate, like Pete Hoffman, is on the wrong side of this issue. My records show, Pete Hoffman was not on the side of the community. This candidate painted herself as an understudy to Pete Hoffman, not a good thing considering the foregoing. This candidate also portrays herself as an insider, which she clearly is. The last thing we need is another insider. Strangely, this candidate is not talking about liberating existing funds through bureaucratic waste reduction; she may seek income through harmful trash processing, etc.

This candidate pledges to resolve "...multi-dimensional issues such as how to increase the Medicaid reimbursement rate for Hawaii physicians." The medical industry is already bankrupting many of our fami-

lies, and, to an extent, our country (www.businesspundit.com/us-healthcare-vs-the-rest-of-the-world). Our medical costs are one of the highest in the world, yet estimates show that 200,000 Americans die, every year, because of medical errors (www.cnn.com/2012/08/01/opinion/gupta-medical-mistakes/index.html?iref=allsearch). Do we need to give more money to speed up our economic death, as well? I think not. To champion this cause, for this special interest group, only adds to our already high tax burden.

It should be obvious: this candidate is not for our community. Her writing makes no mention of our general well-being; it is all about raising money for the county, apparently without consideration of the environment. Wille never stated what the county should do with this extra money raised.

The full-page ad in the KMN, page 20, "Paid for by Friends to Elect Margaret Wille," should raise a flag: who are these friends? Let us consider a person,

who is truly for all the people, and not on the side of bureaucrats, or perhaps beholden to special interest groups. Let us elect an 'Outsider' to represent truly our interests, and not that of the existing establishment. If you care about a safe and healthy environment in which to live and raise your children without the threat of another harmful process proposal, and have no urge to increase county revenues, then you must reject this candidate.

When last I spoke to "Sonny" Shi-maoka, he stated that according to the research by Dr. Paul Connett, (world-renowned expert) waste incineration is harmful, and therefore he opposes it. He is really on the side of our community, and deserves our support. (www.ecoivy.org/index.php/component/content/article/83-dr-paul-connetts-incineration-presentation).

Why repeat history?

For more information see, <http://against.homestead.com>; or <http://frankjmaier-socialconcerns.blogspot.com/>

Viewpoint —

Fear Rides Residents at Ainakea Senior Housing

By Lanric Hyland

I have lived at Ainakea Senior Housing in Kapa`au for over a year. Born on Oahu, I thought I was moving to Hawai'i Island to spend my final years in peace and aloha. I think most of us who live here thought the same thing. Wrong.

There is a climate of fear here. Many are afraid to say that out loud. The fear is that management will not renew our lease and we'll be homeless (can't afford high Kohala rents). That is a devastating fear to live with every day.

To move in you must agree to many pages of rules. On the first page are 27 rules alone. For example, outside the front door: no shoes, no chair, no plants. You get the picture.

If you break the rules and receive five infractions or three of the same kind within a year, you're gone! Many of the rules are vague, which allows for dif-

ferent applications at the whim of management — which happens all the time! We have these rules stuffed down our throats by constant reminder notices delivered to our front doors by management. That is very stressful. There is no dignity, integrity or independence in such an environment.

Recently, some of us invited our neighbors to meet to consider organizing a Tenants' Association. Management said we could not pass out invitations without permission, that an association violates the rules (which make no mention about an association!), that we did not have permission to use "our" Community Center, and threatened us that "if you do, whatever happens is on your shoulders."

After the Mayor's Office and the county housing folks were notified, management decided to allow the meeting, but representatives of management

would attend, and there would be an August 31 management meeting for tenants.

Four managers appeared on August 12, and 17 of 29 residents. One manager wrote down the names of every resident who attended. We were told a Tenants Association will not be allowed unless approved by the investors. Nor can we collectively deal with management concerning issues of living here. Only individuals can present grievances. A "divide and conquer" strategy is familiar, yeah?

After the meeting, the vice president of the management company was informed by two residents that a climate of fear exists. We hope these issues and more are addressed on August 31 at 2 p.m. Margaret Wille has given tentative agreement to attend. Will they let her in? At a meeting last year, management said residents only!

Piano Lessons for Young and Old



—photo by Cheryl Ames

Thelma Schefers has more than 40 years' experience teaching piano.

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Thelma Schefers has taught for many years with students from young to old. She has developed her own method of teaching from training and attending workshops under many noted arrangers and professional composers such as: John Brimhall, Porter Heaps, Schaum, Jane Smisor Bastein, Orville Foster, Duane Shinn, Bill Irwin, Farris Been and many others.

She studied musicianship from Professor Jerri DeBellis of UCLA and took courses in post-graduate study of arranging and harmony from Mae Marshall at Long Beach City College.

She teaches piano, organ and accordion lessons for \$10 per 1/2 hour.

Her books are \$10 each; one book will last the student quite some time in working through it.

Thelma moved to Kawaihae in April to be with her daughter and family.

For more information call 808-238-0164 and ask for Thelma.



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POSITION AVAILABLE

The North Kohala Community Resource Center is currently looking for an Associate Director who will provide general administrative support to the Executive Director, staff, volunteers and Board members in carrying out the mission of NKCRC. This part time position requires a bachelor's degree, general working knowledge of MS word, Excel and basic QuickBooks as well as strong people skills, and provides a local opportunity for long-term growth in the nonprofit sector. Most importantly, this individual must have a deep commitment to the North Kohala community. Please email your cover letter and resume to: info@northkohala.org.

KHS Alum and Daughter Pen Book on Healing

Karen Chouinard, maiden name Karen Ishiara, a graduate of Kohala Elementary and High School (Class of 1965), has recently published a book with her daughter, Holly Carpenter, titled *Healing Together: An Alphabet Book*.



—photos courtesy of Karen Chouinard
Karen Chouinard and her daughter, Holly Carpenter

In 1994, husband and father, Dr. Jerry Pardue, professor at Colorado Christian University, succumbed to pancreatic cancer three months after his diagnosis. Daughter Holly was 10 years old at the time.

"When my husband died, I scoured the local bookstores and discovered few resources available to support the adult and child recovering from a loss," said Karen. "Our book is unique because it is presented from the perspective of the adult and that of the child, beginning with our experiences, from the earliest stages of mourning to the present."

Karen is the eldest of six children born to Rex and Ruth Ishiara. Rex owned and operated Rex's Radio Shop, which was located directly across from Takata Store (now the Bamboo Restaurant). He retired after 37 years in the business.

Karen remembers, "Dad loved to fish and drove every weekend to his favorite spots. Often, the whole family accompanied him, and we made a day of spending time 'at the beach.' When Dad died, Mom lived in Hawi five more years before relocating to O'ahu. She lives next door to my sister Gail."

After graduating from Kohala High School, Karen earned her undergraduate

degree in Home Economics from Western Illinois University in Macomb, Ill. She furthered her education with postgraduate degrees from the University of Northern Colorado in Greeley, Colo., and teacher certification from Colorado Christian University in Lakewood, Colo.

Thirty-five years in education included high school home economics; special education, specifically, emotional and behavioral disorders; and elementary education.

"I am an avid reader and fondly remember the Saturdays I would drive from Hawi to Kapa'au and check out stacks of books, mainly biographies," she recalls.

Karen has remarried and lives with her husband in Golden, Colo.

Healing Together: An Alphabet Book may be purchased from westbowpress.com, Amazon.com, and Barnes & Noble.com.



Sunshine, continued from page 1

School, attained his undergraduate degree at Hawaii Pacific University, and his M.B.A. at University of Hawaii at Manoa. He then worked for Bank of Hawaii in Honolulu and Bank of America in San Francisco, before joining his father's business.

Present employees will remain with the business and include Bill Price (more than 20 years), Caryl Lindamood (more than 10 years), Junior Allejandro (more than 20 years as "the Saturday man") and Rolf Dean (more than six years). Greg's daughter, Lahela, and Jake's wife, Carmel, pay the bills.

"We expect to add staff when we move," Greg said.

"We will try not to have any days when we are not open during the move," said Jake. "We will have new items shipped to the new location and then transfer the remaining ones. First we will put the high volume items in the new store. There may be a week of overlap when both stores are open."

Greg moved from Honolulu to Kohala in 1969 and began here as a freelance carpenter. At that time the plantation had a hardware store across from the mill. When the plantation closed in 1973, Greg began selling lumber out of a small upstairs portion of the present building.

"Doug Warner sold hardware downstairs, David Gomes had a guitar shop, Bill Moore sold solar water heater installations, and Toni Withington and Chris Smith sold toys," he explained, all out of the same building. Greg began Sunshine Hardware in 1975. Initially he bought his items from Hilo wholesalers and HPM. In 1985 he joined the True Value co-op. "I'd like to thank our landlords, Doug Warner and Chris Smith," said Greg. The Kapa'au building will become available after the move.

Sunshine Hardware is a member of the buyer's cooperative, True Value, which gives them a lot of clout with big manufacturers. Local customers can receive products with free shipping and mainland prices by ordering at www.Truevalue.com.

Jake said, "Currently, we can deliver on most customer requests. People can't afford to drive to find what they need. We supply over 10,000 items and are always interested in hearing from customers on any product they'd like us to start carrying. At the new location we'll have an even better selection of products including lumber and building materials, Portland cement, outdoor power equipment, automotive accessories, dishware and a dedicated plant nursery. We're looking forward to better meeting the needs of our Kohala community in the years ahead."

Mahalo for your support and winning vote! Looking forward to meeting more of you in the general election.

~ Margaret Wille

candidate for District 9 County Council

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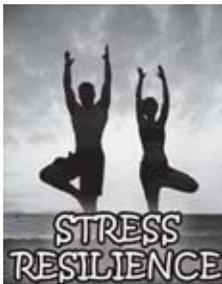
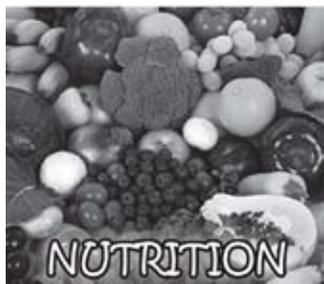
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Kohala Hospital

For more information visit getfithawaii.org or call Five Mountains Hawai`i 887-1281

CDP Subcommittee Works to Grow Kohala Agriculture

By Lynda Wallach

Editor's Note: KMN regularly reports on the NKCDP Action Committee meetings, but in this article gives an inside look at one of its subcommittee meetings, where most of the real work takes place.

A discussion of Important Agricultural Lands (IAL) opened the July 31 meeting of the North Kohala CDP Agriculture Subcommittee. Frank Cipriani, subcommittee chair, reported that he had spoken with Earl Yamamoto of the Department of Land and Natural Resources (DLNR) Land Use Commission about how a landowner would go about voluntarily designating his land as IAL. Currently there are two options available, both bills implemented in 1979: the first is to go through the county process which is quite complicated and time consuming, and the second is to voluntarily designate your land as IAL. Currently, the only IAL designated land on the Big Island is Parker Ranch. Cipriani suggested to Yamamoto ways in which the voluntary process might be simplified.

Cipriani shared with the subcommittee a list of incentives available to IAL landowners. Since these incentives seem to primarily benefit large landowners, he has targeted his initial contacts to owners of some of the largest tracts of land in Kohala. He stated, however, that other landowners could benefit from the IAL designation and that one

priority of the subcommittee should be to identify these landowners and contact them personally with information on the processes and the incentives. He stressed the importance of pursuing the identification and designation of IAL lands to counter the trend toward speculative development of agricultural lands. Electronic copies of the incentives and links to information on the IAL process and IALs in other parts of the state can be obtained by e-mailing Cipriani at frankcipriani@biofarmshawaii.com with "IAL" in the Subject line.

The subcommittee briefly discussed the issue of water. Dave Rotstein of Lone Palm Farm said if the county is serious about promoting agriculture on the Big Island, water needs to be made available to farmers at an affordable price. Rotstein also proposed a program for "garden equipment sharing" to assist families wanting a garden. It was agreed that this idea has merit.

Cipriani then presented the plans by his company BioFarms Hawaii LLC to develop a "wave energy conversion" plant to generate electricity and pump seawater ashore for the cultivation of a marine oil-algae which would also be used to feed oysters and Pacific clams. The shellfish would be marketed fresh locally, and there is the potential for the electricity to be fed into a grid shared with the Kohala wind farm. The system would require an anaerobic waste-to-energy plant using biofuel feed-stock such as cassava and moringa which could be grown on smaller farms. Cipriani is hoping to negotiate a lease on 52 acres of "strategically-located" DNLN shoreline land below Ho'ea Ag Park for this "BioEnergy" Cluster. BioFarms has obtained a grant from USDA RURAL-REAP to conduct a near-shore wave energy conversion feasibility study and is currently seeking matching funds to begin the study.

Though a discussion of a possible citrus cooperative in Kohala was tabled due to the absence of two critical members of the subcommittee, one way to begin implementing the citrus initiative was suggested: students could schedule harvests with seniors who may have citrus crops going to waste every season. Processing this harvest in Kohala High School's new certified kitchen could provide fresh-squeezed orange juice to the schools' cafeterias. Cipriani volunteered

to present this idea to the seniors.

The idea of citrus processing led to a discussion of the need for certified kitchens in Kohala that could be made available to the public. Margaret Wille suggested that a list be made of the certified kitchens in the area and that the subcommittee find out whether they are open to the public and, if not, why not and what can be done to make them available to the community.

Dr. Jana Bogs then explained to the subcommittee her method of soil analysis and of adding nutrients to the soil that she calls "beyond organic." The fruits and vegetables grown in this soil are much more nutrient dense than conventionally grown organic crops. Cipriani said the soil in North Kohala is depleted because of the years of growing sugar cane and that it is important to increase the nutrient content of soil in order to grow high-quality crops. He proposed that the subcommittee make a list of farmers who would benefit from Bogs' methods and provide them with information and resources.

Next on the agenda was the development of a "strategic agricultural development plan" for North Kohala. One idea was that the subcommittee create a service that will provide advice to landowners who have 20 acres or more

on how best to develop "21st Century Agriculture" on their lands. Cipriani offered to contact the Natural Resources Conservation Service in Waimea to see what kind of assistance they would be willing to provide.

Finally the subcommittee discussed the costs and educational and practical benefits of the high school aquaponics program and how it could be used to have students provide fresh greens and vegetables for the schools' cafeterias. Cipriani, in collaboration with David Stark at 'Ohana Mala Aquaponics farm, has designed a pilot-model system utilizing some of the existing stock tanks on-site, with minimal costs for PVC plumbing and fixtures, to get the system up and running with the labor being provided by the students. He felt that the money and materials should be raised by the students because that would encourage student and community involvement. Planning with Adriel Robitaille, agriculture teacher at KHS, is ongoing. The program is seeking sponsor support and grant assistance from the USDA Farm to School Program.

Agriculture subcommittee meetings are held the last Tuesday of the month at 6 p.m. at the Kohala Intergenerational Center. Anyone interested in promoting agriculture in North Kohala is urged to attend.

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'Iole is honored to host a series of traditional hale building workshops open to the community. These workshops will be taught by local hale expert Walter Wong, in conjunction with Kumu Frances Palani Sinenci, who oversees hale building across the state.

Participants at the 'Iole workshops will perform traditional spiritual protocol and experience the importance of laulima (working together), while honing skills such as lashing and pohaku dry stacking. Dedicated participants will have the opportunity to earn skill certifications.

Mark the six Saturday workshops on your calendar (September 1, 15, 29; Oct 13,



—photo courtesy of 'Iole

A traditional Hawaiian hale

27; and November 10) and arrive at 53-496 'Iole Road, Kapa'au, at 7 a.m. Lunch will be provided! Bring friends, family, and kupuna!

Visit iolehawaii.com or call 889-5151 with any questions.

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Growing Aloha with the Soil Food Web

Story and photo by Deborah Winter

The Soil Food Web is what Dr. Elaine Ingham calls the community of organisms that live in the soil and play a critical role in growing healthy food, healthy bodies, and healthy environments (see www.soilfoodweb.com).

Dr. Ingham, Senior Scientist at Rodale Institute, led a week-long course last month at the Kohala Intergenerational Center, sponsored by Sustainable Kohala, Hawaii Future Farmers of America, Ka Hana No'eau, Al Noor Farm (Papaikou), Leeward Community College, and the Kohala Intergenerational Center.

In her presentations to about 30 farmers and gardeners from all over the Big Island, Dr. Ingham stressed the many advantages of using compost to feed microbes in the soil. Properly made compost not only supplies microbes that nourish plants, but also reduces pests, disease, water use, and labor of weeding. In contrast to chemical fertilizers and pesticides that kill microbes and thus require reapplication, microbes in healthy soil continue to do their jobs, so they don't have to be reapplied. That saves money and labor (and risk of being a "more on.")

These advantages were described in the article entitled "The Easiest and Cheapest Way to a Beautiful Garden" in the July issue of Kohala Mountain News.

In this article, I address some larger implications of gardening with the Soil Food Web, which I am calling "Growing Aloha."

Aloha: the "breath of life," the experience of connection to all living beings. Aloha brings people together to help and support each other, to respect and learn from each other, and to offer our service to the wider good. Aloha helps us notice the humble place we human beings have in the complex ecosystem

of life.

Gardening with the Soil Food Web is an important expression of aloha because it respects and nurtures the larger ecosystem of which we are all a part. Gardening with healthy soil full of beneficial microbes not only feeds healthy plants and creates healthy food for healthier bodies, but also enhances the health of our soil, water and our atmosphere, for ourselves and for future generations.

How do those little microbes improve our water and atmosphere? First, with respect to water, gardening with microbes reduces soil compaction. Healthy

plants require that nutrients in the soil reach their roots. If soil is compacted, roots can't grow down and are starved, while water evaporates quickly from the surface. Unfortunately, lots of processes compact soil, including use of heavy equipment, evaporation leaving salt residues, and erosion. If your soil is hard to dig, you can assume it's compacted.

Sometimes soil is so compacted that it needs to be tilled, but regular tilling kills microbes. Microbes build architecture into the soil, allowing nutrients passage to the roots. Once soil structure is built, you can replant again and again without tilling. Healthy soil is light and fluffy, and roots grow deeper, providing more stability and nutrients for the plants that we see on top. And because water more easily reaches the roots, less watering is needed. Compacted soil wastes water through evaporation.

In addition to conserving water quantity, microbes preserve water quality because chemical inputs to gardens eventually end up in water supplies. Chemical run-off and infiltration from agriculture are an important source of water pollution, contaminating both fresh and offshore reef water. So water

quantity and quality is conserved and preserved when microbes are utilized.

Second, soils rich in organic material store carbon, reducing its release into the atmosphere. Too much carbon in the atmosphere stimulates climate change and global warming. Unfortunately much of our planet's organic carbon in soil has been severely depleted due to intensive farming practices. The Rodale Institute estimates that "regenerative agriculture" that restores carbon to the soil could sequester up to 40 percent of current CO2 emissions. Using Soil Food Web can thus reduce climate change. That's a real investment in the future of our children.

In these ways, restoring the soil with microbes leaves a legacy of improving soil, water, and atmosphere for future

generations.

Our ancestors knew how to grow food without commercially produced chemical fertilizers and pesticides. Relearning how to garden with microbes honors our elders and our ancestors.

Bottom line: we are all part of and depend on a complex ecosystem of living organisms. Short-term strategies which kill microbes and contaminate soil, water, and atmosphere weaken our link to the complex ecosystem of which we are a part, diminishing our spiritual connection with our `aina, and jeopardizing our present and future health—of our plants, our bodies, and our ecosystem. Making choices which nurture and respect our humble place in the Soil Food Web expresses respect for this circle of life, our aloha – and grows it too.



Sponsors with Dr. Ingham, from left to right: David Fuertes, HFFA and Kohala Intergenerational Center, Dr. Elaine Ingham of Rodale Institute, Nona Luce of Al Noor Farm, Papaikou, and Deborah Winter of Sustainable Kohala.

Fighting Cancer One Step at a Time

By Maile Carvalho

The 15th Annual Relay For Life of Kohala was a great night of fun, awareness, education, and fundraising to find a cure for cancer. Twelve teams participated on-site while several others were virtual teams continuing to raise money even though they could not be present at the event.

Survivors and Caregivers enjoyed an intimate dinner while Relayers and attendees were treated to great local music, a huge silent auction, and many activities that ran throughout the entire 12 hours.

A special thank you to the Kohala Family Health Center who hosted our Cancer Smart Shop from 6:30 to 10:30 p.m. Over 100 people stopped by their tent for the latest information on cancer.

This year the top three fundraising teams were: Family & Friends - \$4,320 - Team Captain Lisa Carvalho and Mary Lou Ignacio; Ohana I - \$2,305 - Team

Captain - Lucy Pasco; HGEA - \$1,382 - Team Captain TJ Giel.

This was the first year in a while that we had representation from all classes at Kohala High School. A big mahalo to all of the parents who chaperoned their children and exposed more than 100 students to a hands-on community service event that benefits the people in their town.

Thank you to everyone in the Kohala community for supporting our 15th Annual Relay For Life event. Through your generous support the American Cancer Society Hawaii Island will be able to fulfill our mission of Saving More Lives. Visit us at cancer.org or call us at 1-800-227-2345, 24 hours a day, 365 days a year. We are here to help with the most up-to-date, cutting-edge information on cancer. Having cancer is hard, but finding help shouldn't be; we are your local American Cancer Society, fighting for you in every corner.

Children's Sunday School Begins in September

St. Augustine Episcopal Church is starting their Sunday School program on September 9 from 9 to 10 a.m. for ages 3 to 12.

Guiding children and families to have a good Christian foundation is our goal. Children new to the program, please arrive at 8:45 a.m. Come for a morning of prayer, songs, Bible stories, crafts, and games.

Contact the church office at 889-5390 and leave a message.

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Couple Begins LDS Mission Service in Kohala

By Lani Eugenio

The Church of Jesus Christ of Latter-Day Saints welcomed another missionary couple, Elder and Sister Rapiere (Rah-peer). They are replacing the Kelsons, who enjoyed serving in the Kohala Ward for 18 months. Senior couples can serve six, 12, 18 or 23-month missions, and the Rapiers will be here until December 2013.

Prior to coming to Hawaii in June, the Rapiers were volunteers at the Utah State Prison in the Addiction and Recovery program, supporting inmates as they overcame addiction and prepared to transition back to society. Sister Rapiere, British by birth and American by choice, had a 30-year career in office administration. She considers herself fortunate to have had long breaks in her career to raise four children, as she loved being a stay-at-home mom. Some of her favorite things to do are traveling, community service, reading, gardening and digital scrapbooking.

Elder Rapiere is a Californian who spent his youth body-surfing at Newport Beach and surf boarding anywhere along the Southern California coast. He attended Brigham Young University and Cal State Fullerton and retired in May after 42 years in the sales and marketing division of a food packaging industry. This is his second mission with the LDS



—photo courtesy of Lani Eugenio

Elder and Sister Rapiere

Church, first serving as a young man in Michigan and Indiana.

"We're grateful to be here in Kohala where the landscape is so beautiful and the wonderful people have been so friendly toward us!" exclaimed Elder Rapiere. This makes being away from their four children, 13 grandchildren and three dogs much easier.

Just as LDS missionaries come in to serve Kohala, the Kohala Ward also sends out missionaries throughout the world. Presently, RamZen Kekai Coakley is serving in the Tokyo, Japan, mission, and last October, Tina Galan returned from her mission in Colorado.

Young men at age 19 are encouraged

to serve two-year missions while young women can also serve at age 21 for 18 months. Most young women go just after a college education. Miss Galan's statement expresses the insight gained from a mission: "Being a missionary helped me to forget about myself. For an entire year and a half, I thought about the lives of those around me. More importantly, I felt my relationship with God and know how real He truly is."

All Mormon missionaries serve voluntarily, not receiving any salary from

the church for their work, typically supporting themselves financially, sometimes through assistance from family or other church members. Missionaries go where they are welcome, and their responsibility is to teach the LDS beliefs and to allow the listener the freedom to decide whether or not to continue learning, and whether or not they believe what is being taught.

Elder and Sister Rapiere look forward to working in the Kohala community and can be reached at 808-557-8634.

Free Healthy Lifestyle Challenge Returns for 5th Year

Five Mountains Hawai'i, with support from the Hawai'i Island Beacon Communities HEAL project and local business sponsors, is gearing up for the fifth annual "Get Fit Hawai'i" program.

The popular "healthy lifestyle challenge" is a free, 10-week, team-based program, created to help people reduce stress, lose weight, become more active and healthier overall, while having fun with friends, co-workers, family or other teammates. New this year is the option to join as an individual and participate in the online team.

The Get Fit Hawai'i challenge gives up to 500 participants, in teams of four to 10 people, valuable tools, resources, rewards and support to accomplish their goals. All participants receive free health screenings, access to fitness activities/classes, great tips from local health professionals, the Get Fit Hawai'i newsletters and online resources such as webinars, healthy recipes, food/activity trackers, and a great deal more. Plus, participants enjoy weekly group challenges and become eligible to win prizes.

In 2011, there were 223 total participants in the Get Fit Hawai'i program in North Hawai'i, and the results were very positive. Over 86 percent of those completing the program reported making healthy food choices more often as a result of the program and 60 percent put more physical activity into their lives. Almost 50 percent of the participants recorded a drop in blood pressure, and 13 percent reported reduced stress. All together, team members lost 229 total pounds and 95 total inches.

"Participants in 2011 reported that Get Fit Hawai'i had a positive influence on friends and family and over 85 percent told us they would recommend Get Fit Hawai'i to others," said Robin Mullin, executive director at Five Mountains Hawai'i. "The social aspect of GFH is also very important to its success, and over half of our participants last year reported making new friends."

The 2012 program kicks off September 10 and concludes November 16.

"One of the things we found was that almost everyone's family and circle of friends were impacted by those who participated last year in Get Fit Hawai'i," said Holly Algood of North Kohala, who led a team in 2011 and will be a team leader again this year. "So we're reaching out to the community. It costs nothing; you get free training and free tools—and you will be involved in a program where you can become more fit, more healthy, less stressed, and your family can be a part of it as well."

General registration and health screening events will be held around the island August 27 to September 1, with registration forms also available online. The following week individuals may register online or at the Five Mountains Hawai'i office at 65-1230 Mamalahoa Hwy. in Waimea and get optional health screenings on their own.

For information, contact Aileen at 887-1281.

Get Fit Hawai'i is a project of Five Mountains Hawai'i, a 501(c)3 nonprofit in Waimea. For more information, visit www.getfithawaii.org or www.fivemountains.org.

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Kohala Senior Softball Teams Wind up

Kohala Ends on Positive Note

Story and photos by Megan Solís

Coach Galo Fernandez took to the bat in the final game of the tournament, hitting a single. ➡



After catching an infield hit, shortstop Stanford Rocha chases down an East Kaua'i Gent runner trying to get to second base. Rocha tagged the surprised runner out. ⬅

Richard Liebmann jumps on home plate after a home run hit against Jackie Rey's as Jimmy Marques looks on. ➡



Outfielder Jimmy Marques catches a fly ball, while Bill Graham provides back up. ⬇



Outfielder Bill Graham throws long from the fence to keep runners from advancing. ➡



Kohala Senior Softball team overcame injuries to finish the regular Kupuna Softball League season with a record of 25 - 9 under coach Galo Fernandez. At the Hawai'i County tournament July 11 - 12, the team went 0 - 2 in Division I play, including a heartbreaking one-run loss to Onomea Rangers. The team traveled to Hanapepe, Kaua'i, for the state tournament August 7 to 9. In its first game, Kohala squared off against East Kaua'i Gents in Division B. Some questionable calls by the umpire got Kohala off to a rough start in the tournament and Kohala lost to the Gents, 12 - 14. On Wednesday, they were defeated by Big Island rival Jackie Rey's, 7 - 14, and later that day by the Makules, 8 - 16. However, Kohala came back in its final game to defeat Harley's Dragons of Maui, 11 - 10, ending the tourney and the season on a positive note.



Kneeling, left to right, Jesús Solís, Harold Carvalho, Sonny Yangson, Coach Galo Fernandez, Frank (Butchie) Carvalho, Jimmy Marques; standing, left to right: Richard Liebmann, Stanford Rocha, Momi Soares, Jimmy Giel, Joe Carvalho, Butch Lincoln, Tony Galigo, Bill Graham, Mel Ako, Joe Kumukoa, Mike Fischer; not pictured: Terrence Pule, Harry Soares, Angie Torres, and Ken Nekrash.



Kohala's team boosters kept spirits up during the games and filled many bellies during post-game potlucks during the season.

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Summer at State Tourney on Kaua`i

Local Boyz Get Their Game On

Local Boyz finished the regular season of the Kupuna Softball League with a record of 12 - 22, getting stronger as the season progressed. The Boyz went 2 - 1 in Division III action at the Hawai`i County Softball Tournament, July 11 to 12. The team, under the coaching of Raymond Vega, completed the season at the State Senior Softball Tournament, held in Hanapepe, Kaua`i, August 7 to 9. Playing in the F Division, the Boyz started Tuesday with a loss to the Monarchs of Maui, 8 - 16. The team rebounded on Wednesday, beating the Waipio Makules, 13 - 11, but later facing defeat at the hands of Hawai`i Island's Team Sports, 7 - 10. Bolstered by their entourage of boosters, the Boyz finished the tournament strong with a win against Pu`u Kapu, 13 - 5, on Thursday.

First row: Tom Morse, Christine Vega, Gwen Matsu, Gloria Martin, Buff Willard; second row: Raymond Vega, Bruno Villacorte, Roy Antonio; third row: Jerry Wilson, Andrew Perez, Gordon Ogasawara, Lindo Matsu; fourth row: Francis McGough, Leo Williams, Eddie Kise, Tony Ayoso; fifth row: Charlie Karratti, Francis Roxburgh, Steven Maeda, Nelson Carvalho; sixth row: Steve Nakamura, Tito Pasco; not pictured: Stanley Kumukoa.



—photo courtesy of Tom Morse



← Steven Maeda lobs the ball toward home plate while Andrew Perez covers first base. Maeda shared pitching duties for the team with Tom Morse.

Buff Willard knocks one nearly out of the park. →



Francis McGough goes for a double play. →



↑ Coach Raymond Vega took his spot as catcher.



Nelson Carvalho catches a long ball, deep in center field. ↑

Outfielder Gus Ogasawara throws one in from the fence. →



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		Diamond G Rice 20 lbs. 10 ⁹⁹	General Mills Cinnamon Toast Crunch or Cheerios 8.9 - 12.2 oz. 3 ²⁹	Dasani Water 24 pk. - 500 ml. 2/7 ⁹⁹ 	Banquet Family Entree All Types 25 - 27 oz. 2/8 ⁹⁹ 	Banquet Fried Chicken 28 oz. All Types 7 ⁶⁹ 
Coca Cola 12-pk Cans 12 oz. All Types 2/9 ⁴⁹ 	Powerade Drinks All Types 32 oz. 10/6 ⁹⁹	CapriSun Ready to Drink 10 pk. 2/6 ⁰⁰ 	Yuban Coffee Original 33 oz. 8 ⁹⁹	Marie Callender Dinners Select Types 13 - 19 oz. 2/8 ⁹⁹ 	Marie Callender Pies Choc., Banana, Coconut 28 - 38 oz. 8 ⁹⁹ 	
Planter's Dry Roast/Cocktail Peanuts 16 oz. 3 ⁹⁹	 all types Jello Gelatin .3 - 3 oz. 3/2 ⁶⁹	Classico Pasta Sauce 15 - 24 oz. 3 ¹⁹	Malt o Meal Dyno Cereal Assorted 12.5 oz. 2/4 ⁵⁹	Eggo Waffles Select Types 12.3 oz. 2 ⁹⁹ 	Mama Bella Garlic Bread 14 oz. 3 ⁷⁹  Reg/Parmesan	
Roxy Lunkow Long Rice 8 pk. 2 ⁰⁹	Roxy Sardines 15 oz. 2 ¹⁹	Nissin Top Ramen 3 oz. 4/1 ²⁹	Wesson Oil All Types 48 oz. 4 ³⁹ 	Tyson Chicken Thighs 5-lb. box 6 ⁹⁹	Totino Party Pizza All Types 10 - 10.8 oz. 2/2 ⁹⁹	
Asia Trans Marlin Jerky 3.25 oz. 4 ⁸⁹	Asia Trans Arare Assorted 16 oz. 4 ⁴⁹	Ocean Garden Shrimp 21 - 25 5 lb. 39 ⁷⁹	EZ Peel Shrimp 31 - 40 2 lb. 11 ⁵⁹	Birds Eye Steam Fresh Vegetables Assorted 12 oz. 2 ⁴⁹ 	Flavor Pac Frozen Blueberries 16 oz. 4 ⁴⁹	
Hamakua Plantation Mac Nuts 10 oz. 7 ⁹⁹	Sea Island Smoked Mussels or Oysters 3.5 oz. 1 ⁵⁹	C & H Granulated Sugar 4 lb. 3 ¹⁹	Ocean Spray Cranberry Cocktail 64 oz. 3 ²⁹	Meadow Gold Drinks or Teas 64 oz. 3/2 ⁹⁹ 	Meadow Gold Ice Cream 4 qt. 6 ⁸⁹ 	

Grocery

Aloha Shoyu, reg./lite, 64 oz.	5 ⁶⁹
Delmonte Ketchup, 24 oz.	2/2 ¹⁹
Delmonte Tomato Sauce, 8 oz.	2/99 [¢]
Delmonte Fruit Cocktail/Peaches, 14 - 15 oz.	3/4 ⁹⁹
Delmonte Cut Green Beans/Spinach, 13.5 - 15 oz.	2/2 ²⁹
Coral Chunk Tuna, in oil or water, 5 oz.	4/3 ⁹⁹
Diamond Bakery Saloon/Cream Crackers, 8 - 9 oz.	3 ¹⁹
Diamond Bakery /Graham/Salty Crackers, 9.5 oz.	3 ¹⁹
Diamond Bakery Soda Crackers, all types, 13 oz.	3 ⁴⁹
Diamond Bakery Cookies, all types, 6 oz.	1 ⁷⁹
A-1 Steak Sauce, 10 oz.	3 ⁹⁹
Maxwell House Instant Coffee, 8 oz.	5 ⁷⁹
Baker's Chocolate Chunks, 8 - 12 oz.	2 ⁷⁹
Kraft Grated Parmesan, 8 oz.	4 ²⁹
Motts Apple Sauce, 23 - 24 oz.	2 ¹⁹
Newman's Own Salad Dressing, 16 oz.	4 ¹⁹
California Ranch Olive Oil, 16.9 oz.	6 ³⁹
Best Food Mayonnaise, 30 oz.	4 ⁹⁹
Stagg Chili, 15 oz.	2 ¹⁹
Lion Coffee, all types, no decaf., 10 oz.	4 ⁹⁹
Shirakiku Shiitake, 1 oz.	1 ³⁹
Shirakiku Chuka Soba, 8 oz.	3 ⁶⁹
Shirakiku Sesame Oil, 5.5 oz.	2 ⁵⁹
Shirakiku Panko Bread Crumbs, 4 oz.	1 ⁰⁹
S&B Golden Curry, 3.5 oz.	2 ⁵⁹
Nice Long Rice, 1.87 oz.	1 ⁰⁹
Taco Bell Salsa, 16 oz.	2 ⁵⁹
Motts Apple Juice, 64 oz.	3 ¹⁹

Kelloggs Fun Pack Cereal, 8 ct.	3 ⁵⁹
Lindsay Olives, 6 oz.	3/4 ⁹⁹
Mezzetta Hot Chili/Peperoncini, 16 oz.	2 ¹⁹
S&W Black or Kidney Beans, 15 oz.	3/3 ⁹⁹
Love's Pies, all types, 4.5 oz.	1 ⁹⁹
Van Camp Pork 'n' Beans, 15 oz.	2/1 ⁵⁹
Western Family Stewed Tomatoes, 14.5 oz.	1 ¹⁹

Natural Foods

So Delicious Coconut Milk Bev, 32 oz.	1 ⁹⁹
Hansen's Soda, 6 pk.	2 ⁷⁹
Barbara's Cheese Puffs, 5 - 5.7 oz.	2 ¹⁹
Lundberg Risotto, 5.5 - 5.8 oz.	2 ⁰⁹
Lundberg Rice Cakes, 8.5 - 10 oz.	2 ⁵⁹
Maranatha Almond Butter, 12 oz.	5 ¹⁹

Dairy

Meadow Gold Sour Cream, 16 oz.	2 ¹⁹
Meadow Gold POG or Passion Orange Nectars, gal.	3 ⁴⁹
Horizon Organic Milk, 64 oz.	5 ⁷⁹
Meadow Gold Novelty Ice Cream Bars, 6 ct.	2/3 ⁹⁹
Big Island Poultry Grade A Large Eggs, Mainland Shell Protected, per dozen	2 ⁶⁹

Meats

Foster Farm Value Pack Chicken Thighs, per lb.	1 ⁹⁹
USDA Boneless Stew Meat, per lb.	4 ⁹⁹
Island Range Chuck Steak, per lb.	4 ⁹⁹
Frozen Pork Butt, bone in, per lb.	1 ⁸⁹

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LOVE'S Hearth Bread All Types 24 oz. 4 ⁶⁹	LOVE'S Gourmet Hamburger Buns sesame seed or onion 8 ct. 3 ⁶⁹	JFC Coconut Milk 13.5 oz. 1 ⁸⁹	JFC Furikake 1.75 oz. 2 ⁵⁹	Pepsi 24-pk. cans 7 ⁹⁹	Pepsi 2-liter Bottle 3/4 ⁹⁹
Oscar Mayer Turkey Franks  16 oz. 2/3 ⁹⁹	Oscar Mayer Bacon All Types  16 oz. 4 ⁷⁹	Kikkoman Shoyu 5 ⁹⁹ 1.25 qt.	Mae Ploy Sweet Chili Sauce 1 ⁷⁹ 10 oz.	Nabisco Oreo Cookies  11.3 - 13 oz. 3 ⁹⁹	Nabisco Ritz Crackers  9.5 - 15.5 oz. 3 ⁴⁹
Oscar Mayer Deli Shave Meats  9 - 10 oz. 2/6 ⁰⁰	Kraft Shredded Cheese 2/6 ⁹⁹ 8 oz. 	Chucy Fru Ice Pops 10 ct. 1 ⁹⁹	J.E.S. Sauces 13.2 - 15 oz. 2 ⁵⁹	Dreyer's Ice Cream 48 oz.  4 ²⁹	Haagen Dazs Ice Cream Bars 3 ct. 3 ¹⁹
Kraft Singles American 3 ⁸⁹ 14.7 - 16 oz. 	Cool Whip Whipped Topping All Types 12 oz. 2/5 ⁰⁰	Ono Seasoning 8 oz. 4 ³⁹	Shelly Senbei 5.3 oz. 2 ⁶⁵	Stayfree Maxi Pads  14 - 24 ct. 3 ⁷⁹	Pepto Bismol Liquid 4 oz. 4 ¹⁹
Frank's Foods Portuguese Sausage 12 oz. 3 ³⁹	Frank's Foods Frankfurters 16 oz. 3 ³⁹	Tropics Salad Dressing 12 oz. 3 ³⁹	Local Slippers 1 pr. 3 ¹⁹	Airborne 10 tabs or 32 chewables 6 ⁸⁹	Efferdent Tablets 2 ⁹⁹ 40 ct.
Perrier Sparkling Mineral Water 25 oz 3/4 ⁹⁹ 	Holy Bakery Pies Apple, Coconut, Peach 36 oz. 10 ⁵⁹	Krazy Glue 1 ⁶⁹ .07 oz.	Sun Butane Cartridge 8 oz. 1 ⁸⁹	Visine Eyedrops AC/Original/Advanced .5 oz. 4 ⁸⁹ Visine Tears .5 oz. 6 ¹⁹	Day Quil or Ny Quil Liquicaps 6 ⁸⁹ 16 ct.

Freezer/Deli

Farmbest Butter, 16 oz.	3 ³⁹
Country Crock Margarine, 15 oz.	2 ⁵⁹
Pillsbury Chocolate Chip Cookies, 16.5 oz.	3 ³⁹
Hinoichi Firm Tofu, 14 oz.	1 ⁹⁹
Athenos Feta Chunks, 8 oz.	4 ³⁹
Precious Ricotta, 15 oz.	4 ⁹⁹
Yoplait Yogurt, 4 - 6 oz.	2/1 ⁶⁹
Digiorno Rising Crust Pizza, 11.5 in.	6 ⁹⁹
Melona Ice Cream Bars, 8 ct.	6 ⁷⁹
Banquet Pot Pie, 7 oz.	3/3 ⁹⁹
Bays English Muffins, 6 ct.	3 ¹⁹
Chef America Hot Pockets, 4 oz.	2/2 ³⁹
El Monterey Burrito, 8 pk.	4 ⁷⁹
Philadelphia Brick Cream Cheese, 8 oz.	2 ³⁹
Menlo Lumpia Wrappers, 16 oz.	2 ⁷⁹
S&S Saimin, ohana pack, 9/4.5 oz.	5 ⁶⁹
Amy Pockets, 4.5 oz.	2 ⁶⁹
Bailey Ground Pork, 16 oz.	2 ⁸⁹
Carolina Ground Turkey, 16 oz.	2 ³⁹
Inland French Fries, 2 lb.	3 ¹⁹
Tyson Boneless, Skinless Tenderloins, 40 oz.	8 ⁹⁹
Tyson Boneless, Skinless Thighs, 40 oz.	7 ⁴⁹
Tyson Popcorn Bites or Strips, 28 oz.	9 ⁸⁹
Frozen White Crab Sections, 1.5 lb.	6 ⁹⁹
Frozen Mussels, 1/2 shell, 2 lb.	7 ⁸⁹
Mays Picnic Patties, 32 oz.	12 ⁴⁹
Pierre Cheese Burger or Chicken Burger, 6.1 - 6.4 oz.	2 ⁵⁹
Wes Pac Tiny Peas or Okra, 16 oz.	2 ²⁹
Zippy's Meals, 20 - 24 oz.	6 ³⁹

Produce

Cello Potatoes, 5 lb.	3 ²⁹
Onions, yellow, round, per lb.	1 ⁰⁹
Fuji Apples, per lb.	2 ⁵⁹
Amano Kamaboko, 6 oz.	1 ⁹⁹

Non Foods

Angel Soft Bath Tissue, 12 ct.	4 ⁹⁹
Sparkle Paper Towel, 6 ct.	6 ³⁹
Fitti Diapers, 22 - 36 ct.	8 ⁹⁹
Downy Fabric Softener, 64 oz.	4 ¹⁹
Sun Liquid Detergent, 188 oz.	7 ⁹⁹
Hefty Foam Plates, 50 ct.	2 ⁷⁹
Dixie Heavy Duty Plates, 45 ct.	2 ⁷⁹
Green Forest Facial Tissue, 175 ct.	1 ⁸⁹
Diamond Foil, 25 sq. ft.	2/2 ⁹⁹
Mardi Gras Napkins, 250 ct.	2 ⁵⁹
Kingford Match Light Charcoal, 6.7 lb.	7 ⁴⁹
Saran Wrap Cling Plus, 200 sq. ft.	2 ³⁹

Beer/Wine/Liquor

Corona, 12 pk., bottles	14 ⁷⁹
Heineken, 12 pk., bottles	13 ⁹⁹
Steinlager, 12 pk., bottles	11 ⁶⁹
Coors, 18 pk., bottles or cans	15 ⁹⁹
Natural Beer, 24 pk., cans	16 ⁹⁹
Rolling Rock, 12 pk., cans	8 ⁷⁹
Budweiser, 18 pk., bottles or cans	15 ⁹⁹
Yellowtail Wine, 750 ml.	5 ⁹⁹
Marle Weol Wine, 750 ml.	9 ⁴⁹
Goliath Wine, 750 ml.	2/9 ⁹⁹
Columbia Crest Wine, 750 ml.	9 ⁹⁹
Woodbridge Wine, 1.5 liter	11 ⁹⁹
Smirnoff Vodka, 750 ml.	11 ⁹⁹
Karkov Vodka, 1.75 liter	12 ⁹⁹
Bacardi Rum, 750 ml.	12 ⁹⁹
Jim Beam, 750 ml.	10 ⁹⁹
Tanqueray Gin, 750 ml.	16 ⁹⁹

Coconut Cosmetics - Good for Your Skin

By Angela Rosa, RN, LMT

In past articles we have explored the many benefits of coconut; its incredible healing and nutritive qualities provide a long list of evidence supporting it as a venerable food and medicinal champion. However, we would be leaving out a whole area of benefit if we neglected to mention the cosmetic value of coconut oil, as it is an ideal candidate for skin and hair care.

Coconut oil supports the natural chemical balance of the skin, softening it and helping to relieve dryness and flaking. It can be used to prevent wrinkles, sagging skin, and age spots. It has been

shown to reduce symptoms associated with psoriasis, eczema, and dermatitis.

The molecular structures of coconut's medium chain triglycerides help it to penetrate deep into the skin, strengthening the underlying connective tissues and moisturizing. It also aids in exfoliating the outer layer of dead skin cells, making the skin smoother. Coconut oil helps protect your skin from the aging effects of free radical damage. In fact, physiologist and biochemist Ray Peat, Ph.D. considers coconut oil to be an antioxidant, due to its stability and resistance to oxidation and free radical damage.

Applied topically, the lauric acid contained in coconut oil can help ward off infection, as it is antibacterial, anti-fungal and anti-viral.

Coconut oil, which is cooling by its nature, can also be used to protect the skin from the damaging effects of ultraviolet radiation from the sun, screening 20 percent of ultraviolet exposure according to some reports. This is especially important for Kohala where the trade winds blow and the tropical sun shines.

Coconut oil makes a great hair conditioner. It promotes healthy-looking hair as it moisturizes and protects the hair from sun damage. It also protects from bacterial insult that may result in dandruff or seborrheic conditions of the scalp.

You can use coconut oil straight out of the bottle as a moisturizer or mix with

other essential oils or herb-infused oils to create a beauty product for your own specific needs. It makes a great non-toxic make-up remover or can be used in shaving applications. You can create body butters, lotions, lip balms, bath salts and salves with coconut oil as the base.

Coconut is truly one of nature's gifts. Enjoy its bounty and discover the many benefits. Capitalize on the unique location of Hawai'i, the only place in America (except southern Florida) where coconuts thrive. Plant coconuts. Within a few years the palms will yield plenty of oil for years to come.

Angela Rosa is a registered nurse, licensed massage therapist, health consultant and Barefoot Doctor. See www.essentialhealth.info.

Kohala Aikikai Hosts Aikido 'Summer Camp'

This past July Kohala Aikikai, a local aikido club, hosted a prominent sensei (teacher) from Tokyo, Japan. Takeshi Yamashima sensei, a direct student of the founder of aikido and currently a seventh-degree black belt, was the featured instructor for the three-day event.

In addition to three other visitors from Japan, the seminar was attended by practitioners from across Hawai'i Island, O'ahu, Kaua'i, the U.S. mainland, and Europe. Additional instruction was provided by K. Varjan sensei, sixth dan, and several other instructors from throughout the state.

There were approximately 80 participants of all ages in attendance. In addition to the aikido training the seminar provided a camping experience that included preparation of and dining on locally-grown and organic food as well as various activities such as knife-throwing, tetherball, ping pong, rope climbing, and campfire fun. Evening entertainment included hula, taiko, juggling, comedy, and a magic show.

Yamashima sensei's instruction focused on how to respond to a potential attack in a positive and powerful way. Sensei was able to clearly demonstrate the ability to concentrate the power of the entire body to destabilize and eventually overcome an attacker. His calm and joyful demeanor

was inspiring to everyone who had the opportunity to see his demonstrations.

Aikido is a martial art from Japan that promotes the idea of harmonious, positive interactions between people. There is no competition; rather, stu-



—photo courtesy of Kohala Aikikai
Takeshi Yamashima sensei was the featured instructor at Kohala Aikikai's aikido summer camp.

dents are encouraged to work on mutual goals including self-defense, self-control, physical, mental, and emotional fitness, and development of a strong spirit—both within the individual and the community.

Kohala Aikikai offers classes for children, teens, and adults. A teen and adult Tuesday and Thursday beginner session starts September 4 from 5:30 to 6:30 p.m. For more information visit kohalaaikikai.org or call 889-5958.

In Days Gone By

Editor's Note: Kohala Mountain News has been skimming archived issues of newspapers to find some of Kohala's news from yesteryear.

100 Years Ago - from *The Kohala Midget*

August 14, 1912: Several days ago, the Lim family of Halawa were seen cleaning up their beautiful Waiaka home, and also putting in various kinds of plants.

Mr. Thos. Nahiwa gave a moving picture show with his new electric machine at the Halawa Plantation last Thursday night. About one hundred people attended it.

August 28, 1912: The old Kohala Sugar Mill is being torn down at a rapid rate to make room for the new steel building which will be put up, at the cost of \$60,000. The new mill will cover slightly less ground than the old, but will be three stories high, and not only better adapted to making sugar at a lower cost of production, but much more fireproof. The old building had a great deal of timber in it, and was a dangerous fire trap.

50 Years Ago - from *Ka Maka O Kohala*, published by Kohala Sugar Co.

August 17, 1962: Supervisor Ikuo Hisaoka announced late yesterday that the County Board of Supervisors voted a sum of \$43,000 to complete Kohala Hospital. Two alternatives were deleted by the Board of Supervisors when the contract for the construction was awarded

to S.K. Oda, Ltd, last June. With the new appropriation, the paving of the parking area and day room addition will complete the new hospital as originally planned.

August 31, 1962: Exchanging marriage vows on August 18 at the Kohala Jodo Mission were Miss Ann Ogata, daughter of Mr. Soji Ogata of Union Mill and Seifuku Nakayama, son of Mrs. Utsuru Nakayama of Hawi. Ann is with Halaula School faculty and Seifuku is with the surveying department of Kohala Sugar Company. The newly wedded Mr. and Mrs. Nakayama will reside at the Halaula School campus.

30 Years Ago - from *The Kamehameha Times*

August 1982: Football has made a comeback in Kohala. Kohala Chargers, Pop Warner, is under the direction of Head Coach Marshall Tohara and assistants Steve Nakamura, Samson Rabang, Nakaio Kupukaa, Jeremiah Kaholoaa, and Charles Hori; treasurer is Raymond Rocha. With a recent \$-making project, new equipment was bought. We are confident that with enough support football may return to the high school level. Help make this year successful by sending contributions in care of M. Tohara.



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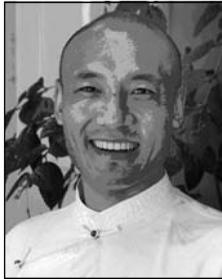
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Meditation Retreat with Anam Thubten in North Kohala

The Dharmata Foundation presents a meditation and teaching retreat with Anam Thubten in North Kohala from August 31 to September 2.

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

Anam Thubten grew up in Tibet and at an early age received traditional Buddhist teaching from various teachers. He is a direct disciple of Lama Tsurlo, who was a lifetime hermit and yogi. Anam Thubten teaches and conducts meditation retreats internationally. He is the author of the



—photo courtesy of
Dharmata Foundation
Anam Thubten

book, *No Self. No Problem.*

The event begins on Friday, August 31, with an Evening Talk from 6:30 to 8 p.m. The gathering is free and will be held at Tutu's House in Waimea.

The weekend retreat will be held Saturday and Sunday, September 1 to 2, from 10 a.m. to 5 p.m. at a private location in North Kohala—Pololu. Registration is from 9 to 9:30 a.m.

The suggested donation for the weekend is \$125 or \$75 for one day. No one will be turned away for lack of funds.

To register and for directions, contact Chris Cackley at indoodyyssey@yahoo.com or 889-5915. Accommodations are available for \$75 per night.

For more information about the Dharmata Foundation, see www.dharmata.org.

Food, Crafts, Silent Auction at Annual Bazaar

St. Augustine Episcopal Church hosts its Annual Bazaar on Saturday, September 15 in Kapa'au. Doors open at 9 a.m. and close at 1 p.m.

There will be lots of ethnic foods, baked goods and crafts for sale, white elephant, plants, shave ice, BBQ sticks, hot dogs, and hamburgers. Silent auction will feature hotel stays, dining, artwork etc. The Thrift Store will also be open. Special entertainment will be

provided by David Gomes and Hula Halau O Ka Hana No'eau No Kalaniani. Come early so you don't miss the sale and fun!

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

For more information, please contact the church office, call 889-5390 or email st.augustine1@hawaiiintel.net.

What is FASD Day?

By North Hawaii Drug-Free Coalition

September 9 is FASD Day, a day set aside to raise awareness of Fetal Alcohol Spectrum Disorders. Using the number nine, as in the 9th day of the 9th month (at 9:09 a.m.) is a reminder that no amount of alcohol is safe during the 9 months of pregnancy. Children's Research Triangle Hawaii (CRT) will provide free FAS Awareness Day activities and an informational exhibit on Sunday, September 9 at 9:09 a.m. in Waimea at the Parker Ranch Center Food Court.

Most people tend to think "that can't happen to me—or to someone I know." Or, that things are different in Hawai'i, especially on the Big Island, where family is so important. However, among 3,153 pregnant women screened on Hawai'i Island, 49 percent had a positive screen for substance abuse, including alcohol and/or tobacco and marijuana during early pregnancy.* In other words, about half of all the moms tested were drinking, smoking or using drugs while they were pregnant.

"Most of the women who screened positive said it was because they didn't know they were pregnant," said Sally Kaufmann, RN, Hawai'i program manager of CRT. "And, almost all women stop drinking as soon as they know."

Fetal Alcohol Spectrum Disorders cause the majority of mental retardation, and it is 100 percent preventable. The average IQ of an FASD baby is 68 compared to 100 of most children. FASD is a wide spectrum of behavioral and physical problems, including: Fetal Alcohol Syndrome; Alcohol Related Neuro-developmental Disorders; Alcohol Related Birth Defects; and Partial Fetal Alcohol Syndrome.

Basically, brain damage caused by pre-natal exposure to alcohol, FASD can impact children in different ways from poor impulse control and difficulty with focus and learning, to more severe problems that require lifelong treatment and institutionalization.

"Many women don't understand the enormity of what it does," said Kaufmann.

Drinking during pregnancy can cause: severe brain damage; problems with the heart, liver and kidneys; miscarriage; facial malformations; brain damage; damaged muscles, skin, teeth, glands and bones; brain and lung damage; low birth weight; and early labor and delivery.

Leighton and Rhonda Bell are adoptive parents of a child with FASD, and shared their experience in the film "Perils and Pearls in Paradise—Hawaii Island Alcohol Stories and Facts." They were panelists at a recent Town Hall meeting at Tutu's House, where the film was screened.

"So much attention is focused on harder drugs because alcohol is legal," said Leighton. "A lot of people, even doctors, don't know and give wrong advice—and they're hurting the children."

"A child with FAS, ADD, an Autistic child—they have similar symptoms," said Rhonda. "But when medicated, an FAS child on Ritalin, for example, it makes them worse."

Children with FASD frequently experience: mental health problems; disruptive school experience; trouble with the law; confinement (includes jail, mental health and chemical dependency treatment); inappropriate sexual behavior; alcohol/drug problems; dependant living; and employment problems.

Families with children affected by FASD may find Dr. Ira Chasnoff's "Cause & Consequence" Behavioral Management Software extremely helpful. This interactive system guides parents and teachers through a progressive problem-solving process, to help manage behavioral difficulties and improve communication. Detailed information is available at www.ntiupstream.com.

"We took off work to hear Dr. Chasnoff," said Rhonda. "He opened up our eyes."

"A lot of families find out about it and are ashamed," said Leighton. "We need to raise awareness."

Present and future moms, dads, grandparents, 'ohana, co-workers and friends are urged to visit the FAS Awareness Day exhibit on September 9. And, to learn more about FASD, visit CRT's website <http://crthawaii.wordpress.com>.

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

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

WHAT'S NEW AT THE RESOURCE CENTER?

- The Kohala Youth Ranch projects received an \$18,000 grant from the Wakerly Family Foundation to support start-up costs for an Equine Assisted Learning program for at-risk youth.
- The Hawaii Institute of Pacific Agriculture project (HIP Ag) received a \$7,300 grant from the Dorrance Family Foundation to assist with developing a garden teaching site for elementary school and middle school students and Salvation Army at-risk youth programs.
- This is NKCRC's Annual Appeal season. Please support the Center so we can, in turn, continue to support over 70 community improvement projects.

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

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Summer Hoops Action in Kohala

Story and photo by Jay Blanco

This past summer as high school students began their summer break and various alumni came home to visit family and friends, there was an eight-week summer basketball league.

Dom Acorda, a 2002 graduate of

Kohala High School, commissioned this year's summer league. This was his first year running the league and this is what he had to say: "This was a fun league. Very competitive! Something I forgot Kohala people in general take pride in. I learned a lot for my first time, and the

league will get better every year."

There were a total of eight teams consisting of residents, alumni, and high school students of Kohala. Each team was allowed to have three imports, which is someone who is neither a resident nor alumnus of Kohala. It was really a sight to see week to week the different generations of basketball players having fun and being competitive on the court. The main purpose for this summer league is to have fun, be active, and just have something to do in the community.

The High school team, coached by Kihei Kapilela, was undersized but played with a lot of heart posting a 3 - 4 record and getting the No. 5 seed in the playoffs. One team (Sample Dis) went undefeated throughout the season and carried that play into the playoffs, eventually winning the whole thing with a final score of 44 to 37. Some of the notable players on Sample Dis were Kekai Nakamura, Joey Giltner, and Robbin Marquez.

Second place, in a valiant effort, was NSP, which was anchored by Kohala natives Lawrence Kauka, Reeve Cazimero, and Kalei Emeliano. Respectfully third place went to NBA and fourth place to Superfreaks. There were trophies for first through fourth place and individual awards for the most valuable player, and first and second team all-league players. The most valuable player went to Keala Freitas (Sample

Dis) of Waimea, who averaged double digits in both points and rebounds. First team honors went to Joey Giltner (Sample Dis), Robin Marquez (Sample Dis), Christopher Roxburgh (Superfreaks), Lawrence Kauka (NSP), and Keala Freitas (Sample Dis).

The second team consisted of

Free Workshop on Understanding Challenging Behaviors

The North Kohala Support Group for Parents of Children with Unique Needs is holding a workshop to help families improve their understanding of their child's challenging behaviors. The workshop will help participants figure out why their child behaves a certain way and explore positive supports to help change inappropriate behaviors.

The workshop is from 5:30 to 7:30 p.m., Monday, September 10, at Kalahikiola Church in Kapa'au. The workshop is free, and snacks will be provided.

The workshop includes an overview of the IEP [Individualized Education Plan] process including the family's rights and responsibilities. Information about special education laws will

be provided, as well as a review of the commonly used acronyms and jargon. Participants should bring their child's current IEP and/or ISP [Individualized Services Plan] and any questions they may have about it.

The workshop will help families identify their strengths and weaknesses as advocates for their children and offer pro-active strategies that will enhance their skills in this area. In order to provide personalized attention to each participant, the number of seats is limited. Call Alice Bratton, 322-1542 to register.

The Workshop is supported by the North Hawai'i Community Children's Council and Hawaii Families As Allies. For more information, call Debbie Ellazar at 889-1334.

KHS Meets AYP Targets, Starts New Block Class Schedule

Kohala High School began the current school year with the official news of meeting its Adequate Yearly Progress (AYP) targets for the statewide Hawaii State Assessment (HSA) program and the distinction of being the only 9 to 12 high school in the state to have earned this accomplishment.

AYP status is based on three main factors: results from the school's 10th grade performance the HSA, participation rate in testing, and on-time graduation rates. The results showed double-digit gains in both reading and math as compared to the previous year's results. The school's administrator, Janette Snelling, credits the dedicated work of both students and teachers.

"The ownership and pride that students took in the effort to gain proficiency was simply extraordinary and the results are truly reflective of this staff's commitment to continuous instructional improvement. Our parents should also be commended for their support of their children," said Snelling.

In line with the continuing effort to impact student achievement in significant ways, the school has adopted a new bell schedule this year. The new schedule is a modified block and is a departure from the seven-period rotation with the major changes being longer class periods and odd/even period cycles on Tuesday through Friday.

Students meet for 45 minutes for all of their seven classes on Mondays. Students attend four classes (periods 1, 3, 5, 7) on Tuesdays and Thursdays and three

classes (periods 2, 4, 6) on Wednesdays and Fridays for 77 minute blocks. Time has been built in for weekly tutorials and advisory periods to add another layer of student support during the school day.

Preliminary comments from students have been positive, said Snelling. Students have commented that the longer periods provide the time to ask questions and longer time to interact with the content in each class. They also like the alternating odd/even period days. The transition hasn't been without challenges, she added. The varying end of day times will require getting used to and can be confusing. Mondays present a long day for both students and teachers, she said.

"Ultimately, the change was implemented to improve student achievement. The longer class periods will allow teachers to utilize strategies that foster a higher level of active student engagement and delve into the content with more depth," she explained.



First-place team, Sample Dis, left to right: Ian Gutierrez, Keala Freitas, Joey Giltner, Kiwini Viernes, Robbin Marquez, Kekai Nakamura, Mana Viernes.

Andrew Trump (Free Agent), Cameron Naihe-Laxton (NBA), Kelly Nakamura (Superfreaks), Tyler Myers (Ball So Hard), and Reeve Cazimero (NSP).

Final stats for the summer were: Sample Dis (7 - 0); Superfreaks (6 - 1); NSP (4 - 3); NBA (3 - 4); Skid Marks (3 - 4); Ball So Hard (3 - 4); LOL 2 - 5; Free Agents (0 - 7).

The end of summer and students heading back to school mark the end of another successful summer league. Anyone interested in being part of next year's summer league can contact Dom Acorda at 960-2359.

Fred Miller

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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
www.staugustinesbigisland.episcopalhawaii.org

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Eucharistic Service: Friday at 7 a.m.

Father Ray Elam, O.S.A.
Deacon Thomas Adams
Telephone 889-6436

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10:15 am
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Kohala Helps Itself and Contributes to Hawaii Clean Energy Initiative

By Linda Lewandowski

In 2008, the state of Hawaii launched the Hawaii Clean Energy Initiative (HCEI) that began the journey to relieve our dependence on oil. HCEI set goals

and provided a roadmap to achieve 70 percent clean energy by 2030 with 30 percent from efficiency measures, and 40 percent coming from locally generated renewable sources.

Sustainable Kohala Seeks Green Donations

Sustainable Kohala is now seeking donations for the Green Auction at Kohala Country Fair, set for October 6. Do you have an item or service to donate that would promote local business or positive environmental actions in North Kohala?

The Green Auction provides a direct connection to our community, and an opportunity to share your favorite sustainable practices. Proceeds support natural farming workshops, reduce waste projects, farm tours, school and home gardens, sustainable agriculture education, free films, community presentations, and myriad other projects scheduled for 2013 and beyond.

Sustainable Kohala works to encourage support of local businesses. Examples of possible donations: any local business product or service, gardening equipment, labor, organic products, locally made items, books about sustainable practices, plants, worm farms, mulch, locally grown foods, etc.

Please contact Deborah Winter at winterd@whitman.edu or 889-6901 by September 15 with your donation. Mahalo!

Middle School Hosts Open House August 29

Parents/guardians and family please join Kohala Middle School at the Open House on Wednesday, August 29, from 5:45 to 7 p.m. at the school campus in Halaula. Teachers will share their syllabus, course and class expectations and procedures.

Principal Patricia Champagne announced Kohala Middle's UpLINK

after school program will commence in early September. Parents and students should watch for the UpLINK application. All students may attend UpLINK and receive homework support as well as experience fun activities.

Contact the main office for more information at 889-7119.

PATCH Offers Free Childcare Trainings in Hawi

Do you work with young children? Maybe you care for children and don't think of it as work? Are you interested in having a positive impact in the lives of our keiki? Are you interested in free community-based trainings? Would you like to meet other people in your area who are also interested in increasing the quality of child care in Hawaii?

If you answered "yes" to any of these questions, please join PATCH as they partner with Montessori Education Center of Hawaii in Hawi to provide free community-based childcare trainings, as follows: Teaching Positive Behaviors 1: September 13; Emotional Develop-

ment: September 20; The Importance of Play: September 27.

The classes will be held on Thursdays, from 4:30 to 7:30 p.m., at the Montessori Education Center of Hawaii in Hawi (55-519 Hawi Rd., behind Nakahara Store.) Call Kona PATCH at 322-3500 to register and view their training calendar at patchhawaii.org.

PATCH is Hawaii's statewide child care resource and referral agency. Their mission is to support and improve the quality and availability of care for the young people of Hawaii. PATCH is a private, nonprofit 501(c)3 organization.

KHS students from Planet Pioneers are doing their part to lead the charge by partnering with a variety of local and state-level organizations to increase Kohala's energy efficiency. The Pioneers hosted an energy audit training session with Hawaii Energy and eight other local groups: Maliu Ridge Neighborhood Group, KHS students, Boy Scouts of America Troop 56, Big Island Wa'akunewa I ka 'ikena, 6000n60, Green Churches, and Hawaii Preparatory Academy middle and high school students.

Hawaii Energy's new SEAD [Student Energy Ambassador Development] program brings qualified energy audit instructors and tools to local communities who are interested in learning how to conduct energy audit of buildings. The audits become a basis for identi-

fying where efficiencies can be gained through simple measures like using power-saving strips, changing incandescent bulbs to CFLs, or even for larger measures accomplished by building retrofits. The auditors from these groups have been busy over the last few weeks doing their audits on private homes and other community buildings.

On August 22, the Kohala auditors met with their SEAD program trainers to exchange audit lessons learned and also to receive their certification letters. These certified auditors can then train other Kohala residents and conduct additional audits throughout our community. Look for more projects beneficial to Kohala from our young Pioneers. Please lend your support if you are interested in bringing our community to a more sustainable state.



—photo courtesy of SEAD

Planet Pioneers hosted eight local groups for an energy audit training session this summer.

Auxiliary Offers Scholarships, Supports Kohala Hospital

The Kohala Hospital Auxiliary is a non-profit organization started in 1980. Their primary goal is to promote the welfare of the Kohala Hospital, residents and staff. In the past they have renovated rooms, purchased furniture and TVs, paid for and helped with resident outings, and many other requests from the hospital.

The Auxiliary also offers scholarships for anyone going into a medical field. Acceptance of applications is ongoing.

The Auxiliary is a separate organization from the Kohala Hospital Charitable Foundation. Their main source of income comes from their annual Spaghetti Dinner, dues and donations. The next Spaghetti Dinner will be in the spring of 2013.

Auxiliary meetings are held on the third Thursday of each month, and new members are welcome. For more information about the meetings or scholarships, contact Dixie Adams at 889-5730.

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THE COQUI CORNER

Latest Update: August 2012

Sites Recently Treated: Pololu, Niulii, Waianae, and Kohala Club in Kapa'au.

Waiting to be Treated: Beers Road, Pasture on lower Hawi Hill, Kapa'au near Figs.

One unconfirmed report in `Ainakea

Treatments at Kohala Nursery and surrounding Pratt Road are extensive, expensive, and ongoing.

Mahalo for your continued support. The Coalition would not exist without YOU!

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

Coqui Hotline: 889-5775

HELP KEEP KOHALA COQUI FREE!

Kohala Mountain Farm Expands, Local Student Designs Maze

Kohala Mountain Farm Pumpkin Patch and Corn Maze has expanded from 1.5 to 9 acres this year, including four acres of pumpkins and the Big Island's first corn maze.

This year's corn maze was designed by a student in the island's first corn maze design contest: the winner was Kohala High School junior Daylan Higa. His design includes the Hawaiian Islands, taro leaves, a poi pounder, the star Hokulea and the word "Kohala." The contest was open to high school students in the Hawaii School Garden Network Program.

As the winner, Daylan will receive \$1,000 for the KHS garden program from MacArthur & Co. Sotheby International Realty, plus a helicopter ride for two from Blue Hawaiian Helicopters. The runner-up, Makalii Bertelmann of

Kanu o ka `Aina Public Charter School, will get a zip-line trip from Hawaii Forest & Trail.

The prizes will be awarded September 2 at 2 p.m., when there will also be a ceremonial blessing of the farm.

The farm is also offering tours to schools where students will have fun exploring the wonders of agriculture! Schools can customize their own field trip by selecting from the activities listed on their School Tour Menu.

On the basic tour, students learn about the farm, plant families, followed by each student picking their own pumpkin for \$6 (prices are per student.) Additional activities include: Corn education and maze exploration, \$3; Hay Ride, \$2; Learn all about Hawaii's honeybees with Bee Love Hawaii, \$1. Minimum fee is \$6 plus the

fee for each additional activity. Maximum cost per student is \$12. No child will be turned away due to economic hardship.

Minimum tour duration is 1.5 hours to a maximum of 4 hours, depending on the number of activities selected.

Tours will be available October 8 to 26, Monday to Friday, with tours at 9 a.m., 10:30 a.m. and 12 p.m. Registration begins September 1 via email to kohala-

mountainfarm@gmail.com.

The farm will be open to the public on Saturdays and Sundays in October beginning October 13, from 10 a.m. to 5 p.m. It is located on Kohala Mountain Road (Hwy 250), halfway between Hawi and Waimea.

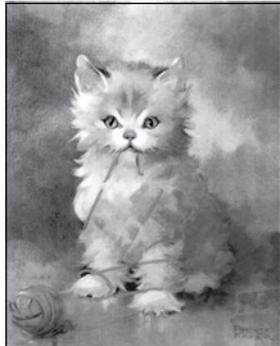
For more information, visit kohalamountainfarm.com or follow them on Facebook at www.facebook.com/bigislandpumpkins.

Adopt a Kitten, Save a Life

Want to add a furry bundle of love to your life? The Mahukona Cat Colony Caregivers are sponsoring the Adopt a Kohala-Grown Kitten Day on Saturday, September 15, from 9 a.m. to 1 p.m. at Kapa`au Veterinary Center. Thereafter, the kitten adoptions will take place once a month. Kittens are free.

Kittens are friendly and litter-trained. They have received medical care including being neutered or spayed, FIV (Feline Immunodeficiency Virus) and FeLV (Feline leukemia virus) negative, and

have had all shots and been dewormed. Most are microchipped.



The Mahukona caregivers are working on a plan to allow people who adopt kittens that are too young to be spayed/neutered at the time of adoption to bring the animals back later for free spaying/neutering. In this way, most of the expense of caring for a cat has been removed.

For more information, contact Kate Sterling at MahukonaCCC@gmail.com, or come to the veterinary center at 54-3876 Akoni Pule Hwy., in Kapa`au.

Elliott Shoots First Hole-In-One

By Jesús Solís

"Sometimes while playing golf you get chickens, and sometimes you get feathers," says Richard Elliott. On Sunday, July 22, Richard not only got the whole chicken, but he got it on the first try—shooting a hole-in-one on the No. 12 at Waikoloa Village Golf Course. It was his first hole-in-one in 40-plus years of trying.

Richard was helping fellow golfer Xavier Byrne with his swing at the No. 12. Richard took his swing and said the shot felt good.

"I saw it hit close to the pin, but I wasn't sure if it went in," he said. "When we realized it went in, we gave each other high fives."

Two other groups also witnessed the shot and asked, "What are you buying us at the 19th hole?"

Richard, who owns Paradise Postal in Hawi, said he started playing golf when he was 6 years old and over the years had several balls that have come within an inch or even hit the pin, but none had gone in.

Not everyone was impressed though. When he mentioned the hole-in-one to his girlfriend, who is not a fan of golf, she responded that everyone gets lucky once in a while, Richard said.



—photo by Kathy Pruy

Richard Elliott shot his first hole-in-one on July 22.

To advertise in the Kohala Mountain News call Tom at 345-0706

KMN Now Online
www.kohalamountainnews.com

KHS Fall Sports Schedule

FOOTBALL

9/8	Sat	2 pm	at HPA
9/15	Sat	2 pm	vs. Konawaena
9/22	Sat	2 pm	vs. Honoka`a
9/29	Sat	3 pm	at Ka`u
10/6	Sat	7 pm	at Kamehameha
10/13	Sat	2 pm	vs. HPA
10/20	Sat	7 pm	at Konawaena
10/26	Sat	7 pm	at Honoka`a
11/03	Sat	2 pm	vs. Ka`u

GIRLS VOLLEYBALL

8/29	Wed	6 pm	vs. Hilo
8/31	Fri	6 pm	at Kea`au
9/8	Sat	10 am	vs. Waiakea
9/15	Sat	10 am	at HPA, MLC (no JV)
9/22	Sat	10 am	at St. Joseph's (no JV), KAM
9/29	Sat	10 am	vs. KANU (JV), Laupahoehoe (V)
10/1	Mon	6 pm	at CLA/HAAS
10/3	Wed	6 pm	at Kealakehe
10/5	Fri	6 pm	vs. Konawaena
10/13	Sat	10 am	at Pahoia, Ka`u
10/17	Wed	6 pm	vs. Honoka`a
10/19	Fri	6 pm	vs. Parker (varsity only)
10/22, 23, 24, 27	TBD		BIIF Tourney
10/31-11/3	TBA		HHSAA Tourney at O`ahu

CROSS COUNTRY

8/25	Sat	10 am	at CLA
9/1	Sat	10 am	at Kealakehe
9/8	Sat	10 am	at Kamehameha
9/22	Sat	10 am	at Waiakea
9/29	Sat	10 am	at HPA
10/6	Sat	2:30pm	at Kamehameha
10/19	Fri	2 pm	BIIF Champs at HPA
10/26	Fri	9 am	HHSAA Champs at HPA

Grandparents Hold a Key to Keeping Children Drug and Alcohol-Free



While parents are generally the most important and long-lasting influence on children, grandparents have a special bond too and are often an inspiration to their grandchildren.

"Unlock" tips on how to talk to your grandkids about keeping drug and alcohol-free at fivemountains.org/nhdrc or 887-0756.



National Grandparents Day - September 9



News From North Kohala Public Library Library's 'Home School Wednesday' Resumes in September

North Kohala Public Library's "Home School Wednesday" program for 6- to 12-year-old children will resume in September with sessions from 10 to 11 a.m. on September 5, 19; October 3, 17; and November 7, 21. The classes will continue twice monthly through the remainder of the public school year.

Each one-hour session features hands-on activities relating to books and libraries. Students will also be able to explore their own areas of interest and research with the help of librarian Janet Lam.

The purpose of "Home School Wednesday" is to offer activities where home school students can come together to experience terrific books, discover how libraries are organized, and have

fun at the library.

Working at the interest level of the individual child, participants learn research techniques and how to use the online databases offered by the Hawaii State Public Library System. Parents and instructors are welcome to participate and learn to use technology for library research alongside their children.

This program at North Kohala Public Library is flexible, open to suggestions, and easily modified to meet the needs of home school families.

For more information and a complete program schedule, call Janet Lam at the library, 889-6655. Please call three weeks in advance to request a sign language interpreter or other special accommodation.

Poetry Lovers Invited to Evening Celebration of Verse

The North Kohala Public Library will host a celebration of poetry from 6 to 8 p.m. on Monday, September 17.

Local residents Joshua Bowman and Aneka Keck invite poets and those who love poetry to join in an evening of sharing original and favorite poems. Aspiring poets will also share writing tips for creating easy fun poetry.

Bowman says, "My dream is to build a poetry club right here in my hometown. We can play with wild writing

and let this POETREE grow."

The poetry celebration is an opportunity for area poetry lovers to meet one another. Bowman plans this evening as an initial meeting which will give rise to additional opportunities for poets. With the seeds of poetry planted, Bowman envisions future programs of poetry slam in North Kohala.

Contact Joshua Bowman at 895-8693 for further information on this poetry evening.

'Talk Story' Event Explores Ancient Local Trails

On Monday, September 10, at 6:30 p.m., trail expert Dr. Richard Stevens will visit North Kohala Public Library to share knowledge about our island's amazing ancient trail systems.

Dr. Stevens has worked as a University of Hawaii lecturer in history, a researcher for the State Division of Forestry and Wildlife, and a local conservationist, encouraging us all to better understand and preserve our natural and historical resources. Come, "take a walk" through time and find out what you can do to protect trails around our

community. Ages 5 and up are welcome.

This event represents the second 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, call the library at 889-6655.

Dr. Stevens will also lead a historic hike at `Iole, on Friday, September 14, at 10 a.m. Meet at the Bond Homestead, 53-496 `Iole Road. Visit iolehawaii.com or call `Iole at 889-5151 to learn more.

KOHALA CALENDAR

September

- 1 Sat 7 am-2:30 pm, Hale Building workshop at `Iole, free, 53-496 `Iole Rd, Kapa`au, Kerry, 889-5151.
- 3 Mon 6-7 pm, Growth Management Subcmte. Mtg., public invited, Surety Kohala office, Hawi, Hermann, 889-1464.
- 3 Mon 7 pm, Al Anon mtg, every Monday, St. Augustine's James Walker Hall lower level, Laura, 884-5833.
- 4 Tue 4-5:30 pm, Hope for Haiti Mtg., St. Augustine's Walker Hall, new members welcome, Lani, 889-5852.
- 4 Tue 5 pm, CDP Parks and Water Improvement Subcmte. Mtg., KIC, public invited, Giovanna, 889-5590.
- 4 Tue 7 pm, Community Input Mtg re Kauhola Point (lighthouse), sponsored by MKOKI & Ka Hana No`eau, KIC behind Hisaoka Gym, all welcome, 800-727-9166.
- 5 Wed 10 am, Homeschool Wednesday, ages 6-12, North Kohala library, 889-6655.
- 5 Wed 4:30-6:30 pm, CDP Public Access Subcmte. Mtg., Senior Center, Ted, 889-5801.
- 5 Wed 7 pm, AA meetings, every Wed, Kalahikiola Church annex, `Iole Rd.
- 6 Thu 6-9 pm, Green Drinks Hawi, Kava Kafe, organic networking & pupus, Forrest, 987-2365.
- 7 Fri 10 am, Preschool Story Time series, ages 2-5, every Friday in Sept., North Kohala library, 889-6655.
- 9 Sun 10:30 am, Metaphysical Church Svc, Kohala Yoga, 54-3877 Akoni Pule Hwy, April, 889-5505.
- 10 Mon 5:30-7:30 pm, Understanding Challenging Behaviors workshop, free, Kalahikiola Church, Kapa`au, to register call Alice, 322-1542.
- 10 Mon 6-7 pm, Kohala Haw'n Civic Club Public Mtg., Hawi Community Center, Rochelle, 896-3033.
- 10 Mon 6:30 pm, "Stepping Through History" Dr. Richard Stevens discusses the significance of Hawai`i's trails, North Kohala library, 889-6655.
- 11 Tue 11 am, Adult book discussion group, "Unfamiliar Fishes," by Sarah Vowell, North Kohala library, 889-6655.
- 12 Wed 8 am, No. Kohala Merchants Association Mtg., Resource Center, public invited, Bobby, 889-0505.
- 12 Wed 5:30-7:30 pm, NKCDP Annual Community Meeting, pupus, talk story, KIC, Kamehameha Park.
- 12 Wed 6:30 pm, KHS SCC mtg., rm. D-24, parents & community welcome, 889-7117.
- 13 Thu 3:30 pm, Kohala Elem. SCC mtg., rm. 12, public invited, 889-7100.
- 13 Thu 4:30-7:30 pm, "Teaching Positive Behaviors" workshop, free, Montessori school, Hawi, Kona PATCH, 322-3500 to register.
- 13 Thu 5-6:15 pm, CDP Power, Viewplanes, Erosion Control Subcmte, public welcome, St. Augustine's Sunday School rm, Susan, 882-7611.
- 14 Fri 10 am, Historic Hike at `Iole, 53-496 `Iole Road, Kapa`au, Kerry, 889-5151.
- 15 Sat 7 am-2:30 pm, Hale Building workshop at `Iole, free, 53-496 `Iole Rd, Kapa`au, Kerry, 889-5151.
- 15 Sat 9 am-1 pm, St. Augustine Episcopal Church Annual Bazaar, crafts, food, auction, music, Kathy, 889-5801.
- 15 Sat 9 am-1 pm, Adopt a Kohala-Grown Kitten Day, friendly, litter-trained, neutered/spayed, FIV & FeLV negative, all shots, dewormed, most microchipped, Kapa`au Veterinary Ctr, 54-3876 Akoni Pule Hwy, Kate, MahukonaCCC@gmail.com.
- 15 Sat 9 am-1 pm, Treasures Helping-Hand Store, Assembly of God, Hawi Rd., free meal: 10 am-1 pm, 889-5177.
- 15 Sat Free Grindz--Hot Meal, under the Hawi banyans, Kohala Baptist Church, Sondra, 889-5416.
- 17 Mon 4:30 pm, CDP Affordable Housing Subcmte, public welcome, Senior Center, Collin, 880-6726.
- 17 Mon 6-8 pm, Celebration of Poetry, North Kohala library, Joshua, 895-8693.
- 19 Wed 10 am, Homeschool Wednesday, ages 6-12, North Kohala library, 889-6655.
- 19 Wed 4:30 pm, KMS SCC mtg., library, parents & community welcome, 889-7119.
- 20 Thu 1:30-2:30 pm, Kohala Hospital Auxiliary Mtg., Hospital Pavilion, new members welcome, Dixie, 889-5730.
- 20 Thu 6 pm, Ukulele workshop, open to all ages/levels, bring an ukulele & join the kanikapila, free, Hawi Gallery, Richard, 206-452-3697.
- 20 Thu 4:30-7:30 pm, "Emotional Development" workshop, free, Montessori school, Hawi, Kona PATCH, 322-3500 to register.
- 22 Sat 11 am-12:30 pm, Free Community Meal, St. Augustine's Walker Hall, Thrift Store open 10 am-12:30 pm.
- 23 Sun 10:30 am, Metaphysical Church Svc, Kohala Yoga, 54-3877 Akoni Pule Hwy, April, 889-5505.
- 24 Mon 2 pm, 6 pm, Simple jewelry craft w/ Sid Nakamoto, North Kohala library, call to register, 889-6655.
- 25 Tue 6 pm, CDP Agriculture Subcmte. Mtg, public welcome, KIC, Frank, 333-8026.
- 27 Thu 4:30-7:30 pm, "The Importance of Play" workshop, free, Montessori school, Hawi, Kona PATCH, 322-3500 to register.
- 29 Sat 7 am-2:30 pm, Hale Building workshop at `Iole, free, 53-496 `Iole Rd, Kapa`au, Kerry, 889-5151.

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



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Bocce Team Heads to State Tournament

Four Kohala athletes are gearing up for the state Special Olympics Bocce Ball competition. On July 28, the athletes competed in Area Games at the Old Kona Airport fields against teams from Hilo and Kona. The Kohala



—photo by Sarah Kobayashi

Sean Conley practices bocce, getting ready to compete in Special Olympics Bocce Ball state tournament along with three other Kohala athletes.

team, "Kohala Warriors," which included Gilbert Acosta and Elijah Rabang, placed first for their division.

The second level of competition is called Unified, in which an athlete and a volunteer partner up to compete. "Kohala Tigers" Elijah Rabang (athlete) and Cedric Robertson (volunteer) placed first, as did the "Supa Bowlers" Gilbert Acosta (athlete) and Sarah Kobayashi (volunteer). The "Road Warriors" Virginia Lee (athlete) and Paul Lee (volunteer) placed second.

The team traveled to O'ahu August 18 to 19 for the state competition at Waiau Fields in Waipahu. Results were not available at press time. The group

practices at Kamehameha Park Tuesdays and Thursdays from 3 to 4 p.m. They are looking to expand the program to more athletes.

Coach Sarah Kobayashi said the next season begins mid-September and the Special Olympics program anticipates having a Kohala Bowling team. Practices will be once a week on Sundays 2 to 3 p.m. at Kona Bowl. Bocce and basketball will also be offered. The group is always looking for more athletes and volunteers.

For more information, contact Sarah Kobayashi, Kohala Delegation Head, Arc of Kona, at 640-0471.

Kohala Athletes Bring Home Gold

Two local athletes represented Kohala at the Special Olympics Track and Field State Tournament on O'ahu this summer. Lansen Ellazar-Carvalho and Virginia Lee both brought home gold and silver medals in their respective events.

Lansen won a gold medal in the 200 meter run and silver medals in the 100 meter run and softball throw.

Virginia brought home gold in the softball throw and two silver medals: one for the 50 meter dash and another for the standing jump.

Coach Bruce Ellazar said, "I had a wonderful time, and it was a great experience being involved in Special Olympics. We had a lot of fun, got to meet a lot of great athletes and coaches. It was awesome!"



—photo by Serena Ellazar

Coach Bruce Ellazar (l) and athletes Virginia Lee and Lansen Ellazar-Carvalho earned gold at the Special Olympics Track and Field event on O'ahu this summer.

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