

# Kohala Mountain News

Vol. 12, No. 1

January 26, 2013

## Raymond Moniz Honored as Sacred Heart 'Treasure'

By Theresa Meikle

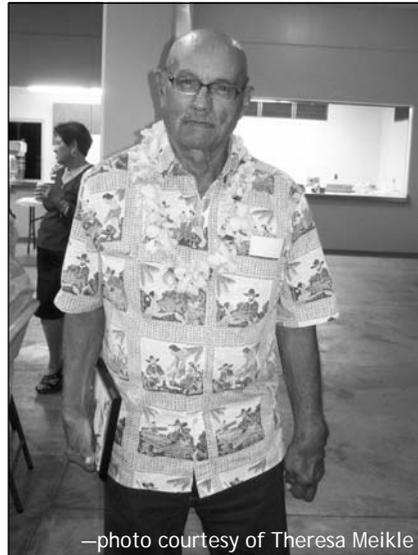
On December 7 in Kona, family and friends had the opportunity to honor Raymond Moniz as one of Sacred Heart Parish's Treasures. The dinner and presentation of the plaque included honorees from other parishes from West Hawaii and was attended by Bishop Larry Silva.

The selection of a parish "Treasure" is an annual event that each parish within the diocese of the state of Hawai'i participates in. The parish council obtains nominees for individuals that have done or continue to do much for the church community. These nominees are discussed by the council and voted upon. Raymond was selected by Sacred Heart for the honor.

As a member of Sacred Heart parish, Raymond brings over 60 years of service to our Lord, which began at

a young age as an altar server back in the times when mass was done in Latin. He still has many fond memories of growing up in the church.

Raymond and his late wife Sharon were married in the Sacred Heart parish in 1967 and raised five children in the faith. Raymond has served multiple terms on the parish council and is currently on the parish bereavement committee. He is also a primary lector for the 7 a.m. mass.



—photo courtesy of Theresa Meikle

Raymond Moniz

His inspiration to become a lector came from a stained glass window at Sacred Heart, donated by his grandfather in 1926, depicting The Tongues of Fire.

After retiring from Mauna Kea Resort, Raymond made a promise to himself to attend mass as much as possible. He attends mass daily.

Raymond is a shining example of Philippians 4:13: I can do all this through Him who gives me strength.

## Aloha and Mahalo to Retired Kohala Elementary Trio

Kohala Elementary School bid aloha to three long-time teachers this year, beginning with Susan O'Malley in August, and most recently Jean DeMercer-Breese and Al Nickl in December. Kohala Mountain News was unable to catch up with Susan O'Malley, who is opening a paper-making studio in Ocean View, before we went to press, but wanted to recognize and thank all three teachers for their service to Kohala's keiki and the community.

Many longtime teachers can lay claim to having taught two generations of students, but it's rare to find one who has taught the child, parent and grandparent. Jean DeMercer-Breese is one of those few teachers; her tenure at Kohala Elementary School goes all the way back to 1969. With the exception of maternity leave for her four daughters, she has worked at the school for more than 40 years.

Jean has been at Kohala Elementary through the many transformations of the school, from its days as part of the K-12 school, through the closure of the Kohala Sugar Company in 1975 and the subsequent dwindling of the student population, and on to the separation of the schools in 1995, when Kohala Elementary got its own campus and administration.

During those years she also got married to police officer Bobby DeMercer, gave birth to four daughters, was widowed in 1980 and became a single parent to four girls under 8 years old, and later married Paul Breese, the former director of the Honolulu Zoo. And if that wasn't enough, in 1993 she earned her master's degree.

She started out teaching mixed primary grades, then fifth grade for many years, and finally finished her career teaching third-graders. Mixed in there was work as a substitute teacher and home tutor.

"People always say, 'Which is easier?' and I always say 'no grade' because every grade presents its challenges. It's just different challenges," she explains.

She says her greatest challenge was trying to maintain the balance between educating and testing. "There's a vast difference between learning and testing. And sometimes you lose the forest for the trees and everybody looks at the 'the score.' I really like to develop the whole

See Retirement, page 6

## Kohala Boosters Show Support for Alumni Football Team

By Megan Solís

Kohala alumni, family and friends showed up at Honoka'a field to cheer on the Kohala Alumni football team at its matchup against Honoka'a on Sunday, January 6. In fact, there was a lot more black and gold than green in the cheering sections. Kohala even had its own cheerleaders.

In the first alumni football clash between Kohala and Honoka'a, 101 players suited out and played inspiring football. The teams were evenly matched, allowing no scoring in the first three quarters. In the final quarter, Kohala hit a swing pass that went for 45

yards and the first score of the game. The extra point was just missed and Kohala Alumni went up 6-0 with less than eight minutes to play.

On the next offensive play Honoka'a Alumni threw a little swing pass that went for 75 yards to get on the board. The extra point was good and the 7-6 score held up as Honoka'a went on to win.

Despite the loss, Kohala coach Tony Manantan was very proud of his team.

"We worked hard on defense. Honoka'a is tough—all the tough guys come from Waimea. Speedsters and skill guys come from Honoka'a. It's

not gonna be easy running around the corners on them, they're quick. So the best thing was to hit right up the gut with our size. We had a big game on the ground game, and they made a big play and we made a big play, but we couldn't get our extra point. Our defense stuck it out—[Honoka'a] had a couple of opportunities to score and our defenses came through and held them down to just one point."

The whole experience, including the two months of practice, was fun, he said.

"Everything just gelled so easily with the practice. The kids are so well respected. They know the game; they're experienced; it was just a matter of conditioning. They did a great job! I was really flabbergasted. I expected them to have a great game and that's what it was," he said.

But far more important than the game was the experience of being back with his "kids," players he had coached from the age of nine, many of whom now have kids of their own.

"It was an honor for me and my wife to be involved again with these kids because we've been involved with their lives way back when they first started in Pop Warner," said Tony. "For them to come out with this alumni thing and consider me as their coach has been an honor for my wife [Debi] and I. She was the team mom for all those years...we

See Football, page 2

## Kohala Celebrates Homecoming 2013



King Dakota Tolentino and Queen Alohi Tolentino presided over Kohala High School's Homecoming parade. For more photos of the parade and game against Konawaena, see pages 10 and 11.

—photo by Jesús Solís

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## 'Green Faith' Program Comes to Kohala

St. Augustine Episcopal Church was recently accepted into the Green Faith program. Founded in 1992, Green Faith is an interfaith environmental coalition which works with houses of worship, religious schools and people of all faiths to help them become better environmental stewards.

Green Faith's mission is to "inspire, educate and mobilize people of diverse religious backgrounds for environmental leadership," according to its website, [www.greenfaith.org](http://www.greenfaith.org). "Our work is based on beliefs shared by the world's great religions—we believe that protecting the earth is a religious value, and that environmental stewardship is a moral responsibility."

There are three core values that guide their work and define the organization:

**Spirit:** The program believes people grow spiritually through a strong relationship with the earth. Through environmentally-themed worship, religious education and spiritual practices, religious institutions have many opportunities to celebrate creation and strengthen their members' connection with the earth.

**Stewardship:** The program believes that our consumption habits can help heal and restore the earth. From energy and transportation, to food, water, and other areas, religious institutions and their members use a lot of resources—and therefore have many opportunities to lessen their impact on the environment.

**Justice:** The program believes that all people deserve a healthy environment, regardless of their race or income. The world's great religions share an ethic of social justice, and Green Faith is committed to fighting environmental injustice and racism. Educating around the topic of environmental justice and advocating for change is a vital area of engagement for religious institutions.

The church has been accepted into the two-year program.

"We are excited to be one of the first programs in Hawai'i," says Lani Bowman, program coordinator. They are forming their Green Team and encourage any interested community members to view the program at their website or call Lani at 889-5852 or e-mail: [lanibow@ilhawaii.net](mailto:lanibow@ilhawaii.net) for further information.

## Repaving of Highway Starts in February

Orange construction signs were recently posted on the Akoni Pule Highway from the west side of Hawi to Kapa'au. According to a state Department of Transportation spokesman, State Route 270 from mile marker 21.2 in Hawi to 23.5 (near Kohala Hospital) will be repaved beginning early February. One lane at a time will be closed with parking allowed only on the open side of the road. It's not known how long the roadwork will take, but contractor Grace Pacific has 80 working days to complete the project.

Motorists should be aware the speed limit in the construction zone is 25 mph



—photo by Megan Solis

Akoni Pule Highway from Hawi to Kapa'au will be repaved beginning early February. One lane will remain open during the roadwork.

during all hours, not only when construction workers are present. The fine for speeding in construction zones is \$250.

## Year of the Snake: Chinese New Year Celebrations in Kohala

The North Kohala Merchants Association hosts a Chinese New Year Lion Dance on Saturday, February 16. The lion will begin his dance at businesses in Kapa'au at 9 a.m. and make his way west, reaching Hawi around noon.

The "lion" will visit the shops of participating merchants to perform the traditional custom of "cai ching," or "plucking the greens." Merchants may hang lettuce, cabbage or other auspicious green vegetables in the doorway along with a red envelope containing money. The lion will approach the green and the red curiously and cautiously, like a cat, to eat the green and spit it out, but keeping the red envelope. The lion dance is believed to bring good fortune to the business. The public is invited to

watch the lion dance and to "feed" the lion for good luck.

The Kohala Tong Wo Society hosts its Chinese New Year celebration on Sunday, February 17, from 10 a.m. to 2 p.m. Festivities include the lion dance (be ready to feed the lion), firecrackers, and the annual opening of the beautiful building, built in 1886, to the public. Potluck to follow; please bring a dish to share.

The Kohala Tong Wo Society is located on the Akoni Pule Highway in Halawa. Take the highway east from Kapa'au toward the Pololu scenic lookout. After the 25 mile marker, the road goes through a gulch; the Tong Wo Society building is immediately past the gulch, mauka (uphill) of the highway.



Eager hands reach out to feed the lion during the 2012 Lion Dance through Hawi and Kapa'au.

### Football, continued from page 1



—photo by Jesús Solis

Jacob Roxburgh, No. 18, carries the ball past Honoka'a defenders in the alumni game January 6.

coached in tandem. We were so proud to be a part of their lives again."

He recalled the great years of the early 1980s in the PeeWees. But in 1991 there was nothing left for the players after Midget level as there was no high school team. He and Debi spearheaded an effort to bring back football to Kohala High. He heard stories of the days when the park was full of people coming to watch Kohala football, and his dream was to bring that back. It was a long battle, but eventually they were successful and brought high school football back to Kohala High, where he eventually coached.

During his tenure at Kohala High, Tony and Debi helped improve the team's performance by exposing them to football teams on O'ahu, where competition is tough. "We traveled to coach's clinics and took the team to play in Honolulu... and we came back with a 6-4 record for two years in a row. That was a total highlight of our lives, and this fills another chapter," he said.

The game brought together Kohala players of different ages, from the youngest, Kama Manantan, at just 21 years old, to Kamon Kupuka'a, a 48-year-old veteran.

"Kamon was already in the PeeWee program when I came to Pop Warner," said Tony. "He's been around forever

and coached a lot, even at the high school level, so when I saw him at the alumni meeting, I asked, 'Are you coaching?' And he said, 'No, I'm playing!' I give him a lot of credit."

Many of the alumni players now coach at the Pop Warner level, and some have approached him and his wife for advice. He tells them to "learn the kids' names, nurture the kids, buy into them and earn their respect. Coach them at the level that they are."

Tony said some of the players were a bit down that they didn't get the "W" for Kohala, but he told them they still got the "W" because the

focus of the team was on giving back to the community. Kohala raised almost \$5,000 for youth football programs through the alumni game.

The game was sponsored by Alumni Football USA, which helps to raise funds for community athletics programs.

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## CDP Action Committee Meetings Move to Former Bank Building

By Lynda Wallach

The first North Kohala Community Development Plan Action Committee (NKCDP AC) meeting of 2013 was held on Monday, January 14, at its new location in the old Bank of Hawaii building. After the chairperson, John Winter, directed the subcommittees to draw up lists of their last year's accomplishments and coming year goals, the meeting proceeded to the reports of the various subcommittees.

Hermann Fernandez of the Growth Management subcommittee stated that, other than one request for a variance there were no new land use applications to report on. He then brought up the fact that, although there are signs along Akoni Pule Highway announcing requests for subdivisions and consolidated subdivisions, the AC may not have any information on these requests and is therefore not able to answer any questions from the public regarding them.

Rosalind Newlon, Planning Department's NKCDP project manager, explained that it is a problem with timing: the signs go up shortly after an application has been submitted but she may not get the information until it is published on a semi-monthly list. She immediately forwards any information from the list which is relevant to North Kohala to the AC, but the sign may already have been posted for up to two weeks. She said she would look into ways of getting the information sooner.

Frank Cipriani then reported on the several projects that the Agriculture subcommittee is undertaking. He said that, so far, 'Iole is the one organization that has requested information on the Important Agricultural Lands (IAL) initiative. Regarding the identification of strategically located agricultural lands, he reported that a physical survey of the 52 acres of Department of Land and Natural Resources (DNLN) along the coastline below the Ho'ea Ag Park was done on November 1, 2012. The officials participating in the project indicated that the area showed promise as a site for a proposed bio-energy cluster.

The aquaponics program at the Kohala High School is up and running and has been stocked with tilapia fingerlings. Cipriani is still looking for sponsors for the students enrolled in the Aquaculture Training Online Learning

program. Eleven students are enrolled, and there are currently only four sponsors. [See related story on page 14.]

Dr. Jana Bogs' soil testing program is in place, and the subcommittee will be disseminating information to farmers beginning with those on the "Know Your Farmers" list. Bogs was one of 20 people who testified in favor of GMO labeling in front of the Honolulu city council. Although nobody testified against GMO labeling, the proposal was defeated with only two members of the council supporting it. Finally Cipriani emphasized the need for more cohesiveness in the local farming community and his desire to get more Kohala farmers involved in the Agriculture subcommittee.

Joe Carvalho of the Public Access subcommittee stated that the Legacy Land Commission has decided to fully fund the acquisition of a federal and state conservation easement from Vipasana at Halelua. If approved by the Legislature, this will go into effect in July at the beginning of the next fiscal year. The easement will be managed by the Hawaii Island Land Trust. The subcommittee is still reviewing the outstanding grant of easement documents to determine which ones are feasible to pursue. Carvalho also reported that one of the landowners in the Hapu'u area has reported that his electric entrance gate has been vandalized. The subcommittee is working with the landowner.

John Winter said that the Parks and Water Improvement subcommittee has been talking to James Watts, head of the Rural Water Association, about a number of issues regarding the water systems in Kohala. The subcommittee will be providing a detailed report of their findings at a future meeting.

Susan Fischer of the Power, View Planes and Erosion Control subcommittee presented a new map showing the transmission lines proposed by HELCO to improve electrical reliability in Kohala.

Collin Kaholo reported that the Affordable Housing subcommittee is still looking for land on which to build affordable housing. Right now they are looking at the approximately 25 acres next to the Kahei subdivision behind the Catholic cemetery, which is state land under DLNR, and talking to DLNR to see if they can get a portion

of the land for low-cost or transitional housing. Though there are no maps indicating that the area is a flood zone, it is rumored that floods have occurred there. The subcommittee plans to walk the area to see what it looks like. Speaking from the audience, Jon Adams stated that the county is currently using the land as a dump site.

The final discussion involved a review of the draft letter from the AC to the director of the Planning Department requesting an amendment be proposed to the Hawaii County Code for the conversion of the current low pressure sodium streetlights to fully shielded LED streetlights. The AC believes that

this action would promote energy conservation, improve driving safety by reducing glare, and restore the dark night skies. The county has already installed 100 LED streetlights in Waimea and 500 in Hilo, with plans to install 400 in Kailua-Kona. The traffic division has been working with astronomers to address their concerns about the new lights. The committee voted to approve the letter; however it was subsequently decided to table the issue for rewording of the letter at the next meeting.

The action committee will next meet on Monday, February 11, at 5 p.m. at the former Bank of Hawaii building in Kapa'au. The public is urged to attend.

## Coconut Fever Spreading in Kohala

Coconut fever, caused by enthusiasm and interest, is continuing to spread in Kohala according to Tim Head of Sustainable Kohala and chairman of the Coconuts for Kohala campaign.

"We are receiving more and more phone calls from people who are inquiring about planting coconuts on their property. We are here to help," Tim said.

In addition to the facility at Aikane Nursery in Hawi, the campaign is setting up a nursery in Niuli'i of coconut sprouts ready-to-plant.

In April, Tim will offer a slide show and discussion to acquaint interested people with traditional and modern practices for planting, care, use and economic/social potential of coconuts for North Kohala's future.

"Some people have seen the coconut either as a graceful ornamental palm or a nuisance/maintenance creature in the yard. We aim to help the community to see the incredible value

of coconuts as a Super Food and economic opportunity for Kohala," Head concluded.

Many people have heard about the benefits of coconuts but may not be well informed about them. Did you know that nutritious coconut oil, fiber and water provide more support for human health and wellness than any other single food on the planet?

Anthropologists have investigated the history of coconuts in the "coconut heartland" (Indonesia/Malaysia) where the palm originated. It was found that humans have been eating coconuts for a half a million years.

Interested readers are invited to visit the campaign's web site [www.coconutsfor-kohala.com](http://www.coconutsfor-kohala.com) or contact Tim or Carolyn at 889-5641.

Learn more about coconuts at [www.bewellbuzz.com/alternative-medicine/coconut-home-remedies](http://www.bewellbuzz.com/alternative-medicine/coconut-home-remedies) and at [www.coconutresearchcenter.org](http://www.coconutresearchcenter.org).



—photo by Carolyn Mondress

Artist/farmer Travis Dodson poses in front of a sign that he painted for the Kohala Country Fair. Kohala's "coconut revolution" is growing.

## METAPHYSICAL STUDY GROUP

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## NORTH KOHALA COMMUNITY RESOURCE CENTER

- The Dorrance Family Foundation generously awarded the Kukui Garden Restoration, the NK Learning Center, KCAA, the North Kohala Musical Theater Camp and the Resource Center with end-of-the-year grants.
- Kahiau Foundation awarded Yoga in the Public Schools, Kohala Artists' Cooperative, Kamehameha Celebration, Kamehameha Statue Maintenance and the North Kohala Cultural Enrichment projects with project support.

*We are grateful for these Foundations and their acknowledgement of all the good work being done in Kohala.*

You can support our projects and the Center with a tax-deductible donation to the NKCRC, P.O. Box 519, Hawi, HI 96719 • 889-5523

• [www.northkohala.org](http://www.northkohala.org)

*A great way to love Kohala!*

## Future KMN Deadlines

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



### February

Ad Deadline: 2/8/13  
News Deadline: 2/11/13

### March

Ad Deadline: 3/8/13  
News Deadline: 3/11/13

## 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 3,600

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

preference for publication.

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**Kohala Mountain News**

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## Letters—

The following letters are from students in Duncan Anderson's seventh grade class at Kohala Middle School.

### Fresh Produce for the School Cafeteria, Please

Dear Editor,

My name is Kiele Carpio. I'm a seventh grader who attends Kohala Middle School. My topic today is on the school lunches: canned food vs. fresh food. Our school, along with many others,

uses canned produce. We're trying to get fresh food. This allows us to grow our own food that goes straight to the cafeteria.

One of the benefits is that it tastes better and is healthier. It also is cheaper,

which leaves more money for our school.

Please help us pass this idea through the DOE [Department of Education].

Thank you for your time.

Sincerely,  
Kiele Carpio

### Tips to Protect our Shorelines

Aloha, my name is Anaiyah Tabiolo and I am 13 years old and I attend Kohala Middle School. I am concerned about our shorelines and here are a few tips on how we can protect them. First thing you can do is know how rapidly our shorelines are changing and why.

Next, if you live near the shore or

next to a river, educate yourself on how to avoid danger to homes or the reefs. If you're building, use an ultra-safe setback to avoid future problems. Another way you can protect our shorelines is by not building a seawall: it accelerates beach loss, changes the health of the reefs and potentially reduces sea turtle

nesting sites.

Lastly, stay educated and know that the things we do every day impact the shorelines. So please help protect the shorelines and I will greatly appreciate it!

Thank you for your time.

Mahalo,  
Anaiyah Tabiolo

### Learn and Have Fun by Reading

My name is Miranda Canniff. I'm a seventh grader at Kohala Middle School and I think that students should read more. Reading allows you to learn more about the world. Even fiction books teach you. You can learn the facts, and be entertained.

In school, a lot of the students who get high grades are the ones who read on their free time. Better grades lead to a better future. If you read and learn, there is a higher possibility that you will be able to do something with your life.

Instead of being bored out of your mind or becoming a TV zombie, you should read. It's a better use of your time and it's a great way to learn while having fun.

Sincerely,  
Miranda Canniff

### Kohala Has Heart

*Editor's Note: Hawi resident Eila Algood wrote the following poem after noticing the shape of a heart in a photo of the Kohala Mountains.*

By Eila Algood

I feel you with my soul.  
I hear you with my spirit.  
I see you with my heart.  
I touch you with my eyes.

Your energy rises up through the crest  
of the mountains to the sky.  
It connects with the divine,

flows down the valleys,  
through the rivers  
across the landscape into the sea.

Creating magical movements as  
Powerful winds produce huge crashing  
waves  
Swaying trees sound like the sea  
Sunlight peers through waving trees  
casting dancing shadows.

Mystical water droplets generate  
Rainbows of colors above your heart.  
White arc of light in the dark of night  
Gushing streams tumbling over falls

The heart of Kohala is everywhere  
We feel with our souls  
We hear with our spirit  
We touch with our eyes



### Kohala Residential Market Steady, Vacant Land in Demand

By Beth Thoma Robinson

The number of homes sold in 2012 in Kohala turned out to be exactly the same as in 2011. From Puakea to Niuli'i (and excluding the lower Kohala communities like Kohala Ranch and Kohala By the Sea), there were 32 residential properties sold in each year. The percentage of these that were short sales or foreclosures stabilized at around 38 percent (12 sales).

At the affordable end of the market, 14 out of 32 home sales in Kohala in 2012 were under \$300,000—and eight of these sold for less than \$200,000. These resale figures do not include new homes built at the Kumakua mutual self-help housing project in Hawi. The good news is that we are seeing local first-time buyers in the market, with USDA, FHA, VA or conventional financing.

Some of these lower priced sales are homes bought by investors, who play a role by fixing up properties that in today's conservative market will not be eligible for mortgages, but that can be restored to keep the character of Hawi and Kapa`au intact.

In the middle range of the market, seven homes were sold at prices above \$300,000 but below \$500,000. These are mostly homes that are slightly off the main roads and somewhat larger than the entry-level homes, in neighborhoods from Halaula to Hanaula and Kokoiki.

The market for homes near Hawi in the \$500,000 to 900,000 price range was strong, with 10 sales in 2012 lifting the median or average price of homes sold. Typically these are homes on acreage. Two homes sold in Maliu Ridge. Three of the homes sold in this price range were lovingly-restored plantation era properties, including the Union Mill plantation manager's house on the State Historic Register, which sold for \$875,000.

Distressed properties—either "short sales" where the listing agent assists the homeowner in negotiating with their lender to sell at less than is owed on the mortgage, or "REOs" which are bank-owned after foreclosure—represented a significant segment of the residential real estate market in Kohala in 2012. For each of the last two years, about two out of every five Kohala home sales

involved a bank.

The most notable Kohala home to go through foreclosure and be sold in 2012 was the oceanfront estate on 20 acres in the Paho Beach subdivision makai of Hawi. Originally on the market for \$17 million in 2009, an investor group purchased the property for \$1,195,000 as an REO. This was the only residential sale above \$1 million in 2012.

#### Vacant Land Prices Down Sales Up

Sales of vacant land—from 15,000 square foot residential building lots to larger ag-zoned acreage—were the big story in 2012. Seventeen sales were completed, versus 10 parcels sold in 2011.

The 17 vacant land parcels sold in Kohala in 2012 ranged in price from \$137,500 to \$3.2 million!

Two sales of smaller home sites show that while there are houses being sold for land value (especially the bank-owned properties), some buyers find it easier to start with a blank slate. The first lot sold in the new Kapua six-lot subdivision next to Takata Store for

*See Real Estate, page 5*

**Real Estate, continued from page 4**  
 \$137,500. A vacant lot of 15,000 square feet in Halaula sold for \$165,000, with some site work including a cesspool already completed.

Lots of 1 to 3 acres with some ocean view found a level price point of \$250,000. There were four of these sold...a similar lot entirely in a gulch changed hands for \$175,000, and a 10-acre parcel at Puakea Bay Ranch set a new low by also selling at \$250,000.

Twenty-acres of vacant land also found a price range last year at which demand was healthy. Five parcels of 15 to 25 acres sold in a range of \$465,000 to \$625,000. With the exception of the lowest sale, which was an REO (foreclosure) at Pu'uepa Ranch (Lincoln Avenue makai), each of these properties took a major price reduction, then received an acceptable offer within days.

The level of pent-up demand for raw land outside of gated communities

in the Hawi to Kapa'au corridor was confirmed when Surety Kohala released seven lots at the top of Kapa'au Road (Waterworks) in December. As of this writing, six out of seven have accepted offers. Prices ranged from \$180,000 to \$600,000 for 1 to 44 acres.

**Hawaii Real Estate Rule No. 1:  
 There is only so much oceanfront**

The exception to the rule of declining land prices is in the case of oceanfront parcels. A 20-acre oceanfront lot

at Ranch at Puakea sold in 2012 for \$3.2 million.

With many North Kohala coastal properties being purchased for conservation, there are fewer opportunities for private individuals to purchase oceanfront land. The basic law of supply-and-demand in efficient markets tells us that puts upward pressure on prices for remaining oceanfront parcels.

*Beth Thoma Robinson is a Realtor Broker at Hawaii Life Real Estate.*

## Seniors Serve and Sing to Support Project Grad

Kohala High School seniors provided entertainment with two shows for supporters at Kohala Project Grad's spaghetti luncheon held January 12. The successful event helped raise funds for Kohala Project Grad, an overnight drug- and alcohol-free party for graduating seniors, to be held May 18.

Kohala Project Grad is a sponsored project of the North Kohala Community Resource Center. The group's fundraising efforts continue.

*Cody Geiger and Sarah Medeiros help distribute spaghetti plates at Project Grad's fundraiser.*



—photo by Coco Tolentino

Donations may be dropped off at the Resource Center in Hawi. Please make checks payable to NKCRC and note KPG 2013 in the memo.

## Library Accepting Donations for Annual Book Sale

North Kohala Public Library is currently accepting book and media donations in anticipation of the annual Friends of North Kohala Library Book-sale on Saturday, March 30. The sale will be held from 8:30 a.m. until 2 p.m. in the Kohala High School cafeteria.

Books, videos, CDs, and DVDs in good condition may be dropped off at the library during any open hours. Encyclopedias will not be accepted, and any textbooks must have been published within the past 10 years. Please do not leave donations in the

book/media depository in the drive outside of the library. The depository is for the return of borrowed library items only.

The library hours are: Noon to 8 p.m. Monday; 9 a.m. to 5 p.m. Tuesday, Wednesday and Thursday; and 9 a.m. to 4 p.m. on Friday.

Donations are tax deductible. Library staff can provide receipts for tax purposes when the materials are delivered to the library.

Call the library at 889-6655 for additional information.

## Kohala's Hope for Haiti Plans Documentary

Since 2010, Kohala's Hope for Haiti (KHFH) coalition has worked to establish a long-term relationship with the town of Marigot, Haiti, at the same time raising funds for long-term sustainability projects for the town. To date the group has raised over \$8,000.

KHFH has started a project that will help unite our island people through a documentary. Coalition members Aletha McCullough and Lesley Patton hope to travel to Marigot this summer to meet



—photo courtesy of Lani Bowman

*Kohala's Hope for Haiti is at the Hawi Farmers Market every third Wednesday, raising funds to help our sister town of Marigot, Haiti.*

## Kohala Watershed Partnership Hosts Work Days

North Kohala residents: help Kohala Watershed Partnership in the battle with "Ralph," an infestation of Poison Devil's Pepper (*Rauvolfia vomitoria*), dubbed "Ralph." Volunteers will be working in the Kapa'au area on Saturday, February 16.

The Partnership also plans a "Dam Good" KWP Day on Saturday, February 2. For the first time, KWP invites volunteers to join in the construction of a sediment check dam on the Kawaihae watershed. Learn how these physical barriers are holding back topsoil and saving Pelekane Bay from damaging run-off—a hard day of work in the "moonscape" of

Kohala's driest watershed. Meet at the back of The Kohala Center office (65-1291A Kawaihae Road) at 8:30 a.m.; the group usually travels together to the work site. After work, lunch and a hike, the group will return by 3:30 p.m. or so.

Participants should be prepared for a range of weather experiences, from wet to hot and dry; wear sturdy boots or shoes; and bring along a lunch and water bottle. As always, KWP will provide tools, plants, gloves and water.

RSVP in advance required by calling 333-0976 or email: [coordinator@kohala-watershed.org](mailto:coordinator@kohala-watershed.org).



### GIRLS BASKETBALL REGISTRATION & CLINIC

**Ages 9 Through 14**

**FREE Registration Includes Uniform**  
 courtesy of Kohala Zipline

Tuesday, February 26 & Thursday, February 28  
 Last Sign-ups Monday March 4 (No Clinic)  
 4 To 5 PM - Hisaoka Gym

Practice starts mid March  
 Games start first week of April through mid May

sponsored by the  
 Kohala Community Athletic Association (KCAA)  
**For more info contact Tom at 345-0706**

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with community members and assess how best to help our sister town. Omnes Barthelemy, a Haitian who resides in Virginia, has two schools in the area for children. The group hopes to highlight his schools, the children and the challenges of the Marigot community. The documentary will help educate adults and children about Haiti's struggles and build empathy for our sister community of Marigot. The trip will also help with assessing the needs of the community for future projects.

KHFH is at the Hawi Farmers Market every third Saturday providing information and raising funds for the project. The group will be selling flowering red anthuriums for Valentine's Day. Beautiful 6-inch plants are available for \$10.50. Pick-up will be at the Tuesday Hawi Farmers under the Banyan Tree from 2 to 6 p.m. They make a great lasting gift for a loved one!

Call Lani Bowman 889-5852 or Lesley Patton 889-5002 for tickets.

*Retirement, continued from page 1*  
child, and I feel sad we don't have more time for art, music, and things that make them feel good."

One thing she tried to incorporate into her third- and fifth-grade classes were public service projects, such as adopting Kohala Hospital, earning money to buy food for the food bank, and making 1,000 paper cranes to send to Japan. "These projects make learning come alive for the kids," she says. "Making memories and making learning fun. To me, that's when they learn the best."

Much has changed since 1969, not just the technology and move from the purple ditto masters to computers, but the social fabric too.

"When I first came to Kohala, it was primarily mom staying at home and dad working at the sugar company," she recalls. "It was the nuclear mom, dad and children. That has morphed into a lot of multi-generational families and lot of single-parenting and foster parenting and grandparents parenting, so over the years the dynamics have changed."

School life has changed too. "We ate lunch with the children and we washed all the tables. We were outside with the kids at recess, and that's changed. Every Friday I remember we had those three-sided pages and you had to have your lesson plans on the desk of the principal before you left. It was crack the whip time," she remembers.

She says her most memorable experience was taking her whole fifth-grade class plus parents on an overnight trip to Honolulu in 1999. They visited the Arizona Memorial and maritime museum, Iolani Palace, State Capitol, Honolulu Zoo, and took a behind-the-scenes tour of the Pagoda Hotel, which her former student, Rob McPeek, managed. The kids and parents worked together to make a cookbook, which they sold to raise money for the trip.

"It was a rich learning experience, and I still have parents telling me they're so glad we did that because the places we went were places they had never gone to. And it wasn't a shopping trip, we really were doing a historical and cultural experience," she says.

Jean's impact on education extended beyond her work in the classroom. She was very involved in the PTSA and later was chair of the School Community Council for 10 years. She was the elections chair for the Hawaii State Teachers Association and taught a classroom management class for teacher professional development throughout the state. Her efforts in education were rewarded in 2009 when Jean earned the National Educators Association Foundation Award for Teaching, selected from all the teachers in Hawai'i.

Jean's colleague Georgiana Carvalho noted Jean's retirement is a loss for students and teachers.

"In actuality, she's a master teacher. She doesn't only teach children. She

teaches adults," says Georgiana. "She was my mentor teacher when I went through the teaching program.

"All the things she's done and championed...during our time in the PTSA, we got a 600 percent increase in membership, so they gave us a huge award. We always supported the school in one way or another," she says.

Jean says what she will miss most, however, is reading stories to the kids after lunch. She read ones that provided some guidance to the kids, and they could talk about it through the experience of the story character. She remembers one parent who came to a conference wanting to talk about "so and so," but Jean said there was no such child in her class. It then dawned on her that the student had been talking about a story character, but it had been so important to the child that the mother thought it was a real person.

Since her retirement, Jean has been catching up on her reading, getting organized, and planning a spring trip with her husband, Paul, to New York City to see the sights and then on a trans-Panama Canal cruise with stops including Mexico, Costa Rica, and Colombia. They continue to propagate water lilies together and are working on writing a book about the Honolulu Zoo for its 100th anniversary, *Honolulu Zoo: A Century of History 1914-2014*.

She looks forward to spending more time with her daughters and five grand-



—photo courtesy of Jean DeMercer-Breese  
*Retired Kohala Elementary teachers Charlie Gooch and Jean DeMercer-Breese were joined by former students Rita Pasalo and Rob McPeek at Jean's pre-retirement party in Honolulu on September 28, 2012. Rita and Rob were students in Jean's first second-grade class in 1969.*

children, whom she considers her greatest accomplishment.

In a farewell message to Jean, KES principal Danny Garcia wrote, "Mahalo Nui for all of your wisdom and guidance! I have learned so much from you about WHY we educate... 'Make Learning Fun!'"

#### Al Nickl

Al Nickl says he still looks at the clock on teacher time: "10 a.m. means time for recess and I get hungry at 11:15." Barely one month into retirement, the old habits die hard.

Al started teaching about 26 years ago at Waimea Elementary, "when chalk was the standard technology." He moved to Kohala Elementary School with his wife, Wendy, about 20 years ago.

"My first year here at the then run-down Halaula campus with my fifth-graders was really special. No electric, no bells, no hassles," he recalls.

At that time, Kohala Elementary was part of a K-12 school, and he remembers the upheaval when the schools

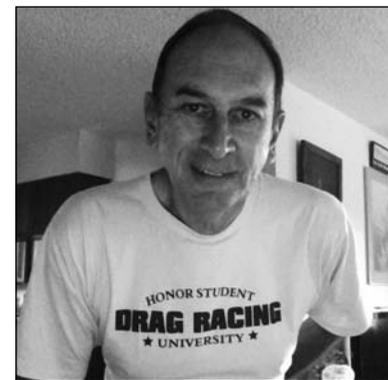
separated. Since those early days, he says, everyday life on campus has changed.

"Going from blackboards to computers and soon laptops instead of textbooks shows the rapid pace that education has taken. Students are learning far more than ever before. These days, when a student has a question, you can usually get an instant answer, 'Look it up.'" But the biggest change, he adds with dismay, has been the emphasis on testing.

He notes that he has spent his entire teaching career in the fifth grade. "I understand 10-year-old kids pretty well," he says.

He sees his greatest success as the day-to-day relationships that he developed with his students. "Getting to know the learning style of each student and applying it to the constantly changing curriculum is a challenge. Being able to maintain student interest and preparing students for the real world takes a lot of energy," he explains. That "daily march" is how he measures his success in the classroom. "And then there was that D.A.R.E. state basketball championship back in 2003..." he adds.

And the greatest challenges? Teaching "non-motivated" students to read, write and do math, he says. "Teaching for me was often a mix of stand-up



—photo by Al Nickl

*Retired Kohala Elementary School teacher Al Nickl spends his days doing whatever he wants, including taking self-portraits with his webcam.*

comedy and police work. Getting the students to focus on learning and to capture their attention is a challenge. Wearing the clown suit only works once."

As he enjoys the freedom of staying up late to laugh at Letterman and Fallon, he also misses the morning chatter of his students.

"Each morning, the students watched for me to arrive at school in my hot rod '35 Chevy. They were often excited to talk to me about life in their fifth-grade world or had a problem that I could usually solve. It brightened my day (except for bloody nose days) and brought some youth into my soul. I will also miss the school staff, who have treated me like family. Looking back, I can honestly say that this is a nice place to live and we are fortunate to have a very good school with a professional and caring staff. Our students are lucky to be able to grow up and learn here."

These days Al says he mostly just  
*See Retirement, page 7*

1 week only!

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## Merchants Association Selects New Officers

Story and photo by Megan Solis

The North Kohala Merchants Association recently elected its new officers for 2013. Taking the helm as president is Richard Elliott, owner of Paradise Postal and Da Computer Guy. The new vice president is Marci Elizondo of Lighthouse Deli; secretary is Christine Richardson, executive director of North Kohala Community Resource Center; and Karen Rosen, owner of Kohala Coffee Mill, is treasurer.



The North Kohala Merchants Association's new officers are, left to right, Marci Elizondo, Richard Elliott, Christine Richardson, and Karen Rosen.

The association was founded as a way for local retailers to meet and assist one another in growing their businesses, promote Kohala by building positive

relationships with visitors, and support the Kohala community. Although the association was initially focused on the main street retailers, the group has also welcomed business owners with activity-based companies, as well as those without storefronts or who work in agriculture.

The group participates in local events such as the annual Kamehameha Day parade and sponsors the Chinese New Year lion dance each year in February.

As the incoming president, Richard Elliott would like to see the group become more involved in doing civic work.

"I want to see us taking on projects that affect the community. We want to give back to the community—the people who live here," he said. The group will be discussing community projects they may take on, and Elliott is open to suggestions.

The North Kohala Merchants Association meets the second Wednesday of each month at 8 a.m. at the North Kohala Community Resource Center in Hawi. The association currently has 58 members; new members are welcome.

## Planting the Coast at Upolu Airport

Kohala Lihikai is calling for help in replanting the bare spots along the trail makai of the Upolu Airport runway. A work day has been scheduled for Saturday, March 2. The group intends to plant several hundred potted starts of native brush including naupaka and ground cover as well as install a temporary watering system. Helpers will be gathering at the airport terminal at 7:30 a.m.

The sloping land was bare to the soil after many years of use by off-road vehi-

cles. Kohala Lihikai, the local non-profit group set up to steward coastal land, has an agreement with State Airports Division to fix up the coastal pedestrian trail and save the area from soil erosion, which has been hurting the coral life off shore. They will also be installing new signs for users of the area.

No advance signup is needed. For more information about participating or the work of Kohala Lihikai, call Toni Withington at 884-5476.

## Father/Daughter Dance to Raise Funds for Girls Soccer

Hey Dads! Take your daughter on a special date and show your support for girls soccer. Kohala's AYSO U10 girls soccer team, Hoku Li'i, has formed an extended season under the coaching talents of Nino Ka'ai. The season concludes with the Kirk Banks tournament on O'ahu, March 21 to 24. The eight and nine-year-old players include: Asha Inglis, Camille Helmuth, Emily Thompson, Gracie Hustace, Morgan Davis, Pili Ka'ai, Ruby Helmuth, and Zoe Meikle.

The team is hosting two fundraisers to help with expenses for the tournament.

They will have a car wash on Sunday, January 27, at Kohala Town Center in Kapa'au from 9 a.m. to 1 p.m.

Adding a unique twist to the usual fundraisers, the team is also hosting a special Valentine's father-daughter dance night at Kahilu Hall on Saturday, February 9, from 6 to 8 p.m. Refreshments will be provided. Tickets are \$40 for a father/daughter pair. For more information or to purchase tickets, call 896-6497. Tickets may also be purchased from team members. Thank you for your support.

## Public Invited to Middle School Science Fair

Kohala Middle School will host a Science Fair on Wednesday, January 30, from 4:30 to 6 p.m. in the school cafeteria. Entry is free.

Please come and check out the school's young scientists and their exciting projects on recycling, natural farming, natural energy, and more! These students are competing for a chance to participate in the Hawai'i state science and engineering fair, which will be held in March in Honolulu.

For more information, contact Erika Blanco at KMS at 889-7119.

## Tax Help for Kupuna, Low Income Filers

Tax return preparation service will be available to Big Island residents through the AARP Foundation Tax-Aide program in conjunction with the IRS beginning February 1. The service is available to low- and moderate-income taxpayers who have simple tax requirements with special attention to the elderly.

For North Kohala and communities near Waimea, the service will be at Waimea Community Center on Kawaihae Road next to the park. The site opens February 1 and will be open every Friday through April 12 from 8:30 a.m. to 3 p.m. Call 885-4722 or 808-388-6645 to make an appointment.

## KCAA Youth Sports Season in Full Swing

The Kohala Community Athletic Association currently has three active programs.

T-ball/coach-pitch has 82 players on eight teams. Games are played on Veterans Field (makai) each afternoon Monday through Thursday through the end of February. Nineteen volunteer coaches guide the players, who range in age from five to eight. Uniforms are provided courtesy of Takata Store. For more information contact Jacob Hook at 557-3610.

Boys Basketball has 52 players on five teams. Games are played at the Hisaoka Gym or at gyms on the west side from January 29 to March 16. Uniforms are provided courtesy of Surety Kohala Corp. On March 16 Kohala will host an all-day tournament at the Hisaoka Gym. For more information contact Keone Emeliano at 987-8499.

Girls Softball has 38 players on three teams in age groups of 9 to 10, 11 to 12 and 13 to 14. Games are played at Kamehameha Park or parks on the west side from January 26 to the end of February. On March 2, Kohala will host an all-day tournament. Uniforms are provided courtesy of Kohala Pacific Realty. For more information contact Renee Gon-

salves at 889-6505.

Next-up: Girls Basketball ages 9 to 14. Registration dates at Hisaoka Gym from 4 to 5 p.m. on February 26 and 28, and March 4. Games will be played from the beginning of April to the middle of May. Uniforms will be provided courtesy of Kohala Zipline.

For more information contact Tom Morse at 345-0706.

There are no fees for players of any of these sports thanks to the generous support of KCAA's sponsors and the Kohala community.

## Kohala Elementary Students Make Their Own Kind of Music

Kohala Elementary's fourth and fifth graders, as well as third graders in Ms. LeMay's and Mrs. Gusman's homerooms, will participate in Kid Pan Alley, a musical program which helps children write and perform original songs, to be recorded on CDs. A concert for parents and the community will be held on Friday, February 8, at 5 p.m. in the KES cafeteria, where the CDs will be sold for \$10 each.

Mr. Paul Reisler and his music teacher assistant will be in residence during the week of February 4. The mission of Kid Pan Alley is to "use the group songwriting process to inspire and empower children to become creators of their own music, not just consumers of popular culture."

Kohala Elementary is the fortunate recipient of a generous scholarship from the Russell Family Foundation which will help bring this program to the school. The North Kohala Student Cultural Enrichment Program, chaired by Dixie Adams, is covering the cost of accommodations.

For more information about the program, see [www.kidpanalley.org](http://www.kidpanalley.org).

Yay!! Happy Hour @

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

**Pupus \$4.00**

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



**Also:**

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



**Suck 'Em Up!**

Well Drinks \$4.50  
Domestic Beer \$2.50  
Imported Beer \$3.00  
Kona Draft Beers \$3.75

**889-5555**

## Senior Citizens Club Inaugurates New Officers

Story and photo by Megan Solís

The Kohala Senior Citizens Club's outgoing president, Kealoha Sugiyama, wasn't so sure he was ready to give up his gavel at the club meeting on January 14. After acknowledging and thanking the many people who helped make his two-year term fun and memorable, he sang for the members a heartfelt, a cappella version of "I'm So Glad We Had This Time Together."

Not that the energetic president is going anywhere, but the time had come to hand the leadership reins over to the new president, Robert [Bobby] Glory, Sr.

Coran Kitaoka, deputy director of the Elderly Activities Division of Parks and Recreation, issued the oath to the incoming executive board officers of the senior club, including: Bobby Glory; Hazel Troche, first vice president and assistant treasurer; Lee Rivera, second vice president; Lorraine Glory, recording secretary; Joan Ellen McFee, correspondence secretary; Elsie Carpio, treasurer; and Vivian Moku, concerns.

Other officers include: Cindy Tinker, assistant secretary; Margaret Couttie, George Rivera, and Harry Cabrera, sergeant-at-arms; Jane Oshita and Nancy Asai, auditors; Lyle Hood, parliamen-

tary; and Sumie Kawasaki, community liaison.

The meeting was also a time to thank and recognize those members who regularly participate in the club's monthly activities of visiting and singing for patients at Kohala Hospital and collating the Kohala Mountain News.

In a special gesture, member Doreen Paro presented beautiful lei and other gifts to Kealoha and Bobby, as the outgoing and incoming presidents.

In early club business, members heard from Andrea Dean about upcoming sustainability workshops on composting and the Farm to Fork tour. New county council representative Margaret Wille reported on issues being addressed by the council and other news of interest to Kohala residents, including a new roof for the Kohala courthouse and efforts to bring broadcasts of county council meetings to North Kohala; and new senior club member John Winter encouraged seniors to get involved with the North Kohala Community Development Plan action committee.

During upcoming renovation work at the civic center, the club will meet downstairs at Walker Hall at St. Augustine Episcopal Church, beginning January 28.



The new officers for Kohala Senior Citizens Club were sworn in on January 14, including, from left, Vivian Moku, Joan Ellen McFee, Elsie Carpio, Lorraine Glory, Lee Rivera, Hazel Troche, and Bobby Glory.

## Na Kupuna O Kohala Fundraiser to Be Held February 16

Na Kupuna O Kohala will hold their annual fundraiser on Saturday, February 16, at the Hawi Jodo Mission. The group is Kohala's kupuna [senior] hula halau and is under the direction of Kauai Nakamura.

This year the halau is selling take-out dinners of beef stew or vegetable curry, which can be picked up from the Jodo Mission between 3 and 6 p.m. Dinners will be packed in sturdy containers that are re-usable and recyclable.

Proceeds are used to pay musicians, costume costs, and fees for their annual competition at the Kupuna Hula Festival. Na Kupuna O Kohala frequently performs for free at events in Kohala throughout the year.

Tickets are \$7 and are available from any halau member, or call Lynda Wallach at 889-1180.



—photo by Megan Solís

Na Kupuna O Kohala halau performed at the Toys for Tots event in Kamehameha Park this past December.

## Kohala Hospital and Kona Community Hospital Are Implementing Electronic Medical Records

On February 1st, we will transition to Electronic Medical Records ...to provide the level of care we all expect

Electronic medical records will give our clinicians new tools to improve the delivery of patient care. We appreciate our community's understanding during this transition. The results will be improved quality of care and patient safety.



Kohala Hospital's Janet Schmidt, RN, displays a workstation on wheels

### Patient Perspective:

- ✓ Optimize delivery of patient care
- ✓ Improve patient safety by reducing errors
- ✓ Automatic check for allergies and adverse drug interactions

### Clinician & Employee Perspective:

- ✓ Integrated clinical, pharmacy and financial systems
- ✓ Quickly review patient data when & where it's needed
- ✓ Point-of-care decision support founded on evidence-based best practices

### Community Perspective:

- ✓ Enhance continuity of care across all HHSC facilities through the seamless exchange of information
- ✓ Reduce costs and improve economic health of our community

The community can assist by presenting insurance cards, identification, physical address, and medication list (if available) when they visit Kohala Hospital





**12.4** million adolescents age 12 years and older have tried meth at least once in their lifetime.\*

\*2002 National Survey on Drug Use and Health.

North Hawai'i Drug-Free Coalition reminds parents and kids to "Take Time to Talk - Take Time to Listen" Find out more at [fivemountains.org/nhdfc](http://fivemountains.org/nhdfc) or call 887.0756.

\*2002 National Survey on Drug Use and Health.

## Strong Winds Split Tree Near Senior Center

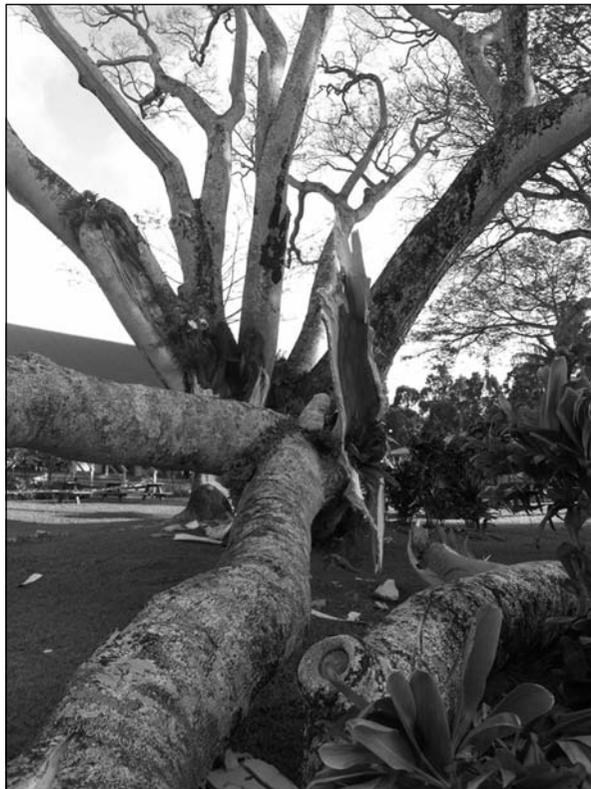
A huge section of a towering mimosa tree on the west side of the North Kohala Civic Center came crashing down during the high winds that blasted Kohala in early January. The trunk of the tree has a huge gash where about one-third of the tree broke off and fell to the grass below. Fortunately, no one was injured, and the building was unharmed.

"The whole area is suddenly a lot lighter with that canopy gone," said Kohala resident IMme Rogowski. She said that's what made her notice what had happened in the first place, that there was so much more light shining down.

Caution tape was strung around the area until crews were able to remove the downed limb.

The strong winds wreaked havoc all around Kohala, downing more tree limbs and even a telephone line in Hawi on January 4, causing the highway to be closed for a short time. Several residents in Hawaiian Homes near Kawaihae lost their roofs in the blustery weather.

As seen in the photo at left, the high winds also did serious damage to a tree on the campus of Kohala Elementary School.



—photo submitted by IMme Rogowski

A huge limb of a mimosa tree next to the senior center broke off during the high winds in early January.



—photo by Howard Hashimoto

## VEX Teams Increase Fund-raising for Travel to World Class Events

Kohala VEX robotics teams have been very busy working to raise funds for travel to two major tournaments. Kohala VEX Middle School team 4119B has already qualified for the World Championships to be held in Anaheim, Calif., in April. Four middle and high school Kohala VEX teams will compete on O`ahu in February. Travel costs are estimated to be over \$15,000.

In addition to some grant proposals, the teams have held several fund-raising events: four boys basketball home game concessions, the annual car wash on January 6 at Kapa`au Town Center with a second car wash on Saturday January 26 in Hawi at the old Luke's parking lot.

The teams also host their annual Super Bowl Breakfast to be held Sunday, February 3, in Room 28 (formerly the home economics room) at the high school. Breakfast plates include fried rice, scrambled eggs, breakfast links,

fruits, and French toast or pancakes to eat in or take out from 8 to 11 a.m. Super Bowl pregame shows will be available for viewing!

Tickets are \$7 each and are available for pre-sale through students, their families, and mentors. Walk-ins are welcome that morning.

The robotics team members, their parents and mentors appreciate all the support the community shares. The teams, meeting twice to three times weekly, continue to work diligently on their robots, the programming, and driving skills. They are developing game strategies, documentation and oral presentation skills.

For more information, to assist, or to participate, contact Kohala Robotics program coordinator, Fern White, at Kohala High 889-7117. You may also contact mentors Eric Dela Cruz, Alvin Kawamoto and Cheryl Cabrera.

## In Days Gone By

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

**100 Years Ago** - from *THE KOHALA MIDGET*

January 22, 1913 - The trees along Mahukona boulevard are, most of them, making a brave show. In the last number of The Mid-Pacific Magazine is a half-tone of "An Ironwood Avenue, Hawaii," which surely was photographed somewhere between Halawa and Kapa`au. That's the way the Avenue to our seaport will look twenty years hence.

January 29, 1913 - Waves Toss Mahukona Wharf Into Mass of Ruins. A Kona Storm Smashed Marston Campbell's \$14,000 Structure Into Smithereens. We are not throwing out our Liliputian chest, at all, when we remind our readers that as the Mahukona Wharf was building, it was predicted by THE MIDGET and many others that the first big winter storm would play fast and loose with its flimsily protected sea end. The big twenty-five foot swells that

swept in Thursday night proved that the plans of Marston Campbell were totally inadequate in storm resistance. A steady stream of sightseers has been pouring down to Mahukona to see the huge blocks of cemented rock piled up on the spot where the automobiles used to stand. The entire sea end, and about twenty feet of the side were ripped out and heaved up into a mountain of debris.

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

January 4, 1963 - Nathan Christopher, weighing 7 pounds, 11 ounces, arrived to Mr. and Mrs. Saturnino Carpio of Hawi on December 30 Nathan is their first son and second child. Saturnino is a knapsack sprayer.

January 25, 1963 - The grand opening of Shige's Service Station which was scheduled for January 19 has been postponed until February 2, 1963. Shige Higa, owner, said the postponement was due to delay of arrival of prizes. Prizes will be given to lucky number holders. Hot dogs, soda pops, and balloons will also be given this day.

**30 Years Ago** - from *The Kamehameha Times*

January 14, 1983 - Looking for a summer job? Dole Company, Lanai Plantation, provides hundreds of students a unique and challenging opportunity for summer employment and an adventurous experience. Physically demanding work - pineapple picking, planting, crownloading, or weeding; a growing savings account; a varied recreational program for non-work hours; living away from home and new friends could be yours this summer! Take the challenge! Do you know Coralee Mock Chew, Lorraine Shontell or Benedict Meria? They did it, along with many others. Prove to yourself that you can too!



### THE COQUI CORNER

January, 2013

There was only one successful eradication at the top of Kynnersley last month, due to the cold, wet and windy weather. The Coalition made several attempts to locate/eradicate the reported coqui sites, but either the coquis weren't singing or the sites were too wet and windy to treat. No new infestations were reported on the hotline.

On New Year's Eve, a local couple spent a quiet evening watching the moon rise over Pololu Valley, when they heard a coqui frog. They located the coqui singing on a parked car at the Pololu Lookout and killed it, saving the Coalition future time and money. Thank You, Bob and Karen!

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# Kohala High School Homecoming 2013:

—photos by Jesús and Megan Solís

## Students Show School Pride in Annual Parade

Kohala High School students and faculty capped off a week of spirited activities at school, including dress-up days and noon games, with a parade down the Akoni Pule Highway and a tough game of hoops against Konawaena on Saturday, January 19.

The parade began at Kamehameha Park with each class represented by students carrying their class banner, a float depicting the big showdown with the Wildcats, and the Homecoming Court attendants representing each class. The King and Queen rode last, in a truck bedecked in black and gold balloons, from the park to the high school.



The seniors march in their final Homecoming parade.



Senior Attendants Andi Amar and Kala'i Kapeliela rode in a sea of purple.



The freshmen dedicated their float to classmate Kaliko Dela Cruz.



The class of 2016 showed their spirit during the march down the highway.



Junior Attendants Hauoli Sproat-Lancaster and Ricky Ching wave to the crowds at the parade.



The seniors' serpent cast a spell over the Wildcats.



The sophomores already had their Wildcat roped.



Sporting red and gold and images of King Kamehameha, the sophomore class showed its warrior spirit.

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# 'Rope Them Wildcats!!'

## Young Cowboys Face Defeat Against Older Wildcats



Freshman Cameron Carvalho-Chinen jumps to tip the ball into the net while surrounded by Wildcats.

The Cowboys varsity boys basketball team squared off with the Konawaena Wildcats in the Homecoming game. This year's varsity team is made up of mostly freshmen and sophomores, with one junior and two senior players, one of whom was out with an injury. In contrast, the Wildcats team had all upper classmen, including eight seniors. Despite playing aggressively, the Cowboys lost to the Wildcats, 74-53.

Head coach Don Fernandez reflected on the game: "We're a bit young so we're playing aggressive and learning. We're trying to get better with each game. Some guys didn't step up tonight and play as good a game as they're capable of, but that's how it goes. They really tried hard and played hard and played together, so I think we'll be all right as we go along this season. [Senior] Kala'i Kapeliela was out tonight. He's one of my leading scorers but he couldn't play. He should be able to come back in a couple weeks. We've got three games next week so we need to get back on our winning ways next week and get healthy."

Kohala's junior varsity team also was defeated, 49 - 29.

The Cowboys have five more season games, including their final home game against Honoka'a on January 31, before BIIF playoffs February 11-16.



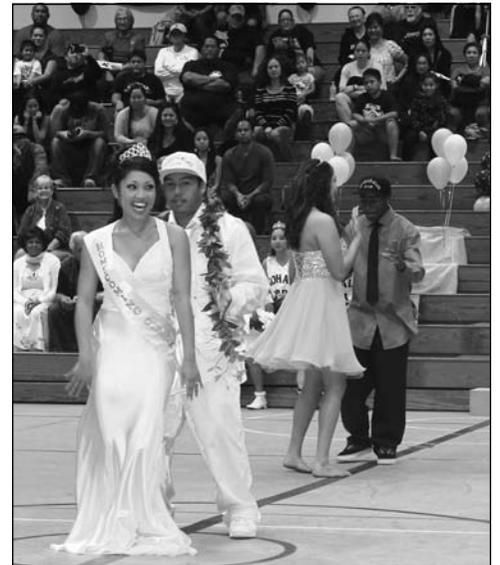
Junior Shawn Estabilio tries to shoot over the reach of Konawaena's Kaimi Wilson in the JV matchup.



Guard Kealen Figueroa takes a flying leap in an attempt to score against Konawaena.



Queen Alohi Tolentino and King Dakota Tolentino with their attendants Presley Matsu and Kupa'a Tolentino



The Homecoming Court performs a dance number for the crowd.



The Homecoming Court of 2013, including Kala'i Kapeliela, dressed in his team uniform before the game but unable to play due to injury.

**HOMECOMING COURT 2013**

King Dakota Tolentino  
 Queen Alohilani Tolentino  
**Senior Attendants:**  
 Kala'i Kapeliela & Andi Amar  
**Junior Attendants:**  
 Ricky Ching & Hauoli Sproat-Lancaster  
**Sophomore Attendants:**  
 Peter Fong & Ashlyn Van Zandt  
**Freshman Attendants:**  
 Zerex Abellera & Kiana Alejandro-Cazimero

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<b>Yuban Coffee</b> 33 oz. 8 <sup>99</sup>	<b>Diamond G Rice</b> 15 lbs. 7 <sup>99</sup>	<b>Betty Crocker Pancake Mix</b> All Types 37 oz. 2 <sup>99</sup>	<b>Golden Grain Elbow Macaroni or Spaghetti</b> 16 oz. 3/4 <sup>99</sup>	<b>Marie Callender Dinners Assorted</b> 13 - 15 oz. 4 <sup>59</sup> 	<b>Marie Callender Pies</b> Choc., Banana, Coconut 28 - 38 oz. 9 <sup>79</sup> 	
<b>Delmonte Ketchup</b> 24 oz. 2/1 <sup>99</sup> 	<b>Coral Chunk Light Tuna</b> Oil or Water 5 oz. 2/1 <sup>99</sup> 	<b>C &amp; H Granulated Sugar</b> 4 lb. 3 <sup>19</sup>	<b>Campbell's Cream of Mushroom Soup</b> 10 oz. 2/1 <sup>79</sup>	<b>Eggo Waffles Select Types</b> 12.3 oz. 3 <sup>19</sup> 	<b>Mama Bella Garlic Bread</b> 14 oz. 3 <sup>99</sup> Reg/Parmesan 	
<b>Asia Trans Preserves</b> 10 - 16 oz. 5 <sup>19</sup>	<b>Asia Trans Turbinado Sugar</b> 8 oz. 1 <sup>79</sup>	<b>Nissin Cup Noodle</b> 2.25 oz. 2/1 <sup>19</sup>	<b>Van Camp's Pork 'n' Beans</b> 15 oz. 2/1 <sup>49</sup> 	<b>Ocean Garden Shrimp</b> 21 - 25 5 lb. 33 <sup>99</sup>	<b>Totino Party Pizza</b> All Types 10 oz. 3/4 <sup>99</sup>	
<b>Da Heo Chicharons</b> 3.5 oz. 2 <sup>69</sup>	<b>Sky Flake Crackers</b> 30 oz. tub 5 <sup>99</sup>	 <b>Kellogg's Poptarts Assorted</b> 14.7 oz. 2 <sup>89</sup>	<b>Punaluu Bake Shop Dinner Rolls Assorted</b> 12 pk. 3 <sup>69</sup>	<b>Mays Picnic Patties Assorted</b> 32 oz. 10 <sup>99</sup>	<b>Tyson Chicken Popcorn Bits, Chicken Strips</b> 28 oz. 9 <sup>59</sup>	
<b>Roxy Sardines</b> 15 oz. 2 <sup>19</sup>	<b>Roxy Cuttlefish</b> 2 oz. 2 <sup>09</sup>	<b>Meadow Gold Drinks or Teas</b> 1/2 gal. 99¢ 	<b>Meadow Gold POG or Passion Orange Nectars</b> 1 gal. 3 <sup>49</sup> 	<b>Meadow Gold Novelty Ice Cream Bars</b> 6 pk. 2/3 <sup>99</sup> 	<b>Meadow Gold Yogurt</b> 6 oz. 10/7 <sup>00</sup> 	

**Grocery**

Aloha Shoyu, reg./lite, 64 oz. ....	5 <sup>79</sup>
Brunswick Sardines in Soy Bean Oil, 3.75 oz. ....	2/1 <sup>99</sup>
Delmonte Whole Kernel or Cream Corn, 14 - 15 oz. ....	2/2 <sup>29</sup>
Delmonte Leaf Spinach or Peas, 13.5 - 15 oz. ....	2/2 <sup>29</sup>
Delmonte Fruit Cocktail/Peaches, 14 - 15 oz. ....	2/2 <sup>99</sup>
Delmonte Fruit Spaghetti Sauce, 26 oz. ....	2/2 <sup>19</sup>
Bumble Bee Pink Salmon, 14.75 oz. ....	3 <sup>29</sup>
Diamond Bakery Saloon/Cream/Graham Crackers, 8 - 9 oz. ....	2/6 <sup>00</sup>
Diamond Bakery Soda Crackers, 13 oz. ....	3 <sup>49</sup>
Diamond Bakery Cookies, assorted, 6 oz. ....	1 <sup>79</sup>
Lion Coffee, all types, no decaf., 10 oz. ....	4 <sup>99</sup>
Maxwell House Instant Coffee, 8 oz. ....	5 <sup>79</sup>
Kraft Grated Parmesan, 8 oz. ....	3 <sup>99</sup>
Bakers Chocolate Chunks, 12 oz. ....	2 <sup>85</sup>
Jello Gelatin, .3 - 3 oz. ....	3/2 <sup>69</sup>
Kingford Cornstarch, 16 oz. ....	1 <sup>79</sup>
Carnation Coffeemate, assorted, 15 oz. ....	4 <sup>99</sup>
Taco Bell Salsa, 16 oz. ....	2 <sup>59</sup>
Taco Bell Taco Shells, 12 ct. ....	1 <sup>99</sup>
Shirakiku Koshian, Fine, 17.6 oz. pkg. ....	1 <sup>79</sup>
Shirakiku Tempura Batter Mix, 10 oz. ....	1 <sup>99</sup>
Shirakiku Mandarin Oranges, 11 oz. ....	1 <sup>09</sup>
Koda Mochiko, 16 oz. box ....	1 <sup>79</sup>
Panko Bread Crumbs, 4 oz. ....	1 <sup>09</sup>
S & B Golden Curry, 3.5 oz. ....	2 <sup>59</sup>
Planters Cocktail Peanuts, 12 oz. ....	3 <sup>69</sup>
Libby Corn Beef, 12 oz. ....	4 <sup>99</sup>
S & W Black or Garbanzo Beans, 18 oz. ....	3/3 <sup>99</sup>

Jif Peanut Butter, 18 oz. ....	3 <sup>39</sup>
Pik Nik Shoestring, 9 oz. ....	2 <sup>79</sup>
Hawaiian Spring Water, 1.5 liter. ....	79¢
Western Family Tomato Sauce, 8 oz. ....	2/1 <sup>15</sup>
Western Family Creamer, 35 oz. ....	4 <sup>39</sup>
Western Family Preserves, assorted, 18 oz. ....	3 <sup>29</sup>
Western Family Brownie Mix, 19 - 21 oz. ....	2 <sup>39</sup>
Western Family Kidney Beans, 15 oz. ....	99¢

**Natural Foods**

Annie's Deluxe Mac & Cheese, 9.3 - 11 oz. ....	3 <sup>19</sup>
Barbara's Cheese Puffs, 5.5 - 7 oz. ....	1 <sup>99</sup>
C2O Coconut Water, 17.5 oz. ....	1 <sup>49</sup>
Green Mountain Gringo Salsa, 16 oz. ....	3 <sup>79</sup>
Pacific Natural Foods Soup, 32 oz. ....	2 <sup>89</sup>
Tasty Bite Indian Entrees, 10 oz. ....	2 <sup>29</sup>

**Dairy**

Meadow Gold Ice Cream, 4 qt. ....	6 <sup>99</sup>
Meadow Gold Sour Cream, 16 oz. ....	2 <sup>49</sup>
Meadow Gold Butter, 16 oz. ....	3 <sup>99</sup>
Horizon Organic Milk, 1/2 gal. ....	6 <sup>49</sup>
Big Island Poultry Grade A Large Eggs, Mainland Shell Protected, per dozen ....	2 <sup>59</sup>

**Meats**

USDA Boneless Chuck Steak, per lb. ....	5 <sup>29</sup>
Island Range Fed Boneless Top Sirloin, per lb. ....	7 <sup>19</sup>
Foster Farm Value Pack Chicken Thighs, per lb. ....	1 <sup>99</sup>
Frozen Pork Butt, bone in, per lb. ....	1 <sup>89</sup>

**SALE PRICES GOOD JANUARY 30 THRU FEBRUARY 12**

<b>LOVE'S</b> Roman Meal Bread All Types 28 oz. 4 <sup>89</sup>	<b>LOVE'S</b> Kid's Choice Bread 24 oz. 4 <sup>19</sup>	JFC Sugatami Nori 10 ct. 2 <sup>19</sup>	JFC Coconut Milk 13.5 oz. 1 <sup>89</sup>	Pepsi 24-pk. cans 7 <sup>99</sup>	Pepsi 2-liter Bottle 1 <sup>79</sup>
Hickory Country Bacon 16 oz. 3 <sup>99</sup>	Philadelphia Brick Cream Cheese  8 oz. 2 <sup>19</sup>	LKK Oyster Sauce 17 oz. 1 <sup>99</sup>	Ajinomoto Seasoning Bag 16 oz. 2 <sup>59</sup>	Nabisco Crackers Triscuit, Wheat Thin, Chicken in a Biscuit 6.5 - 8 oz. 3 <sup>29</sup>	Nabisco Nutter Butter or Oreo Cookies 10.5 - 16 oz. 3 <sup>99</sup>
Oscar Mayer Turkey Franks  16 oz. 2/4 <sup>00</sup>	Oscar Mayer Deli Shave, Carving Board or Strips  6 - 10 oz. 2/6 <sup>00</sup>	Kikkoman Soy Sauce 6 <sup>49</sup> 1.25 qt.	J.E.S. Sauces 13.6 - 15.6 oz. 2 <sup>49</sup>	Haagen Dazs Ice Cream 14 oz. or Bars 3 ct. 2/6 <sup>99</sup>	Di Giorno Rising Crust Pizza Select Types 11.5 in. 6 <sup>99</sup>
Oscar Mayer Fun Pack Lunchables  10 - 12 oz. 2/4 <sup>00</sup>	Cool Whip Whipped Topping 8 oz. 1 <sup>59</sup>	Palm Corned Beef 11.5 oz. 4 <sup>99</sup>	Shelly Senbei Cracker 5.3 oz. 2 <sup>79</sup>	S&S Saimin Ohana Pack 9/4.5 oz. 4 <sup>99</sup>	Melona Ice Cream Bars 8 ct. 6 <sup>59</sup>
Frank's Foods Portuguese Sausage 12 oz. 3 <sup>39</sup>	Frank's Foods Frankfurters 16 oz. 3 <sup>39</sup>	Edelweiss Salad Dressing 12 oz. 4 <sup>79</sup>	Tentay Patis Fish Sauce 25.6 oz. 2 <sup>79</sup>	Birds Eye Steam Fresh Vegetables Assorted 12 oz.  2 <sup>49</sup>	Chef America Hot Pockets 4 oz. 3/3 <sup>39</sup>
Kraft Shredded Cheese All types 2/7 <sup>00</sup> 8 oz. 	Kraft Singles All Types 2/6 <sup>00</sup> 10 - 12 oz. 	Local Slippers 1 pr. 3 <sup>29</sup>	Panasonic Battery C or D 2 ct. 1 <sup>05</sup>	Post Honey Bunches of Oats  Almond/Reg. 14.5 oz. 3 <sup>99</sup>	V-8 Juice 46 oz. 3 <sup>39</sup>

**Freezer/Deli**

Country Crock Margarine, 15 oz. ....	2 <sup>49</sup>
Pillsbury Buttermilk Biscuits, 7.5 oz. ....	2/1 <sup>45</sup>
Hinoichi Firm Tofu, firm, 12 oz. ....	1 <sup>99</sup>
Athenos Feta Chunk Cheese, 8 oz. ....	4 <sup>49</sup>
Athenos Hummus, 7 oz. ....	2 <sup>59</sup>
Yoplait Yogurt, 4 - 6 oz. ....	2/1 <sup>89</sup>
Bays English Muffins, 6 ct. ....	3 <sup>19</sup>
Banquet Pot Pie, 7 oz. ....	3/3 <sup>99</sup>
Gorton Fish Stick or Fillet, 24.5 oz. ....	7 <sup>49</sup>
El Monterey Burrito, 8 pk. ....	4 <sup>99</sup>
Pierre Sandwich, 6 - 7 oz. ....	2 <sup>89</sup>
Morning Star Grillers, Patties, Strips, Links, 5 - 9 oz. ....	4 <sup>89</sup>
Amy Pockets, spinach or cheese, 4.5 oz. ....	2 <sup>79</sup>
Bailey Ground Pork, 1 lb. ....	2 <sup>99</sup>
Carolina Ground Turkey, 16 oz. ....	2 <sup>39</sup>
Keoki Lau Lau, chicken or turkey, 3 ct. ....	10 <sup>99</sup>
Hormel Ham Patty, 12 oz. ....	2 <sup>89</sup>
Frozen EZ Peel Shrimp, 31/40, 2 lb. ....	11 <sup>99</sup>
Frozen White Crab Sections, 1.5 lb. ....	6 <sup>99</sup>
Frozen Mussels, 1/2 shell, 2 lb. ....	7 <sup>99</sup>
Tyson Party Wings, 5 lb. ....	15 <sup>89</sup>
Tyson Boneless, Skinless Thighs, 40 oz. ....	7 <sup>69</sup>
Tyson Tenderloins, 2.5 lb. ....	9 <sup>19</sup>
Mrs. Friday's Gold Pac Shrimp, 2.5 lb. ....	21 <sup>79</sup>
Flavor Pac Blueberries, 16 oz. ....	4 <sup>99</sup>
Inland French Fries, 32 oz. ....	3 <sup>19</sup>
Wes Pac Okra or Tiny Peas, 16 oz. ....	2 <sup>29</sup>
Zippy Meals, 20 - 24 oz. ....	5 <sup>99</sup>

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Potatoes, loose, per lb. ....	89¢
Round, yellow onions, per lb. ....	99¢
Celery, bunch only, per lb. ....	1 <sup>89</sup>
Amano Kamaboko, 6 oz. ....	1 <sup>99</sup>

**Non Foods**

Angel Soft Bath Tissue, double rolls, 6 ct. ....	4 <sup>79</sup>
Sparkle Paper Towel, single rolls ....	2/2 <sup>39</sup>
Dixie Plates, 8.5 in., 45 ct. ....	2 <sup>59</sup>
Diamond Aluminum Foil, 25 sq. ft. ....	1 <sup>39</sup>
Kingsford Charcoal, match light or regular, 6.7 - 8.3 lb....	6 <sup>99</sup>
Sun Detergent, 45 oz. ....	3 <sup>29</sup>
Sun Dish Liquid, 20 oz. ....	1 <sup>69</sup>
Clorox Cleanup Spray, 32 oz. ....	4 <sup>19</sup>
Planet Laundry Detergent, 50 oz. ....	8 <sup>99</sup>
Western Family Facial Tissue, 160 ct. ....	1 <sup>39</sup>

**Beer/Wine/Liquor**

Corona, 12 pk., bottles ....	14 <sup>69</sup>
Heineken, 12 pk., bottles ....	14 <sup>99</sup>
Steinlager, 12 pk., bottles ....	11 <sup>59</sup>
Coors, 18 pk., bottles or cans ....	17 <sup>19</sup>
Natural Beer, 24 pk., cans ....	17 <sup>49</sup>
Rolling Rock, 12 pk., cans ....	8 <sup>99</sup>
Budweiser, 18 pk., bottles or cans ....	17 <sup>19</sup>
Columbia Crest, 750 ml. ....	9 <sup>99</sup>
Barefoot Wine, 750 ml. ....	2/9 <sup>99</sup>
Mark West Wine, 750 ml. ....	9 <sup>59</sup>
Crown Royal, 750 ml. ....	19 <sup>99</sup>
Jose Cuervo Tequila, 750 ml. ....	14 <sup>99</sup>
Smirnoff Vodka, 750 ml. ....	11 <sup>99</sup>
Early Times, 750 ml. ....	8 <sup>99</sup>
Karkov Vodka, 1.75 liter ....	12 <sup>99</sup>
Tanqueray Gin, 750 ml. ....	17 <sup>99</sup>

## HWC Receives National Wildlife Habitat Certification

National Wildlife Federation® (NWF) announced that the Hawai'i Wildlife Center's (HWC) native garden, located in Kapa'au, is now recognized as an official Certified Wildlife Habitat™ site. The property attracts a variety of birds, butterflies and other local animals by providing a wildlife-friendly landscape.



—photo courtesy of the National Wildlife Federation

The NWF certification sign is now proudly displayed in the main garden area at Hawaii Wildlife Center.

The HWC focuses on the protection of Hawai'i's native species through hands-on care, research and education and recognizes the connection between the heritage and culture of all native species, plant or animal, to the land. The HWC native garden benefits many species of native insects and birds, plays an important role in uniting the cultural heritage with the mission of the HWC, brings community together to help native wildlife flourish and reawakens the connections to the customs and traditions of Hawai'i. The garden was planted by local community members of all ages, many of whom still dedicate their time to help maintain it.

NWF began the Certified Wildlife Habitat program in 1973 and has since certified almost 150,000 habitats nationwide. The majority of these sites represent the hard work and commitment of individuals and families providing habitat near their homes, but NWF has also certified more than 3,000 schools and hundreds of business and community sites.

Any nature enthusiast can create a certified habitat and learn the rewards of gardening for wildlife. NWF teaches the importance of environmental stewardship by providing guidelines for making landscapes more hospitable to wildlife. To become certified, a property must provide the four basic elements that all wildlife need: food, water, cover and places to raise young. In addition to providing for wildlife, certified habitats conserve our natural resources by reducing or eliminating the need for fertilizers, pesticides, and/or irrigation water, which ultimately protects the air, soil and water throughout our communities.

Habitats not only nurture year-

round resident birds but also provide stopover sites for migratory birds traveling between their summer and winter ranges. Biologist Mark Hostetier of the University of Florida says that "urban environments are an important factor in the future conservation of many species. Not only has urban sprawl grown into the paths of stopover sites on bird

from gas guzzling lawn mowers or fertilizers that require fossil fuels to manufacture. An additional benefit is that plants actually absorb carbon dioxide, helping to further reduce the amount of greenhouse gases in the atmosphere. All of this adds up to increased areas available for wildlife habitats, reductions in levels of carbon dioxide that cause global warming, and reduced energy costs. More information about how gardeners can reduce the effects of global warming can be found at [www.nwf.org/gardenersguide](http://www.nwf.org/gardenersguide).

David Mizejewski, NWF Naturalist and spokesperson says, "It's easy to feel that there is no hope for wildlife in our modern world of smog, traffic and asphalt. But there is hope. Each of us can make our own piece of the Earth a healthy, green space that helps restore the ecological balance. Encouraging

your neighbors to join with you can lead to a neighborhood or community habitat that provides wildlife with greater incentive to call your piece of the earth home."

Participants who achieve certification receive membership in National Wildlife Federation, including a one-year subscription to the award-winning *National Wildlife*® magazine, filled with inspiring wildlife articles and amazing nature photography. They also receive a personalized certificate, quarterly e-newsletters, a 10 percent discount on NWF catalog merchandise and are eligible to purchase a special outdoor sign designating their yard or garden as wildlife-friendly. More information about gardening for wildlife and how to have your yard certified is available at [www.nwf.org/gardenforwildlife](http://www.nwf.org/gardenforwildlife) or by calling 1-800-822-9919.

## Invest in the Future: KHS Aquaponics Program Needs Sponsors

Kohala High School's new aquaponics program needs sponsors for its Aquaculture Training Online Learning [ATOLL] students. The program has secured three sponsors so far, but is still in immediate need of eight more.

Frank Cipriani, one of the program's organizers, has arranged for the ATOLL sponsor's payment-plan (credit card) for the ATOLL program with University of Hawaii aquaculture program at [www.aquaculturehub.org](http://www.aquaculturehub.org).

Contact Lance Haga at UH extension service by phone at 956-9249 for the \$50 credit card payment. He's in the office Monday-Friday, 9 a.m. to 5:30 p.m.

Cipriani reported that construction



—photo courtesy of Frank Cipriani

The construction of the aquaponics system at Kohala High School is moving along, but sponsors for students in the ATOLL program are still needed.

of the system is coming along well; the group is getting to activate the system, has stocked tilapia fry in their aquarium, and is preparing to start their worm culture and start growing some veggies.

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## School Garden Provides Hands-On Lessons in Science, Sustainability

Kohala Middle School has just started its third quarter of an exciting new seventh-grade garden class. KMS is growing a beautiful garden to the west of the main school buildings. The garden is filled with vegetables, fruits, culinary herbs and native plants. Stu-

Students learn how to make compost, build garden beds, save seeds, harvest food, work in a nursery and other exciting projects. The garden is an opportunity to get out of the classroom, get fresh air and physical activity while learning.

Students will also go on field trips to a working farm and the local Hawi farmers market to learn more about where their food comes from.

"I am so grateful that principal Patricia Champagne and the other principals in the Kohala complex are supporting sustainability education; our children need this type of education to thrive and be prepared to meet our health and environmental crisis," said Kuhr.

Statewide, schools are talking about sustainability and starting innovative programs that address issues related to health and the environment. Recently released by the Centers for Disease Control, the film "Weight of the Nation" showed alarming statistics about the health of our nation's people and the diabetes crisis affecting our youth. There is a growing movement in Kohala and statewide to eat locally grown foods to support healthy communities, environment and economy. The garden is an excellent place for students to become familiar with the traditional Polynesian crops that once sustained the Hawaiian people, and other locally grown produce.

KMS garden is looking for support to build this outdoor classroom. If you are interested in volunteering or donating tools, building materials, fencing etc., please contact Dashiell Kuhr at dash.kuhr@gmail.com or 896-1331.



—photo courtesy of Dashiell Kuhr

Three seventh graders hoe one of the garden beds at Kohala Middle School.

dents have been working with part-time garden teacher Dashiell Kuhr to create a dynamic outdoor classroom which is a living library and laboratory for students to learn. In addition to the seventh-grade garden class; sixth- and eighth-grade science classes also attend outdoor garden class for science-based lessons and hands-on learning.

Students are learning the basics of how to grow a garden and why it is important. Students work hard in the garden, learning a valuable work ethic.

## Kupuna Softball Warms Up for a New Season



—photo by Megan Solís

Kohala's third baseman Harvey Carvalho tags the runner a second too late in Kohala senior softball team's final game of the kupuna softball tournament hosted by the Local Boyz January 12 and 13. Ten teams from the Big Island converged on Kamehameha Park for the two-day preseason tournament. Kohala went 2-1 in tournament play. The regular season begins February 16 with Local Boyz hosting Ka Nani O Honoka`a, and Kohala traveling to face Kona Warriors. The first game of the doubleheaders begins at 9 a.m.

## Kohala High School 2nd Quarter Honor Roll

Kohala High School recently finished its second quarter. Below are students making the school honor roll by earning a grade point average of 3.5 or above. Congratulations!

**Freshmen:** Kiana Alejandro-Cazimero, Mina Apostadiro, Gabrielle Bartolome, Ford Clark, Patricia Cubangbang, Lansan Ellazar-Carvalho, Tyra Faisca, Melanie Sahagun, Jessica Tenorio, and Yuki Zbytovsky;

**Sophomores:** Josiah Adams, Genevieve Boyle, Kassandra Kometani, Alexis Matundan, Isabel Steinhoff, and Brayden Torres;

**Juniors:** Carley Arraujo, Koa Bartsch, Troy Castillo, Marjorie Francisco, Kahuliau Ka`ai, Mariah Letzring, Summer Murai, Hauoli Sproat-Lancaster, Chelsea Ventura, and Eloisa Viernes-Obero;

**Seniors:** Anjalika Agustin, Jayvimar Arellano, Kennelyn Arenas, Paul-Devin Cadiente, Veronica Fojtasek, Cody Geiger, Madrone Goldman, Iokepa Jordan, Jeremiah Kanehailua-Torres, Dillon Ku, Justine Meikle, Kawaiianuhea Moss, Shalesh-alyn Perez-Stevens, Michelle Sahagun, Christian Salils-Kapeliela, Dylan Snelling, Clifton Thompson, and Raevan Tolentino.



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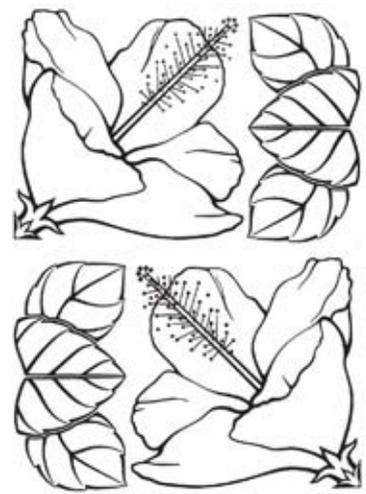
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## Kohala Warrior Aquatic Swimmers Perform Well at State Meet

The USA Swimming Short Course Age Group State Championships were held at the Veterans' Memorial Aquatic Center at Waipahu, O'ahu, December 14 to 17.

Six Kohala Warrior Aquatic Club (WAC) team members had state meet qualifying times and were eligible to compete in the meet, which saw more than 600 swimmers gathered at the swim complex.

Traveling to O'ahu along with head coach Jeffrey Coakley and assistant coach Billy Inglis were Marvelanne Clark (12), Morgan Davis (10), Malcolm Davis (12), Kassie Kometani (15), Naomi Ney (12) and Yuki Zbytovsky (14).

These youth, along with fellow team member Hikari Shaver (10), train five days per week. In-pool workouts are combined with core and cardio work to enhance swimmers' overall conditioning. In the weeks leading up to the State Championship, the dedicated swimmers added early morning (before school) workouts at the pool three days per week to prepare for the competitive state meet.

"This team worked hard. Coach Billy and I were so proud of their performances, their sportsmanship and team camaraderie displayed on O'ahu," said Coach Coakley. "They represented Kohala well, reflecting in their behavior

the Kohala values of 'ohana' to all those they met and competed against. The community can be proud of their efforts in and out of the pool."

Every swimmer bettered their times in one or more events at the championship meet. Reaching the podium after finals was Marvelanne Clark, who placed fourth in her age group in the 50-yard backstroke, getting a Zone time for her efforts. Kassie Kometani also made the podium, placing fifth in her 50-yard free and sixth in 100-yard freestyle. Kassie's time elevated her to the sectional level of the swim world.

For the relay events against powerhouse O'ahu teams, Morgan Davis, swimming the backstroke on the 200 medley relay and the freestyle leg on the 200 freestyle relay, helped her team to two fourth-place victories. Her team just missed medaling by one-tenth of a second in both relay events. For the highly competitive 11- to 12-year old girls relay teams, standout performances were made by Naomi Ney swimming freestyle and Marvelanne Clark swimming backstroke, helping their team to two fifth-place finishes.

Travel to O'ahu for team members and coaches was made possible, in part, through the community's support of team fundraisers including a car wash

and a lau lau booth at the Kohala Country Fair. The team is now beginning training for the long-course season and championships.



—photo courtesy of Kohala WAC Team

Kohala Warrior Aquatics represented the community well at December's state swim meet. Left to right, back row, are Coach Jeffrey Coakley, Kassie Kometani, Yuki Zbytovsky, Assistant Coach Billy Inglis, Malcolm Davis. Front row: Naomi Ney, Marvelanne Clark, and Morgan Davis. Team member Hikari Shaver is not pictured.

## Kohala High Swimmer Reaches for the Top

By Jeff Coakley

Sophomore Kassie Kometani had an outstanding performance for the 50 yard freestyle at the January 5 Big Island Interscholastic Federation [BIIF]



—photo courtesy of Vicky Kometani

Kassie Kometani earned a berth at the state swim championships in February with her first place win at the BIIF tournament.

swim meet held at the Kona Community Aquatic Center pool. Swimming against some of the top BIIF sprinters, Kassie timed a 25.21, taking first place and earning a ticket to the Hawaii State High School Championships on February 15 and 16. The championships will be held at the Duke Kahanamoku Aquatic Center located at the University of Hawaii.

Not far behind Kassie was freshman Yuki Zbytovsky in seventh place with a consideration time of 26.56 seconds. Yuki's forte is in the backstroke, and she got another consideration time of 1:07.02 seconds, giving her a fourth-place finish against high school senior swimmers. A "Consideration" time would allow a swimmer to compete at the State Championships.

For the boys side of the Kohala High School swim team, newcomers to the sport of swimming, saw "Bubba" Kaholo, Ford Clark, Jayven Amanonce, and team captain Nathan Canienero-Carvalho doing very well in their individual events. The boys competed in the 50 freestyle, 100 yard breaststroke—where Bubba got an 11th place—and the 100 yard backstroke with Ford Clark getting ninth, putting both of them in the top 16. The quartet also competed as a relay team in the 200 free relay.

KMN Now Online  
www.kohalamountainnews.com

## Spencer Beach Park Closure Days for Maintenance

The County Department of Parks and Recreation has announced the general maintenance schedule for Spencer Park at 'Ohai'ula Beach for 2013.

The park will be closed for general maintenance on the following dates: February 13 to 14 (Wednesday and Thursday); March 6 to 7 (Wednesday and Thursday); April 9 to 10 (Tuesday and Wednesday); May 14 to 16 (Tuesday through Thursday); September

10 to 12 (Tuesday through Thursday); October 9 to 10 (Wednesday and Thursday); November 13 to 14 (Wednesday and Thursday); and December 11 to 12 (Wednesday and Thursday).

These periodic short-term closures are necessary to accomplish larger scale maintenance activities without putting the public at unnecessary risk or inconvenience. The department thanks the public for their cooperation during these closures.

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## Sustainable Saturdays Events Coming Up in February

Ever wanted to see our local farms, or learn how to save seeds? Give a hand and enjoy fresh garden food in one of our school gardens? These events are happening as part of the Sustainable Saturdays events in February:

On February 2, join us for a Farm-to-Fork Tour of three local, organic farms. Lokahi Farms is a working organic farm and tropical botanical garden. Hosts Richard Liebmann and Natalie Young will share how they incorporate farming with their healing philosophy and treatments. Palili `O Kohala is a Natural Farming Model Farm that aims to serve and inspire a new generation of families in Kohala. This 10 family cooperative is primarily focused on growing taro using Korean Natural Farming to increase yields. Sage Farms is a 5-acre certified organic family farm. Learn how longtime farmers Fara Boisvert and Ben Nicholson make organic farming in Kohala profitable and efficient.

The Farm-to-Fork Tour will meet at the top of Ho`ea Road at 8:30 a.m. A \$10 fee will be collected on the day of the tour. Please register with Karla by calling (808) 224-1404 or contacting her at

karla@andreadean.com.

On February 16, learn all about saving seeds. Whether your goal is to preserve an heirloom variety, or to simply become more self-sufficient, seed saving is an important part of sustainable gardening. Lyn Howe (Hawaii Public Seed Initiative) and Travis Dodson (HIP Agriculture) will share the history and science behind seed production and teach us how to successfully save and store seeds from our gardens. Wishing Well, 55-230 Ho`ea Road from 9 a.m. to 12 p.m. Free.

On February 23, the Discovery Garden at the Kohala Elementary School will hold a volunteer garden day and cooking demonstration. Give a hand with some work in the garden, and then enjoy the rewards! Guest chef Jeff Coakley, senior lifeguard of the Kohala swimming pool, will share some of his favorite local recipes using ingredients from the school garden. Don't forget to bring the keiki! 9 to 11 a.m. Free.

These events are sponsored by North Kohala Eat Locally Grown and Sustainable Kohala. For more information, go to [www.foodhubkohala.org](http://www.foodhubkohala.org).



—photo by Jesús Solís

Participants in the Sustainable Saturdays "All About `Uala" workshop got hands-on lessons in growing sweet potatoes from Ala Lindsey, standing, and Kehaulani Marshall.

## St. Augustine's Celebrates Birth of Jesus with Pageant



—photos by Lani Bowman

St. Augustine Episcopal Church's Sunday School children rehearsed for two months to put together a Christmas pageant entitled, "The Birth of Jesus." The pageant was performed at the church December 23. The children were accompanied by beautiful music performed by church organist Karen Miller. Costumes were sewn by Barbara Sterne.



Carla Orellana performed a beautiful angel dance to "It Came Upon a Midnight Clear."

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 6:00 p.m. - Holy Communion  
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 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](http://www.staugustinesbigisland.episcopalhawaii.org)

## Know Your Representatives

### Hawai'i County Council

Margaret Wille  
District 9 - North and South Kohala  
64-1067 Mamalahoa Highway, Suite C-5  
Kamuela, HI, 96743  
887-2069  
mwille@co.hawaii.hi.us

### County of Hawai'i - Mayor

Billy Kenoi  
24 Aupuni St., Ste 2603  
Hilo, HI 96720  
961-8211  
wkenoi@co.hawaii.hi.us

### State House of Representatives

Cindy Evans, (D)  
District 7 Representative  
Hawaii State Capitol  
Room 425  
808-586-8510  
repevans@capitol.hawaii.gov

### State Senate

Malama Solomon, (D)  
District 4  
Hawaii State Capitol  
Room 210  
808-586-7335  
sensolomon@capitol.hawaii.gov

### State of Hawai'i - Governor

Neil Abercrombie (D)  
Hawai'i State Capitol - Executive Chambers  
415 S. Beretania St.  
Honolulu, HI 96813  
808-327-4953 (Kona)  
governor.abercrombie@hawaii.gov

### United States Representatives

Tulsi Gabbard, (D)  
District 2  
300 Ala Moana Blvd.  
5-104 Prince Kuhio Bldg.  
Honolulu, HI 96850  
808-541-1986  
http://gabbard.house.gov

### Colleen Hanabusa, (D)

District 1  
300 Ala Moana Blvd., Room 4-104  
Honolulu, HI 96850  
808-541-2570  
http://hanabusa.house.gov

### United States Senators

Mazie K. Hirono, (D)  
B40E Dirksen Senate Office Building  
Washington, DC 20510  
202-224-6361  
http://hirono.senate.gov

### Brian Schatz, (D)

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The White House  
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202-456-1111  
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*In light  
of recent  
elections,  
here is an  
updated list  
of our elected  
officials and  
their contact  
information.*

## Kohala High School Speech Club Celebrates Cowboy Style!

On December 28, the Kohala High School Speech Club (KHSSC) held its second club bonding and oral communication skills activity on horseback at Lio Lapa'au, located in Ka'auhuhu Homestead.

The Speech club meets weekly during and after school. KHSSC seeks to improve oral communication skills of Kohala High students through increased public speaking opportunities. Since Kohala is the

home of the Cowboys, the activity was especially valuable as many students in Kohala may never actually get to ride horses. The challenges of communicating and working together to complete various tasks while on horseback proved to be exciting, fun and enriching.

Contact advisor Fern White at 889-7117 or any of the club officers for more information on how to participate in speech club.



—photo by Fern White

From left, KHS Speech Club Vice President Kahuliau Kaai, Geronimo Boyle, Treasurer Patrick Nelson, and President Carley Arraujo pause a moment between games on horseback that required the members to communicate verbally as well as in contact with their mounts.

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## Be Mine! Show Your Love Through Art

In the mood for love? Bring your Valentine and join us at Kenji's House Saturday, February 9, 6 to 8 p.m., when Kenji's will be hosting an all community "Celebration of Love" Art Show. All ages, all mediums, are invited to share their personal images of love.

Drop off day for work is Wednesday, February 6, Thursday,

February 7, and Friday, February 8. Donation of \$5 per piece.



Kenji's House will also be hosting a "Valentine making workshop" (Adults only, please) 3 to 5 p.m., Thursday, February 7. Please bring recycled material to share- \$5 donation.

For more information please call Cupid at 960-3597.

## Kohala Artists Featured in Seattle Times Article

Several North Kohala musicians and artists were recently featured in an article written by Brian Cantwell of The Seattle Times, "On the Big Island, an isolated haven for music and arts."

The article extols the beauty, isolation and rural nature of North Kohala and highlights four local artists. Cantwell discusses the effect the remoteness of Kohala has had on the community and artists in particular in his interview with David Gomes, known for his beautiful handmade ukulele and guitars.

Cantwell explores Hawaiian history and the falsetto style of singing in his interview with Matthew and Rosalind Kupuka'a, and talks to John Keawe about slack-key guitar and the influence Kohala's seclusion has had on John's music.

He also interviews Halawa sculptor Greg Pontius, whose carvings embody the beauty of Hawai'i in the native



—photo courtesy of Kathy Matsuda

*Rosalind and Matthew Kupuka'a, two of the artists mentioned in the Seattle Times article, perform at many local events.*

wood he uses to create pieces influenced by nature.

The article can be viewed online at [www.seattletimes.com](http://www.seattletimes.com), then search for Kohala.

## Cherry Blossom Heritage Festival Celebrates 20th Anniversary

For two decades, this free community festival has showcased the 60-year-old cherry trees planted at Waimea's historic Church Row Park and the Japanese tradition of viewing them—hanami. The event also celebrates this community's rich Japanese cultural heritage and traditions at venues throughout town.

The festival will be held Saturday, February 2, from 9 a.m. to 3 p.m. Look for pink banners identifying sites—from the Parker Ranch Historic Homes on Mamalahoa Hwy. 190 to the Hawaiian Homestead Farmer's Market. Everyone is invited to spend the day enjoying a lineup of Japanese and multicultural performing arts, plus hands-on demonstrations of bonsai, origami, traditional tea ceremony, mochi pounding and a host of colorful craft fairs and delicious foods.

Festivities begin at 9 a.m. in the parking lot behind Parker Ranch Center with special guests, honorees and performances including bon dancing. Highlight of the year will be an anniversary exhibit honoring some of the festival's first performers and commemorating its founders—most notably the memory of the late Anne Field Gomes, whose heroic volunteerism benefited many Waimea organizations and events including this festival. A free shuttle will transport participations from venue to venue. For information call 961-8706.



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## KOHALA CALENDAR

### February

- 1 Fri 10 am, Preschool Story Time series, (every Friday) ages 2-5, North Kohala library, 889-6655.
- 2 Sat 8:30 am, "Walking in the Wild" guided silent walks w/ Gavin Harrison, at `Iole, by donation, `Iole at 889-5151.
- 2 Sat 8:30 am, Farm-to-Fork Tour, tour & taste at local farms, \$10, register w/ Karla, 224-1404.
- 3 Sun 8-11 am, Super Bowl Breakfast fundraiser for robotics, \$7 for breakfast plate, eat-in/take out, KHS rm. 28, Fern, 889-7117.
- 3 Sun 10:30 am, Metaphysical Church: "Remembering Who You Are," Kohala Yoga, 54-3877 Akoni Pule Hwy, Rev. Lee, 889-5505.
- 4 Mon 6-7 pm, Growth Management Subcmte. Mtg., public invited, Surety Kohala office, Hawi, Hermann, 889-1464.
- 4 Mon 6:30 pm, Film, "Taking Root, the Vision of Wangari Maathai," free, North Kohala library, 889-6655.
- 4 Mon 7 pm, Al-Anon mtg., every Monday, lower level, Walker Hall, St. Augustine's, Laura, 884-5833.
- 5 Tue 4-5:30 pm, Hope for Haiti Mtg., St. Augustine's Walker Hall, new members welcome, Lani, 889-5852.
- 6 Wed 10 am, Homeschool Wednesday, North Kohala library, 889-6655.
- 6 Wed 4:30-6:30 pm, CDP Public Access Subcmte. Mtg., Senior Center, Ted, 889-5801.
- 7 Thu 3-5 pm, Valentine making workshop for adults, \$5, bring recycle material to share, Kenji's House, Cupid, 960-3597.
- 7 Thu 6-9 pm, Green Drinks Hawi, Kava Kafe, organic networking & pupus, Forrest, 987-2365.
- 9 Sat 9 am-1 pm, North Kohala-Grown Kits 'n' Kats February Adoption Day: friendly, litter-trained, neutered/spayed, FIV & FeLV neg., all shots, dewormed, most microchipped, Kapa`au Veterinary Ctr, 54-3876 Akoni Pule Hwy, Kate, popokipono@gmail.com.
- 9 Sat 6-8 pm, Celebration of Love community art show, free, Kenji's House, Kapa`au.
- 9 Sat 6-8 pm, Father/Daughter Dance fundraiser for girls soccer, refreshments, \$40 per pair, Kahilu Hall, 896-6497 for tickets.
- 11 Mon 5-6:30 pm, CDP Action Cmte. Public Mtg., former Bank of Hawaii bldg., Kapa`au.
- 11 Mon 6-7 pm, Kohala Haw'n Civic Club Public Mtg., Hawi Community Center, Rochelle, 896-3033.
- 11 Mon 6:30 pm, Boyd Bond discusses changing land tenure in the Hawaiian Kingdom, North Kohala library, 889-6655.
- 12 Tue 11 am, Adult book discussion group, "You Can't Afford to Get Sick," by Andrew Weil North Kohala library, 889-6655.
- 13 Wed 8 am, No. Kohala Merchants Association Mtg., Resource Center, public invited, Bobby, 889-0505.
- 13 Wed 5 pm, Power, Viewplanes & Erosion Control subcmte. mtg., public welcome, call Susan, 882-7611 for location.
- 13 Wed 6-7:30 pm, Basic Kinesio-taping class, by donation, Kohala Aikikai, Kapa`au, Becky, 889-0657.
- 13 Wed 6:30 pm, KHS SCC mtg., rm. D-24, parents & community welcome, 889-7117.
- 16 Sat Community Emergency Response Team (CERT) trainings. Free, learn to prepare yourself & family for emergencies. Call John, 889-6901 for location and time.
- 16 Sat 8:30 am-3:30 pm, Kohala Watershed workday in Kapa`au, call 333-0976.
- 16 Sat 9 am-noon, Seed Saving workshop, free, Wishing Well, 55-230 Ho`ea Road.
- 16 Sat 9 am-1 pm, Treasures Helping-Hand Store, Assembly of God, Hawi Rd., free meal: 10 am-1 pm, 889-5177.
- 16 Sat 3-6 pm, Na Kupuna O Kohala take-out dinner fundraiser, \$7, pick up Hawi Jodo Mission, call Lynda 889-1180.
- 16 Sat 4:30-6:30 pm, Free Grindz--Hot Meal, under the Hawi Banyans, bring a friend, Kohala Baptist Church, Sondra, 889-5416.
- 16 Sat 9 am-noon, Merchants Association's Chinese New Year lion dance, Kapa`au to Hawi.
- 17 Sun 10 am-2 pm, Chinese New Year celebration at Tong Wo Society, potluck, Akoni Pule Hwy in Halawa.
- 17 Sun 10:30 am, Metaphysical Church: "Soul Mates & Twin Rays," Kohala Yoga, 54-3877 Akoni Pule Hwy, Rev. Lee, 889-5505.
- 19 Tue 3:30 pm, Kohala Elem. SCC mtg., rm. 12, public invited, 889-7100.
- 20 Wed 10 am, Homeschool Wednesday, North Kohala library, 889-6655.
- 20 Wed 5 pm, KMS SCC mtg., library, parents & community welcome, 889-7119.
- 21 Thu 1:30-2:30 pm, Kohala Hospital Auxiliary Mtg., Hospital Pavilion, new members welcome, Dixie, 889-5730.
- 23 Sat Community Emergency Response Team (CERT) trainings. Free, learn to prepare yourself & family for emergencies. Call John, 889-6901 for location and time.
- 23 Sat 8:30 am-12:30 pm, `Iole Volunteer Day, New Moon Foundation land, trail clean up and mahalo lunch, contact Kerry, 889-5151.
- 23 Sat 9-11 am, Volunteer garden day & cooking demo w/ Jeff Coakley, KES Discovery Garden, free.
- 23 Sat 11 am-12:30 pm, Free Community Meal, St. Augustine's Walker Hall, Thrift Store open 10 am-12:30 pm.
- 25 Mon 2 pm & 6 pm, Simple jewelry craft with Sid Nakamoto, North Kohala library, 889-6655.
- 26 Tue 6 pm, CDP Agriculture Subcmte. Mtg, public welcome, KIC, Frank, 333-8026.
- 28 Thu 5 pm, CDP Parks & Water Improvement Subcmte. Mtg., classroom below Walker Hall, public invited, Giovanna, 889-5590.

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

## Finding Your Authentic Self at Dancing Spirit Studio

Story and photo by Megan Solís

Catalina Cain welcomes me into her Dancing Spirit Studio in Halaula. The space is airy and peaceful. Even her puppy Juju is calm and relaxed—as much as a puppy can be, anyway.

I've come to have a hypnotherapy and energy session, a first for me. I've never been keen on seeing therapists, (except the massage kind), but I've decided to have an open mind with the hope that she can help me deal with an issue that has troubled me for years.

When asked what she "does," Catalina says it's hard to describe in just a word or two what has become her life's passion and also her trade.

"I like to call myself a muse because what a muse does is stimulate your own creative, natural abilities. We can solve our own problems ourselves when we get out of our way," she explains. Through hypnotherapy, Reiki, alchemy and other modalities, she helps clients find their way. "I feel so blessed when I get to sit across from somebody and watch them expand and create a new concept for themselves when they're struggling."

She had her first exposure to Transcendental Meditation as a teenager when she encountered Maharishi Mahesh Yogi, whose aura made an indelible impression. Then at age 20, she went to an intensive workshop on the energetic connection of all things, an experience which transformed her. Life got busy though, with marriage, children and a career as a photo stylist. Over the years she attended workshops spanning a wide range of esoteric studies. Once her children were grown, however, she was ready for a more fulfilling vocation and at the urging of a hypnotherapist friend, she decided to study more earnestly and follow her heart.

She attended Kona University, an accredited school of holistic and alternative healthcare studies. In 2010 she completed a course in Alchemical Healing on the Big Island. She holds certifications from the Association for Integrative Psychology and Neuro Linguistic Programming and became

a Reiki master practitioner and trainer. In January 2012, she completed the SoulCollage® facilitator training with founder Seena Frost.

Though she lived in Marin County, Calif., for the last 23 years, recent events



Catalina Cain, with her puppy Juju, recently opened Dancing Spirit Studio in Halaula.

led her to move to Kohala to be closer to her son and grandson.

"I always imagined, even as a little girl with the vivid imagination that I have, that I would end up in a tropical location," she said. "And here I am in Hawai'i and it feels like this is the landing spot for me now and I think I'll settle right in here."

Back in her studio, next to Kohala Middle School, Catalina begins our session with an interview to get to the source of my issue. Her open manner makes me feel comfortable and she assures me that anything said is kept confidential.

She explains that clients come to her to address various concerns including: stress and anxiety; weight and eating disorders; unhealthy habits such as smoking; sleep difficulties; limiting beliefs and behaviors; and the release of unwanted anger, guilt or grief.

Catalina uses a blend of various

modalities including hypnotherapy, Reiki, alchemy, tarot readings, ecstatic dancing and SoulCollage® (creating personal cards to explore your personality, archetypes and soul connections) to help clients develop greater focus and calmness, renewed self-worth and self-confidence, enhanced creativity, emotional balance, and alternative healthy choices.

She explains that she is not a healer though her studies have developed her empathic qualities, which she uses to guide clients to tap into their subconscious minds and turn limiting beliefs and conditioning into a self-directed transformation that brings wellness of mind, body and spirit.

Before the hypnotherapy begins, she gives me a couple of simple "suggestibility" tests, to gauge how susceptible I am to suggestion and hypnosis. I then sit back on the couch and close my eyes. Catalina leads me through a series of breathing and relaxation exercises before guiding me into a quiet, altered state. I feel incredibly relaxed though I am still aware of what is happening around me and am never totally "out of it." I can hear the traffic and even Juju playing, but the

sounds fade into the background as I allow myself to relax into this other consciousness. She uses guided imagery to create a place where I can confront my issues and leave them behind. The focus now is on the positive, renewed self that I am.

As she leads me out of this state, I find myself reluctant to leave it as I feel so relaxed and carefree. She explains that this is a place that I need to visit every day, to replace the negative messages that my brain has been receiving for years with empowering ones. In fact, that is my homework. The session lasts about 90 minutes.

That night, I have a general sense of well-being and sleep great. I am not "cured," but I do feel renewed and now have some tools to sustain the changes I want in my life.

In addition to her work with clients, Catalina also makes jewelry with gemstones infused with Reiki energy. Her pieces are sold locally at Hawi Gallery and As Hawi Turns. She also offers workshops in mother/daughter empowerment, letting go of grief, Reiki training and SoulCollage®.

For more information or to make an appointment with Catalina, call 415-250-8939. Visit her website at [www.catalinacain.com](http://www.catalinacain.com).

## NORTH KOHALA EAT LOCALLY GROWN

Growing a Local Food System in North Kohala

### FEBRUARY EVENTS

#### 2 KOHALA FARM-TO-FORK TOUR

Saturday, February 2, 2013  
8:30 am - 12:30 pm  
Ho'ea Road, Hawi  
\$10, Registration required  
at [foodhubkohala.org](http://foodhubkohala.org)

Don't miss this incredible opportunity to tour three unique farms on Ho'ea Road—Lokahi Farms, Palili 'O Kohala & Sage Farms—and discover what it means to eat local in Hawi!

The tour will meet at the top of Ho'ea Road at 8:30 am. A \$10 fee will be collected on the day of the tour. Please kookua and register online in advance, or call Karla at (808) 224-1404.

#### 16 HOME GARDENING - SEED SAVING

Saturday, February 16, 2013  
9:00 am - 12:00 pm  
Wishing Well, 55-230 Hoes Rd.  
Free

Seed saving is an important step in self-sufficient gardening. Join us as Lyn Howe (Hawai'i Public Seed Initiative) and Travis Dodson (HIP Agriculture) share the history and science behind seed production and teach us how to successfully save and store seeds from our gardens.

#### 23 LOVING LOCAL FOODS - DIVE IN, IT'S FRESH!

Saturday, February 23, 2013  
9:00 am - 11:00 am  
North Kohala Elementary School Discovery Garden  
Free

We're loving local foods at the Kohala Elementary School Discovery Garden! Our guest chef this month is Jeff Coakley, Senior Lifeguard of the Kohala Swimming Pool. Jeff will share some of his favorite local recipes using ingredients from the school garden. Bring your gear and get ready to dive into the garden...and into some ono food. Don't forget to bring the keiki!

Check out our new website [FoodHubKohala.org](http://FoodHubKohala.org)  
Events! Equipment Share! Food Share!

The North Kohala Eat Locally Grown Campaign is a project of the North Kohala Community Resource Center and is funded by Kaiser Permanente, County of Hawai'i, Department of Research and Development and Local Initiatives Fund of RSF Social Finance. This Saturday Sustainability Series is Co-Sponsored by Sustainable Kohala.



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