

Kohala Mountain News

Vol. 12, No. 4

April 27, 2013

A Gift for the Future: Alumni Donate to High School

Story and photo by Megan Solís

Kohala High School Class of 1963 is celebrating its 50th reunion this year. To mark the occasion, the class presented a gift to their alma mater in the amount



KHS Principal Janette Snelling, foreground, accepts a \$460 donation check from Collin Kaholo on behalf of the Class of 1963. They are joined by, from left, students Hana Caravalho, Kealen Figueroa, Justice Lewis-Matsu, Mikala Jordan, alumnus Harry Cabrera, teacher Pam Mauro and alumnus Gus Ogasawara.

of \$460, to help with the purchase of two new microscopes for the science laboratory. The check was presented to Principal Janette Snelling on April 18 by the Class of 1963 alumnus Collin Kaholo,

Harry Cabrera and Gus Ogasawara.

"It's always thrilling that the community is constantly giving back to the school, and I am glad that the Class of 1963 chose to use their 50th anniversary in this way," said Mrs. Snelling.

"The Class of 1963 wanted to do something for their alma mater for the many memories their high school years provided," said Collin Kaholo. "We would also like to challenge other classes to consider giving back to the school which nurtured and guided our future lives during our most formative and developmental years."

The alumni also issued an additional challenge to this year's graduating class, 50 years

their junior: "Make the most of your remaining time at Kohala High School, and seriously consider the future that is yours to shape. You'll be surprised at how fast a half-century can pass by."

Hospital to Receive \$2 Million in CIP Funds

On Friday, April 5, Gov. Neil Abercrombie released \$2 million in Capital Improvement (CIP) funds for Kohala Hospital renovation and upgrades.

The \$2 million in funding will go to redesign/repave the parking lot (\$345,000); renovate/relocate the emergency room (external): removal of debris, ER ambulance carport, paving, etc. (\$445,000); install/upgrade hospital doors and door access control systems (\$521,000); and environmental control in patient care areas (A/C) (\$750,000).

Kohala Hospital administrator Gino Amar remarked, "On behalf of Kohala Hospital and the leadership of the West Hawaii Region of Hawaii Health Systems Corporation, we sincerely appreciate the release of the CIP funds for our facility. We would like to thank Governor Abercrombie and the State Legislature for their ongoing commitment to Kohala Hospital and the community. These funds will provide renovations that will allow better access to our emergency department and ensure that

See CIP Funds, page 3

Kohala Celebrates and Learns 'All About Coconuts'



—photo by Deborah Winter
Vince McMillan and Tim Head show how to crack open a coconut at the All About Coconuts workshop on April 13. For more on the workshop, see page 18.

Kohala Elementary School 'Sight is Beautiful' Award Winners

At a school assembly on March 13, the Lions Club presented its 33rd annual awards to the winners of the "Sight is Beautiful" poster contest. Kohala students submitted 400 posters. First place winners are, left to right, Kindergarten: Faith Alejandro; Grades 1 & 2: Kamaehu Paaoao; Grades 3 & 4: Chyler-Leighn Derla; Grade 5: Laila Caravalho. Kohala Lions Club members posed behind the students.



—photo by Tom Morse

HELCO Plans Kohala Upgrades, New Transmission Line

By Toni Withington

Kohala's electric power system faces upgrades to its substations and a second powerline in the next few years. Hawaii Electric Light Company (HELCO) representatives outlined some of the improvements at two meetings this month.

While the upgrades will mean some scheduled power outages, what energized residents' questions at the meetings more was the proposed location and size of poles for the second line from the power plant in Waimea to North Kohala. Roger Keller, distribution manager for HELCO, said plans for the second line are still being drawn up and are open to comment.

Keller and Dave Okamura, technical superintendent with the company, spoke to the North Kohala CDP Action Committee in Kapa`au on the April 8. HELCO representatives, including Kevin Waltjen from engineering and land agent Leila Beals, spoke to a gathering of leeward and Kawaihae residents on April 7. Both meetings were well-attended by people with questions mostly about the new line that would create a power loop.

HELCO is planning a major upgrade of the diesel power plant in Waimea beginning in May or June. The plant that supplies Kohala's power will be shut down three times for periods of

up to seven hours in order to boost the aging plant. Okamura asked for community input on when is best to schedule the outages. At night? Over the weekend? And how close together can they occur?

At the Kawaihae meeting with representatives of the Department of Hawaiian Home Lands (DHHL), it was explained that the community, which now gets all its power from the Kailua-Kona plant, would be linked to the Waimea plant to increase reliability. The second power line for North Kohala would take off from the residential area at Kailapa on DHHL land and travel up to the Kohala Mountain Road along the ridge of Honokoa Gulch within a 50-foot-wide easement that has yet to be surveyed. It would join the road near Kohala Ranch.

Keller told the Action Committee the 69 kilovolt line would run atop wood and steel single poles about 60 to 65 feet tall. He said planning for the corridor from Kawaihae to North Kohala would take place this year, but that construction of the loop would be done over four to five years. The second line would improve reliability by protecting against emergency breaks and by allowing maintenance of the line without shutting down power to Kohala, he said. The last phase

See HELCO, page 2

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Yoga Classes Offered on Horseback

Story and photo by Kelly Vitorino

Starting this summer, Hawaii Paso Finos Ranch in Kapa`au will be offering a one-of-a-kind yoga class in partnership with instructor Daya Jagers.



Trainer Danby Armstrong of Hawaii Pasos Finos on their Paso Fino mare, Apollonia.

This unique mind, body and spiritual nature experience will be one in a series of seminars and workshops to

take place in conjunction with other artists, musicians, poets, authors and local professionals along with the Paso Fino horse herd for personal growth and overall wellness.

Using different themes for each monthly session, the outdoor yoga classes will focus primarily on balanced integration of body, mind and spirit, along with slow, relaxed movements to better relate with higher awareness and in close communion with another living being in their natural environment. Through this, one achieves more appreciation and respect not only for the beauty of the human body, but for the horses' as well. No prior

yoga or horseback riding experience is needed to participate. Most poses are performed while the horses are standing. Classes are scheduled for the third Saturday of each month, run for two hours, and will conclude with a healing Chinese tea ceremony.

The ancient Spanish Paso Fino horse breed lends itself well to this type of equine-facilitated learning exercise, (or animal-assisted therapy) as they show great sensitivity, gentleness and intuitiveness toward humans, having been held for over 600 years by European families and treasured for their beauty, intelligence and willingness to make lasting connections with their handlers.

The upcoming personal development seminars will give insight into their healing nature as well.

In addition, the ranch will also offer special four-lesson packages at discounted rates for new students who wish to learn how to ride the Paso Fino horse or study the basis of natural horsemanship communication. Minimum age to ride is 12 years old. Proceeds from all summer activities will help to fund Kohala Youth Ranch.

To register for classes or get more information on future events and activities, please call 884-5625, e-mail info@hawaiipasofinos.com or visit the website at www.hawaiipasofinos.com.

Sustainable Kohala 2013 Microgrants Awarded

Sustainable Kohala announces three recipients of Microgrant Awards for the 2013 calendar year. Each award was given to a project that promises to make a notable contribution toward sustainability in North Kohala.

Travis Dodson will develop a Seed Saving Bank where community members can acquire and deposit seeds for growing food. The Bank will be installed in a central location in North Kohala so that people can contribute and withdraw seeds on an ongoing basis. The Seed Bank will operate like a public library so people can get and return seeds throughout the year.

Hawaii Institute of Pacific Agricul-

ture (HIP Ag) will propagate non-GMO papaya, heirloom taro, and banana plants to sell at the Hawi Saturday Market, beginning in the fall of 2013. They plan to make these plants available for the next few years.

Finally, Dr. Jana Boggs will use microgrant funds to test various soil amendments to eradicate fire weed in North Kohala.

The purpose of the Sustainable Kohala microgrant program is to provide startup funds for projects that promote sustainability in North Kohala on an ongoing basis. If interested in applying for a grant, please contact Richard Liebmann at richardliebmann@gmail.com.

Vacation Bible Camp Offered in May

St. Augustine Episcopal Church will offer a free Vacation Bible Camp from May 28 to 31, from 9 a.m. to noon each day.

This year's camp theme is "Tell It On the Mountain." Camp will include Bible stories, songs, games, crafts, and snacks. Ages for camp is 4 to 12 years.

Contact Kathy Matsuda at 889-5801 or St. Augustine Episcopal Church at 889-5390 to register.

Last year campers learned about taking care of Paso Fino horses and got to fingerpaint with them as well.

Above are Melanie Matsuda, camp leader, the Rev. Heather Mueller, and Joe Vitorino with "Gaucho" and some of the Bible camp children from 2012. Gaucho will be visiting camp again this year.



—photo courtesy of Kathy Matsuda

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Hawi Reuse Center Gets Upcycled

Story and photo by Amanda Shoemaker

If you haven't been up "Dump Rd." to the Ka`auhu Transfer Station lately, then you probably don't know about the rejuvenated thrift store. If that's the case, you're missing out on a real gem that has been polished up by new store coordinator, Keith Christmas. Christmas took over the Hawi Reuse and Recycle Center, a division of Recycle Hawai'i, this past November. Since then, he has logged many volunteer hours cleaning and reorganizing the shop, making it a healthier and more enjoyable experience for the community.

Keith has used the store front as a canvas for his love of art and is thrilled by the positive feedback that he has received toward the improved condition of the shop. Upon arriving at the Hawi Reuse Center, you will notice a couple of additions, including a tarp provided by Recycle Hawai'i that allows the store to stay open during those rainy days. For parking, Keith asks that you park at an angle (as you would at Takata) in order to accommodate several shoppers at once. Please take care not to run into the poles holding up the tarp.

Clean, working donations in good to fair condition are always welcome. Keith wants to be able to provide usable items to the community. Most items start at about a quarter and rarely exceed \$15. Items for sale include clothing; dishes; small appliances; bedding; books; DVDs; CDs; tools; small furniture plus an abundance of knick-knacks. Money from purchases goes back into the community, funding such things as community education as well as school and outreach programs.

Often times, items are donated out-

side of store hours. If you happen to notice items in front of the store, you are asked to come back during normal business hours for purchase as these items



The Hawi Reuse Center, next to the transfer station, is the place to donate or purchase a treasure while helping keep Kohala clean.

are donations that can be sold to help fund community efforts. Store hours are Monday from 11 a.m. to 3 p.m.; Tuesday, Wednesday, Thursday from 10:30 a.m. to 5 p.m. Keith is making every attempt to make the Hawi Reuse Center a vital part of the community and appreciates all you do to help in that effort.

One more thing that you will find at the shop is a list containing locations in the area where you can donate your gently used goods or find some really neat things without spending too much of your hard-earned money. This list was compiled by Lea Mizuta, who continues to give so much of her time to WasteStream, the Reuse Center and educating the community on sustainability.

For more information on Recycle Hawai'i, please visit their website at www.recycle-hawaii.org.

Corrections

From the March 2013 issue, KMN wishes to provide the following corrections.

In "Remembering Kumu Raylene," (page 20), the three teachers, Hope Keawe, Leia Lawrence, and Andrea Luchese are not kumu, but hula teachers.

The article "Love Your Mother (Earth)... Keep Her Healthy by Recycling," page 15, also requires some clarification.

The bulk of recycling takes place at the Ka`auhu Transfer Station, not at the Reuse center per se. The bins for recycling are administered through Business Services Hawaii with support from the County of Hawai'i Zero Waste Division.

HI 5 bottles and cans which are dropped off at the redemption center are managed by different community groups every two months as a source of fund-raising. Please be sure to drop off your cans and bottles to help support our community groups.

White goods (appliances and other metal items, roofing etc.) are to be dropped off in the container on the mauka side of the transfer station.

Omitted from the list of WasteStream volunteers were Stephanie Baku, Lea Mizuta and Eddie Pollock.

For more details about the Hawi Reuse store, see our article in this month's edition on this page.

We apologize for any misunderstandings.

CIP Funds, continued from page 1

Kohala Hospital is able to better fulfill its role as a critical access hospital for the community of Kohala."

"I would like to thank Governor Abercrombie for releasing this CIP funding. Kohala Hospital is essential to providing medical care for the residents of North Hawai'i," said state Represen-

tative Cindy Evans, District 7. "It only makes sense that we provide the hospital with the necessary funding to ensure it is able to care for our kupuna."

Kohala Hospital, located in Kapa`au, consists of 28 inpatient beds providing both long-term and short-term acute care. It first began serving patients in 1917.

As a Critical Access Hospital, Kohala Hospital employs 43 employees and provides the following services: 24-Hour emergency care; inpatient and outpatient clinical laboratory and X-ray services; medical acute and skilled nursing inpatient care; and long-term care (skilled nursing and intermediate care.)

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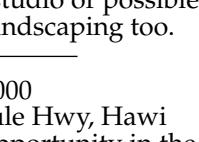
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Future KMN Deadlines

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

**May**Ad Deadline: 5/10/13
News Deadline: 5/13/13**June**Ad Deadline: 6/7/13
News Deadline: 6/10/13

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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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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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Letters—**Mahalo for Making Hospital Patients' Lives Brighter**

Aloha,

I had the privilege of attending the Spring Fling Luncheon at Kohala Hospital March 28, and I would like to commend Sadie [Young] and Cheryl [Rocha] at Kohala Hospital for doing such an excellent job. Gino Amar is to be commended too for encouraging these types of activities for the residents and the opportunity to invite family members to join in. If you have a "mahalo" corner in your paper, please include Sadie and Cheryl for their hard work in making the Spring Fling Luncheon such a success.

Along the same lines, I would like to extend a sincere mahalo nui to Nobu (Nobu's Hairstyling) for her unconditional love in volunteering to go to the hospital a minimum of once a month (sometimes more often) to give the residents a hair cut. This is a much needed amenity for a patient's well-being, and Nobu has been so generous with her time to make this happen. I live in Waimea but made the effort to stop by Nobu's shop to express my sincere appreciation to her, but I think people in the community need to know of Nobu's generosity.

Mahalo for your time,
Me Kealoha,
Lani Olsen-Chong
Waimea

[Editor's Note: Sadie Young wanted to acknowledge those who helped make the event a success: Cheryl and the kitchen staff who worked very hard; other departments that assisted with the serving; the nursing department who got all of the residents up; wonderful entertainers Bluegrass Jack and the halau hula Na Kupuna O Kohala; and support of the management. She is happy to report it will be an annual event.]

Community Support Lightens Burden for Family

Aloha Kohala Community,

My family and I would like to thank all of you who have shared kind words or sent your prayers and positive thoughts towards the speedy recovery of our daughter, Kilihea. Dealing with the logistics of her chemotherapy treatment

and the side effects of the treatment has been a challenge. But, the burden has been made lighter by the outpouring of aloha from this community.

We would like to give special thanks to Kohala Baptist Church, Ka Hana No`eau, Kohala Middle School and

Takata Store for the extraordinary support they have shown us. Thanks to you all, Kilihea is well on the way to recovery and full health. We are deeply grateful to be a part of this amazing community.

Sincerely,
Justin, Erin and Kilihea Brown

Kohala Kupuna Softball Team Gives Thanks

To the Kohala community,

Mahalo nui loa to all those in our community who supported the Kohala Senior Athletic Club softball team by purchasing steaks in our recent fundraiser. Your support helps our club pay for travel to and accommodations at the annual Hawaii State Senior Softball tournament to be held this year on O`ahu.

Mahalo and please come and watch us play on Saturdays at Kamehameha Park.

Sincerely,
Kohala Senior Softball Team

A Cautionary Tale for Kupuna and Request for Help

Dear Editor,

I'm writing this letter to our local paper, to try to protect other kupuna who live alone from what happened to a friend of mine.

Peggy Sankot of Hawi has worked as an RN and bodyworker on the Big Island since 1980. On May 13, 2012, she was found half dead on her front lanai, with a blood hemoglobin reading of 3. She received blood transfusions at the hospital in Waimea, and was sent to Queens on O`ahu, to determine what caused this. Her undiagnosed peptic ulcer had hemorrhaged. She was in hospital May 13 to 20.

I offered my guest room for her recovery, May 20 to June 1. Friends of hers brought her almost every home-cooked meal, and she began to heal.

Another "friend" took on the unsolicited task of cleaning up her place. Peggy had been too weak to clean it in the months previous.

After Peggy returned home June 1, she discovered over the next few months

that everything had been gone through and moved, and that every single thing of value had vanished, including many personal items, of value only to her, such as old letters, scrapbooks, and mementos of San Francisco.

Who would do such a thing? I was appalled to learn who it was. Our community knows this woman well. She and her family no longer visit Peggy. That in itself is enough to tell her what really happened. This gives her "a hurtful sadness," she told me.

Kupuna: beware false "friends" who only wish to steal from you! If Peggy had died, not a soul would have known what happened.

This "friend" told Peggy she'd gone through all her belongings, and the "friend" called Peggy's friends to ask them for money to help her. She told Peggy that. Not a cent reached her; the "friend" kept it all. It has been a horrible shock for her to find out her friend is no friend at all.

Recently, Peggy posted a partial list

of what she'd lost on various bulletin boards in town. Many people read it. But the full story needed to be told.

I'm asking that if anyone in our community has the ability to help replace a few of the things that were stolen, this would be greatly appreciated. She needs:

Heavy stainless steel pots and pans (no aluminum.) A French coffee press. A camera. Six and eight ounce old Coca-Cola glasses. Silverware. A Cuisinart. A Vietnamese era "Uncle Sam Wants You" poster.

Her long, leaky kitchen faucet, which was under guarantee, was replaced by a too-short faucet, so water spills everywhere, and the small special order stove she had was deemed too dirty to clean and was replaced by a cheap used oversized stove which is not energy efficient.

Mahalo NUI!

Peggy's phone is 889-0722, and her address is P.O. Box 496, Hawi, HI 96719.

Pua Weymouth
Hawi

Poetry Group Invites Others to Come and Play with Words

A group of poets has been meeting once a month at various places around Kohala. We are seeking other poets to "come out and play."

Below is a poem written by the group, including Anneka, Susan, Elizabeth and me. Our inspiration was the many different things we saw as we met at the bench near the Kamehameha Statue.

*Told them all to stand tall and true
This worn stone speaks of ancient rulers
and the games they played*

*Though clearly not black and white
A family nested, resting in the sun and
shadows*

*A mantle of power joins us heart to
heart*

*Is your rock your name, your
family?*

*The gift a family at play with the stones
Pele's gift to all who roam
The plants and trees weave to form
This magical land...Hawaii*

Poets and aspiring poets are welcome to join the group. For more information, contact Joshua Bowman at 895-8693 or email dreamywater808@yahoo.com.

Joshua Bowman

Letters, continued—

After reading the Hawaiian Airlines Hana Hou Magazine (February/March 2013 edition) article about Hai On's search for the native Wiliwili trees on the Big Island, seven boys and a teacher went looking for the three Wiliwili trees on her property in North Kohala. A year ago, the boys had visited the trees and were saddened to see

Saving Kohala's Wiliwili Trees, One Seed at a Time

the venerable old trees struggling against the effects of the six-year drought and the devastating attacks by the gall wasp. A few leaves clung to the dried branches, and the trees appeared to be dying.

On this day, the boys ventured into abandoned pastures and found the trees looking amazingly well! They were cov-

ered in healthy leaves, and no sign of the cancers from the wasps were visible. The year before, the University of Hawaii had tracked down a natural predator of the gall wasp, *eurytoma erythrinae*, and released it to kill the gall wasp. This experiment appeared to have been successful, and the boys scampered up into the smooth old

branches to pluck the dried seed pods.

As red rained down into eager hands, the boys excitedly talked about the trees they would plant. A final count showed 260 seeds gathered, and they proudly declared, "We will help save Kohala's Wiliwili trees one seed at a time!"

Catherine Morgan

Viewpoint

Information and opinions expressed in viewpoint articles are the responsibility of the author and do not necessarily reflect the position of the News or its staff.

Remembering Alan Axelrod, February 4, 1924 - April 1, 2013

By Karen Rosen and Bob Martin

We would like to acknowledge the life of Alan Axelrod, who died peacefully and in good spirits on April 1, 2013, at 89. He and his wife Marilyn moved to Kohala in 1999 after Marilyn was diagnosed with brain cancer. She died in 2000, and Alan elected to live here and engage the community, explore its history and culture, enjoy our unique lifestyle, and make friends.

He had an insatiable curiosity about physics, astronomy, and geology. He trekked over the island looking for basalt fragments and petroglyphs. He did all this with considerable energy, reading every morsel of published information in these areas. Even in his last years many remember his epic treks to the Hawi Post Office with resting pauses at Luke's and other spots along the way. He especially enjoyed the warm good company of women, and not a few are

missing him today.

Alan believed in the goodness of the community and served it well. When the Kohala Hospital Foundation was formed, he was one of the first to join as a director and continued in that role until his health failed him. He contributed to the Kohala Mountain News and supported numerous efforts to improve the community.

Alan had a strong mind, a strong heart, and an especially strong will. This led to many great conversations, disagreements, arguments, and confrontations. We all benefited. It also led to deep relationships, some of which ended in disagreements with other strong egos. He was widely read and could quote from the ancients as well as the current worldwide leaders. As a Jew, he consistently held to the tenets of his upbringing and kept faith with his traditions. He especially enjoyed care-

fully made cocktails, but never before 5 p.m., and often needed a little guidance in getting home or to bed. He was a chef at heart, a virtual bearded Julia Child, who would laugh and lick his lips (as did all of his guests) anticipating one of his storied dinners prepared for friends and family.

His favorite stories, which he told frequently, are legendary. Almost all contain a how-to-live-well moral: The Man with the Jack (how someone who is angry all the time can never get what he wants), and Some of Us Have to Get up in the Morning (the man who's dying and wants to have sex with his wife all night, and she says...). His many sayings, like: "most of my worries never happened" and "I had a good day today and I hope I have another one soon," will keep all of us chuckling for years to come.

We already miss Alan, for sure. But we also celebrate his life. We learned

a lot about living, loving, and dying. Thank you Alan from all of us.

We so appreciated all of the folks who came to Kapa`a on April 2 and celebrated and honored his life, and all of you who sent us notes and cards or called to offer your support. Dying helps our community come together.

We also want to thank the owners and staff at the new `Ano`Ano Care Home on Kynnersley Road where he happily spent the last few months of his life: Marc, Carmella, Amy, Ti, Jamie, Lily and Billy. And to the North Hawaii Hospice staff: Kristen and Christine, we have a deep gratitude for your service in making Alan's dying peaceful for him and so meaningful for the family members who gathered for his last days.

Karen Rosen is Alan Axelrod's step-daughter; Bob Martin is his son-in-law.

See another Viewpoint article on page 6.

National Hospital Week

May 12 - 18, 2013

A Guiding Light for Changing Times

National Hospital Week is a celebration of the history, technology and dedicated professionals that make our facilities shine with confidence and care.

We would like to take this opportunity to recognize our hospital employees and medical staff at Kona Community Hospital and Kohala Hospital for their hard work, dedication and commitment to providing quality health care to our communities.



MAHALO!



Viewpoint –

Wille Provides Council Update

By Margaret Wille

County-wide: Earlier this month, the Mayor submitted his preliminary budget for the July 2013-July 2014 year.

After listening to three days of presentations by his department heads, it is clear that for most departments this preliminary budget does not meet the minimum levels of service, especially with regard to our number one priority: public safety. Clearly the Mayor needs to listen to his department heads and work with them to present a realistic short-term budget with sufficient revenue to cover essential services, and at the same time begin planning for a more sustainable long-term budget with less overtime and less long-term strain

on our overworked staff. At that point the Mayor and the County Council can work together to design a reasonable budget taking into account available state funds, the carryover balance from last year, and remaining long-term projected shortfalls.

North Kohala: Please let me know if you think a North Kohala shuttle bus should be a priority? And would you like videoconferencing access to the county council hearings at the Bank of Hawaii building? What about a senior day care center at the courthouse?

Margaret Wille is the Hawai'i County Council representative for District 9, which includes North and South Kohala. She can be reached at 887-2043 or by email at mwille@co.hawaii.hi.us.

Don't Throw It Away... Turn It Into Art!

Kohala artists found inspiration from items that usually end up in the rubbish heap and used some impressive creativity to turn that trash into artwork for all to enjoy at the 7th Annual Trash Bash Art Show on April 20. The Kava Kafe, Upstairs at the Mill, was filled with art enthusiasts who enjoyed live music, pupu, and the opportunity to view and vote for their favorite artwork for the People's Choice Award. When voting, the public was asked to consider: Percentage of Recycled Materials, Creative Use of Material, Overall Appeal and Craftsmanship. Artists are encouraged to use "true trash," an item which cannot be recycled or composted and is thrown into the landfill.

Artwork was also judged for awards prior to the show by artists Zeke Israel, Mckenna Hallett, and Gary Ackerman.

Winners of this year's Trash Bash were:

Judges' awards: first place - "Canned Kimono" by J. Jay West; second place - "ER Basket Case" by Ti de L'Arbre; and third place - "Paperless Society" by Karen Alexander. The People's Choice Award went to "Negai Kanaeru Kagi Sono Te Ni Aru" by Allison Earose.

The event is sponsored by WasteStream, a local group of volunteers who work to promote reducing, reusing and recycling in Kohala. WasteStream is a sponsored project of North Kohala Community Resource Center.

Trash Bash organizers Karen Rosen, Rebecca Parks, Beth Bohn and Colleen Nevins take a brief respite during the artful event April 20.

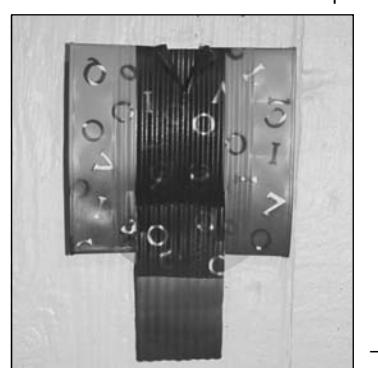


—photo by Andrea Dean



—photo by Megan Solis

The public selected the piece, "Negai Kanaeru Kagi Sono Te Ni Aru" by Allison Earose for the People's Choice Award. It is made primarily of old keys.



"Canned Kimono" by J. Jay West won the judges' first place award. The piece is made from a used apricot juice can.

—photo by Megan Solis

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Leos Show Their 'Pride' in Kohala

Kohala High School's Leo Club loves Kohala and is all about serving their community. The Leos spent part of their weekend, April 7, picking up and bagging rubbish along Akoni Pule Highway near Lapakahi State Park. Together



—photo by John Kometani

the group removed 19 bags of garbage from the area! Volunteers were, back row, from left, advisor Beldon Kealoha, Jayvimar Arellano, Kassie Kometani, Mariah Letzring, advisor Howard Hashimoto, Rachel Vujovich, and Dylan Snelling; front row, from left, Isabel Steinhoff, and Mikaela Bartsch. The Leo Club is sponsored by the Kohala Lions Club.

Montessori Recycles Phonebooks, Offers Composting Workshop

The pre-school and kindergarten children from Kohala Montessori are once again collecting old phone books. Last year, the school's collection efforts netted over 1,100 phone books, giving the school fourth-place and a \$300 prize in the "Think Yellow, Go Green" phonebook recycling contest.

Residents can help the school win first place this year by discarding unwanted phonebooks in collection boxes that are labeled with the school's name and are located at the Hawi Post Office, Takata Store, Kapa`au Post Office, Arakaki Store, Kohala Elementary School and Kohala High School. Phone books can also be brought directly to the preschool, located behind Nakahara Store. If you work for an organization that has many phone books, call the school at 889-5131 and they will come pick them up. The school is also collecting old cell phones which they are recycling. Money raised will be used for the school's tuition assistance program for underserved children in Kohala.

'Open Doors' Preschool Financial Aid

Need money for pre-school? Preschool Open Doors is offering to pay for pre-school. The Preschool Open Doors

program is accepting applications until April 30 for children born in 2009 and 2010 for the 2013-2014 school year. Slots are limited and applications must be postmarked no later than April 30 to qualify. No exceptions!

The application is available online at www.patchhawaii.org/families/paying/preschool. The online application, including instructions, is a complete copy of the application packets which are mailed from Preschool Open Doors office locations statewide. Applicants can also call Summer from MECH at 889-5131 to request an application.

Composting Workshop

The Montessori Education Center of Hawaii will offer a fun, interactive and informative two-part workshop on basic home composting on Saturday, May 11, from 2 to 4 p.m. The first half of the workshop will focus on backyard composting. The second half will discuss worm composting.

A voucher for a free Earth Machine home composter will be given to each family participating. Workshop materials fee is \$10 per adult. Keiki are free. For more information, call Summer at 889-5131 or Ann Hassler with Recycle Hawaii at 937-1100.

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\$89 for registration by May 3
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Register Online at
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or mail check by April 30 to
Center for Poultry, 642 Moffitt Hill Rd.,
Old Fort, NC 28762

Public Invited To Suggest Properties for PONC Purchase

The County of Hawai'i Public Access, Open Space and Natural Resources Preservation Commission, commonly referred to as PONC, invites the public to submit suggestion forms for properties to be included in its annual prioritized list and report to Mayor Billy Kenoi. These suggestion forms can be downloaded from <http://hawaiicountymayor.com/wp-content/uploads/2013/04/2013-01-14-PONC-Suggestion-Form-fillable.pdf> or by obtaining a form at the Property Management Division, County Building at 25 Aupuni Street, Suite 1101 in Hilo. Completed forms can be mailed or e-mailed to addresses listed on the forms, due by the last business day of June which in the current year is June 28, 2013.

Past purchases included the Kaiholena and Pa'o'o oceanfront parcels in North Kohala; Waipi'o Lookout in Hamakua;

Kawa oceanfront parcels in Ka'u; and the Kingman property (across Magic Sands Beach) in Kona. PONC funds are generated from 2 percent of this county's annual real property tax revenues.

There are nine PONC commissioners who meet every other month to represent each of the nine County Council districts on Hawai'i Island. Public testimony is allowed during each meeting. Commissioners review current submissions and consider the significant factors of each property, including historic and culturally important features; public outdoor recreation and education; public access to beaches or mountains; preservation of forests, beaches, coastal areas, and natural beauty; protection of natural resources and watershed lands; and general benefits to the public. Potential acquisitions are then prioritized, and the list and accompanying report is sent

to the Mayor at the end of the calendar year. The Mayor forwards recommendations to the Council, where resolutions are passed to purchase properties. For more information, contact

Alexandra Kelepolo of the County of Hawai'i Property Management Division at 961-8069 or visit the website at: www.hawaiicounty.gov/boards-and-commissions.

Summer Swim Lessons at Kohala Pool



Swimming lessons at the Kohala pool this summer will include a Jr. Frogman program, a basic skin diving class for those who meet the requirements.

Kohala pool will once again offer swim lessons during the summer. Registration begins May 22 through 26 during pool hours of 10 to 11:45 a.m. and 1 to 4:45 p.m. There will be a \$10 registration fee for each 10-day session, payable by cash, money order or check made out to Director of Finance. Participants are encouraged to sign up early as class size is limited to 10 per class.

Planned sessions will begin June 3 to

14; June 17 to 28; July 1 to 12; and July 15 to 26. Lessons will not be available on furlough days or holidays.

In addition to the swim lessons, there will also be a Jr. Frogman (basic skin diving) program for those who are able to swim 200 yards continuously and tread water for two minutes.

Parent/Child Aquatics – keiki ages 1 to 4 years old.

Level 1 – 5 years old and up.

Level 2 – Must be 5 years old and comfortable going in the water. Can float and glide on front and back with support.

Level 3 – Must be able to swim 10 yards front crawl and elementary backstroke and tread water for 15 seconds and jump in the deep end.

Level 4 – Must be able to swim 20 yards front crawl and elementary backstroke, scissor kick 10 yards, tread water 30 seconds and dive in the deep end.

Call Jeff Coakley, senior lifeguard at Kohala pool at 889-6933 for class schedule and more information.

Kohala High School 3rd Quarter Honor Roll

Kohala High School has announced its third quarter honor roll, recognizing students who earned a grade point average of 3.5 or above. Congratulations to the following students:

Freshmen: Kiana Alejandro-Cazimero, Mina Apostadiro, Gabrielle Bartolome, Patricia Cubangbang, Tyra Faisca, Damien Kaholo, Melanie Sahagun, Jessica Tenorio, and Yuki Zbytovsky;

Sophomores: Josiah Adams, Genevieve Boyle, Maranda Carvalho, Cassandra Kometani, Jerwin Lavides, Alexis Matundan, Isabel Steinhoff, and Brayden Torres;

Juniors: Carley Arraujo, Koa

Bartsch, Geronimo Boyle, Jocelyn Campollo, Mark Edwards, Marjorie Francisco, Kawehilani Heinicke, Daylan Higa, Kahuliau Kaai, Chawncy Kaholaoa-Kumukoa, Mariah Letzring, Trenton Lorenzo-Akamu, Summer Murai, Samara Shaw, Chelsea Ventura, and Eloisa Viernes-Obero;

Seniors: Anjalika Agustin, Jayvimar Arellano, Kennelyn Arenas, Paul-Devin Cadiente, Mariah Collier, Cody Geiger, Madrone Goldman, Dillon Ku, Sariah Medeiros, Justin Meikle, Kawaianuhea Moss, Michelle Sahagun, Dylan Sneling, Raevan Tolentino, Leesha Villacorte, and Kaululani Vinluan.

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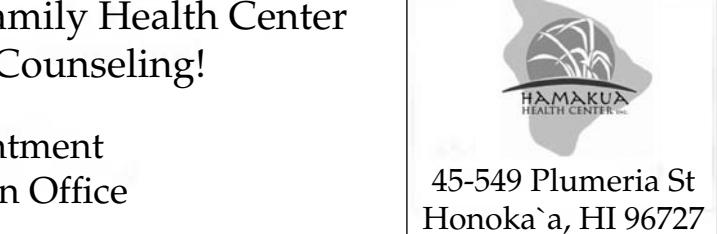
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Vehicle Pursuit Startles Kohala Motorists

Normally quiet Kohala felt a bit like a scene from Hawaii Five-O in the late afternoon of Thursday, April 18. Motorists were rattled when a car came to a screeching halt in the trench at the corner of Union Mill and Akoni Pule Highway, and the driver jumped out to run, followed closely by Kohala Police officers.

One eyewitness was in his vehicle, eastbound on Akoni Pule Highway waiting for the car in front of him to turn left onto Kynnersley, when he said he heard the screeching of brakes.

"First I heard brakes and tires squealing from behind me, and I thought sure we were going to get rammed from behind," said Jesús Solís. "Then this

little car came along on the right side [of my car] and landed in the ditch in front of the credit union. The driver jumped out and ran toward the post office parking lot. Then I saw these two police cars race up from behind. The police got out but I don't know if they knew the driver had run. One of the officers had his gun drawn. It was pretty scary so I decided it was better to get away from there."

Kohala Police Capt. Albert Jason Cortez said the police were in pursuit of a stolen vehicle. He said it is an ongoing investigation and he could not comment further at that time. The suspect was later apprehended but not identified by press time.

Kohala Elementary Wins Wellness Award

Kohala Elementary School was one of 50 schools throughout the state that have been commended for meeting state wellness guidelines with an Excellence in Wellness Award from the state departments of Health and Education.

Each school scored 90 percent or above on the state's Safety and Wellness survey in school year 2011-12.



—photo by Megan Solis

Jump Rope for Heart is one of the many Healthy Lifestyles activities at Kohala Elementary which led to the school's award for Excellence in Wellness from the state.

"I commend these and other Hawaii schools for taking the important steps toward improving the health and wellness of our keiki," said Lt. Gov. Shan Tsutsui in a news release.

All 50 schools will be eligible to apply for DOH grants of up to \$8,000

per school to support implementation of wellness guidelines in school year 2013-14. A total of \$160,000 will be available.

The DOE wellness guidelines include standards for food and beverages provided to students, as well as goals for health education, physical education, and other activities that support a healthy school environment. All public (non-charter) schools are expected to comply.

"We are thrilled to be recognized for all the Healthy Lifestyles activities our students participate in throughout the year," said Rose Mae Watterston, school counselor. "Swimming, table tennis, tennis, creative movement, hip hop, salsa, gardening, federal Healthy Snacks & Nutrition program, Jump Rope for Heart, walking club, before school exercises and basketball techniques, cross crawling, yoga education, aikido... and this year faculty and staff members participated in the Get Fit Hawaii program!"

The Healthy Lifestyles program is a sponsored project of North Kohala Community Resource Center.

basketball techniques, cross crawling, yoga education, aikido... and this year faculty and staff members participated in the Get Fit Hawaii program!"

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reminding parents and kids to "Take Time to Talk, Take Time to Listen."

For more information, visit www.fivemountains.org

*Source: Lancet, 1383-91 (Oct. 2009).

May Day Celebrations in Kohala

May Day is Lei Day! The community is invited to attend the May Day celebrations being held at local schools.

Kohala High School

Monday, April 29, 6:30 p.m., KHS gym

May Day Court

King - Efren Abellera, Queen - Alohilani Tolentino

Hawai'i Prince - Jayvimar Arellano, Princess - Leesha Villacorte

Maui Prince - Israel Victorino-Rabang, Princess - Whitney Collier

Kaho'olawe Prince - Jeremiah Kanehailua-Torres, Princess - Amber Souza

Lana'i Prince - Makani Kuali'i, Princess - Lynsie Caravalho

Moloka'i Prince - Rysen Bello, Princess - Brea Souza

O'ahu Prince - Casey Stevens, Princess - Tiani Luga

Kaua'i Prince - Dillon Ku, Princess - Cody Geiger

Ni'ihau Prince - Devin Cadiente, Princess - Kawai Moss



Kohala Elementary School

Tuesday, April 30, KHS gym

Pre-K thru 2nd grade: 9 a.m.

3rd thru 5th grade: 12:30 p.m.

Kohala Middle School

Monday, May 6, 10:15 a.m., KMS campus

May Day Court

King - Cainan Perez, Queen - Patricia Keiko Yamura

Hawai'i - Ohia Tree Lehua Blossom - Red: Cole Fuertes and Desha Yamasaki -Cazimero

Maui - Lokelani - Pink Baby Roses - Pink: Chris Asagra and Cheyanna Savedra

O'ahu - Ilima: Dylan-Paul Torres-Salvador and Estephie Viernes

Kaua'i - Mokihana: Mark Macaspac and Jurnee Keawe

Moloka'i - Kukui: Chenna Sarai Duque and Ariana Rodriguez

Lana'i - Kauna'oa: Kayden Valenzuela and Chloe Kaluau

Ni'ihau - Shells: Tate Fernandez and Brittany Shimano

Kaho'olawe - Hinahina: [TBA] and Kiera Javillionar

Free Childcare Training Offered in Hawi

Those who work with young children, either their own or others', are invited to join PATCH as they continue their series of free childcare training workshops in Hawi.

The classes are designed for the early childhood professional but are also great for parents, grandparents or others who work with young children. This series for experienced caregivers will offer strategies for working with children who have challenging behaviors and provides an opportunity to meet other people in the area who are also interested in improving the quality of child care in Hawaii.

Teaching Positive Relationships 1 & 2, to be held May 2 and 9, will introduce strategies for teaching friendship skills

and helping parents and teachers to identify teachable moments.

The classes will be held on Thursdays, from 4:30 to 7:30 p.m. at the Montessori Education Center of Hawaii in Hawi, located at 55-515 Hawi Road, behind Nakahara Store. Call Kona PATCH at 322-3500 to register and view their training calendar at www.patch-hawaii.org or call the school at 889-5131 for more information.

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



This message brought to you by the NORTH HAWAII DRUG-FREE COALITION,
reminding parents and kids to "Take Time to Talk, Take Time to Listen."

For more information, visit www.fivemountains.org

*Source: Lancet, 1383-91 (Oct. 2009).

Kohala Mission School Educates Body, Mind, Spirit

For 25 years, Kohala Mission School has been working to provide all community students with high quality alternative education in Kohala.

Principal Chris Larson reports that this year Mission School students once again gained more than two years of reading progress for both decoding and comprehension skills. Advancements in the science of education are progressing rapidly, and the school is constantly evaluating ways to improve student performance.

By being tested for ability and current capability before receiving assignments, students are also learning math at an accelerated pace. Several students are a full year ahead in comprehension of important math concepts.

Seventh-day Adventists have long promoted a healthy diet and lifestyle to promote good physical, emotional and spiritual health. Modern research and health experts confirm that diet can affect personal well-being, depression and the cognitive/learning process. In short, diet has a direct effect on academic success. The Mission School educates its students and families on the benefits of good nutrition. The school teaches how even small choices, like cutting back on the amount of processed foods, improves thinking and coping skills and offers protection from diabetes and heart disease.

Along with proper nutrition, the school has been educating its families that the amount of screen time children are exposed to weekly should be very limited. Modern research has shown that excessive screen time, whether TV, computer, smart phones or video game machines, changes the structure and wiring of the child's brain. The research has shown that children will perform better in school (and life) if their screen time is kept at less than one hour a day (some researchers recommend five hours per week.)

Kohala Mission School differs from most schools by teaching to trust in God. "What good will it be for a man if he gains the whole world, yet forfeits his soul?" Matthew 16:26. What is the most important source to find the basic truths of correct ethical behavior, our relationships with other people, our place in the world and our purpose in

life? At the Mission School, the Bible is the foundation for these principles and is used daily to educate choices in the home, classroom, on the playground and in sports. The school seeks to serve parents looking for more than "just academics" for their child.

Parents will get more information on how to protect "their investment" in their child's future at the school's orientation meeting on July 22. Areas covered that affect student performance will include: nutrition, exercise, water, sunlight, temperance, air, rest and trust in divine power.



—photo by Chris Larson

Kohala Mission School students sing for patients at Kohala Hospital. The bi-weekly activity often culminates with a game of Bingo for the students and kupuna.

The school's current enrollment is 17 with Principal Larson teaching grades 1 through 4 and Christal Matsumoto teaching grades 5 through 8. The school's goal is to have enrollment between 35 and 40 students within the next three years. Providing financial aid for community students will give parents, many for the first time, the choice and opportunity of an affordable top-tier private education.

Discounted early registration continues to May 30 with open registration available until July 30.

The school, located on the west end of Hawi, is a true mission school in Hawaii, operating strictly from donations. Proceeds from the school's annual fundraisers provide financial aid for students. The school has renewed its relationship with the Kamehameha Schools, and once again Kipona scholarships are accepted. They are also work-

ing with North Kohala Community Resource Center to seek grant funding for students whose parents are looking for a Christian-based education. Applications for financial aid can be made on the website for School and Student

Services by the National Association of Independent Schools at <http://sss.nais.org/Pages/default.aspx>. Upon completing the application, parents need to request to send the report to the Kohala Mission School.

Program Offers Health Ed, Sports Camp and Bible School

A free North Kohala Outreach is being planned for May 24, 25, 28, 29 and 30 at the Kamehameha Park gym and fields in Kapa`au, coordinated by local resident Violeta "Vi" Lamog and her sponsoring church, Waikoloa Baptist.

On May 24, Gardner-Webb University School of Nursing in North Carolina is coming to Kohala to conduct Adult Education classes ranging from diet and nutrition, lifestyle choices, exercise, blood pressure screening and cardio-pulmonary resuscitation (a two-year certification with the American Heart Association will be awarded those who complete the course). The team, comprised of 12 people, are faculty members, student nurses and a person with a degree in Exercise Science. This event is from 8 a.m. to 1 p.m.

On May 25 from 8 a.m. to 3 p.m., the gym and A Field is reserved for a Sports Camp. Students ages 8 to 14 years old (third to ninth grade) will have the opportunity to learn about dance, softball, basketball and track.

On May 28, 29 and 30 there will be a Vacation Bible School from 8 a.m. to 2 p.m. at the gym and C Field. Open to kindergarten through eighth graders, the school will include music, worship, Bible study, crafts and sports activities. From 1 to 2 p.m. on May 30, families and friends are invited to enjoy the finale where participants can show and tell their experiences.

Pre-registration for Sports Camp and Vacation Bible School will be held at Kohala Village Inn in Hawi on the following days: May 15 to 17 and 20 to 23 from 10 to 11:30 a.m. and 2 to 4 p.m., and Saturday, May 18, from 10 to 11:30 a.m. Wilhemina Carvalho and Vi Lamog will be present at the pre-registration.

Vi Lamog was born and raised in Hawi, graduated from Kohala High High School as well as St. Luke's Hospital School of Nursing in Chicago, Ill. She also attended Biola, a Christian University in La Mirada, Calif., for a year.

Vi retired from Kohala Hospital as a staff Registered Nurse. She and Ruby Isaacs, former administrator of Kohala Hospital, conceived the idea to involve the community in starting the Kohala Hospital Auxiliary. They contacted retirees and housewives to attend the first organizational meeting. Those who attended responded enthusiastically and quickly elected officers, set membership dues and discussed their strategy. Since then, because of capable and devoted officers, members and strong support of the community, Kohala Hospital has benefitted tremendously by the work of the Auxiliary. As advisor to the Candy Stripper program, Vi worked with the Auxiliary to provide scholarships to qualified students interested in pursuing medical or nursing careers.

Contact Vi Lamog at 889-6394 for any questions, or leave a message.

Elementary Students Sell Crafts at Bazaar

Kohala Elementary School invites the community to its Mother's Day Bazaar on Wednesday, May 10, from 2:15 to 4:30 p.m. in the school cafeteria. Students are raising money for supplies and projects for their afterschool program by selling crafts they have made. The bazaar teaches the students how to develop an understanding of what is involved in making money as well as giving them

an appreciation of accomplishment. Items will cost between \$2 and \$5.

The school is also looking for members of the community who would like to come and talk to the kids about their jobs and what their work entails. For more information, contact Debbie Willner, Kohala Elementary School On-Site Coordinator/21st Century Community Learning Center at 889-7100 after 2 p.m.

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NORTH KOHALA COMMUNITY RESOURCE CENTER

➤ The Learning Center's World Peace Game project received \$5,000 from the Stephen and Isabella World Peace Foundation in Honolulu. The game is currently being constructed at Kenji's House and will be available to public, private and home school students by Fall 2013. Developed by John Hunter, a public school teacher in Virginia, this exciting initiative will be a first in Hawaii. We thank Susan Lehner for her visionary work in bringing this great project to North Kohala.

➤ We are experiencing a higher volume of visitors every month to the Welcome Center. Please give us a call if you would like to train as a "Kohala Guide." It is lots of fun talking story with the visitors from all over the world and highlighting the best of Kohala. Please call the Center at 889-5523 for more information on this terrific volunteer opportunity.

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
A great way to love Kohala!

Exploring Food from Farm to Fork at `Iole

Story and photos by Karla Heath

On Saturday, April 6, the North Kohala Eat Locally Grown Campaign partnered with `Iole Hawaii to bring the Farm to Fork Tour series to the historic Bond district of North Kohala. HIP Agriculture, Risley Farms and Ohua O Na Kia`i No Na Keiki O Ka `Aina invited the Kohala community, Hawaii Island residents and visitors to tour—and taste—what's growing at `Iole.

It turns out, there is much more than produce being cultivated on these three farms. Under the ownership of the New Moon Foundation, `Iole Hawaii and its agricultural partners are growing a fresh generation of stewards for this ancient ahupua`a, while striving to feed the people of Kohala through sustainable, environmentally and culturally responsible practices.

As Dashiell Kuhn, Hawai`i Institute of Pacific Agriculture's (HIP Ag) executive director explains, the current industrial food system that produces much of the food we consume in Hawai`i is unstable. We have become dependent on the massive amounts of energy required not only to produce, but to transport food to the Islands.

"Our energy," he believes, "needs to go into resilient, stable, diverse food systems."

HIP Ag's GRACE garden is a living model of such a system. By returning to traditional Polynesian crops like mai`a (banana), kalo (taro), uala (sweet potato), `awa (kava), and ko (sugar cane)—which can be easily propagated through division—HIP farmers are able to accumulate a wealth of potential food for a growing population. As we walk through the garden, Dashiell also explains his practice of interplanting of traditional crops with beneficial, multi-use species like comfrey, pigeon pea, bele and

Malabar spinach. "It's about working smarter, not harder," he says.

After enjoying refreshing tulsi (holy basil) iced tea with ginger and fresh sugar cane juice, and sampling a few of the banana varieties growing at HIP Ag,



Sa`o Vaefaga shows how volunteers with `Ohua O Na Kia`i No Na Keiki O Ka `Aina have restored the ancient lo`i at `Iole.

we make our way to Risley Farms, where Peter Risley is utilizing French Intensive methods to consistently supply Kohala residents with high-quality, naturally grown, local produce.

The French Intensive method is a high-yield, low-acreage farming tech-

nique that was brought to America by Peter's teacher, Alan Chadwick, in the 1960s. While Peter credits his time with Chadwick as the defining period of his life, he is quick to point out that "the 'perfect garden' isn't practical."

Through trial and error, he is continuing to discover what does and doesn't work at this location.

The Mauna Kea Soil and Water Conservation District recently named Peter Risley "Farmer Of The Year," an honor given for exceptional land stewardship. His abundant fields are testament to responsible management practices which involve composting and cover-cropping with a restorative mix of buckwheat, rye, oats and sun hemp.

As our tour of Risley Farms comes to an end, refreshing coconuts and sugar cane stalks are opened, and Chef Howie dishes out gourmet tacos filled with a colorful mix of farm-fresh carrots, parsnips, sweet potato, cabbage, beets and avocado.

During the lifetime of King Kamehameha I, `Iole was said to be a breadbasket of Kohala, home to a mile-long network of lo`i kalo (taro patches).

`Ohua O Na Kia`i No Na Keiki O Ka `Aina (Protectors for the Children of the Land) are a group of young volunteers who have been working to restore this lo`i to its former abundance.

July 17, 2013, will mark the group's first anniversary at `Iole. As we walk around the terraces, project chairman Sa`o Vaefaga points out what remains of the invasive vegetation that they cleared to re-open the lo`i system. For the group, the project has been a process

of uncovering history (Sa`o describes how they propagated kalo discovered in excavations of ancient parts of the lo`i network). It is also a chance to revive the lo`i as a breadbasket for Kohala—an opportunity to malama Kohala's keiki and kupuna.

"When I go to other lo`i," Sa`o says, "I see that some are big and some are small. But what I notice most is that `Iole's land wants to produce and give food."

The generosity that `Ohua O Na Kia`i No Na Keiki O Ka `Aina sees in the land is echoed in the feast of sweet potato lau lau, `ahu (parrotfish), `o`io wontons and banana lumpia that the volunteers have prepared for us. As we sit and savor this final taste of `Iole's farms, talk turns to



At HIP Agriculture's GRACE garden, Dashiell Kuhn explains how the group interplants traditional Polynesian crops with other beneficial species to produce a stable, diverse food system.

the future. The seven-building campus of the former Girls School is currently under renovation and will reopen as an education center and retreat next year, and the lo`i has already been chosen as a site for the cultural activities that will take place at the center. It seems that Sa`o's prediction for the lo`i restoration project can be applied to `Iole as a whole: "It's going to grow as we grow."



Peter Risley of Risley Farms explains the French Intensive method of farming he uses for high-yield, low acreage farming.

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Seniors Stay Active, Invite Other Kupuna to Join the Fun

By Vivian Moku

Under the very capable leadership of new president Robert Glory, the Kohala Seniors are well into the fourth month of the year. Temporarily the seniors are meeting at Walker Hall of St. Augustine Episcopal Church as the Kapa'au Senior Center grounds are under extensive renovations to comply with ADA requirements. Here's an update on what we've been doing so far.

Various members have shown their talents as we've celebrated the installation of new officers for the club in January and resource speakers in February, such as Alan Parker from the Office of Aging, County of Hawaii informing us of the new facility (former Sun Sun Lau Chinese Restaurant in Hilo – we can still recall the delicious aroma that used to emanate from the dining room). Our

new state representative Cindy Evans also came and updated us on the happenings at the Capitol; acquiring the "new" courthouse for the seniors (however, repairs must be done before occupying the premises); and "planting the seed" for possible day care for seniors.

In March, Girls Day, a traditional Japanese celebration, was enjoyed with a presentation on how the Japanese celebrate their special day with giving of dolls to their daughters either to "play house" with them, or to be seeking suitable husbands. Ellen Sugiyama Kato surprised us with a couple of songs played on harmonica... it surprised many of us. Good job, Ellen.

St. Paddy's Day was celebrated with the members of Bluegrass Jack playing a whole lot of their repertoire. Some of the songs we recognized were "Tennessee Waltz," "Swing Low, Sweet Chariot,"

and "The Kohala March." The band members are Jack Tottle, on mandolin; Anne Pontius, guitar; Chris Wej, U-bass; and Steve Ryan, banjo. It brought us to reminiscing of the good ol' days and got us hands-clapping, feet-a-stamping, and hearts-a-thumping. Some of the



—photo courtesy of Vivian Moku

Several Kohala seniors were honored at the county's recognition luncheon for RSVP (Retired Seniors Volunteer Program) at the Mauna Lani resort. Honored for 15 years of volunteering in the community were, from left, Winnie Gonsalves and Madeline Gonsalves, and far right, Mamie Bramlett. Volunteer activities included Christmas bell-ringing, collecting school supplies for elementary students, singing at Kohala Hospital, and the "Light Up a Life" Christmas program.

seniors got up to dance, especially our own Charles L'Heureux, who got his whole body gyrating to the very upbeat rhythms. With arms a-flinging and legs a-flying, he is just the most flexible person and he will be instructing in the near future on exercising our still agile bodies... while we can still bend our knees and bow at the waists.

We celebrated Easter with colored eggs using natural colors from nature, which were consumed later on with a potluck luncheon made by the wonderful cooks of the club—pansit, chicken pipinola stew, Chinese chicken salad, generous dishes of traditional baked ham with delicious glazes and a table laden with an assortment of yummy desserts.

Thank you and Mahalo Nui Loa! Come join the Senior Club as more activities are being planned! Malama pono – take care!

Kohala Seniors Bring Home Olympic Gold

By Suzanne Sasaki

On Friday, March 8, thirteen Kohala senior citizens took part in the 8th Hawaii County Senior Olympics and came out winners. The event is held every four years, and this year's games, held at the Old Kona Airport, included about 140 participants from around the island.

The Kohala contingent, distinctive in their black and gold T-shirts with the Kamehameha Statue emblem, had arrived in Kona via the Elderly Services Van. Lee Rivera, the designated alternate player, said the group did not have to engage in any preliminary cheering or pep talks among themselves to get into a "Think Win!" frame of mind, but she also said, "I guess we were a little nervous and excited because we had to make a pit stop at the Veterans Cemetery to use the restroom facilities."

Once at the games, the Kohala Seniors greeted and were greeted by other participants, but the friendliness nevertheless had an undertone of competition. As Alfonso Mitchell, Kohala participant in the ground golf competition said, he was at the games for fellowship and to "win."

At the end of the games, each Kohala athlete brought home a medal. However, an upset was scored by the Kohala

However, they took their loss with good grace and congratulations to their female counterparts.

Back in Kohala, the competitors encourage other seniors, especially the younger ones, to consider entering the next games which will be held in four years' time. Although age and creaky joints may prevent some seniors from taking part in the more active sports, there are age group events like horse shoes, darts, basketball throw, frisbees, power walk, swimming, tennis and much more, so a 90 year old darts champion could be a reality.

This year's medal winners included:

1st place Ground Golf (Gold): Maime Bramlett, Margaret Couttie, Lorraine Glory, Patsy Pasco and Mamo Shontell;

2nd place Ground Golf (Bronze): Max Guitang, Alfonso Mitchell, Mino Nakasato, Tito Pasco and George Rivera;

Horse Shoes: 1st place - Max Guitang and Alfonso Mitchell; 2nd place - George Rivera; 3rd place - Mino Nakasato;

Basketball Throw - Women: 2nd Place - Mamo Shontell

Basketball Throw - Men: 1st place - Harry Cabrera; 2nd place - Max Guitang; 3rd place tie - Robert Glory Sr. and George Rivera;

Frisbee

Throw: 3rd place - Harry Cabrera

Home run

Derby: 2nd place - Harry Cabrera

Dart Throw

Men (age group): 1st place - Robert Glory;

2nd place - George Rivera;

Dart Throw

Women: 3rd place - Patsy Pasco

Pasco

Ground

golf is a popular sport; three Kohala ground golf teams competed again in a Spring Tournament which was held April 12 at Higashihara Park in Kona.



—photo by Lee Rivera

Ground golf was a popular sport at the Senior Olympics. From left are the Waimea team (3rd place); in the middle on the stand, from left are Kohala B team: Maime Bramlett, Margaret Couttie, Lorraine Glory, Mamo Shontell, Patsy Pasco; and Kohala A team Tito Pasco, George Rivera, Mino Nakasato, Max Guitang and Alfonso Mitchell.

Ground Gold B Team comprised of five women, and thus beat the defending champions Kohala A Team composed of five men, much to the men's surprise.



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Brother Low Recalls: 1895-1920, Part III

The final installment of a three-part series of an interview with Brother Low, a part-Hawaiian born in 1892 in North Kohala, as transcribed by Judy Graham.

Baseball, Japanese School

Over at `Ainakea in Kohala right behind our place along the road, it was a public school. All the Japanese there were these laborers' children. Some of the boys used to be 15 or 16 years old, they'd put on short pants to make them look young.

We had a baseball team. We guys were only about 8, 9, those guys were 15. The Kamehameha statue used to be over there, they moved it to Kapa`au. We put all of our bats and gloves at the foot of this statue, and we went and played ball and we had the first inning to bat. So I'll never forget this young pitcher, he must have been about 18 or 19 years old, he was one of the big Japanese boys. And he pitched. Here he was a man. When he threw that ball—the pitching boxes are short for kids—we couldn't see it. He struck us all out.

When the inning was over we came in. We said, those guys are not boys, they are all men playing. And that's the last time we played baseball over there. That was `Ainakea school, that was a grammar school for the laborers' children. That was a public school so there was a lot of Hawaiians too, Hawaiians and Portuguese. All the haole used to be at the Kapa`au school.

There was camps there for the Japanese laborers, and all they used to live on was rice and dry fish, and all the bones from the butcher shop. They'd give the bones for the dogs, and they cut some meat off. My uncle was a butcher, my mother's brother; he was a butcher over there in Kohala a long time.

The Hawaiians had little taro patches. There was a lot of water coming down the stream from the Kohala mountain. There was a stream used to come right past our house [at the site of present-day Kohala Hospital], there was a bridge over there. The stream used to come down to the ocean. We used to go play in the stream when they had freshets; we had a wonderful time.

The Japanese kids, after going to the public schools, in the afternoon they go to the Japanese schools. They keep up their language. It was a great thing for them because they learn American and learn Japanese both. They were talking

American, and with their parents naturally they talked Japanese. A lot of these Japanese kids, they went to colleges and high schools in Honolulu. They graduated from high school and they went to colleges away from here. They all had money to go to school. The Japanese all join a society, they put in so much money. If you need money you go and draw money. All these kids are way ahead, they're lawyers, doctors and engineers.

Then the Filipinos came when the Japanese got too smart. I think they want more money and the plantations wouldn't give them any money, so they brought in the Filipinos. A lot of the plantations went out of business and a lot of plantations sold to their

neighbors. Hawi, the Hind's plantation, and the Renton's, that's Union Mill, and the Kohala, that's the Bonds, were the last ones to sell out. All the English people who lived there moved out.

The Filipinos benefited by the wages, but no more plantations. The plantation only went out of business about 10 years ago [in the 1970s]. They all amalgamated and had one plantation, the Kohala plantation, and so Kohala was the only one. That's Castle & Cooke owned the whole business. Castle & Cooke, about 10 years ago they tore it down.

The Puako Plantation

[The Puako plantation manager's daughter] has been up here three or four times. One time she came up here was a year after my first wife died. That was about 12 years ago. Then I was living up in Waimea there in the house that I used to own up there. I just sold the

house recently. Then she was here and she came to see me. So I loaned her my car. I had a Chrysler in those days, and then I had a Chevy station wagon and a jeep.

So she came up the house to meet me and she had three nuns with her. So she asked me if she could use my station wagon, the Chevy. Oh, I says, you could take my Chrysler, more room

was here and he put all the machinery together.

Then, she says, one year it rained so much up in the Saddle [between Mauna Loa and Mauna Kea] that all the mud washed down and covered up all the sugar cane. There was so much water. So he built some kind of a dam up there to divert the water, the stream, to go down the Waikoloa side. So it went down to

Anaeho`omalu [Bay]. That stream that I remembered was in 1907. That rainfall was between the two mountains, came down the Saddle and went to Waikoloa.

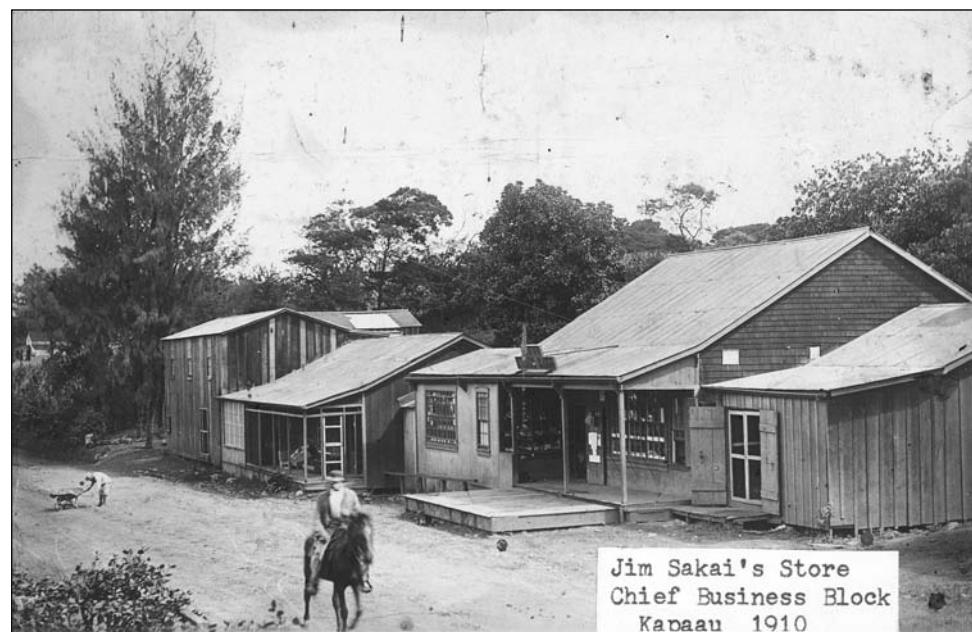
It washed one cowboy and his horse. They found him dead down the beach. There were dead cattle, wild sheep. It was a regular river, heavy downpour. My father was manager up at Humu`ula sheep station at that time, so he found this cowboy.

After that flood the place filled up with mud, then they planted sugar cane over again, then it ran for several years more, then they didn't have enough water from the stream up here, and they had to dig some wells in Puako over here near the mill. They had to go down about 30 feet. The water was brackish but it wasn't too salty, then a few years after that it got too salty.

They had a little steamboat that used to go from Puako to Mahukona with the sugar. I used to go over. I was about seven years old; that was almost 1900. We'd catch the boat over to Mahukona where they used to unload the sugar. The boat would unload the sugar on a sailing vessel that came from the states.

As time went on they built bridges in the railroad way over to Niuli`i. Then all the sugar used to come over these high gulches from Kohala to Mahukona, and then Matson came in. They had great big

See Brother Low, page 15



—photo courtesy of Kohala Public Library, Hind collection.

in it. So she took it and she had it for about three weeks. Then she went all over Kohala and Waimea and all round here, Napo`opo`o, up the Volcano, she went all over the country with it. A lot of people who knew me well knew that that was my car. So they wondered how come they had all these nuns. They asked, I saw you with a bunch of nuns. No, I said, you never saw me with any nuns. So everybody was kidding me about her.

Her mother lived up in Waimea and her father was half French and half English—no quarter English and quarter Amsterdam, Dutch. So he came out round this way.

She was born in Waimea in her mother's home, and then her father was the manager of the plantation down here at Puako. He was the manager, and he was out here to put the mill up and he didn't know anything about machinery. But he

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Smirnoff Vodka, 750 ml.	12 ⁹⁹

Kohala Middle Students Work on Community Service Projects

Participating in community service is important for youth as they learn to become contributing citizens. This semester, Kohala Middle School students have experienced what it feels like to "give back" as part of their school's Advisory Program. Each Advisory Hale (House), made up of about 30 students from grades 6 to 8, has experienced a variety of activities, depending on their selected area of focus.

Hale `Ike, led by teachers Duncan Anderson, Amber Corrales, and Crystal Bui, has been working in collaboration with staff from the Hawaii Wildlife Center since January. Students and teachers have walked to the HWC to help maintain the native gardens, clean windows, and learn how the staff cares for injured native birds. Most recently, students helped brainstorm a needed public service announcement video as well as draft designs for future HWC T-shirts and other items to be sold in the center's future gift shop.

Hale Kokua has been learning about respect and the efforts of community members to protect and preserve Kohala's coastline. This group, led by teach-

ers Jenny Stevens, Deanna Shelor, and Lauren Canton, has had Uncle Earl and Aunty Audrey Veloria come speak to them about respect. They also had Toni Withington and other members of the Coastal Access group come talk about preservation efforts as well as recent problems concerning protection of Hale Ka`ili, Kamehameha's personal heiau.



—photo courtesy of Hawai'i Wildlife Center

Students and staff from Hale `Ike participated in a multi-week service project at Hawai'i Wildlife Center.

Hale Kokua took a field trip to this sacred site, located along the coastline in the school's ahupua`a.

Hale Laulima has done a variety of activities to support their school and community. Teachers Chris Michaelis, Santana Rougemont, and Ellen Stone

have had their group work on a canned food drive and find out about our Food Basket by having Aunty Miriam Reyes come speak to them. This Advisory House has also helped with preparing for the school's recent Career Fair, and they are designing and creating refrigerator magnets to sell during the school's May 15 Relay Field Day in support of the American Cancer Society.

Another group of students, Hale Aloha, has focused on learning about recycling. Le'a Mizuta from WasteStream has spoken to this group, which has also watched educational videos like "The Story of Stuff." Students have had visiting presenters share about recycled art, and they also listened to a presentation from "Aunty Reggae," who promotes recycling and caring for our environment.

Gardening and healthy eating have

been the areas of focus for Hale Mana, led by teachers Wendy Nickl, Jason Muse, and Monet Diaz-Huth. This group has worked with garden teacher Dash Kuhr to improve the middle school garden and learn about nutrition. Hale Mana is working on a Healthy Eating Campaign.

Hale Akamai is organizing the final community service project for the year. This group, led by teachers Erika Blanco and Cristy Athan, is organizing a middle school mini Relay for Life, to be held May 15, from 12:30 to 6 p.m. Students will offer different games and activities for the public, who are encouraged to attend this event and support students in their fundraising efforts. Those attending will be able to enjoy the many gifted students who will perform in a talent show at this event. For further information call Mrs. Blanco at the school, 889-7119.

Community Invited to KMS Relay Field Day May 15

The Kohala community is invited to participate in Kohala Middle School's upcoming Relay Field Day, to be held May 15, from 12:30 to 6 p.m., at the middle school campus in Halaule. This "mini Relay for Life" is a feeder activity to help the Kohala Relay for Life chapter raise money for and awareness about cancer.

The Advisory Hale (Houses) at KMS will compete in multiple events to gain points and raise money for the Ameri-

can Cancer Society. There will be activities for the community to enjoy, hosted by student groups. A Kohala Middle School Talent Show and a display of this year's fun activities and projects are also planned.

The advisory group Hale Akamai, led by teachers Erika Blanco and Cristy Athan, is planning this Relay Field Day. Students are responsible for creating event activities, organizing fundraising efforts and publicizing the event. Students will raise money based on the number of laps they walk, the number of memorial luminaria bags, stars, and moon signs sold, and the goods and activities being offered at the various event booths.

The school will also hold a Spirit Week and a Penny Drive in conjunction with this event. This community service activity is being planned in collaboration with Maile Carvalho-Lincoln of the American Cancer Society. Please contact Erika Blanco at 889-7119 if you have any questions.



—photo by Erika Blanco
From left, Sadey Alip, Morgan Swan, Marissa Lawrence, and Devyn Redican-Martin of Hale Akamai work together to plan the May 15 Relay Field Day.

THE COQUI CORNER

April, 2013

Did You Know?

Coqui frogs do not have a tadpole stage. Females lay their eggs in damp leaf litter or rolled leaves, and the eggs are brooded by the male who keeps them moist.

The tiny froglets hatch in 14 - 17 days.

In Hawaii, mating coqui pairs produce a clutch of 34 - 75 eggs every 2 1/2 weeks, or 26 clutches a year. That is over 1,400 eggs per female per year. It takes about 8 months for froglets to mature. Adult coquis can live 4 - 6 years. It is estimated that for every coqui that you hear, there are at least 5 coquis that you do not hear, since only mature male coquis make noise.

Help Keep Kohala Coqui Free!
Call the Coqui Hotline: 889-5775

Donations are gratefully accepted through NKCRC.

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Local Christians Celebrate Passion Week

Many in the Christian Community of North Kohala celebrated "Passion Week" this year by attending two events sponsored by the Kohala Ministerial Association. The celebration began on Good Friday with the "Way of the Cross," a prayer walk that began at St. Augustine's Episcopal Church and concluded under the Banyan tree in Hawi.

The Rev. Heather Mueller delivered a moving devotional, and then participants walked together, taking turns carrying an eight-foot cross and praying at resting points along the way.

After arriving at the Banyan Tree, participants erected the cross and a Gospel message was presented by Pastor Steven Hedlund based on Colossians 2:13-14, "You were dead because of your sins and because your sinful nature was not yet cut away. Then God made you alive with Christ, for He forgave all our sins. He canceled the record of the charges against us and took it

away by nailing it to the cross."

The service culminated with an opportunity to write words of thanks to God, confessions of failures or prayer requests on slips of paper provided and then nail them to the cross.

After a moment of silence everyone



Worshippers from several congregations gathered at Mahukona Beach Park for the Easter "Sonrise" Service, March 31.

was treated to a free lunch provided by the Gospel of Salvation Church Ohana.

The Passion Week celebration continued on Easter Sunday with a Sonrise

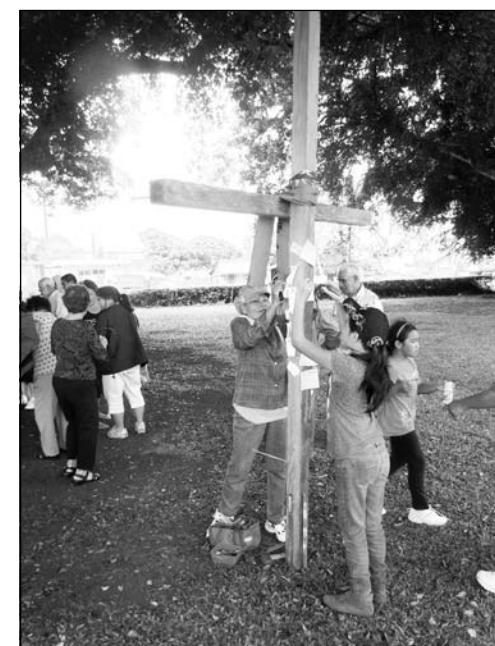
Service held at Mahukona Beach Park. Pastor Ilima Moiha shared a powerful message from 1 Corinthians 15:50-58 where the Apostle Paul declared, "O death where is your sting? O grave, where is your victory? The sting of death is sin and the strength of sin is the law. But thanks be to God who gives us the victory through our Lord Jesus Christ."

Indeed, Jesus Christ gained the victory over death by rising from the tomb on the third day following His crucifixion. In so doing, He delivers all who will trust Him from the fear of death by promising them eternal life. "I am the resurrection and the life, anyone who believes in Me will live, even after dying." (John 11:25)

An offering was collected during the service, half of which went to our local food bank and half to help support "Open House," a ministry based in Israel that nurtures peace between Muslims, Christians and Jews by providing education for preschoolers and summer camps for children and youth.

Following the benediction delivered by Kahu Tom Fernandez, everyone enjoyed a free breakfast provided by the Kohala Ministerial Association.

If you missed out on this event try to join us next year on Easter Sunday, 6:30



a.m., at Mahukona. Aloha Nui!

The Kohala Ministerial Association is a group of ministers from seven Christian churches in Kohala: Sacred Heart Catholic Church, Kohala Assembly of God, Kalaikiola Congregational Church, St. Augustine's Episcopal Church, Gospel of Salvation Church, Kohala Seventh-Day Adventist Church and Kohala Baptist Church. The group meets weekly to pray for concerns within the community and to plan and prepare for annual gatherings

at Christmas and Easter. For more information, call 889-5416.

Hands-on Learning at Ka`upulehu

On April 5, Kohala Elementary fourth grade students learned about the history of King Kamehameha's warships and the creation of Ka`upulehu. Aunty Ku`ulei guided the students through a beach hike to teach about the importance of salt pans and how the Hawaiians used salt to preserve their food.

Mahalo and appreciation goes to North Kohala Student Cultural Enrichment Program for the bus transportation and Aunty Ku`ulei for being an awesome tour guide.

A special thank you goes to Lighthouse Deli for the "onolicious" sandwiches. Chris Scelza, manager of Lighthouse Deli, has been most generous by providing the entire fourth and fifth grade with delicious deli sandwiches, chips and large cookies for student lunches when they went on recent field trips. The school cafeteria is no longer able to provide students with lunches when they go off campus due to recent state school lunch regulations. When Chris heard about this situation, he said he would love to provide without charge!



—photo by Mary Jane Sullivan

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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

April 2, 1913 – Mr. H.C. Davies, an old-time entertainer, licked 'em into stage form and when the drop curtain, with a section of Venice painted on it, went up at 8:20 last Saturday night (which in Kohala means "8 sharp") fun and laughter rippled and billowed back from "bald-headed" row to "peanut heaven," and spilled out the windows.

The "talent" was all local, and not only shows how well Kohala can amuse itself out of its own histrionic and musical resources; but the actors have reason to feel abundantly rewarded for the hard work put into rehearsals, costume tailoring and stage carpentry in the "come back again" reception, which the audience gave them.

April 23, 1913 – The Hawi post office began business on Friday morning. Hereafter all mail for Hawi must be addressed, "Hawi" Hawaii.

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

April 5, 1963 – Mevalyne, weighing 8 pounds and 11 ounces arrived to Mr. and Mrs. Ben Raymond of Niuli'i on March 25.

To Mr. and Mrs. Alfredo Lachica of Halaula, a daughter Andrea Lynn, weighing 6 pounds, 12 ounces, arrived on March 31. Alfredo is employed in the factory.

April 26, 1963 – Kohala High School reports news of some of its recent graduates. Miss Shirley Costa, class of '62, has been awarded a one-year, full scholarship to Chaminade College where she will begin her study in September, preparatory to entering St. Francis School of Nursing.

Elsie Kaitoku, Sue Kayatani, and Evangeline Keawe, all 1961 graduates and students at Hawaii Technical School, have recently been placed in secretarial positions in Hilo, where they will continue their on-the-job training. We offer our congratulations to these young women.

35 Years Ago – from The Kamehameha Times

April 14, 1978 – Family and friends gathered together to share in the wedding joys of Janice "Peaches" Leyson and Harold Caravalho on April 1. The sanctuary of the Catholic Church in Hawi was filled with white mums with silver hearts, the pews with maile and red anthuriums, where the sacred vows were exchanged.

The bride's attendants, robed in peach gowns, included Matron of Honor Carla Yamada; bridesmaids Deborah Kaholoaa and Susan Caravalho; flower girls Candy Caravalho and Georganne Leyson.

Standing up for the groom were Best man Steve Nakamura; ushers Frank Caravalho, Jr., and Chester Caravalho; ringer bearer Errol Leyson. The attending gentlemen were attired in beige tuxedos.

Happy parents of the bride are Mrs. Eulalia Huscaka and Mr. Jude George Leyson. The proud parents of the groom are Mr. and Mrs. Frank Caravalho, Sr.

The couple will reside in Hilo where Harold works at the Waimea Village and Janice is a nurse at Hilo Hospital.

Deadline to Register for Kindergarten April 30

Is your child ready to enter kindergarten? Parents who plan to enroll their child at Kohala Elementary School will need to register their child for kindergarten for school year 2013-14 by April 30. Children must have been born January 1 to December 31, 2008. Please bring

the child's birth certificate when registering at the school. The first school day for students is August 5.

For more information about registration, call the school at 889-7100.

For more information about kindergarten in Hawaii public schools, see <http://doe.k12.hi.us/kindergarten/index.htm>.

Graduation, A Time of Transition

By North Hawaii Drug-Free Coalition

All around the world, graduation is one of the rare occasions that modern society honors with a formal public ceremony. Rooted in ancient tradition, ceremonies like graduation, baptism and weddings all signify important life changes shared with family and friends.

As they step from the student experience into the next level—whether it's work, more schooling, travel or something else—young people and their families celebrate graduation by honoring the students' accomplishments, supporting their goals, and throwing parties. Sometimes, unfortunately, parties can produce increased peer pressure and opportunities for underage drinking.

Youth should celebrate their graduation. But underage drinking is illegal and very dangerous—and doesn't have to be part of the transition.

Author, lifelong learner, "Lego" engineer and Episcopal minister, the Rev. Robert "Moki" Hino grew up in Guam and Ahualoa where his family still lives. Hino has traveled the world for work and school and has addressed diverse congregations, large and small, rich and poor. Presently Rector of Holy Apostles Church in Hilo, Hino has also counseled many people, including over 85 men at the Sand Island Treatment Center in Honolulu for drug and alcohol abuse.

"Graduation is a rite of passage from childhood into adulthood. And, yes, that means we get to do 'adult' things," said Hino. "We cannot, however, do adult things and avoid adult responsibility for our actions."

"Part of being an adult is having the courage to do the right thing, hard as that may be in the face of challenges like peer pressure and what others will think about us," said Hino. "Have the courage to do the right thing."

How can I help my kids do the right thing?

Talk. The best time to help kids decide not to take a drink is way before the party gets started. It may seem like young people value their friends' opinions most, but in reality most kids say the No. 1 influence in their life is their parents. And kids whose parents talk to them about drugs and alcohol are about

half as likely to start drinking, compared to those who don't.

Hino's work at Sand Island Treatment Center spanned several years and many kinds of issues. One dominant "theme" in the work at the center was a sense that the men felt unworthy, and that their parents reinforced that notion in various ways. When you talk to kids, you let them know they are worth talking to. What they do matters, and they are worthy.

Here are some other ways to show you care and help keep kids safe:

Keep the party local. Do not rent a hotel room, and don't allow children to celebrate at the beach. A party in a remote location with no supervision creates unnecessary risk. At home, have somebody tend the cooler, and remember that you break the law if you allow anyone under 21 to drink alcohol.

Be the bad guy. Especially at a party in full swing, it can be hard for youth to say no and not look like a loser. It can help kids to know it's OK to blame you and take the pressure off themselves. For example: "My mom will kill me." Or, "My uncle's the human breathalyzer. He can smell a beer a mile away."

Pick your "no's." When friends at a party insist that parents will never find out, one time won't hurt and everyone else is doing it, kids need to know how to say "No, thanks," with confidence, direct eye contact and no excuses, apologies, arguments or complaints. Here are a few examples:

"No thanks, I've got a game (or a race or a show) tomorrow."

"No thanks, I have to go soon."

"No thanks, I'm the designated driver."

"No thanks, I get tested at work."

"No thanks, I'm good."

"No thanks, if I wanted some I would have asked for it."

Get them home. When the problem is not the teens themselves drinking, but the driver they came with, kids need to know they can call for a ride home—and that they can always count on it. A pre-arranged text message or code phrase such as "I forgot to feed the cat" can make for a smoother exit. And if you are working or not available, make sure you have a backup ride for them.

Graduation is an important ritual and a significant transition time for the whole family. Let's help our young people step up from student to the next level—with confidence and the courage to do the right thing.

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

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'All about Coconuts' Draws a Crowd

By Deborah Winter

"Grow your own future" was the theme of a coconut day program attended by 60 people at the Intergenerational Center in North Kohala on April 13. The three-hour event offered information, demonstrations, a slide show, exhibits, coconut snacks, coco water, songs, dances, drumming and plenty of community networking regarding how to plant and use coconuts. Tim Head and Carolyn Mondress, co-chairs of "Coconuts for Kohala," led the event, and Forrest Arnold served as group facilitator.

Audience discussion was lively, and many asked questions and offered information. Financial topics included low-interest agricultural loans, tax benefits, land regulations and orchard tax depreciation. Tim and guest presenter Vince McMillan (the chairman of the recent Hilo Coconut Festival) predicted that within a decade Kohala could support a farmer-owned-and-operated co-operative for processing nuts and producing value-added products such as "Kohala Brand Coconut Oil" for sale locally and off-island.

Tim emphasized the value of patience and hard work. It takes a decade for a sprouted coconut to begin to produce nuts. Thereafter it will provide a bounty of valuable nutrition and health for a half a century. A vision of a "coconut renaissance" includes a shift in the economy and livelihood of the North Kohala community. Cooperative operations for growing and harvesting provide jobs as well as a major source of local food security, self reliance and independence.

Carolyn described numerous health benefits of coconuts and coconut oil. In addition to being anti-bacterial, anti-

fungal, and anti-inflammatory, coconut oil hydrates the body and protects the skin from sun damage. The oil remains stable and can be kept without refrigeration on a kitchen counter for a year and not go rancid, though it needs to be protected from direct sunlight. Carolyn

the web and to see Bruce Fife's book, called "Coconut Cures."

Tim described the history of the coconut palm, which originated near the equator in Indonesia or Malaysia, then spread to Melanesia, Polynesia and eventually to Hawai'i about 1,000 years ago. Coconut palms are now the most widely used and grown palm tree in the world. Because the plant evolved on the beach, it is good to add crushed coral to the root zone every couple of years. The palms bear year-round, and are best planted 25 feet apart. Ideal elevation for planting is sea level, but the palm produces well up to 800 feet. Production slows down above the ditch, but palms still bear as high as 1,500 feet. Tim particularly recommends planting dwarf palms because they are easier to harvest and manage.

Tim and Vince demonstrated several tools for splitting, scooping and grinding coconuts. These tools make it much easier to get the meat and milk from the coconut. The graters are available on the web. Tim announced that he has excellent books

available for sale on planting and production for serious planters.

During the event, artistic offerings were interspersed with information sessions. Forrest Arnold sang songs that he wrote honoring the responsibility we have to future generations for planting trees. Natalie Young and her friends danced a hula which Kumu Raylene choreographed that expresses connecting hearts through offerings from the land. Natalie also led an improvisational dance group that honored the coconut tree. Free snacks featuring fresh coconut harvested from Starseed Ranch were baked and offered by Deborah Winter. Jim and Zack Williams of Kokoiki provided fresh coconut water.

For more information see www.coconutsforkohala.com or call Tim or Carolyn at 889-5641. Coconuts for Kohala is sponsored by Sustainable Kohala and North Kohala Eat Locally Grown.



Tim Head presents information about how to grow and harvest coconut trees at the All About Coconuts workshop, April 13, at the Intergenerational Center.

mentioned that the oil is excellent for frying and baking and a good substitute for butter. Coconut aids digestion and controls cravings.

Although many people erroneously believe that coconut oil is unhealthy because it is a saturated fat, research shows that all saturated fats are NOT the same. Coconut's lauric acid converts fats directly into energy. Most popular oils must be processed by the liver and gallbladder. Vegetable oils such as canola oil and corn oil are stored in the body as fat and are major contributors to America's obesity and related health problems. Olive oil and coconut oil are now the super stars of the health-minded public. Coconut oil is immediately utilized as energy and promotes weight loss and a balanced metabolism, including clean arteries and "good" cholesterol. Carolyn urged the gathering to become their own experts and explore coconut oil on



—photo by Tim Head

Coconuts for Kohala by Haley Graham

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Pumpkin Patch Sponsors Poultry Workshop

The Kohala Mountain Farm Pumpkin Patch at Kahua Ranch is partnering with The Sustainable Poultry Network to bring an eye-opening, workshop-style seminar to those interested in breeding, growing and selling standard bred poultry. Learn hands-on, insider knowledge from sustainable poultry specialist Jim Adkins in his full-day workshop "Raising Heritage Poultry for Profit & Pleasure," May 11, from 9 a.m. to 5 p.m., with registration beginning at 8:30 a.m.

"We'll discuss how to choose your breed, prepare your pasture and look at facility options for your flock," said Adkins. "You'll learn the basics of brooding poult—dealing with heat, feeding, watering, pastures, proper fencing and even how to deal with predators. The workshop will end with wonderful secrets to marketing your products, planning for profit and building a sustainable farming program with your flock."

Session topics include: Necessity of Identifying Heritage Poultry; Facilities, Feed and Forage; Selecting Heritage Poultry for Production; Introduction to Breeding Standard-Bred Poultry; Bud-

geting, Marketing and Your Small Farm Business Planning.

A large portion of the seminar's proceeds will benefit the Kohala Mountain Farm Pumpkin Patch, which supports and promotes Buy Local Food for Hawaii.

The workshop will be held at Kahua Ranch, 59-564 Kohala Mountain Road. Cost is \$89 for early registration (ends May 3); \$109, late registration. Cost includes materials and lunch. Register online at www.sustainablepoultrynetwork.com/workshops-seminars. Mail checks to Center for Poultry, 642 Moffitt Hill Road, Old Fort, NC 28762.

For the past 30 years, Adkins has raised more than 50 breeds and varieties of standard bred poultry, including chickens, ducks, geese and turkeys. He is a passionate, effective communicator who loves poultry and teaching people about the available opportunities with poultry. Adkins established the International Center for Poultry in 1992 and currently lives in McDowell County, NC working as a sustainable poultry specialist. For more information, contact Jim Adkins at (209) 890-5326 or email jim@centerforpoultry.com.

Career Fair Motivates Students and Expands Horizons

The Kohala Middle School campus was filled with more than two dozen visiting community members, all there for one reason: to motivate students about their futures. The annual KMS Career Fair occurred April 3 and, from feedback received, both visitors as well the KMS `ohana enjoyed the day.

Students spent the morning rotating to five different presentations featuring a wide variety of professions. Always a big hit with the youngsters are people who serve our community, including our local police, firefighters, and Army National Guard. Janet Schmidt from Kohala Hospital talked to youth about work as a nurse and other opportunities in the health field, while Maile Carvalho-Lincoln spoke about working in the nonprofit sector and Judi Ellal talked about work as a wildlife rehabilitator for the Hawaii Wildlife Center.

Other Kohala presenters included Nino Kaai talking about the work of a professional musician, members of Aikikai of Kohala demonstrating aikido and sharing about its benefits, and Jim Pedersen, a civil engineer who showed youth exciting pictures of projects he has worked on. Traci Figueira, owner of Fig's Mix Plate, talked about what it takes to run a restaurant, and Lakme Nishie and Jason Wilson provided information about working in the financial

sector. Cultural educator Lehua Dircks AhSam shared about her work as well as educational opportunities at UH Hilo.

Featured guests from beyond Kohala included professional surfer CJ Kanuha from Kona, who brought with him Ehitu, an underwater photographer. Glass artist William Morris, fisherman Chuck Leslie, and tattoo artist Che Pilago also journeyed from Kona to share with the Kohala youth.

Students learned about careers in the maritime field from retired Captain Norman Pi`ianaia, from Waimea. They also found out about work in archaeology and opportunities with the National Park Service from archaeologists Rick Gmirkin and Ashton Dircks AhSam.

This year's Career Fair was organized by Kohala teacher Wendy Nickl and Randee Golden, who works for University of Hawaii on the Growing Pono Schools Project, a grant to create advisory and social skills lessons for students in Hawai'i. The coordinators, students, and staff want to express their deepest appreciation to all the community members who participated in this year's Career Fair. The motivation and inspiration provided by everyone has been extremely beneficial for the students at Kohala Middle School!

KMS
students
learned
about a
wide
variety of
professions
as part of
the Career
Fair at the
school April
3. Here
they get the
lowdown on
firefighting.



—photo courtesy of Kohala Middle School

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May

KOHALA CALENDAR

- | | | |
|----|-----|--|
| 1 | Wed | 10 am, Homeschool Wednesday, ages 6-12, North Kohala library, 889-6655. |
| 1 | Wed | 4:30-6:30 pm, CDP Public Access Subcmte. Mtg., Senior Center, Ted, 889-5801. |
| 2 | Thu | 4:30-7:30 pm, "Teaching Positive Relationships 1 & 2" free child-care training, (also May 9) Montessori Ed Ctr, Hawi, 322-3500 to register. |
| 2 | Thu | 6-9 pm, Green Drinks Hawi, Kava Kafe, organic networking & pupus, Forrest, 987-2365. |
| 3 | Fri | 10 am, Preschool Story Time series, ages 2-5, every Friday, North Kohala library, 889-6655. |
| 4 | Sat | 8:30-10:30 am, "Walking in the Wild" guided silent walks w/ Gavin Harrison, at `Iole, by donation, sign up by 8:30, call `Iole at 889-5151. |
| 5 | Sun | 10:30 am, Metaphysical Church "Maha-Christos Immortality," Kohala Yoga, 54-3877 Akoni Pule Hwy, Rev. Lee, 889-5505. |
| 6 | Mon | 10:15 am, Kohala Middle School May Day Celebration, public welcome, KMS campus. |
| 6 | Mon | 6-7 pm, Growth Management Subcmte. Mtg., public invited, Surety Kohala office, Hawi, Hermann, 889-1464. |
| 6 | Mon | 7 pm, Al-Anon mtg., every Monday, lower level, Walker Hall, St. Augustine's, Laura, 884-5833. |
| 7 | Tue | 4:50-5:30 pm, Hope for Haiti Mtg., St. Augustine's Walker Hall, new members welcome, Lani, 889-5852. |
| 8 | Wed | 8 am, No. Kohala Merchants Association Mtg., Resource Center, public invited, Bobby, 889-0505. |
| 8 | Wed | 5:15 pm, CDP Power, Viewplanes & Erosion Control Subcmte, public welcome, county bldg. (former Bank of Hawaii), Susan, 882-7611. |
| 10 | Wed | 2:15-4:30 pm, Mother's Day Bazaar craft sale, Kohala Elementary cafeteria, Debbie, 889-7100 after 2 pm. |
| 11 | Sat | 9 am-1 pm, North Kohala-Grown Kits 'n' Kats May Adoption Saturday: very friendly, litter-trained, neutered/spayed, FIV & FeLV neg., all shots, dewormed, most microchipped, Kapa'au Vet Center, 54-3876 Akoni Pule Hwy, Kate, popokipono@gmail.com . |
| 13 | Mon | 5:30 pm, CDP Action Cmte. Public Mtg., former Bank of Hawaii bldg., Kapa'au. |
| 13 | Mon | 6-7 pm, Kohala Haw'n Civic Club Public Mtg., Hawi Community Center, Rochelle, 896-3033. |
| 15 | Wed | 10 am, Homeschool Wednesday, ages 6-12, North Kohala library, 889-6655. |
| 15 | Wed | 12:30-6 pm, Kohala Middle School Relay Field Day, public welcome, Erika Blanco, 889-7119. |
| 15 | Wed | 4:30 pm, KMS SCC mtg., library, parents & community welcome, 889-7119. |
| 16 | Thu | 1:30-2:30 pm, Kohala Hospital Auxiliary Mtg., Hospital Pavilion, new members welcome, Dixie, 889-5730. |
| 16 | Thu | 3:30 pm, Kohala Elem. SCC mtg., rm. 12, public invited, 889-7100. |
| 18 | Sat | 9 am-1 pm, Treasures Helping-Hand Store, Assembly of God, Hawi Rd., free meal: 10 am-1 pm, 889-5177. |
| 18 | Sat | 2-4 pm, "Yoga on Horseback" w/ Daya at Hawaii Paso Finos Ranch, Kelly, 884-5625. |
| 18 | Sat | 4 pm, KHS graduation, Hisaoka gym, Kamehameha Park. |
| 18 | Sat | 4:30-6:30 pm, Free Grindz-Hot Meal, under the Hawi Banyans, bring a friend, Kohala Baptist Church, Sondra, 889-5416. |
| 19 | Sun | 10:30 am, Metaphysical Church "Beyond Space & Time & Wesak Celebration," Kohala Yoga, 54-3877 Akoni Pule Hwy, Rev. Lee, 889-5505. |
| 24 | Fri | Last day of school for students, Kohala public schools. |
| 24 | Fri | 8 am-1 pm, Health, wellness, CPR classes for adults, free, Kamehameha Park, Vi, 889-6394. |
| 25 | Sat | 8 am-3 pm, Sports Camp, ages 8-14 years, free, Kamehameha Park, preregistration required, Vi, 889-6394. |
| 25 | Sat | 11 am-12:30 pm, Free Community Meal, St. Augustine's Walker Hall, Thrift Store open 10 am-12:30 pm. |
| 28 | Tue | 8 am-2 pm, Vacation Bible School thru May 30, K-8th grade, free, Kamehameha Park, Vi, 889-6394. |
| 28 | Tue | 9 am-noon, Vacation Bible Camp thru May 31, ages 4-12 years, free, St. Augustine Episcopal Church, 889-5390. |
| 28 | Tue | 5 pm, CDP Parks, Water & Roads Subcmte, public welcome, KIC, Kamehameha Park, andi@hawaii.rr.com . |
| 28 | Tue | 6 pm, CDP Agriculture Subcmte. Mtg, public welcome, KIC, Frank, 333-8026. |
| 29 | Wed | 8:30 am-12:30 pm, 'Iole hosts Volunteer Trail Clean Up & Mahalo Lunch, 53-496 'Iole Road, Kapa'au, Kerry, 889-5151. |

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

An 'Eggscellent' Easter

Keiki ages one to 10 (and their families) descended on Kamehameha Park on March 30 for the annual community Easter egg hunt.

Children enjoyed crafts (including making fanciful Easter bunny ears), photos with the Easter Bunny, and many activities before the start of the hunt at noon. Divided into age groups, children anxiously awaited the start of the hunt, with little ones getting instructions (and a little help) from parents. Older kids were on their own but needed no instructions on how to race for eggs.

This year, instead of candy-filled eggs, the children returned the plastic

eggs for a special prize. More wonderful prizes were won in lucky number drawings after the hunt.

The annual event provides a fun, drug-free, community activity for the whole family. It was sponsored by Hawai'i County Parks and Recreation and the Kohala Coalition Against Drugs (KCAD) with generous support from a 21st Century Community Learning Centers grant and hands-on help from volunteers from Kohala High School Student Credit Union, Hawaii Community Federal Credit Union and Kohala Lions Club. Volunteers helped with registration, set up, crafts and laying out the eggs.



—photos by Megan Solis

Seasoned hunters were on hand to give younger keiki some tips on the fine art of the egg hunt.



So many eggs to choose from!



The older children flooded the field to fill their bags with colorful plastic eggs.



Huaka'i couldn't contain her excitement as she waited for the start of the hunt with mom Jill Perreira.



Some keiki learned fast that you get more eggs in your bag if you grab them two at a time.



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