

Kohala Mountain News

Vol. 12, No. 6

June 22, 2013

Kapa`au Firefighter Rescues Distressed Swimmers at Pololu

By Megan Solís

Thanks to the quick response of beachgoers, some well-placed rescue tubes, and the heroic efforts of Kapa`au firefighter Jeffrey Maki, one North Carolina family was saved from likely tragedy at Pololu Beach on Sunday, June 9.

Kelly Hoyle of Waimea was at Pololu when she noticed five people who appeared to be struggling in the rough water. One woman cried out for help, and Hoyle remembered seeing some rescue tubes mounted on poles on the beach. She unhooked two of them

and ran to the edge of the water, she said. She threw the tubes toward them, hoping the rip current would carry the tubes toward the distressed swimmers.

Meanwhile, off-duty firefighter and former lifeguard Jeffrey Maki had been hiking up the second switchback to the top when he heard the cries for help.

"I saw people getting sucked out," he said. "There was a pretty prominent rip current right where they were swimming."

He ran back to the beach, got the tubes from Hoyle and another man, and swam out to the first group of three swimmers.

"I went out in the rip and gave the buoy to the three people at first... asked them if they were all right and told them to try to kick in and let the waves push them in," he explained.

Maki then swam out to the other two, a father and daughter, who were struggling about 20 yards away.

"At first I couldn't see them, so I was kind of worried," he recalled. "But they got out of the rip a little bit and were starting to get pushed in, so I swam over toward them. They were starting to make some progress in."

He gave them the tube and told them to keep going and once they got over the sandbar, they could stand and let the waves push them in.

"I made sure it looked like they were going to be able to get back in, but in



—photo by Kaylee Blevins

Kapa`au firefighter Jeffrey Maki carries an unidentified man safely to shore with the assistance of other beachgoers and two rescue tubes. The man was one of five people rescued from the rip current at Pololu.

the meantime, the other three were still in the rip so I had to swim over to them to get them back floating on the buoy and help them in. Once they had their footing they were able to get out of the water." Hoyle helped the threesome get on shore safely.

Maki then went back over to the father who was still in the water.

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Celebrating Kohala's Own Kamehameha I



—photo by Megan Solís

Pa`u Queen Sandie Wong presided over the 2013 Kamehameha Day parade on June 11 in North Kohala. For more photos from the day's festivities, including the lei draping, parade and ho`olaulea, see pages 10 - 11.

Doors Close, Doors Open: Substance Abuse Treatment in North Kohala

Story and photo by Deborah Winter

On June 24, Big Island Substance Abuse Council (BISAC) closed North Kohala's residential treatment house due to budget cuts by the State of Hawai'i Department of Health. The house has served over 300 men in the last 12 years in a therapeutic living program.

The closure is especially disappointing because North Kohala's treatment house has an unusually high rate of success. Verna Charterand of Lokahi Treatment Center notes that in contrast to the usual success rates of less than 10 percent, over 50 percent of the graduates of the North Kohala House stay clean. One of the reasons for the effectiveness is that the program offered a rich cultural and spiritual dimension by holding sessions at Konea O Kukui Gardens, where it reconnected men with the `aina, with their cultural legacy, with their spirit, and with beauty.

Just as the residential treatment house is closing its doors, however,

Verna Charterand, a gifted substance abuse counselor, has joined Lokahi Treatment Center full time. Lokahi Treatment Center is an outpatient treatment center in North Kohala. She will provide services which greatly increase offerings that have been given on a part-time basis by Dr. Jamal Wasan, chief executive officer of Lokahi Treatment Center.

Verna brings a wide range of skills and experience to her counseling. A Certified Substance Abuse Counselor, she worked for BISAC for 10 years, as well as Lokahi Treatment Center, Care Hawaii, and Turning Point for Families. Widely admired and respected, Verna has years of experience with residential treatment and outpatient programs, probation and parole case management, and domestic violence therapy.

In the words of Kale May who has



Verna Charterand joins Lokahi Treatment Center in Kapa`au.

worked with her for many years as both client and colleague, "for Verna, it's not a job, it's a passion. She just knows everybody can make it and she refuses to let you give up on yourself. She'll love you deeply and unconditionally as you go through the hard work of healing."

Verna has changed the lives of many men throughout the island. Because drugs are still a prevalent issue in our community, we are blessed to have her here in North Kohala to help our community heal.

Verna will offer both individual and group counseling 40 hours a

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Kids Paint Signs for Coastal Project at Upolu

By Toni Withington

The coastal trail at Upolu Airport is now decorated with three signs designed and painted this spring by three art classes at Kohala Middle School. The signs for the coastal restoration project at the airport were finished the last day of school, and all three were mounted by Kohala Lihikai, the lead community group in the project, in time for National Trails Day June 1.

The groups working on replanting native bush and ground cover along the shoreline trail celebrated the students' art with

a gathering and hike along the coast in honor of Trails Day. Dignitaries from the state Airports Division and the Ala Kahakai National Historic Trail joined in.

Students in the three art classes of teacher Lauren Canton spent several months planning the designs, learning to

transfer their designs to the 4- by 8-foot signs, learning to blend colors to their liking and finally painting the designs and lettering. Canton, Randee Golden and Lehua Ah Sam from the middle



Art students from Kohala Middle School designed and created three signs for the coastal trail at Upolu Airport.

school were joined by volunteers led by artists Malia Welch, Kim Sweeney and members of Kohala Lihikai.

"Working Together" the signs say, pointing out the cooperation of eight community groups with the Airports Division and the 175-mile Ala Kahakai Trail, administered by the National Parks Service. One sign is mounted at

the airport terminal and the other two at the east and west ends of the public shoreline trail.

Chauncey Wong Yuen, Hawaii district manager of the Airports Division, praised the students for their innovative designs and use of color, saying the signs brighten the airport and

honor the work being done to reclaim native plants on the shoreline trail.

Aric Arakaki, superintendent of the Ala Kahakai Historic Trail, acknowledged the growing and planting of native vegetation by the local groups and praised them for working with the middle school artists to focus on the plants and activities along the coast.

"I think the kids did a very professional job, and their work shines," said



—photos courtesy of Toni Withington

Volunteers including local artists and members of Kohala Lihikai helped mount the signs at the coastal trail at Upolu.

Joe Carvalho, chairperson of Kohala Lihikai.

The hike along the trail provided an opportunity for the partners to continue planning for more transplanting of nāpaka and ground covers, further soil erosion methods and irrigation options. A mile-long trail spans the entire length of the runway along the shore. The trail is open to hikers and fishermen with the easiest access from a parking area at the west (Kawaihae) end of the trail.

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week. Walk-in appointments will be available, as well as a regular schedule of sessions for different needs, including substance abuse, domestic violence, and behavioral therapy. Both day and evening treatment sessions will be offered so that clients who are working at jobs or in school will have access.

Dr. Wasan will continue to offer anger management, individual, family, and couples counseling on Tuesdays from 10 a.m. to 5 p.m. (To schedule an appointment to meet with Dr. Wasan at the Kohala office, please call at 883-0922.) Lokahi Treatment Center accepts all medical insurance and will offer a sliding scale of fees. Call 889-5099 for an

appointment with Verna.

Verna greatly values the cultural and spiritual dimensions of treatment and attributes the success of residents in the North Kohala house to the power of spiritual connection made possible by their weekly meetings in Konea O Kukui Garden. There they experienced beauty and spirit while sharing in a group with "angels," a small number of community volunteers who support their healing.

Verna believes that the BISAC treatment curriculum, which was developed by Western psychologists and promotes choosing different behavior by changing one's thinking, works best when it is met with spiritual and cultural dimensions. The curriculum provides specific

workbook exercises and teaching to help participants change their thinking and behavior. But this education is much more potent when trust, serenity, support and well-being are experienced in a culturally rich setting.

Although the residential treatment house is now closed, Verna, along with Nani Svendsen, director of Konea O Kukui Garden, Giovanna Gherardi and Michael Menchetti, along with other angels, are hoping to open a Clean and Sober House that would provide graduates of residential treatment programs a safe setting to continue their recovery process. Using the Oxford model which emphasizes a safe haven for men in recovery, the house would enable those who have recently had residential treat-

ment to live in a structured home where they are surrounded by others committed to recovery, working at paid jobs, and providing emotional support to each other. There are several Clean and Sober Houses on the island, including two in Waimea, but they do not have access to the healing effects of Konea O Kukui Garden.

With Verna located in Kapa'au, and furniture generously donated by Frank Morgan, all that is needed now is a house that is near town and public transportation (so the residents can commute to jobs.) Please call Verna at the number above if you know of possibilities.

Doors close, but with community support . . . new doors open.

NORTH KOHALA COMMUNITY RESOURCE CENTER

MAHALO NUI LOA

➤ The Ernest Moody Charitable Foundation made generous contributions to fifteen community projects this month including KCAA, KEEC, KCAD, Yoga in the Schools, Seniors, Friends of the Tennis Courts, Coqui Coalition, Kohala Mountain Pumpkin Patch, Rural Emergency Care (new ER), Pop Warner, Kohala Food Forum, Project Grad, Kamehameha Celebration, Hokupa'a athletics and NKCR. We extend our heartfelt gratitude from all these deserving efforts in North Kohala.

➤ New projects recently sponsored include LavaRoots Performing Arts project, and Ohua O Na Kia'i No Na Keiki O Ka'aina, a lo'i restoration project at I'ole.

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

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LavaRoots 

'W Sup Boss' Basketball Wins Big

By Fred Figueroa

"W Sup Boss" high school boys basketball team won this past spring/summer High School Boys Basketball League tournament, June 8 and 9 in Hilo. The team ended the regular season with a five win, two loss season but closed it out strong in the two-day tournament to end as this year's champions. They played four games in two days to win the championship against Kamehameha Kea'au Warriors.



The tournament began Saturday with a win against St. Joes High School and Hilo High School, moving on to the semifinals against Waiakea High School. After that exciting game Sunday

W Sup Boss Basketball: left to right, front row: Ramon Cubangbang, Hana Carvalho, Shawn Ramos; second row: Kealen Figueroa, Kala Jordan, Justin Agbayani, Candrix Ramos; missing Brayden Torres; last row: Coach Kihei Kapeliela, assistant Fred Figueroa.



—photo courtesy of Fred Figueroa

morning, at 6 p.m. the team then conquered the Kamehameha Warriors.

I'd like to send a special mahalo to coach Kihei Kapeliela for helping me along in coaching this group of young men. We look forward to this upcoming basketball season. The Kohala boys high school basketball season starts January 2014.

Pololu, continued from page 1

"He couldn't even stand up, and I carried him up to the sand," said Maki. "He was completely exhausted. He couldn't talk."

Fortunately, two physicians had been hiking down the trail and were able to render assistance. With no cell service on the beach, Hoyle's husband ran up to the lookout to call for emergency help.

Maki left the family in the doctors' care and returned up the trail to wait for emergency responders. The man had to be airlifted off the beach and rushed to a hospital by ambulance.

Maki said he hasn't heard how the family is doing. KMN was unable to locate the victims or verify their welfare.

Hoyle said that if not for the heroic efforts of Jeff Maki and the fortunate placement of the rescue tubes, the day could easily have ended in tragedy for this family.

Maki, who worked as a lifeguard in Florida and O'ahu, has been a firefighter at the Kapa'au station for about three years. Although some have called him a hero, he's just doing what all firefighters and lifeguards do every day, he says. "Anybody I've worked with before as a lifeguard or in the fire department who has the training would have done the same thing."

Maki and Hoyle agree that the rescue tubes were absolute lifesavers.

Maki explained that since the two

Update on HELCO Planned Outages

The June planned outages announced by Hawaii Electric Light Company (HELCO) last month are still set for Wednesday and Thursday, June 26 and 27. However, the date for the third outage has been tentatively changed to Wednesday, July 24. The outages will last from 8 p.m. to 5 a.m. the next day.

HELCO says the outages are necessary to allow them to upgrade equipment in the Waimea substation.

All of the dates provided are subject to change due to the complexity of the project and unexpected factors which could impact their ability to move forward, said a HELCO representative.

groups were split apart, the tubes were especially helpful because one group could stay afloat with one tube while he helped the other people.

Pololu is known to residents for its treacherous conditions. With no lifeguard on duty and difficult access, swimmers and surfers can easily get into trouble there. Hoyle noted that although there are warning signs about the rip currents at the top of the trail, there are none posted on the beach itself. Visitors often don't understand the dangers of the surf there.

The first two rescue tubes were installed on each end of Pololu by Mike Varney, a Big Island resident and surf enthusiast who got the idea from tubes he'd seen on Kaua'i. The devices were supplemented with two more tubes placed mid-beach by Kohala Warrior Aquatics in March 2013.

Kohala pool senior lifeguard and Warrior Aquatics coach Jeff Coakley said he is currently gathering stories of rescues at local beaches. He said the stories will be compiled and used to advocate for a lifeguard tower and guard for Pololu Beach. He believes there are enough people using the beach to justify having a lifeguard there.

"Pololu isn't isolated anymore," he said. "When you can't find a parking spot, it's not isolated."

Anyone who has a rescue story to share can contact Coakley at 889-6933.

What to Do in a Swimming Emergency

By Megan Solís

Thanks to the awareness of beachgoer Kelly Hoyle and the selfless, life-saving experience of Jeffrey Maki, a tragedy was averted at Pololu Beach on July 9. But most of us who enjoy the often isolated beaches of North Kohala don't have the training or swim skills to execute a rescue of a drowning swimmer (much less five of them!) Jumping in the surf may just create the need for one more rescue.

So what's the best course to take if you're at the beach without a lifeguard and someone in the water needs help? According to Kohala pool senior lifeguard Jeff Coakley, the first step is always to call 9-1-1. It's best to have help on its way as soon as possible.

Then look for a flotation device. There are four lifesaving tubes at Pololu, but if there aren't any at your location, look for a buoy, a piece of driftwood, or anything that floats. If the swimmer is close enough to shore, try a rope or pole. Getting the flotation device to them can keep them afloat until help arrives.

Throw, don't go. Unless you are experienced with rescues, throw the

flotation device as close as you can to the swimmer, but don't go in yourself. Even expert swimmers should use a flotation device for themselves. As the saying goes, "Better one man drown, than two."

Always use caution when deciding whether to go for a swim and heed any warnings about rip currents. If you are caught up in a rip, just go with it. Fighting it is what gets people into trouble, Coakley said. Try to float on your back and go with the flow.

Surfers and swimmers: always let someone know when and where you plan to go out. If you don't return after a reasonable time, searchers will know better where to look for you.

Swimming lessons are offered at Kohala pool throughout the summer. Coakley said the first thing he teaches young swimmers are survival skills: how to float on your back and bob toward the shore safely. Fear does not help a swimmer in trouble, he said, so he teaches keiki to overcome their fear of the water by learning certain skills.

To learn more about water safety lessons, contact Coakley at 889-6933.

Grand Master Riley Lee and Fred Soriano, Kalai Ki'i P ohaku, Stone Carver

"Monking Around Hawi"

Performance of ancient shakuhachi (bamboo flute) melodies and exhibition of carvings celebrating nature, the elements and as they infuse their work with the philosophy of Zen and "wabi sabi." Carvings of stone lanterns, jizos, buddhas, water basins and Hawaiian deities



Fred Soriano photo by Charlene Asato Riley Lee photo by Rudi van Starrex

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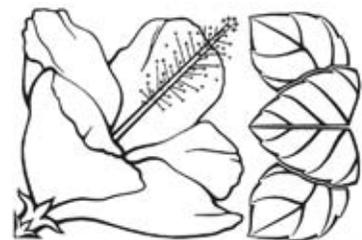
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Future KMN Deadlines

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: 7/12/13
News Deadline: 7/15/13

June

Ad Deadline: 8/9/13
News Deadline: 8/12/13

Kohala Mountain News

www.kohalamountainnews.com

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

EDITORIAL STAFF

Megan Solís

Managing Editor
884-5986/kmneditor@hotmail.com

Anne Fojtasek

Associate/Layout Editor
884-5596/annef@hawaii.rr.com

Jesús Solís

Calendar Editor
884-5986/kmncalendar@hotmail.com

Tom Morse

Sales/Business Manager
345-0706/ltmorse@aol.com

Hana Anderson

Bookkeeper
987-6762/kohalataxllc@yahoo.com

Cherry Agbayani, Carley Arraujo, Kaylee Blevins, Jessica Brown, Michal Anna Carrillo, Frank Cipriani, Jeff Coakley, Karin Cooke, Fred Figueroa, Cheri Gallo, Noreen Hagio, Sarah Kobayashi, Kassie Kometani, Dan Leitner, Mari Lippert, Kathy Matsuda, Leslie Nugent, Colleen Pasco, Hanalei Roberts, Suzanne Sasaki, Jesús Solís, Jenna Vega, Kelly Vitorino, Rose Mae Watterson, Pua Weymouth, Lew Whitney, Margaret Wille, Deborah Winter, Toni Withington.

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Viewpoint

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

Community Support, Not Charter School, Is the Solution for Kohala

By Colleen Pasco

I was taken aback by the news of a potential charter school in the May issue article, "New Charter School in the Works for Kohala" (page 1.) As a 23-year teacher at Kohala High School, I feel the need to address some of the points made in that article.

First of all, organizers said they felt the need to offer "small class sizes in a values-based, nurturing environment." I'm not exactly sure what the reference to "values-based" may refer to, but classes are very small at Kohala High; I only had one class this year with more than 20 students (22 actually) and I taught 9th and 12th grade English, yearbook, and broadcast media, which included live broadcasts of the morning bulletin daily and the online school newspaper.

Nurturing is something we do every day by trying to instill good moral behavior in our students, teach them to abide by the rules, work hard in all of their classes, and we do everything we can to make sure those students graduate on time. Our total enrollment this last year was 253 in grades nine through 12. You can't get much smaller than that and maintain an effective curriculum. There are many reasons parents choose to send their children to expensive private schools; I'm not so sure overcrowding at Kohala High is one of them.

Instruction at Kohala High includes

the common core standards, and many of our teachers embrace Hawaiian values and multicultural studies. We offer art classes taught by a long-time resident of Kohala and a professional artist in her own right. There is a sustainable agriculture program in the farm area with hydroponics and traditional gardening. We have strong math and science programs, and many of our students select Advanced Placement classes that follow the standards of College Board. What we can't offer, students can get online and we establish a support system for that.

As a teacher, I am empowered already with curricula freedom, something guaranteed to me in my contract with the Hawaii Department of Education, and my classes are student-centered, thematic, interdisciplinary in that we work to integrate subjects as much as possible, and most importantly, project-based.

Seniors complete a senior project that is a topic of their choosing and which falls into one of three categories—community service, career-related, or interest-based. We are always looking for community members to serve as mentors for these students and to act as judges when they present their final projects to a panel of community members. This was our fourth year, and I did not have a large number of community members pounding on our doors to work with students.

Addressing the Problems of Overfishing in Kohala

By Jeff Coakley

I had the pleasure of attending a special presentation by President Thomas Remengesau, Jr., of the Republic of Palau at Ka'ulu'pulehu, Kona. President Remengesau spoke about the problems his country faced from overfishing and how they went about addressing the problem, becoming a successful role model for the world to follow.

An article I wrote a few issues ago ["Kapu System Should be Revisited," December 29, 2012, page 5] related to the Hawaiian "kapu" system: in ancient Hawaiian times certain coastal areas would be closed to fishing to allow the marine life the opportunity to replenish itself. When this was attained the "kapu" or ban would be lifted for the people to gather food once again.

For the past months I have been working on a personal project entitled "What Once Was," a documentary film about Kohala fishermen of yesteryear. It is interesting to note that those interviewed all agreed that our marine resources are being wiped out due to the changes of our societal values. Some of

those kupuna fishermen I interviewed would tell me, "my mother told me to take only what the family needed to eat that day and no more." Today, the attitude has changed to, "If I don't take it then somebody else will."



—photo courtesy of Jeff Coakley
Jeff Coakley teaches young people about sustainable fishing practices.

One opihī fisherman told me that before, nature had its own way to conserve its marine resources along our rugged Kohala coast. When the ocean is rough, he said, that was the time to stay home. Today rough or no rough people go and take what they can from the ocean.

Another old timer related that before

The statement that public charter schools "are open to any student as long as the student's needs can be accommodated" speaks volumes. As a DOE public school, we cannot turn any student away, no matter what his/her needs may be. We are required to make accommodations for every child, no matter what that need may be. I accommodate each child's learning style and pace of learning on a daily basis in my classroom, and I am no exception to the rule at Kohala High. We all care deeply for our students and do whatever we can to make sure they are successful.

I think these "organizers" should visit Kohala High School in the next school year and learn firsthand what it takes to keep our school up and running. A charter school is not going to solve all of the problems you seem to see in public schools these days. Charter schools are not the answer; community involvement is what is needed. All Kohala schools have School Community Councils that beg parents and community members to get involved. That is your answer to local volunteer boards. It exists already. Opening another school in Kohala with a minimum of 150 students will be the end of Kohala High School and its long and proud traditions. Then what choice will you have?

Colleen Pasco is a Kohala resident and a teacher at Kohala High School.

when the wave would crest, you could see all the fish in the wave...Today when the wave is at its crest you see nothing.

As I continue along with my project the problem which seemed simple at first has now taken a very complex twist. One example is Kohala is now noted as one of the last remaining areas where there are still fish, and the whole Big Island knows it. Overfishing pressures will not only come from our community but from outside of Kohala as well.

All those interviewed believed educating our youth is a vital key in teaching conservation as practiced by our Hawaiian ancestors. Currently, as senior lifeguard of Kohala pool, I have undertaken teaching a County of Hawaii Basic Skin Diving class at the pool and beach dives. This has given me the opportunity to share those Hawaiian cultural fishing values that I learned from my father with my students, most of whom are youth.

Where do we go from here? In another issue I will outline Palau's model and ideas of how we can begin to address our own marine resources concerns.

County Council Update —

Videoconferencing of Council Meetings to Air in North Kohala

By Margaret Wille

The Hawai'i County Council has now completed its review and revision of the Mayor's proposed 2013-14 budget. The council made only two substantive amendments, and one was to provide funding to add videoconferencing of council meetings in North Kohala at the Bank of Hawaii Senior Activities Center. Hooray!

We hope to begin this service for

North Kohala residents at 9 a.m. on July 2—when my Council Bill 79 will be discussed.

Bill 79 would restrict the cultivation of genetically modified food and is designed to curb GMO contamination of non-GMO fields and crops. There are grandfather provisions in the bill to fairly provide exemptions for those already engaged in this practice. Your input on this proposed

legislation would be greatly appreciated. Call my office 887-2043 to confirm start date.

I am concerned about the GMO industry's large scale takeover of agriculture in Hawai'i. Our island is the only Hawai'i island where industrial GMO use is not well established. Consistent with the precautionary principle, my position is that showing GMO products are safe is the

responsibility of the industry, not the responsibility of the public or the government entity. Unfortunately the industry has been exempted from tests ordinarily required for human consumption.

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

Know the Benefits of Important Agricultural Lands Designation

By Frank Cipriani

Attention agricultural landowners! Do you know about the benefits of the "Important Agricultural Lands" (IAL) designation?

The identification and designation of Important Agricultural Lands was first proposed at the 1978 Constitutional Convention and subsequently approved by voters in the same year. Enacted as Article XI, Section 3, of the Constitution of the State of Hawaii, the State is required to conserve and protect agricultural lands, promote diversified agriculture, increase agricultural self-sufficiency and assure the availability of agriculturally suitable lands.

Act 233, SLH 2008, provided incentives for designation of important agricultural lands and triggered the commencement of the process to iden-

tify, map, and designate important agricultural lands throughout Hawaii.

The following is an abstract of the characteristics of IAL and the incentives provided to landowners to have their lands receive this designation.

Characteristics of Important Agricultural Lands (Act 183 2005; HB#1640)

Lands meeting any of the criteria below shall be given consideration:

- Land currently used for agricultural production.
- Land with soil qualities and growing conditions that support agricultural production of food, fiber, or fuel- and energy-producing crops.
- Land identified under agricultural productivity rating systems, such as the agricultural lands of importance to the State of Hawaii (ALISH) system adopted by the Board of Agriculture on

January 28, 1977.

- Land types associated with traditional native Hawaiian agricultural uses, such as taro cultivation, or unique agricultural crops and uses, such as coffee, vineyards, aquaculture, and energy production.

- Land with sufficient quantities of water to support viable agricultural production.

- Land whose designation as important agricultural lands is consistent with general, development, and community plans of the county.

- Land that contributes to maintaining a critical land mass important to agricultural operating productivity.

- Land with or near support infrastructure conducive to agricultural productivity, such as transportation to markets, water, or power.

Incentives to Landowners (Act 233 2008; SB#2646)

- Incentive 1: Farm Dwellings and employee housing. Allows landowners to develop farm dwellings and employee housing for their immediate family members and their employees. Limit of 5 percent of total IAL or 50 acres, whichever is less. Plans for dwellings and employee housing shall be supported by agricultural plans approved by HDOA.

- Incentive 2: Refundable qualified agricultural cost tax credit. May be claimed in taxable years beginning after May 31, 2009. Earliest available taxable year that credit can be claimed would be fiscal year ending May 31, 2010. HDOA is to certify credits up to \$7,500,000 annually. Credit can be claimed for

See IAL, page 7

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March Against Monsanto Comes to Kohala

Story and photo by Megan Solís

A group of Kohala residents staged their own "March Against Monsanto" at the Hawi Farmers Market May 25. Bearing signs that proclaimed the dangers of genetically modified organisms (GMOs), the protestors quietly spoke out against the influence of the corporate giant in agriculture and food production.

Peter Pomeranze, owner of Sushi Rock in Hawi, manned a booth in an effort to educate market-goers about Monsanto and GMOs. Pomeranze said the group decided to take a quieter approach than many of the marchers protesting across the country and around the world that day. He said their emphasis was on raising awareness but didn't want to disrupt the peaceful community

atmosphere of the weekly market.

Still, he is passionate about the dangers that he believes GMOs present.

"Because of our [Kohala's] isolation, we're a little safer than other areas, but GMO products are on all our shelves, even health food stores," he said.

He said the biological effects that GMOs may have on our health aren't really known because independent testing isn't done.

"The reason they're allowed is because they [Monsanto] presented their own science to the government. And the government accepted it, which is just bogus."

He also questions why the company has fought so hard against labeling food as genetically modified.

"Why are they against labeling?" he

asked. "If there's nothing wrong with their product—what are they hiding?"

He said when Monsanto gets a foothold in an area, they bully farmers, and he fears what it might do to agriculture in Hawai'i.

Adrienne Van Berg was another protestor, carrying a sign as she walked the market with her young children.

"I don't like politics but this is something that I feel really passionate about because it's messing with Mother Nature. It's important to know what we are eating," she said.

She grows some of her own food at home and looks for heirloom seeds, which are not genetically modified. What she doesn't grow, she tries to buy locally.

Pomeranze said he hopes that people



Peter Pomeranze, left, and Adrienne Van Berg were part of a group protesting against GMOs and Monsanto at the Hawi Farmers Market May 25.

The Mounting Evidence Against Round-up

By Hanalei Roberts, ND

Hanalei Roberts is a naturopathic physician who practices in Kapa'au and Waimea. Here she gives her take on Round-up, another Monsanto product.

Here in Kohala we are blessed with less pollution than many other parts of Hawai'i. We have less VOG and man-made pollution in our skies. We have minimal industrial and agricultural pollution. There is no GMO agricultural research being conducted on our local land. We have access to fresh local food, sunlight, and community that all contribute to our healthy lifestyle. We live in a pristine place and yet there are still ways in which we live with the toxic residues of the plantation era. We also continue to use widespread toxic chemicals such as Round-up. We have some control over what we choose to put in our mouths, but what about the widespread contamination of our local air, soil, and waters by Round-up made by Monsanto? We all live down-stream in this world today.

Here on the Big Island there has been a public outcry against Monsanto, which mirrors the larger global movement taking place. Hundreds of people from across the island ral-

lied on May 25 in Kailua Kona for the March against Monsanto. Recently Kohala councilwoman Margaret Wille introduced Bill 79, which would ban new genetically modified organisms on the island. The hearing for this bill with public testimony beforehand will be on July 2 at the West Hawaii Civic Center in Kona.

The Big Island remains largely free of GMO testing compared to O'ahu, Kaua'i, Moloka'i, and Maui. These other islands have become epicenters for biotech engineering research. This current episode of agricultural corporate interests exploiting the land and people of Hawai'i is reminiscent of the American sugar businessmen taking control over the sovereign nation of Hawai'i. The cycle of pollution and oppression by foreign corporate interests continues today in this state.

Part of our general nonchalant attitude as a culture towards pesticides goes back to their widespread use on the sugar plantations from 1910 to 1973. Many people talk about running behind trucks spraying huge clouds of chemicals on the sugar plantation days as kids. Statewide environmental testing done across Hawai'i in 2009 showed

raised levels of arsenic in the soil here in Kohala, especially in the pesticide mixing area of Kohala.¹ This mixing area was located on Akoni Pule Highway and Stone Crusher Road near the Kohala School. Dioxin, PCP and mercury were also found in the soil. These toxic elements and chemicals can degrade over time, but they take a long time to do so. Elements like arsenic still persist in our soil to this day in this area of Kohala.

All around us we see people spraying herbicides in their yards, at the resorts, and on the side of the road. It is also used along the ditch and up mauka on the Kohala Mountain to kill invasive species. The most common herbicide agent used today is glyphosate, commonly known as Round-up, made by Monsanto. We treat glyphosate like it is a safe biodegradable agent because it has been marketed that way. We are learning that this is not the case. France ruled in 2009 that Monsanto had not told the truth about the safety of glyphosate and that it had falsely advertised it as being biodegradable.

The negative effects of glyphosate on human health are starting to mount
See Round-up, page 7

will educate themselves and form their own opinions about GMOs.

"My belief is that anyone who educates themselves on this issue is going to be firmly against GMOs. And against Monsanto," he explained.

He encouraged those who want to fight against GMOs to sign petitions and express their opinions to county and state government representatives.

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Round-up, continued from page 6
 in evidence. Dr. Seneff in her recent paper in the journal Entropy, outlines how glyphosate causes nutritional deficiencies and systemic toxicity. The review paper states that "the negative impact on the body is insidious and manifests slowly over time as inflammation damages cellular systems throughout the body. Here, we show how interference with CYP enzymes acts synergistically with disruption of the biosynthesis of aromatic amino acids by gut bacteria, as well as impairment in serum sulfate transport. Consequences are most of the diseases and conditions associated with a Western diet, which include

gastrointestinal disorders, obesity, diabetes, heart disease, depression, autism, infertility, cancer and Alzheimer's disease."²

It was thought that glyphosate was safe for humans because as mammals we do not have the shikimate pathway that glyphosate disrupts in plants. The problem we are finding is that it does disrupt the shikimate pathway in our gut bacteria, allowing pathogens to overgrow and take over. Our gut bacteria outnumber our cells 10 to 1 in our body and play a crucial role in our health. Glyphosate also damages the body by interfering with CYP enzymes, which help us detoxify. This leaves us even more vulnerable to other chemicals

and pathogens that we are exposed to in our environment.

The reason commonly given for the widespread use of herbicides like glyphosate is that it is too expensive and requires too much man-power to manage weeds any other way on this verdant island. This is a valid concern, although if we take into account the hidden costs of using glyphosate it might not be so inexpensive in the long

run. If we truly value a clean Kohala there are many creative and effective ways to control weeds besides using glyphosate, such as native landscaping and goats. From a public health perspective we will benefit from stopping the entrenched cycle of using chemicals to control weeds in Kohala.

¹Pesticide-Dioxin-Summary HDOH 12/2011

²Entropy 2013, 15(4), 1416-1463

IAL, continued from page 5
 costs such as roads or utilities, agricultural processing facilities, water wells, reservoirs, dams, pipelines, agricultural housing, feasibility studies, legal and accounting services, and equipment.

- Incentive 3: Loan guaranty. Chairperson of the Board of Agriculture may provide an 85 percent loan guaranty to commercial lenders which should result in a lower interest rate for agricultural borrowers on IAL. Interest rate on guaranteed loans will be 1 percent below lender's prime rate. IAL loan guaranty will be administered within HDOA's Agricultural Loan Division.

- Incentive 4. State Agricultural Water Use and Development plan. Modifies the scope of the plan to include public and private systems, sources of water and current and future need for water for lands designated as IAL.

HDOA's Agricultural Resources Management (ARM) Division is responsible for development of the plan contingent upon funding for the expanded scope.

- Incentive 5. Agricultural Processing facilities, permits, priority. HDOA will be working with the Department of Health (DOH) to develop a referral system and to assist in expediting the permits by making information available to potential permit applicants. DOH is aware of Act 233 and this incentive. The DOH staff has been directed to give priority to these permit applications.

For more information about IAL designation or agriculture in North Kohala, e-mail: frankcipriani@biofarmshawaii.com.

Frank Cipriani is a member of the North Kohala Community Development Plan Action Committee and is chair of its agriculture subcommittee.



Susan O'Malley Exhibits Paper Art in Hawi

Former Kohala Elementary School teacher Susan O'Malley has been busy in her retirement. An artist who specializes in making paper, O'Malley processes local plant fibers to create paper and cooks up leaves, roots and bark to obtain natural dyes. She has been working on her paper art sculptures full-time and currently has a solo exhibit at Living Arts Gallery in Hawi, through July 10. A "Talk Story" event with the artist is planned for Saturday, June 22, at 3 p.m.

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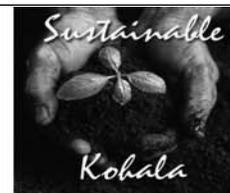
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Kohala Orchid Grower to Judge at Hilo Orchid Show

Story and photo by Megan Solis

Kohala resident Janice Williams describes growing orchids as her life's passion. Where she grew up in the Philippines, orchids were abundant. She later grew Cymbidium and Phalaenopsis species when she lived in California, but after moving to Hawai'i 11 years ago, "I went nuts!" she says, and began buying almost every orchid she came across.

"I can grow almost anything here, and I have a nursery," explains Janice. The warm Hawai'i weather is perfect for her home nursery, just above Hawi.

The joy comes from nurturing her plants, experimenting with cross-breeding and patiently watching them grow. Depending on the species, it can take up to five years for an orchid to bloom.

"You have to take care of them and baby them and provide for them. My girlfriend says, 'It's like having a baby when it flowers!' We take pictures and send them to each other," she laughs.

Some of the fun is crossing different orchids to try to bring out a particular quality, such as flatness or long twirling petals or a beautiful lip. Her favorite is one she named for her husband, Craig. It is greenish with red spots and has a fimbrellated lip—it's fragrant and has lots of flowers. She called it Clowesetum Craig David, nicknamed "Kohala Winds." It's a new hybrid which she registered with Royal Horticultural Society in London, and anyone who reproduces this hybrid must use that name.

About three years ago, Janice took the leap to become a judge through the American Orchid Society. She is currently a "student judge." After successfully completing many years of instruction, she'll become a certified judge, granted

the authority to judge at any AOS-sanctioned event; but she will continue training for another three to five years before becoming fully accredited.

As part of her training, she travels to the Hilo Orchid Society for monthly meetings and participates in judging at events around the state and on the mainland. She has judged at the Pacific Orchid Expo in San Francisco for the last three years.

"It's intimidating the first time—you're a student with all these knowledgeable judges there and it's somewhat nerve wrecking at times. I let them know I'm a student judge," she laughs. "But they're very kind and considerate."

Judges look for color, size, symmetry, natural spread, shape and color of the lip, and floriferousness (abundance of flowers)—all depending on species.

Judges can also enter orchids in the show but cannot judge their own.

It's a passion that requires a big commitment. As a volunteer, Janice's traveling costs are at her own expense. She also bakes desserts for the Hilo Orchid Society Show and Sale as a fundraiser. The money is used to support the society and for a scholarship for a college student in the field of horticulture.

In addition to Janice's orchid growing and judging, she and her husband donate money, time and energy as lifetime supporters of the North Kohala Student Cultural Enrichment Program and also are members of the Kohala Lions Club.

Janice encourages others to try growing orchids and enjoys the camaraderie that comes with sharing her passion. For

beginners, most important is to consider the environment the orchid will grow in and check whether a particular species will do well in that environment, she advises.

She encourages orchid enthusiasts, experienced or merely curious, to volunteer to be a "ribbon judge" for

opportunity, she says, and a chance to get a sneak peek at the vast array of exotic and unusual orchid species. There is no need to have orchid-growing experience to be a ribbon judge, she says. Five people from Kohala did ribbon judging last year and really enjoyed it, she says.

To be a ribbon judge for this show, call Hilo Orchid Society at 333-1852 or Janice at 889-0515.

The Hilo Orchid Society hosts its 61st annual show and sale August 1 to 4 at Edith Kanaka'ole Stadium in Hilo. Described as the "largest and most comprehensive orchid show and sale in the state of Hawai'i," the Hilo event is known for its exotic orchid species and hybrids not typically found at major retail stores. The event includes displays, demonstration lectures by

experts, opportunities to talk story with knowledgeable growers, entertainment, silent auction, and of course, shopping opportunities. Tickets are \$3 presale and \$5 at the door, with children 12 and under admitted free. For more information call 333-1852 or see www.hiloorchidsociety.org.



Janice Williams with one of her hundreds of orchids.

the first day of the Hilo Orchid Society Show on August 1. Volunteers are divided into groups and follow a leader, who explains which kind of orchid they are looking for and its characteristics. Orchids are then identified and screened for ribbons. Official awards are determined later in the show by AOS judges.

Ribbon judging is a great educational

The Kohala Community Athletic Association announces its after-school sports programs for the youth of Kohala for 2013-2014



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Sport	Age	Registration	Playing Season
Volleyball	9-14	2nd week Aug	Sep to mid-Oct
Biddy Basketball	5-8	2nd week Aug	Sep to mid-Oct
Boys Basketball	9-14	1st week Dec	Mid-Jan to mid-March
T-ball	5-6	1st week Dec	Mid-Jan to mid-March
Pitch-ball	7-8	1st week Dec	Mid-Jan to mid-March
Girls Basketball	9-14	4th week Feb	Apr to late May
Flag Football	5-14	2nd week April	May and June

Watch for ads in this newspaper and on community bulletin boards for registration dates and locations. All sports are free of charge. KCAA is a community-based non-profit volunteer organization. For more info contact Tom Morse at 345-0706.

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THE COQUI CORNER

June, 2013

Coquis in Keokea!

The Coalition has been treating an infestation of coquis in Keokea that has turned out to be quite extensive. Coquis appeared near a new residence and have spread in area and numbers greater than first thought. Apparently they have been there awhile, and nobody knew it or reported it to the Coalition. So far we have spent nearly \$1,500 on eradication and will need to follow up with another treatment.

Current sites to be treated:

- Residence in Pololu
- Residence in Union Mill
- Residence on Ka`auhuhu Road
- Transfer Station is being monitored

Please report coquis to the Coqui Hotline: 889-5775 and keep Kohala Coqui Free! Mahalo for your Support!

Kohala Youth Ranch - At Home With The Herd

On Friday, May 31, the children of St. Augustine's Episcopal Church's Vacation Bible Camp took part in the first free equine-assisted learning program through Kohala Youth Ranch, run by Joe and Kelly Vitorino of Hawaii Paso Finos.

About 30 youngsters participated with the horses in an educational and inspiring activity. According to Kathy Matsuda, director of St. Augustine's educational program, "The visit from the Paso Fino horses was one of the highlights of the week for the children. They loved getting up close to pet and groom the horses and learning how to handle them. It really helps them to get over any fears they might have of large animals, as the Paso Finos are extremely kind and gentle to be around. The activity is very educational and also confidence-building at the same time."

Kohala Youth Ranch is a sponsored program of the North Kohala Community Resource Center. Its mission is to provide innovative animal therapy at no cost as a means for at-risk youth and others in the Kohala community to have the chance to interact with horses on the ground, observing their nature and taking part in hands-on exercises geared toward building trust, confidence and self-esteem. Joe Vitorino has been certified in the Equine Assisted Growth and Learning Association

(EAGALA) as well as the OK Corral Series of equine-assisted learning and therapy. He will be attending a clinic in Equine Guided Education at SkyHorse Ranch in Northern California.



—photo by Kelly Vitorino
Joe Vitorino, director of Kohala Youth Ranch, with Gaucho and the children of St. Augustine's Vacation Bible Camp.

Says Kelly Vitorino, "Our horses are so well-suited for this type of work, as they communicate to people easily and really bond to the handler. A unique quality of the horse is that they will mirror right into the human mind and soul. Living amongst our herd on a

daily basis, we have gained insight into their social nature and have learned more from them than we could have ever imagined. They know and respect boundaries, are assertive when need be, and have a sense of personal responsibility to the herd. These traits all translate into necessary and healthy behaviors in people. What they can teach us, and the way they can heal us is truly fascinating."

Says Joe, "We have been anxious to begin the youth ranch program, as it is a way for us to offer our ranch and horses to inspire and empower others, and make a positive impact on their lives. Ultimately we just want to provide a safe, peaceful place full of Aloha for the children where they can be outdoors in nature and have a good experience using the horses, as well as other talented community members, as mentors."

The program will be based in the

Lokahi model of Hawaiian spirituality, focusing on the harmonic relationship of self, community, and spirit. This philosophy fits closely with the dynamic seen in the horse herd, as well as in horse-to-human interactions.

The next programs are being scheduled for the elementary, middle and high school summer school children, along with a visit from the foster children of Sunday's Child Foundation in July.

If anyone has a group who would benefit from participating in the equine-assisted activities provided by Kohala Youth Ranch, please call Joe or Kelly Vitorino at 884-5625 for more information. Donations, volunteers and mentors also appreciated.

Lio Lapa'au to Host Homestyle Hoedown

Lio Lapa'au hosts a day of fun, fundraising activities with a festival of music, food, and games Saturday, July 20, at the Kamehameha Golf Park, 10 a.m. to 3 p.m. The homestyle hoedown features Hawaiian country music from Kohala and Maui to raise funds for riding scholarships and support for the program.

Advance admission is \$15 for adults, \$10 for children ages 10 to 17.

Lio Lapa'au means Healing Horse. The concept is that horses provide healing and health for humans. Lio Lapa'au provides therapeutic riding services for clients both able bodied and challenged. In addition, Lio Lapa'au provides help for horses and dogs through its education, rescue, and distribution of all natural herbal support. For information contact Fern White at 896-0316.

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Kohala Celebrates a Picture

—photos by Cheri Gallo, Megan Solís and Toni Withington



Cotton candy was a special treat at the ho'olaulea!

Kohala celebrated another beautiful Kamehameha Day on June 11. Although the day is celebrated throughout the state, it is most special here in North Kohala, the birthplace of Kamehameha the Great.

The celebration began with a ceremony at the Kamehameha statue in Kapa'au, where representatives of the Royal Order of Kamehameha and ladies of the 'Ahahui Ka'ahumanu presented their ho'okupu (offerings). Halau Hula Hale O Na Ali'i o Hawai'i from Waimea offered a spirited hula kahiko. The statue was then draped with a multitude of handmade floral lei.

The annual parade began in Hawi at Ho'ea Road and proceeded down Akoni Pule Highway to the hospital loop in Kapa'au. Pa'u Queen Sandie Wong led the many princesses, attendants and riders adorned in flowers as well as beautifully decorated floats from many North Kohala organizations.

After the parade, the community gathered for the ho'olaulea at Kamehameha Park for plentiful food, hula and musical performances, and many craft and educational displays.

Mahalo to the Kamehameha Day Committee led by Cicely Ho'opai for another wonderful celebration.



The Ka'ahumanu Society honored King Kamehameha at the statue



Ika Vea shows his wares at the ho'olaulea



The ho'olaulea included live ukulele music



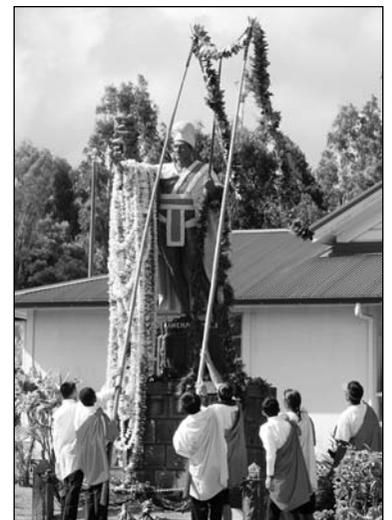
The Waimea Halau Hula performed at the statue



The Kohala Equine Educational Center (KEEC) was represented by a float in the parade



The student credit union also participated in the parade



The statue was draped with maile lei

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Joe Vitorino of Hawaii Paso Finos Ranch



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The flag bearer for Moloka`i



The pa`u princess for Lana`i



The Royal Order of Kamehameha



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SPACE IS LIMITED

Seniors Return to Refurbished County Building

The seniors of the Kohala Senior Citizens Club are happily moved back into their old facility at the civic center. The building was closed by the county in January to allow for refurbishing of the meeting room, nutrition center, Kamehameha Statue access and the public restrooms to make them wheelchair accessible. The facilities are now all ADA-approved.

The seniors got the OK from the county to move back into the facility in late May. On June 3 members gave the interior a facelift by scrubbing the



—photo by Jesús Solís
Volunteers, from left, Robert Glory, Collin Kaholo, Lefty Nakayama, Harley Glory, Gilbert Bigdas, and (not pictured) Shinse Kise and Jesús Solís helped to move the chairs and tables back into the Senior Center June 3.

walls, cleaning the windows, sweeping and mopping the floors, and painting the floors in the meeting room and kitchen.

Shinse Kise completed the repainting of the trophy shelves. And Harry and Mary Cabrera took the initiative to clean the exterior foliage on their own—just in time for the Kamehameha Day celebration.

On Wednesday, June 5, Kohala National Guard Alumni members

Collin Kaholo, Lefty Nakayama, Robert Glory, Shinse Kise and Gilbert Bigdas, with help from Jesús Solís and Harley Glory, completed the room by moving in all of the chairs and tables in time for the seniors' first meeting back in their old hall on June 10.

The CDP Action Committee, which also had to relocate its meetings during the renovation, will resume meeting on the second Monday of each month at the senior center.

Special Olympians Shine at State Track Tourney

Special Olympians from Kohala came home with gold medals from the Special Olympics State Track and Field Tournament. Athletes Virginia "Kalei"

Lee, Rayden Balleros, and Lansen Ellazar-Carvalho traveled with their coach, Bruce Ellazar, to the event held at UH Manoa over Memorial Day weekend.

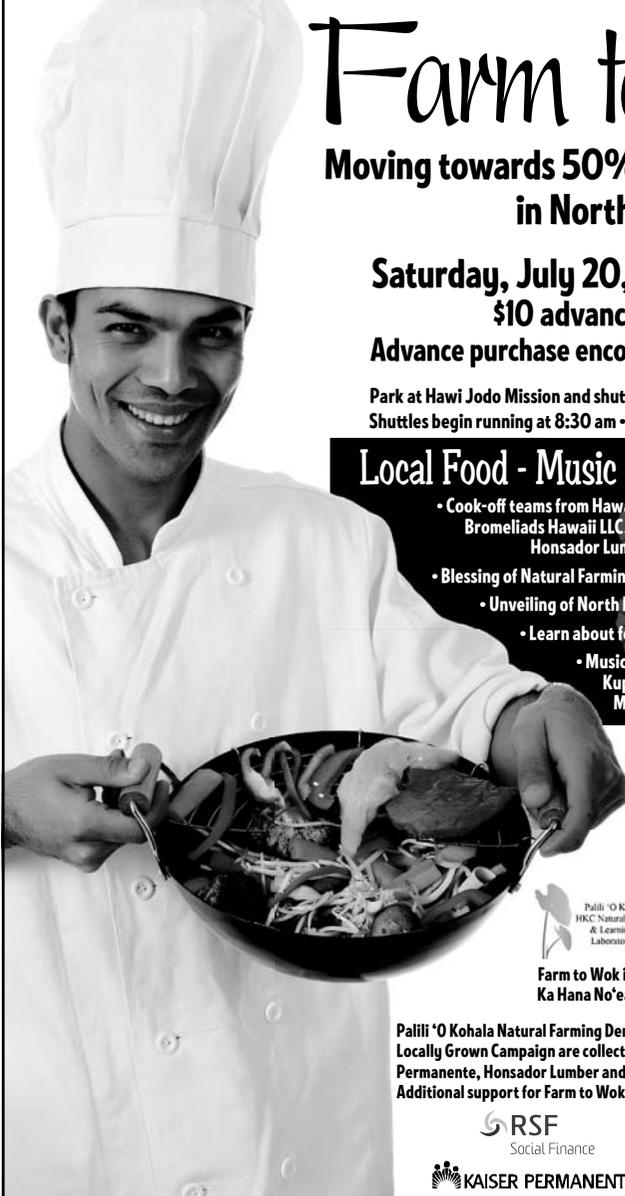


—photo courtesy of Sarah Kobayashi

Kohala Special Olympians competing at the State Track and Field Tournament on O'ahu included, from left, Virginia "Kalei" Lee, Coach Bruce Ellazar, Rayden Baldos, and Lansen Ellazar-Carvalho.

Rayden earned gold in the 100 meter and 200 meter races. Lansen won a silver medal in the 100 meter, bronze in the 200 meter, and bronze in the softball throw. And Kalei took the bronze in the 50 meter run and gold medals in both the standing jump and the softball throw.

Congratulations, Olympians!
The Special Olympics team has begun Bocce Ball practice. Practice is held 3 to 4:30 p.m. every Tuesday at Anna Parker's Ranch in Waimea and Thursdays at Kamehameha Park. New athletes are always welcome! Please call Sarah Kobayashi at 640-0471 for more information.



Farm to Wok

Moving towards 50% food self-sufficiency in North Kohala

Saturday, July 20, 2013 9 am - 2 pm
\$10 advance, \$12 door.
Advance purchase encouraged, tickets limited.

Park at Hawi Jodo Mission and shuttle to Palili 'O Kohala at Ho'ea Farms
Shuttles begin running at 8:30 am • No parking at event site or on road.

Local Food - Music - Demonstrations

- Cook-off teams from Hawaiian Airlines, University of Hawai'i Hilo, Bromeliads Hawaii LLC, Sustainable Kohala, Kahua Pa'a Mua, Honsador Lumber and Kaiser Permanente.
- Blessing of Natural Farming Pig and Chicken House
- Unveiling of North Kohala's Local Food System Strategic Plan
- Learn about food self-sufficiency in North Kohala
- Music by T & T Hawaiian Style, Roz & Matt Kupukaa, Sydney Case and Young Hearts with MC Eddie O.

foodhubkohala.org
Tickets and Information or call Carol at 889-5391



Palili 'O Kohala HCC Natural Farm & Learning Laboratory



KPM INC



Ka Hana No'ea



North Kohala Eat Locally Grown

Farm to Wok is presented by Kahua Pa'a Mua, Palili 'O Kohala, Ka Hana No'ea and North Kohala Eat Locally Grown Campaign.



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		Diamond G Rice 15 lbs. 7 ⁹⁹	Coca Cola 12-pk Cans 12 oz. All Types  2/10 ⁴⁹	Dasani Water 24 pk. - 500 ml. 4 ⁹⁹ 	Marie Callender Dinners Assorted  13 - 15 oz. 4 ⁵⁹	Eggo Waffles Select Types  12.3 oz. 2 ⁹⁹
 Best Foods Mayonnaise 30 oz. 4 ⁹⁹	C & H Granulated Sugar 4 lb. 3 ¹⁹	General Mills Cinnamon Toast Crunch or reg. Cheerios 8.9 - 12.2 oz. 3 ²⁹	General Mills Cereal Honey Nut Cheerios, Lucky Charms 11.5 - 12.25 oz. 3 ²⁹	Banquet Family Entree Assorted 25 - 27 oz.  2/8 ⁹⁹	Banquet Fried Chicken 26 - 28 oz. All Types  7 ⁷⁹	
Delmonte Ketchup 24 oz.  2/1 ⁹⁹	Delmonte Spaghetti Sauce All types  26 - 26.5 oz. 99¢	Delmonte Whole Kernel or Creamed Corn 14.75 - 15.25 oz.  2/2 ¹⁹	Quaker Cap'n Crunch Cereal Assorted 12.5 - 14 oz. 2/6 ⁹⁹	Totino Party Pizza All Types 9.8 - 10.7 oz. 3/4 ⁹⁹	Tyson Chicken Thighs 5-lb. box 7 ⁹⁹	
Asia Trans Chan Pei Mui 12 oz. 5 ²⁹	Roxy Whole Shiitake 3 oz. 2 ³⁹	Nissin Top Ramen 3 oz. 4/1 ²⁹	Powerade Drinks All Types 32 oz. 10/7 ⁹⁹	Mama Bella Garlic Bread 14 oz.  3 ⁶⁹ Reg/Parmesan	Tyson Chicken Popcorn Bites, Chicken Strips 25 - 25.5 oz. 9 ⁴⁹	
Da Heo Chicharons 3.5 oz. 2 ⁷⁹	California Girl Imitation Abalone 15 oz. 3 ²⁹	Crisco Oil vegetable or canola 48 oz. 2/6 ⁹⁹	Coral Chunk Light Tuna  Oil or Water 5 oz. 2/1 ⁹⁹	Flav R Pac Frozen Blueberries 16 oz. 4 ³⁹	Birds Eye Steam Fresh Vegetables Assorted 12 oz.  2 ⁴⁹	
Asia Trans Turbinado Sugar 8 oz. 1 ⁷⁹	P'Nuttles Toffee Peanuts 5.25 oz. 1 ³⁹	Meadow Gold Drinks or Teas 64 oz.  99¢	Meadow Gold POG or Passion Orange Nectars  1 gal. 3 ⁵⁰	Meadow Gold Novelty Ice Cream Bars  6 pk. 2 ²⁵	Meadow Gold Ice Cream  4 qt. 6 ⁹⁹	

Grocery

Aloha Shoyu, reg./lite, 64 oz.	5 ⁸⁹
Baker's Angel Flake Coconut, 7 oz.	2/4 ⁰⁰
California Ranch Olive Oil, 16.9 oz.	7 ²⁹
Campbell Cream of Mushroom Soup, 10 oz.	2/2 ¹⁹
Delmonte Cut Green Beans/Spinach, 13.5 - 15 oz.	2/2 ²⁹
Delmonte Fruit Cocktail/Peaches, 29 - 30 oz.	2 ¹⁹
Delmonte Sweet Pickle Relish, 12 oz.	2 ⁶⁹
Diamond Bakery Saloon/Creem/Graham Crackers, 8 - 9 oz.	2/6 ⁰⁰
Diamond Bakery Soda Crackers, all types, 13 oz.	3 ²⁹
Ghirardelli Brownie Mix, 18 - 20 oz.	2 ⁹⁹
Gulden Spicy Mustard, 12 oz.	1 ⁹⁹
Hansen's Apple Juice, 64 oz.	3 ⁴⁹
Hawaiian Hula Salad Dressing, 8 oz.	2 ⁴⁹
Jif Peanut Butter, 18 oz.	2 ⁶⁹
Kraft Macaroni & Cheese, 7.25 oz.	2/2 ⁹⁹
Krusteaz Buttermilk Pancake Mix, 32 oz.	2 ⁹⁹
Libby Corn Beef, 12 oz.	4 ⁹⁹
Lion Coffee, all types, no decaf., 10 oz.	4 ⁹⁹
Love's Pies, all types, 4.5 oz.	2 ¹⁵
Malt O'Meal Dynobites Cereal, 12.5 oz.	2/4 ⁹⁹
Maxwell House Instant Coffee, 8 oz.	4 ⁹⁹
Mum's Long Rice, 2 oz.	2/1 ⁰⁹
NOH Seasoning Packets, 1 - 2 oz.	2/2 ⁷⁹
Perrier Sparkling Mineral Water, 23.5 oz.	1 ⁷⁹
Pillsbury Flour, reg. only, 5 lb.	2 ³⁹
Planter's Dry Roast or Cocktail Peanuts, 16 oz.	3 ⁹⁹
S&B Golden Curry, 3.75 oz.	2 ⁷⁹
Shirakiku Koshi An, 17.6 oz. fine pkg.	1 ⁷⁹

Shirakiku Mixed Fruit, 11 oz.	1 ⁴⁹
Shirakiku Sesame Oil, 5.5 oz.	2 ⁹⁹
Sweet Sue Chicken Broth, 14.5 oz.	2/1 ⁵⁹
Taco Bell Taco Sauce, 8 oz.	1 ⁷⁵
Taco Bell Taco Seasoning, 1.25 oz.	2/1 ⁶⁹
Taco Bell Taco Shells, 12 ct.	1 ⁹⁹
Van Camp Pork 'n' Beans, 15 oz.	2/1 ⁵⁹
Western Family Pitted Olives, 6 oz.	1 ³⁹

Natural Foods

C20 Pure Coconut Milk, 17.5 oz.	1 ⁵⁹
Food Should Taste Good Chips, 11 oz.	3 ⁵⁹
Midel Cookies, 8 - 10 oz.	2 ⁸⁹
Near East Rice or Couscous Mix, 4.9 - 10 oz.	1 ⁹⁹
Panda Licorice Chews, 7 oz. box	3 ²⁹
Thai Organic Coconut Milk, 13.66 oz.	2 ¹⁹

Dairy

Meadow Gold Butter, 16 oz.	3 ⁵⁹
Meadow Gold/Viva Cottage Cheese, 16 oz.	2 ⁹⁹
Silk Soy Milk, 1/2 gal.	3 ⁹⁵
Big Island Poultry Grade A Large Eggs, Mainland Shell Protected, per dozen	2 ³⁹

Meats

Foster Farm Value Pack Chicken Thighs, per lb.	1 ⁹⁹
Frozen Pork Butt, bone in, per lb.	1 ⁵⁹
Island Range Fed Boneless Top Sirloin Steak, per lb.	7 ¹⁹
USDA Boneless Chuck Steak, per lb.	5 ²⁹

SALE PRICES GOOD JUNE 26 THRU JULY 9

<p>Louis Rich Turkey Bacon 12 oz. 2/5⁰⁰</p>	<p>Oscar Mayer Turkey Franks 16 oz. 2/4⁰⁰</p>	<p>Wel Pac Chuka Soba 6 oz. 1⁸⁹</p>	<p>Monika Halo Halo Fruit Mix 12 oz. 2⁹⁹</p>	<p>LOVE'S Hearth Bread Assorted 24 oz. 4⁹⁹</p>	<p>LOVE'S Gourmet Hamburger Buns sesame or onion 8 ct. 3⁷⁹</p>
<p>Oscar Mayer Meat Wieners Reg./Jumbo 16 oz. 2/5⁰⁰</p>	<p>Oscar Mayer Fun Pack Lunchables 11.2 - 12.2 oz. 2/4⁰⁰</p>	<p>Dynasty Chow Funn 20 oz. 2²⁹</p>	<p>JFC Coconut Milk 13.5 oz. 1⁸⁹</p>	<p>Nabisco Crackers Triscuit, Wheat Thin, Chicken in a Biscuit 8 - 9 oz. 3²⁹</p>	<p>Nabisco Nutter Butter or Oreo Cookies 10.5 - 16 oz. 3⁹⁹</p>
<p>Oscar Mayer Deli Shaved/Carving Board or Strips 6 - 9 oz. 2/6⁰⁰</p>	<p>Kraft Singles All types 3⁴⁹ 10.7 - 12 oz.</p>	<p>LKK Oyster Sauce 17 oz. 1⁷⁹</p>	<p>Kikkoman Soy Sauce 5²⁹ 20 oz.</p>	<p>CapriSun Ready to Drink 10 ct. 2/6⁰⁰</p>	<p>Yuban Coffee original 33 oz. 8⁹⁹</p>
<p>Frank's Foods Frankfurters 16 oz. 3³⁹</p>	<p>Frank's Foods Portuguese Sausage 12 oz. 3³⁹</p>	<p>Tiparos Fish Sauce 23 oz. 2¹⁹</p>	<p>Tropics Salad Dressing 12 oz. 3⁴⁹</p>	<p>Pepsi All Types 12 - pk. cans 4⁹⁹</p>	<p>JELLO 4/4⁰⁰ Jello Pudding Instant, Sugar-free, Regular 1.02 - 3.9 oz.</p>
<p>Kraft Chunk Cheese or Shredded Cheese all types 3¹⁹ 8 oz.</p>	<p>Philadelphia Brick Cream Cheese reg or lite 2⁴⁹ 8 oz.</p>	<p>Huy Fong Sriracha Sauce 17 oz. 3⁴⁹</p>	<p>Family Sweet Rice 7³⁹ 5 lb.</p>	<p>Di Giorno Rising Crust Pizza Select Types 11.5 in. 6⁹⁹</p>	<p>Haagen Dazs Ice Cream 14 oz. 3³⁹</p>
<p>Oscar Mayer Bologna / Cotto Salami 16 oz. 2/4⁹⁹</p>	<p>Philadelphia Soft Cream Cheese 2/5⁰⁰ 8 oz.</p>	<p>Mid Pac Sauces 7 oz. 2⁷⁹</p>	<p>Maui Keawe Charcoal 8 lb. 9⁴⁹</p>	<p>Dreyer's Ice Cream 48 oz. 4²⁹</p>	<p>Melona Ice Cream Bars 8 ct. 6¹⁹</p>

Freezer/Deli

Athenos Hummus, 7 oz.	2 ⁵⁹
Banquet Pot Pie, 7 oz.	3/ 3 ⁹⁹
Bays English Muffins, 6 ct.	3 ²⁹
Carolina Ground Turkey, 16 oz.	2 ³⁹
Chef America Hot Pockets, 4 oz.	2/ 2 ³⁹
El Monterey Burrito, 8 pk./4 oz.	4 ⁹⁹
Farmbest Butter, 16 oz.	3 ⁶⁹
Frozen EZ Peel Shrimp, 31/40, 2 lb.	13 ⁴⁹
Frozen Mussels, 1/2 shell, 2 lb.	7 ⁹⁹
Frozen White Crab Sections, 1.5 lb.	6 ⁹⁹
Gorton Fish Filet Thrift Pack, 24.5 oz.	7 ³⁹
Hinoichi Firm Tofu, 14 oz.	1 ⁹⁹
Inland French Fries, 2 lb.	3 ²⁹
Marie Callendar Pies, assorted, 28 - 38 oz.	9 ⁹⁹
May's Picnic Patty, 2 lb.	11 ⁹⁹
Patissa Cream Puffs, 18.4 oz.	5 ⁹⁹
Pierre Cheese Burger or Chicken Burger, 6.1 - 6.4 oz.	2 ⁵⁹
Pillsbury Buttermilk Biscuits, 7.5 oz.	2/ 1 ³⁹
S&S Saimin, `ohana pack, 9/4.5 oz.	5 ⁴⁹
Shedd's Country Crock Margarine, 15 oz.	2 ⁵⁹
Shirakiku Edamame, 14.1 oz.	1 ⁹⁹
Smucker's Uncrustables, 8 oz.	2 ⁸⁹
Tyson Boneless, Skinless Tenderloins, 2.5 lb.	9 ¹⁹
Tyson Boneless, Skinless Thighs, 40 oz.	7 ⁹⁹
Tyson Party Wings, 5 lb.	16 ⁴⁹
Wes Pac Okra or Tiny Peas, 16 oz.	2 ²⁹
Yoplait Yogurt, 4 - 6 oz.	2/ 1 ⁶⁹
Zippy Meals, 20 - 24 oz.	5 ⁹⁹

Produce

Amano Kamaboko, 6 oz.	1 ⁹⁹
Carrots, loose, per lb.	1 ¹⁹
Oranges, per lb.	1 ⁷⁹
Russet Potatoes, loose, per lb.	98¢

Non Foods

Alley Cat Food, 3.15 lb.	2 ⁹⁹
Angel Soft Bath Tissue, 12 ct.	4 ⁷⁹
Chinet Lunch Plates, 36 ct.	3 ¹⁹
Glade Aerosol, 8 oz.	1 ³⁹
Hefty Foam Plates, 8-7/8 in., 50 ct.	3 ¹⁹
Kingsford Match Light Charcoal, 6.7 lb.	7 ⁴⁹
Raid Ant/Roach Spray, 17.5 oz.	3 ⁷⁹
Sparkle Paper Towels, single rolls	2/ 2 ³⁹
Sun Liquid Detergent, 188 oz.	6 ⁹⁹

Beer/Wine/Liquor

Becks, 12 pk., Bottles	12 ⁴⁹
Bud Light, 18 pk., bottles or cans	16 ⁹⁹
Coors, 18 pk., bottles or cans	16 ⁹⁹
Corona, 12 pk., bottles	14 ⁹⁹
Heineken, 12 pk., bottles	14 ⁹⁹
Natural Beer, 24 pk., cans	16 ⁹⁹
Rolling Rock, 12 pk., cans	8 ⁸⁹
Steinlager, 12 pk., bottles	11 ⁴⁹
Barefoot Wine, 750 ml.	2/ 9 ⁹⁹
Columbia Crest, 750 ml.	9 ⁹⁹
Mark West Wine, 750 ml.	9 ⁵⁹
Capt. Morgan Parrot Bay Rum, 750 ml.	13 ¹⁹
Crown Royal, 750 ml.	21 ⁹⁹
Jose Cuervo Tequila, 750 ml.	14 ⁹⁹
Karkov Vodka, 1.75 liter	12 ⁹⁹
Smirnoff Vodka, 750 ml.	12 ⁹⁹
Tanqueray Gin, 750 ml.	18 ⁴⁹

Adios, Amigos! Buddy System Pairs KHS Students with Second-Graders

"Authentic audience." That was the original goal of this partnership, but it has since blossomed to become a "win-win" situation for all.

Starting second semester, Tuesdays found Spanish II students from Mrs. Caryl Leitner's high school class in either Mrs. Noreen Hagio's or Mrs. Eddeille Thomas' second-grade classrooms at Kohala Elementary School. The second-

year Spanish students buddy with either one or two second-graders and help them with current classwork including math, cursive, or art. This provides an opportunity to build rapport between two different age groups and improve self-esteem while providing one-to-one guidance on instruction.

The highlight of the program is when the older Amigos share the books

that they created during quarter two of first semester and quarter three of second semester with the second-graders. These books are written and read in Spanish, then verbally translated into English. They have interesting story lines and creative visual presentations. For the older Amigos, this sharing encompasses all of the common core standards for foreign language: reading, writing, and speaking with an authentic audience.

The Amigo program started about 10 years ago. As education goes, adjustments are made each year to improve the program and tailor to individual class needs.

As KHS junior, Shawn Estabillio, said, "I didn't like it in the beginning. But it begins to grow on you."

Another Amigo took the challenge to work with three second-graders at one time! How

do the second-graders feel? They enjoy having a high-schooler be their buddy, especially when they meet them in the community. They also appreciate the one-to-one talk story time (many became so animated with their Amigos!) and help to make their work fun.

As many of these Amigos graduate and head out into the world, Mrs. Hagio's and Mrs. Thomas' second-graders would like to thank them and wish them well and good luck.

Sustainable Saturday to Focus on Worms

July's Sustainable Saturday will feature Brooks Thomas, who will share his expertise on using worms to make compost. Entitled "Let Worms Do the Heavy Lifting," the talk will illuminate how worms work quickly to turn kitchen scraps into compost, saving you the burden of turning a compost pile with a pitchfork, and having to measure the temperature to make sure the compost is cooking effectively.

The free session will take place Saturday, July 13, from 10 a.m. to noon in the Kohala Intergenerational Center in Kapa'au. It is sponsored by Sustainable Kohala and North Kohala Eat Locally Campaign.

Mark your calendars for the second Saturday of each month, and enjoy free future events which will feature Margaret Wille and Josh Green in August ("Sustainability Initiatives at the County and State Level"), Donna Maltz in September (Fermenting Food for Family Health"); Kai Kaholokai in October ("Medicinal Herbs at your Feet") and Travis Dodson in November ("Unveiling North Kohala's Permanent Seed Bank").



—photo by Rose Mae Watterson

Students in Caryl Leitner's Spanish II class at Kohala High buddied up with second-graders at Kohala Elementary for some tutoring and sharing the Spanish language.

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Community Invited to O-Bon Festivities in Kohala

The public is invited to participate in the following free O-Bon festivities in July and August.

Kohala Hongwanji Mission

The mission hosts O-Bon festivities on Saturday, July 6, at the temple grounds in Halaula, 55-4300 Akoni Pule Highway.

O-Bon is a time to remember and celebrate our ancestors, especially those who have died during this past year. To start the festivities, a graveyard service will be held at 5 p.m. The church service will begin at 6 p.m. followed by the popular dance and concession at 7 p.m. The Rev. Yagi will officiate all services.

Dance practices will be held on the temple grounds on Tuesday and Wednesday, July 2 and 3 at 7 p.m. The public is invited.

Hawi Jodo Mission

The Hawi Jodo Mission hosts its O-Bon on Saturday, August 3, at the mission, 55-1104 Akoni Pule Highway, in Hawi.

The cemetery services will commence at 4 p.m. followed by a service at 5 p.m. At 6 p.m. is the Eisa Pageant in which Ryukyuu Matsuri Daiko taiko groups perform at the same time in their time zone around the world—Performing for World Peace. The Bon Dance follows.

Eisa O-Bon practices are Friday, July 12 and 26, at 7 p.m., at Hawi Jodo Mission Hall.

O-Bon dance practices are Wednesday, July 31, and Thursday, August 1, at 7 p.m., Hawi Jodo Mission Church.

Kohala Jodo Mission Plans O-Bon Festival

By Suzanne Sasaki

The Kohala Jodo Mission in Kapa'au (at the top of Kapa'au Road, past the police station) will hold its annual O-Bon ceremonies on Saturday, July 13, starting at 7 p.m.

The O-Bon period is a time to remember, reflect, and offer gratitude and honor to family members and friends who have passed on. O-Bon was originally promulgated by Japanese immigrants of the Buddhist faith, but today it has grown to include all people who wish to honor deceased family and friends, including military personnel who died serving our country, and also includes people who just have fun dancing and consuming a variety of food and refreshments.

This year, a new facet has been added to the Mission's O-Bon activities which pays tribute to the Floating Lantern ceremony held at Ala Moana Park on O'ahu by the Shinnyo-en Temple. There, small, lighted boats carry messages on the ocean to departed loved ones; the lights serve to guide them home, and the messages reassure them of continued love and honor from family and friends. The Kohala Jodo Mission, being landlocked, will not have floating lanterns but will instead have small banners decorated with silhouettes of lanterns. People will be able to write messages on these

banners, which will be strung on lines above the dancers. After the dance, the banners will be carefully taken down.

The next day the banners will be blessed and burned under the guidance of the Rev. Wansa, who will then oversee the respectful disposal of the ashes.

Persons interested in writing messages on these banners should look for tables near the food concession. Banners will be distributed on a first come/first served basis until they run out.

Bon dance practice is held every Tuesday

at 7 p.m. at the Kohala Jodo Mission. It is free, and you get a great workout. For more information on O-Bon, contact Joy Ohta at 889-5334.



—photo by Joy Ohta

Celebrants can write messages on small banners in remembrance of departed loved ones.

Elijah Rabang Emerges as Watercolor Artist

Budding Kohala artist Elijah Rabang held an art signing June 12 at Paradise Postal in Hawi. Elijah, who has autism, was born and raised in North Kohala. He started drawing at the age of 10 and says it was the way he understood the world of autism. His passion is drawing and painting large animals, especially his favorite, the white Siberian tiger.



—photo courtesy of Sarah Kobayashi

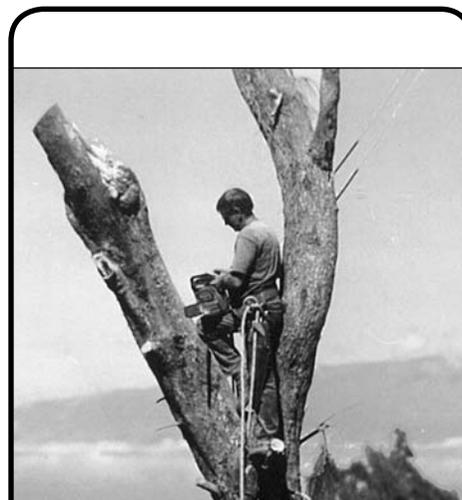
Artist Elijah Rabang, left, signed his artwork at Paradise Postal with shop owner Richard Elliott.

Elijah, now 20 years old, took art classes at Kohala High School and has studied watercolor with Angel Teodoro. He has murals on display at the Kohala pool, Figs Mix Plate, and a local chicken farm. He also painted a mural for Art Miles Murals, under the guidance of

Patrick Ching, which was displayed in Egypt.

Elijah is one of four resident artists whose work is showcased at Paradise Postal. His work is available in both matted prints and note cards.

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6:00 p.m. - Holy Communion

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4th Saturday: 10:00 - 12:00

Free Community Meal:
4th Saturday of each month: 11:00 - 12:30
www.staugustinesbigisland.episcopalhawaii.org

Despite Challenges, Tyler Alt Earns Honors at HPA

Story and photo by Megan Solis
Middle school can be a tough time for kids. Add to that some troubling times at home, and it could spell disaster. One middle schooler faced those challenges and came out on top. Way on top.

Tyler Alt says he was surprised at the Hawai'i Preparatory Academy transition ceremony on May 23 when his name was announced for the honor of "Best All-Around Boy," an award given by teachers and students to the boy and



Tyler Alt, right, with his dad, Josh Alt

girl who best exemplify loyalty, courage, love, hope, respect, honesty and justice.

"I felt so honored," says Tyler modestly. "I never expected anyone would have said those things about me."

In addition to the recognition for his

personal character, Tyler also finished his eighth-grade year at the top of his class academically. Tyler said he earned all A's and took honors classes. "I like to do the best I can, and this year was the best I've ever been," he said.

"I'm very proud," said Tyler's father, Josh Alt. "Tyler's been an exceptional kid from the womb. Of course, it doesn't surprise me, but I'm very proud."

Tyler's favorite subject is biological science, and he's gotten some hands-on experience in turtle tagging. Since 1987, HPA has worked with the National Oceanic and Atmospheric Administration (NOAA) to capture, measure, tag and study the threatened Hawaiian green sea turtle. Tyler started tagging turtles in sixth grade, and he describes it as "a passion and fun."

This year he was selected as one of four students to travel to New Caledonia, Australia, on a NOAA-sponsored trip to tag Loggerhead turtles. He said the 10-hour work days were hard but fun. They had to catch, clean, weigh and measure the turtles, sand a patch on the shell, make an epoxy, attach the tag, and take blood and fecal samples.

See Tyler, page 18

Chris' Corner

Kekai Nakamura Takes Helm at Kamehameha Park

By Chris Brown

In the next several issues of the Kohala Mountain News, I hope to introduce members of our community who are making a difference by working with our keiki through athletics.

The first spotlighted standout is Kekai Nakamura. Kekai was born in Kohala and graduated from Kohala High School, class of 2003. His family background includes the Vinta, Ching, Arakaki, and, of course, Nakamura families.

Kekai left Kohala after high school and headed to Las Vegas where he earned a bachelor's degree in recreation from the University of Nevada at Las Vegas. While in Las Vegas, he worked with the intramural program both while attending school and after graduation. When he returned to the Big Island he worked at the Wai-koloa Park as a recreation director II. When Chris Cackley retired from the Kamehameha Park Complex, Kekai applied for and was selected to head the Kamehameha Park Complex as a recreation director II. He began work on March 18, 2013.

Kekai has been working to have the county provide new bleachers and repair a leaky roof at the Hisaoka gymnasium and hopes to oversee the repair of the grandstand near the baseball diamond.

His many responsibilities include youth activities programs, scheduling

sporting events, not to mention issuing permits for use of all the beach parks on the island as well as camping permits.

Kekai wants to receive community input on uses for the facility he oversees and is open to suggestions.

Kohala can take pride in having

one of its own come back to the community after pursuing an advanced education on the mainland. Kekai has chosen to return to Kohala to give back to the community after having taken part in so many programs that were beneficial to him when he was growing up.

He, of all people, understands the benefits and rewards provided by the Hawai'i County Parks and Recreation programs here in Kohala.

I spoke with some people who are affected directly by our new park director. Tom Morse reports that, "although Kekai has been the P&R rep for only a little while, he has hit the ground running. He has been a great help for me in providing coordination for the Kamehameha facilities for sports programs for youth and seniors. He is bright and likeable." Tom is the president of the Kohala Community Athletic Association and assistant manager of Local Boyz kupuna softball team.

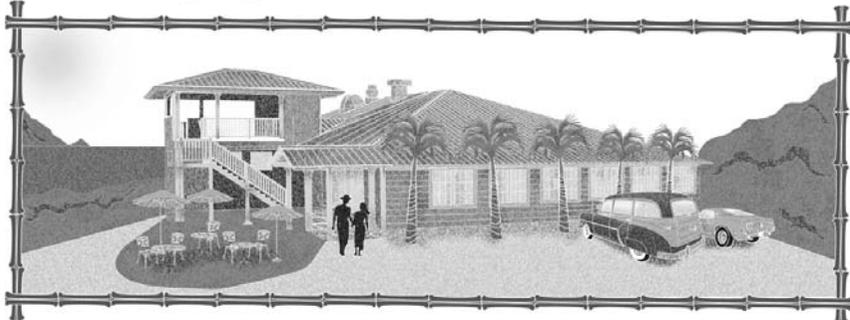
Mel Ako, of the Kohala Seniors Athletic Club, has found Kekai to be helpful trying to accommodate people. "He is willing to listen," said Mel.



—photo by Jesús Solís

Kekai Nakamura

Luke's Place



Luke's Place is available for lease starting at \$3,000 per month. We also have two very nice office spaces; one could be used as a studio for art, yoga or dance.

The "Barn" is also available for small events or as a business space. The Kohala Village Inn has been refurbished and is offering Kama`aina rates.

Contact: Kat
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“Monking Around Hawi” Brings Noted Flutist, Artist to Kokolulu

Experience Grand Master Riley Lee, shakuhachi flutist, and Fred Soriano, Kalai Ki'i Pohaku, stone carver, as well as top island interior designers at “Monking Around Hawi,” an event at Kokolulu Farm and Cancer Retreats in Hawi, June 30.

Kokolulu welcomes shakuhachi flutist Riley Lee back to Hawai'i Island, last here in 2008. They are also honoring Fred Soriano, noted Kalai Ki'i Pohaku, stone carver. Carvings of stone lanterns, jizos, Buddhas, water basins and Hawaiian deities will be on display.

The concert features Riley Lee's original music, plus some Hawaiian favorites and traditional Japanese music. Showtime for Riley's performance is 4 p.m. in Kokolulu's Chinese Temple. Seating is limited. This is a fundraiser for Koko-

lulu's Cancer Retreat scholarships.

An internationally acclaimed musician, Riley Lee has made over 50 commercially released recordings. He holds a B.A. and M.A. in music from UH-Manoa and a Ph.D. in ethnomusicology from the University of Sydney and has toured extensively in Asia, North America, Europe, and Australia, where he lives. He has received two World Music of Australia Awards.

Stone carver Dr. Fred Soriano was born and raised in Pahala, Ka'u Hawaii. He earned his Bachelor of Arts in sociology and Master of Arts in social work, both from the University of Hawai'i. In 1978, Dr. Soriano later received his Doctor of Philosophy at the Florence Heller Graduate School for Advanced Studies in Social Welfare from Brandeis

University, Massachusetts.

Dr. Soriano is an avid artist and is a well-known and published Zen stone carver. His passion of stone carving evolved from his love of the history of Hawai'i and from his many years of teaching. He has created sculptures with Hawaiian themes and figures. He was featured in the book, *Fred Soriano, Kalai Ki'i Pohaku, Carver of Stone* (2011). Dr. Soriano also creates Japanese lanterns, water basins and Hawaiian sculptured figures.

Advance tickets for “Monking Around Hawi” are \$25 for adults and \$20 for seniors (65 and up) or children (12 and under); keiki under age 3 are free. Tickets are available at Kokolulu. For credit card orders call 889-9893. At the gate, tickets are \$5 more. The proceeds of this event help provide cancer retreat scholarships.

The day before the concert, on Sat-

urday, June 29, from 10 a.m. to 12:30 p.m., Riley Lee teaches his workshop, “Breathe” (\$35). Enrollment is limited.

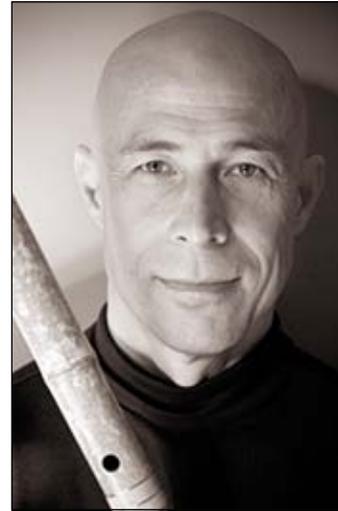
There are four main assumptions behind all of the exercises in the “Breathe” workshop:

- There is an optimal, healthy way to breathe in any given situation.
- We usually do not breathe in this optimal way.
- Simple exercises allow us to improve our breathing.

- Better breathing awareness leads to better control over all aspects of our lives.

Breathing is the most important, most potent activity that we do while we live. It is the activity most central to our health and wellbeing. Breathing is inextricably connected to our emotional state of being. Improving our breathing habits can only lead to improving the quality of our emotional and physical well being.

To register for the Breathe workshop call 889-9893 or visit www.Kokolulu.org.



—photo courtesy of Riley Lee
Grand Master Riley Lee,
shakuhachi flutist

Bible Camp a Time for Fun and Giving

Kohala keiki started off their summer break with vacation Bible camp, “Tell It On The Mountain,” held May 28 to 31, at St. Augustine Episcopal Church.

Children played games, sang and danced, climbed a rock wall, and did crafts. A highlight of the camp was when Joe and Kelly Vitorino brought their paso finos horses from Kohala Youth Ranch for a visit.

The children also gave daily offer-

ings, which they voted to give as a gift of chicks through Heifer International, which will help provide a family in need with a starter flock of 10 to 50 chicks. The eggs will provide protein for malnourished children and can be sold to buy clothing, medicine and more. Droppings from the birds will provide fertilizer to increase farm production. Through this gift, the children learned that they can make a difference in our world.

Tyler, continued from page 17

He hopes to get a medical degree someday, with a focus on research.

But it's not all academics for Tyler, who has been swimming competitively for three years. He also enjoys performing arts—both drama and music—and has exhibited some acrylic paintings at Firehouse Gallery in Waimea.

This last year brought some changes and trying times for Tyler and his family. With his parents' divorce, he had to begin boarding at HPA—his first time living away from family—as his mother and siblings moved back to the mainland. On weekends and school breaks, Tyler lives with his dad, who is the care-

taker for and resides at Puakea Ranch.

The hardest part? “I miss my siblings a lot cause they're a huge part of my life. And I miss my mom, but I always have this fear that my little brother, who is two, is going to forget me. But I'm thankful I can go to visit them. If I didn't have that it would be a lot harder,” he explains.

First up for summer is a visit with his mom, Carolyn Alt, and two siblings in California. His sister, who is 10, is planning to return with him to the ranch for a visit with her dad, brother, and grandmother, Catalina Cain, who lives in Halaula. He's also hoping to do some community service work and get ready for the new challenges of high school.

10 VITAL STEPS TO KEEP YOUR TEENS DRUG AND ALCOHOL FREE THIS SUMMER*

*SOURCE: NARCONON.ORG, DOWNLOAD A FREE BROCHURE



1. Discuss drinking and drug use with your children
2. Don't let your teen to go alcohol parties
3. Keep the discussion open and caring
4. Make sure they stay out of vehicles if the operator is under the influence
5. Always know where they are, who they are with, and who their friends are
6. Point out the influence of the media
7. Stay connected with your children
8. Acknowledge and reward your child
9. Help them get involved in drug-free activities they enjoy
10. Set a good example

f

North Hawai'i Drug-Free Coalition reminds parents and kids to
“Take Time to Talk, Take Time to Listen.” For more info, visit fivemountains.org or 887.0756

Happy New Year!

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Saturday, July 20

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Saturday, July 27

7:15 pm, Coronation Pavilion

Visit our website or call for featured movie

FREE!

Kohala's Dance Company: Lavaroots Performing Arts

Come to where spirit and strength meet through the vehicle of dance! The community is invited to enjoy dining and dancing under the stars while supporting cultural diversity and performance arts on the Big Island.



—photo courtesy of Lavaroots Performing Arts

work based in traditional West African dance and music while celebrating the modern fusion of cultures. Visually stunning as well as soul fulfilling, this production is a feast for the senses.

The group hosts the first Annual Merveilles Hawaii Dance and Drum Conference, November, 6 to 10, in North Kohala. The conference will bring Hawaiian and African music and dance together in one place. This event features six West African master teachers, highlights our local teacher Hope Keawe sharing hula, and includes yoga with Kohala's own Bobby Hoyt. The five-day retreat offers dance and drum/balafone classes daily, plus meals, camping, talk stories and festivities.

To attend a class/workshop or learn more information, please visit their website at www.lavaroots.com, or email lavamichal@yahoo.com.

Tickets for the July 10 benefit are available for \$45 at the Blue Dragon Restaurant and Musiquarium or on the Lavaroots website.

Lavaroots Performing Arts is hosting a benefit at the Blue Dragon Restaurant and Musiquarium on Wednesday, July 10, from 6 to 10 p.m. The event will feature live music by Lorenzo's Army, special performances by Michal Anna Carrillo and the Lavaroots Dance Company, dinner, dancing and a silent auction.

Lavaroots Performing Arts is a dynamic company dedicated to the expression of one's true self through movement, music and culture. They specialize in West African dance and drumming and are honored to share the healing power of moving to the drum.

Their upcoming events include, "Yankady, Here is Good?"—a dynamic theatrical dance production at the Kahilu Theatre on October 19 and 20. "Yankady, Here is Good?" is an original

KOHALA CALENDAR

- July
- 1 Mon 6-7 pm, Growth Management Subcmte. Mtg., public invited, Surety Kohala office, Hawi, Hermann, 889-1464.
 - 1 Mon 6:30 pm, Family film "Gnomeo and Juliet," free, North Kohala library, 889-6655.
 - 1 Mon 7 pm, Al-Anon mtg., every Monday, lower level, Walker Hall, St. Augustine's, Laura, 884-5833.
 - 2 Tue 4-5:30 pm, Hope for Haiti Mtg., St. Augustine's Walker Hall, new members welcome, Lani, 889-5852.
 - 2 Tues 5:30-6:30 pm, Aikido beginners course, teens & adults, Tues/Thurs thru 9/26, Kohala Aikikai, across from Sunshine Hardware, koha-laaikikai@gmail.com.
 - 3 Wed 4:30-6:30 pm, CDP Public Access Subcmte. Mtg., Senior Center, Ted, 889-5801.
 - 4 Thu 6-9 pm, Green Drinks Hawi, Kava Kafe, organic networking & pupu, Forrest, 987-2365.
 - 5 Fri 10 am, Preschool Story Time series, ages 2-5, every Fri., North Kohala library, 889-6655.
 - 6 Sat 8:30 am, "Walking in the Wild" guided silent walks w/ Gavin Harrison, at `Iole, by donation, sign up by 8:30, call `Iole, 889-5151.
 - 6 Sat Kohala Hongwanji O-Bon Festivities, 5 pm graveyard service, 6 pm church service, 7 pm dance, practice 7/2 & 7/3 at 7pm, public welcome, temple grounds, Halaula.
 - 7 Sun 10:30 am, Metaphysical Church "Let Freedom Ring," Kohala Yoga, 54-3877 Akoni Pule Hwy, Rev. Lee, 889-5505.
 - 8 Mon 5-6:30 pm, CDP Action Cmte. Public Mtg., former Bank of Hawaii bldg., Kapa`au.
 - 8 Mon 6-7 pm, Kohala Haw'n Civic Club Public Mtg., Hawi Community Center, Rochelle, 896-3033.
 - 9 Tue 11 am, Adult book discussion group, any thriller by Lee Child, North Kohala library, 889-6655.
 - 10 Wed 8 am, No. Kohala Merchants Association Mtg., Resource Center, public invited, Richard, 889-1112.
 - 10 Wed 5-6:15 pm, CDP Power, Viewplanes & Erosion Control subcmte. mtg, public welcome, Senior Ctr, Susan, 882-7611.
 - 10 Wed 6-10 pm, Lavaroots Performing Arts benefit, music, dinner, dancing, Blue Dragon Restaurant, tickets www.lavaroots.com.
 - 12 Fri 7 pm, Hawi Jodo Mission Eisa O-bon practice, also 7/26, Mission Hall.
 - 13 Sat 10am-noon, Sustainable Saturdays series, Brooks Thomas, composting with worms, free, KIC, www.foodhubkohala.org.
 - 13 Sat 7 pm, Kohala Jodo Mission O-Bon ceremonies, dance practice every Tues. 7 pm, at Mission, top of Kapa`au Rd.
 - 15 Mon 9 am-noon, Vacation Bible School at Makapala Retreat, thru 7/19, music, games, Bible stories, snacks, crafts, Sondra, 889-5416.
 - 15 Mon 2 & 6 pm, Jewelry making with Sid Nakamoto free, North Kohala library, 889-6655.
 - 18 Thu 1:30-2:30 pm, Kohala Hospital Auxiliary Mtg., Hospital Pavilion, new members welcome, Dixie, 889-5730.
 - 20 Sat 9 am-1 pm, Treasures Helping-Hand Store, Assembly of God, Hawi Rd., free meal: 10 am-1 pm, 889-5177.
 - 20 Sat 9 am - 1 pm, Adopt Local! North Kohala-Grown Kits 'n' Kats July Adoption Day: friendly, litter-trained, most neutered/spayed, tested FIV & FeLV neg., all appropriate vaccinations, dewormed, & micro-chipped. May have spring kittens avail. Kapa`au Veterinary Ctr, 54-3876 Akoni Pule Hwy, Kate, popokipono@gmail.com
 - 20 Sat 10 am-3 pm, Homestyle HoeDown: Music, Food, Games & Education, Kamehameha Golf Park, fundraiser for Lio Lapa`au scholarships, Fern, 896-0316.
 - 20 Sat 2-4 pm, Yoga on Horseback, Hawaii Paso Finos Ranch, Kelly, 884-5625.
 - 20 Sat 4:30-6:30 pm, Free Grindz--Hot Meal, under the Hawi Banyans, bring a friend, Kohala Baptist Church, Sondra, 889-5416.
 - 21 Sun 10:30 am, Metaphysical Church "The Golden Rule Applied," Kohala Yoga, 54-3877 Akoni Pule Hwy, Rev. Lee, 889-5505.
 - 22 Mon 6 pm, "Guerilla Midwife," film & talk story, free, North Kohala library, 889-6655.
 - 24 Wed 8:30 am-12:30 pm, `Iole Volunteer Day, New Moon Foundation land, trail clean up & mahalo lunch, Kerry, 889-5151.
 - 27 Sat 8 am-8 pm, Around the World Basketball tournament, concession, free admission, Hisaoka gym, kohalalearningabroad@gmail.com.
 - 27 Sat 11 am-12:30 pm, Free Community Meal, St. Augustine's Walker Hall, Thrift Store open 10 am-12:30 pm.
 - 30 Tue 5 pm, CDP Parks, Water & Roads Subcmte, public welcome, KIC picnic area, Kamehameha Park, andi@hawaii.rr.com.
 - 31 Wed 7 pm, Hawi Jodo Mission O-bon dance practice, also 8/1, festivities on 8/3, Mission Church.

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

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Kohala Learning Abroad to Hold Basketball Tournament

By Carley Arraujo, Kassie Kometani, and KHS staff

For the past couple of years, Jessica Brown, a language arts teacher at Kohala High School, has been working to put together a class revolving around cultural studies, culminating in a trip abroad with the goal of exposing students to the world out there, a world, in many respects, very different from Hawai'i culturally, scenically, and historically—an Experiential Learning Abroad program that will broaden students' world and educational outlook.

In March 2012, four students were awarded the opportunity to participate in this program and traveled to London and Paris with their teacher for an eight-day adventure filled with sleep deprivation, fun, and cultural enlightenment. They returned home with a new awareness and appreciation for the places outside of their little island.

The group has expanded exponentially. In March of 2014, more students from Kohala High will have an opportunity of a lifetime. With the help of Ms. Brown, among other chaperones, and through EF Tours, these determined teens are headed to the British Isles.

Mikaela Bartsch says, "One of my goals in life is to travel the world. I feel

that this trip would be a great learning opportunity."

"I've never been out of the state of Hawai'i, which is why this trip would be an 'out of this world' experience for me," explains Chaslyn Yamamoto.

Ryan Carvalho says, "Whoever thought that kids like us would be able to travel to a foreign country?"

Each student has to raise nearly \$4,000, which pays for travel, touring, housing, and two meals a day. Not only do these students have to raise the money but to be eligible for the trip, they also need to attend bi-weekly classes outside of school. Students attend classes every other Sunday afternoon during the school year. The classes allow the students to research and learn about the history and customs of the British Isles prior to their trip, as well as earn an extra elective credit for school.

To help with fundraising, the group is organizing a basketball tournament for high school-age and adult players, here in Kohala. Get your team ready for the tournament of the year! On Saturday, July 27, Kohala High School Learning Abroad will host the Around the World

Basketball Tournament at the Hisaoka Gym. They are hoping for about 20 teams of five players, so if interested, sign up by sending an email to kohala-learningabroad@gmail.com.

Admission into the gym will be free so the entire community is encouraged to come and enjoy a day full of basketball from 8 a.m. to 8 p.m. There will be a concession and half-time games for the spectators, so come and support a wonderful opportunity for the youth of Kohala!

The Kohala Experiential Learning Abroad program is a sponsored project of North Kohala Community Resource Center. Those wanting to donate to the project can send their tax-deductible donations to NKCRC, P. O. Box 519, Hawi, HI 96719, with a notation for "Experiential Learning Abroad," or go to www.northkohala.org and follow "Donate to a project."



—photo by Jenna Vega

These Kohala High students are preparing for a cultural experience in the British Isles through Kohala Learning Abroad: front row, left to right: Chelsea Ventura, Eloisa Viernes-Öbero, Katy Rix, Mikaela Bartsch, Chaslyn Yamamoto, Carley Arraujo, Isabel Steinhoff; middle row: Brandy Carvalho-Yoneda, Kassie Kometani, Ashlyn VanZandt, Denae Rivera, Samara Shaw, Genevieve Boyle, Rachel Vujovich; back row: Hana Carvalho, Shawn Ray Ramos, Kala Jordan, Brayden Torres, Justin Agbayani, and Geronimo Boyle. Missing: Breena McAulay

Kamehameha Day Celebration Committee 2013



Thanks the community of North Kohala for your support and participation in making Kamehameha Day so spectacular this year. A special mahalo for the generosity of:

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