

Kohala Mountain News

Vol. 12, No. 8

August 24, 2013

Kohala Walks to Fight Cancer

Community members didn't let a little rain stop them from coming out to celebrate hope and inspire action at the Relay for Life Kohala. For more about the Relay, see page 8.



Relay for Life Kohala included families and people of all ages. Here Jan Pa'alua walks with her grand-nephew Baylen Silva.

Shoreline Access a Bone of Contention for CDP Action Committee to Chew

By Megan Solís

Shoreline access was the subject of some discussion at the North Kohala Community Development Plan Action Committee meeting on August 12, specifically, the mauka/makai access and lateral trail implemented in a new gated development by landowner Kohala Kai LLC. The project is located on a 63-acre tract makai of Akoni Pule Highway, just north of the border with South Kohala. The plan, approved by the County Planning Department, includes a parking area for three cars, a trail from the highway to the shoreline, and a lateral walking trail.

The project hit a snag, however, at the County Council Finance Committee's meeting August 6, when members voted 9-0 to postpone a vote on the easements, Resolution 140, pending further review. At that meeting, some testifiers said the action committees from the North and South Kohala Community Development Plans were not sufficiently informed and Planning should not have approved the plans without

See CDP, page 14

Sculptor Sean Browne Gives Kohala Elementary Students Lessons in Art

By Megan Solís

Kohala Elementary School fourth- and fifth-graders had a rare opportunity to get hands-on instruction and practice from professional artist Sean Lee Loy Browne for 16 days in August. The sessions were a follow-up to the recent installation at Kohala Elementary of a bronze sculpture created by Browne with inspiration drawn from the school.

The piece, entitled Pupunukahi i Holomua Kakou, represents a pair of hands united in harmony. Together, the hands form the outline of a pohaku ku'i'ai (poi pounder), which symbolizes the spiritual and physical nourishment of each student. These joined hands also represent the extended community of Kohala Elementary School, including teachers, staff, and parents who unite to collectively nurture and sustain the growth of students.

The sculpture and classroom sessions were part of the state Art in Public Places—Artists in Residence program, established to implement an integrated visual arts-in-education program, while providing commissioned works of art in public schools.

The Artists in Residence component is a collaborative effort between the Department of Education and the Hawai'i State Foundation on Culture and the Arts to provide opportunities for stu-

dents to work directly with professional artists commissioned to create a site-specific work of art.

In spring 2011, Browne spent a total of two weeks in all of the K-5 classes, ranging from the kindergartners viewing slides to the older children participating in an art exercise, with the most time spent with the third-graders who learned to draw using a styrofoam model of a poi pounder. Using a light and the model, Browne was able to demonstrate using light and shade to create something three-dimensional.

On August 14, Browne was working with fourth-graders in Elizabeth Bauer's classroom, one of three sessions with this group. In previous lessons, using a drawing of the sculpture, the students learned how to draw and use grid lines to transfer an image to scale. The lesson began, Browne said, with instructions



Artist Sean Browne demonstrates using the ruler to hold the paper down as he carefully erases grid lines from a drawing.

on how to hold a pencil for drawing and run it across the surface of the paper.

"When you write, you use your fingers to hold the pencil head and a little bit of your wrist, but when you're drawing you're using more of your elbow and your arm. It's a lot easier to do circles and lines," he explained.

During this day's lesson, the students began by erasing their previous grid lines. Browne demonstrated how to erase lightly and carefully, to preserve as much of the image as possible. The eras-

See Art, page 2

Kohala Middle School Starts School Year with New Acting Principal

By Jesús Solís

Kohala Middle School students and staff were greeted by a new face when school opened August 5. Acting principal Ruth Smith has stepped in temporarily to fill the top leadership office at the school following the departure of former principal Patricia Champagne.

Art Souza, the superintendent for the Honoka'a-Kealahou-Kohala-Konawaena Complex Area, explained that Ms. Champagne left KMS in mid-July to explore other opportunities with the Department of Education in the Hilo area. He said Ms. Smith was brought in to fill the position during this transition while the department seeks a permanent



—photo courtesy of Kohala Middle School

Ruth Smith, acting principal at Kohala Middle School

officer in charge of the school.

Ms. Smith began at the middle school in mid-July and has been working to get the new school year started smoothly.

"My priority is to stay the course for the school and make sure that good systems that are in place stay functioning," she explained. She said she is approaching this interim period as if she were going to be here for 10 years, but without making drastic changes so that whoever becomes the new permanent principal can continue seamlessly.

Her emphasis with stu-

dents, teachers and parents alike is on establishing relationships. In a recent meeting with teachers, she worked on team building and encouraged teachers to establish relationships with their students, getting to know the students and their learning styles. She says that is especially important with incoming sixth-graders or students who are new to a teacher.

"I'm a strong believer that people don't care what you know until they know that you care," she explained.

She has been reaching out to parents as well, first through the parent orientation held at the beginning of August,

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ers were then passed out, and students began to work on their drawings.

"Will you help me?" asked one boy. "I'd rather you practiced doing it yourself," responded Browne.

Art takes practice, he explained. Be persistent. Take your time.

"I've been drawing for more than 40 years," he said. "How old are you?"

"Nine" echoed the voices throughout the room.

"So I've been drawing more than four times as long as you have been alive!"

With grid lines erased, the students were then instructed to carefully redraw the curved lines of the erased image.

Tristin Perez eagerly tackled his project. He said he likes art—especially drawing—and having an artist in class was "exciting." Although he likes using pens, pencils and markers to draw, he said in this class he learned "where you make lines you have to draw lightly, so you can erase it."

A few students struggled with keeping the paper still while they erased and drew, and Browne reminded them to use their ruler to hold the paper down. Browne later noted that the ruler is also useful for introducing the use of mathe-

matics into an art exercise, such as using fractions in the making of grid lines.

In the next step, Browne demonstrated shading and its purpose in showing definition and depth. Looking at a completed sample drawing, stu-



Students in Ms. Bauer's fourth-grade class use various shades of gray to show definition in their drawings, as Ms. Bauer and artist Sean Browne observe and offer guidance.

dents were asked how many shades of gray there were. Three... no, four!

With the sample drawing to guide them, students began shading their drawings using the lightest shade of gray pencil. Browne showed them how to shade from side to side, shading in the whole surface.

Hanna Wagler and Ruby Helmuth enthusiastically worked side by side

on their drawings. Hanna said having a professional artist in the class was "cool." She enjoys drawing on her own.

Ruby said she entered a painting in last year's Kohala Country Fair. She painted a green background and then cut out and pasted images of cows in the foreground, winning a first-place prize. Both girls commented that Mr. Browne had helped them improve their shading techniques.

Using progressively darker shades of gray, the students continued to shade the various areas of the image.

"That's beautiful," Browne said as he held up the drawing by Teige Lorenzo-Akamu. Teige had moved ahead of the others but had followed the sample drawing on her own.

This was Browne's last session with the students,

but they will finish coloring the picture under the direction of Ms. Bauer. Browne gives the teachers some guidance in coloring technique as well.

"Coloring is just an extension of the shading process, but now you're introducing another element that makes it more exciting because I think you end up with a more dramatic product using color. But it also reinforces light and

shade," he said.

He supplied mats for framing the finished artwork for each student to keep.

Although he has had many years' experience as an art teacher at University of Hawaii Manoa and Kapi'olani Community College, working with younger kids is quite different, Browne notes.

He's done a similar program on O'ahu, but this was the first time it has been this extensive, he said.

"There are always individual kids whose talent is remarkable. That's always a good thing to be a part of. I know that whatever I did inspired them to do something where they're feeling good about their work, and they apply themselves," he said.

Members of the public who would like to view the sculpture are welcome to attend Kohala Elementary's Open House Tuesday, August 27, 5:30 to 7 p.m.

[Editor's Note: In the next issue of KMN, we'll take a closer look at the bronze sculpture, its inspiration, and the artist Sean Browne.]

Correction

In the article, "Farming Without Dirt: Aquaponics Project Continues at KHS," Kohala Mountain News, July 27, 2013, pages 1 and 2, we should have reported that the system's biofilter holds about 400 pounds of cinder substrate. We apologize for the error.

Principal, continued from page 1

which she said was well attended. She makes an effort to keep parents informed and respond promptly to phone calls, she said. She is also working on getting the school website up to date, which can be a great tool for busy parents.

Most importantly, she has been working on building relationships with the students at KMS. She said she met with each student individually to get acquainted and also review school policies regarding behavioral expectations, respect, harassment, etc.

"It's important that we have an environment where we can learn, and safety is a big issue," she said.

Ms. Smith has lived on the Big Island for 29 years, coming here from Washington, D.C., after taking a vacation here and falling in love with the island. At first she helped run a large macadamia nut orchard on the Hamakua coast, but in 1994 she returned to education, teaching fifth grade at Waikoloa. She went into administration in 2001 and worked as a vice principal at Kealakehe High School, Waikoloa as it transitioned to a K-8 school, and most recently as the acting principal at Kealakehe Middle School.

Though she has mostly worked at bigger schools, she is enjoying the smaller population at Kohala Middle.

She likes to work at the school-level, she said, interacting directly with kids, parents, teachers and the community, and said she has had a very warm welcome here. She understands the Kohala community is a close-knit one and she knows a few people here already. She hopes to be selected as the new permanent principal and continue to build relationships here.

She describes herself as community-minded, having worked with the South Kohala Community Development Plan steering committee, and supports building a sustainable environment that is mindful of cultural heritage and creates a strong economy and opportunities for

children here in Kohala.

The principal position was expected to be posted soon (it had not been posted by KMN's press time.) Ms. Smith explained that positions are posted for 10 days. Applicants are screened for minimal qualifications and then a committee proceeds with interviews. Mr. Souza said he hoped to have a permanent principal in place by early September.

Kohala Middle School hosts an open house on Wednesday, September 4, from 5:45 to 7 p.m. For more information, including a copy of the school's guidance booklet, visit their website at www.kohalams.org.



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Kohala High School Receives Recognition for Quality Programs

Kohala High School is pleased to announce that the school has been awarded a six-year accreditation status by the Western Association of Schools and Colleges (WASC)—a result of the school's in-depth study of its programs and a three-day review from a WASC visiting team. The six-year term "certifies to the public that Kohala High is a trustworthy institution of learning, validates the integrity of the school's programs and student transcripts and is an assurance to the community that the school's purposes are appropriate and being accomplished through a viable educational program."

Kohala High has also received high honors from the U.S. News and World Report, the leading source of education news. The rankings included comprehensive profiles on more than 21,000 public high schools and the selection of the nation's 4,805 highest-scoring schools. Kohala High was one of 11 Hawai'i high schools to earn bronze medal recognition.

"A good high school education is vital to preparing a student for moving on to college or to entering the workforce," said Brian Kelly, editor and chief content officer of U.S. News & World Report. "The new 2013 Best

High Schools rankings will help both students and parents wade through the increasing public school options available."

County Road Crews Busy in North Kohala

By Megan Solís

Anyone driving into Hawi can't help but notice the work being done across from the Kohala Welcome Center. County road crews have been clearing, widening and graveling the lower part of Kahei Road, reopening mauka access between Red Cinder Road and Akoni Pule Highway.

Willie Perez of the County Roads Division said the project is part of the "Roads in Limbo" program started about five or six years ago. Money has been set aside by the county to address old government roads that have become overgrown or rutted. Perez said that although there are homes along many of these roads, often emergency vehicles don't have access. Some may be gravelled but it is better to pave them when possible, he said.

Although parts of Kahei Road from Red Cinder to Hook Road were opened up and paved about a year ago, Perez explained that there are still a few sections just below Red Cinder that couldn't be paved due to the tree root growth under the road, which will be addressed at a later date.

However, the lower part of the road between the Hawi Japanese Cemetery and the highway was still thick with overgrowth and was difficult to traverse even on foot. That lower section has now been cleared and widened, and gravel has been laid.

Eventually this lower section will also be paved, but road crews have

been diverted so they can address other repaving needs, first in `Ainakea, and later Waikoloa. These two projects are funded by the fuel tax. The roads are submitted for repair/repaving consideration and once approved, they have a higher priority than those in the Roads in Limbo program.



A truck dumps gravel along the lower portion of Kahei Road, an old government road that has recently been cleared and widened as part of the Roads in Limbo program.

Cones are already in place along `Ainakea Road, the main thoroughfare in the `Ainakea subdivision in Kapa`au, which will be resurfaced due to the deterioration of the roadway. Once that work is completed the crews will be sent to Waikoloa to resurface Paniolo Avenue.

When the fuel tax-funded roads are done, crews will come back to pave Kahei Road, estimated to happen around November.

In recent months county crews repaved Kokoiki Road with the fuel tax funds as well as widening and extending the pavement by one-third on the road to Mahukona Beach Park.

Also on the Roads in Limbo list is Honoipu Pu`uhue road, southwest of Hawi. Crews have been making repairs for later paving—extending about two miles mauka of the Akoni Pule Highway.

Library Adds 2nd Book Discussion Group, Welcomes New Members

North Kohala Public Library is starting a second adult book discussion group to meet the interests of a wide variety of readers. Both discussion programs are open to all interested readers and will continue on a monthly basis.

The original reading group has been meeting for over two years at 11 a.m. on the second Tuesday of each month in the public meeting room to discuss a wide variety of fiction and non-fiction. Copies of the novel, *Dodsworth* by Sinclair Lewis are available at the library for the September 8 meeting. The selection for October is *Forgery of Venus* by Michael Gruber and for November, *Blue Latitudes* by Tony Hurwitz.

The Whole Life Book Club will hold its first meeting at 11 a.m., Tuesday, September 17, and continue to meet on the third Tuesday of each month in

the public meeting room. This discussion group will focus on books related to health, spirituality, and personal growth. The first book under discussion will be *Anastasia*, by Vladimir Megre, the story of a Siberian recluse living in loving harmony with spirit, herself and all of nature. A limited number of copies are available at the library. After reading this book you may find your experience of yourself and nature profoundly changed and empowered.

This group's book for October will be *Change We Must, My Spiritual Journey*, by Nana Veary. For more information about the Whole Life Book Club, call Mary at 889-5163. Books are selected by the group participants. Suggestions welcome!

Contact the library at 889-6655 to register, to request a book and for more information on this program.

Food, Shopping and Entertainment at Annual Bazaar

St. Augustine's Episcopal Church will hold its popular annual bazaar on Saturday, September 7, from 9 a.m. to 1 p.m., on the church grounds in Kapa`au. The public is invited to come and enjoy ethnic foods, baked goods, and a concession stand. Shopping opportunities include the silent auction, thrift shop, white elephant, and

Christmas items, as well as fruits, vegetables and plants.

Come enjoy the free entertainment by Hula Halau o Ka Hana No`eau no Kalaniami, David Gomes, Ryukyukoku Matsuri Daiko taiko drummers, Ryusei Honryu Ryuko Kai-Okinawa dancers, Henry Dulan, St. Augustine's Sunday School children, and Hank Guerrero.

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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.



September

Ad Deadline: 9/13/13
News Deadline: 9/16/13

October

Ad Deadline: 10/11/13
News Deadline: 10/14/13

Kohala Mountain News

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

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From the Editor's Desk —

Why Kohala Mountain News Needs You

By Megan Solís

Summer is winding down: the kids are back in school and most of the summer vacations have been taken. Life has begun to get back to "normal."

As the editor of Kohala Mountain News, I feel this lull every summer. Many of our frequent contributors are off on vacation, and the school-time stories are on hold until September. Sometimes, I really have to shake the bushes for stories and, especially, writers.

KMN's goal is to publish stories about the people, places and events unique to North Kohala. Our focus is on the positive aspects of life here although we also address occasional controversial topics as well.

As the only newspaper solely about North Kohala, KMN is the voice of our community. And I firmly believe that diverse voices from across the community should be heard here. So, every so often I put out a call for writers.

To keep our costs down (and still deliver a free newspaper to every post office box holder in Hawi and Kapa`au and to kiosks around town), we do

without what most newspapers have: staff reporters. Instead, we rely on volunteers in our community to contribute stories. That's where you come in.

KMN needs stories of every type: features about interesting people in our community (both kama`aina and newcomers), sports for young and old, community events, who had a baby, got married, or celebrated their golden anniversary, school news, stories from our kupuna, or even who won the fishing tournament! Got a passion for politics? Use your knowledge to keep readers informed about the effect that government decisions may have on our North Kohala community.

Not sure if it's "newsworthy"? Call me!

Never written for a newspaper before? No problem. I'm happy to help guide you with your story and will edit it prior to publication.

Starting a new business or expanding your services? Or maybe you're planning a fundraiser for a local community organization? Consider placing an ad in KMN and reaching nearly

every household in North Kohala, plus the many visitors who come here each day. That's a distribution of 3,600 newspapers each month plus the views of our newspaper on our website at www.kohalamountainnews.com. You can call Tom Morse at 345-0706 to learn about ad sizes and rates. And when you patronize one of our advertisers, be sure to let them know you saw their ad in KMN and appreciate their support!

And now for the small print:

Because we are a monthly publication and want to include as many different stories as possible, we ask that submissions be limited to about 500 words (300 words or less for letters.) All articles submitted are subject to editing for grammar, spelling and length. Sorry, we are unable to pay for stories or photos; however we appreciate all of the KMN contributors, whose names are listed each month on the masthead on page four.

Stories and photos can be emailed to kmneditor@hotmail.com, mailed to KMN at P.O. Box 639, Kapa`au, HI 96755, or call 884-5986.

Letters—

Sione Ching's Mahalo to his Hometown Kohala

By Amoo Ching-Kainoa

At the age of four, Sione was a hana'i child to Amoo Ching-Kainoa and Darrell Corrales.

Sione was a healthy little Polynesian boy. He loved to go hunting, prawning, fishing, diving, surfing and feeding chickens with his dad. Sione was his little tail.

From the age of five and for the next three years, Sione played basketball, baseball, volleyball and football. He was a naturally talented little guy. When Sione was eight years old he played Little League baseball. During practices he would complain of pain in his hips and knees, and he started to have a limp.

One morning he woke up and could barely get out of bed. I took Sione to see Dr. Hiller. X-rays were taken which showed that Sione has Legg-Calve-Perthes Disease, a childhood condition that affects the hips. The blood supply is temporarily interrupted to the ball part of the joint. When the ball of the thighbone in the hip doesn't get enough blood, it causes the hip bone to die.

Sione was referred to Shriners Children's Hospital in Honolulu where he has been a patient ever since, getting a checkup there every three months. At the age of 10, Sione had another setback: the disease struck the left hip also. At this point Sione was given crutches and had a wheelchair to get around the middle school campus. He has been the toughest trooper I have ever seen going through all of this at his young age.

Sione is 15 now, and this past spring the doctors from Shriners took x-rays on Sione's growth and felt it was time to do a full hip replacement surgery on

both hips. Dr. Linda Rasmussen performed the surgeries with the right side operated on May 7 and the left side on May 28. Both surgeries to put the new hardware in his hips were successful.

Sione had a little setback on July 2 when he was told his stitches on his left hip had a staph infection. He spent most of his summer at Shriners having washouts every four days and replacing the new sponge and vacuum that were put in his incision to drain out fluids. The doctors and staff at Shriners Hospital were beyond amazing and so sympathetic. They had so much love and compassion and treated us with dignity, respect and so much kindness whenever we were in their care.

Sione is now doing physical therapy but cannot wait for the incision to heal so he can jump in the ocean. He will have to be careful with his new hips: no rough-housing and being very safe when doing things. He will also be limited in what activities and running around that he can do just to keep them in good shape and not to wear them down too soon.

Through all of this Sione is still a happy, jokey and niele (curious) Polynesian young adult. So many people have



—photo by Amoo Ching-Kainoa

Sione Ching plays the ukulele that he made in the Ka Hana No`eau program.

been so positive and helpful throughout this time in his life. From all the staff at Kohala Elementary and Kohala Middle School and now the staff at Kohala High, you have all been so understanding and cooperative dealing with Sione's mobility at school.

So many people and families out in our community have helped him to still be a functioning teenager. From pushing him in his wheelchair, to helping him around campus, to carry-

ing his backpack, to letting him charge his scooter around Kapa`au, to picking him up and giving him a lift whenever you passed him on the road and also hauling his wheelchair home when he got caught in the rain. There are too many people to name who have had an impact on helping Sione through all of these years.

Sione has been in ukulele-making with the Ka Hana No`eau Mentorship Program. They recently held a lau lau sale to help us defray travel costs. He would like to thank all of you who helped wrap and also all of you who cared and bought a ticket from him. Biggest Mahalo to the Ching, Kainoa, Corrales, Sugse, Oshita, Solomon `ohana
See Sione, page 5

County Council Update

By Margaret Wille

[Editor's Note: Here is the latest update from Margaret Wille, North Kohala's representative on the County Council.]

Video conferencing: We are back on track to begin county council videoconferencing from North Kohala and now expect to start in late September. If you would be willing to volunteer to assist on some council days, please call my office.

North Kohala/Kawaihae bus routes/schedules: I want to increase bus service in North Kohala. To start with, I need a sense of the level of interest in intra-North Kohala bus service and for increasing connectivity to Waimea and/or to Kawaihae/Resorts/Kona. If you are interested in additional bus service, please call my office or meet me outside the 9 a.m. Senior Citizens Club meeting

or the 5 p.m. NKCDP Action Committee meeting, both on September 9. On that date I will be the guest speaker at the Senior Citizens meeting.

Next GMO Council hearing: My revised bill, aimed at restricting the cultivation of GMO crops, will be heard on September 4 in Hilo, or at one of the current videoconferencing locations. Come testify!

Kohala Kai: The Council held up approval of the proposed public access on the Kohala Kai development in order to address the concerns voiced by the NKCDP public access subcommittee. If you have questions or concerns, please call my office.

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.

Sione, continued from page 4
who have always been there for him... no matter the weather, the time, the day you all were just a phone call away and dropped what you had to do when Sione called on you.

From the bottom of our hearts there are not enough words to explain how much we love and appreciate every-

thing you have done in helping Sione overcome this disease. He has new hips now and will be able and willing, so if ever you need him he is willing to give back to each and every one of you.

It takes a community like KOHALA to raise a child and we have seen it firsthand in our `ohana.

Puzzling Plant Reaches for the Sky

John and Susan Cook have a mystery plant in their backyard—and it's going through a mad growth spurt. Susan says she thought it was a spider lily when they brought it from Kona to their North Kohala home 20 years ago. The plant has gotten huge, some 12 feet in diameter, but it is the height growth that really made them wonder. The single shoot with spikes of flowers has grown some 30 feet or more in the last three to four weeks. Friends told them it was a Century Plant (*Agave americana*), a type of succulent that after many years (though not 100) sends up its final reproductive stalk and then dies.

The Cooks checked with Peter Van Dyke, manager of Amy B.H. Greenwell Ethnobotanical Garden, who initially concurred that they have a sisal plant



—photo by Susan Cook

John and Susan Cook's backyard plant sprouted a stalk that has grown about 30 feet in just a few weeks.

(*Agave sisalana*) growing in their yard. The plants were introduced for the fibers that are used to make rope and though there were commercial plantings in Hawai'i, it never made it as a commercial crop and now persists as a naturalized plant in dry, rocky places.

However, Van Dyke later contacted the Cooks and told them he had passed a photo of their plant by an invasive species botanist from Volcano National Park and he said it looks like Mauritius hemp (*Furcraea foetida*), also of the agave family and closely related to the sisal.

Whatever it is, it towers right at the top of the neighboring mango tree. The Cooks say anyone interested in seeing the plant can give them a call at 889-0912.

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Barefoot Doctors' Academy Offers Doula, Wilderness First Responder Certification

This fall, the Barefoot Doctors' Academy, a 501(c)(3) nonprofit organization in North Kohala, will offer both an Introduction to Midwifery with Doula Certification, slated to run from September 14 through December 14, as well as a Wilderness First Responder Certification, scheduled over four weekends, starting October 19 and ending December 22. Each series consists of eight full days of training.

The academy's longest running program, the Introduction to Midwifery with Doula Certification, features many talented, Hawai'i-based midwives and doula educators, as well as Suzanne Arms, who is a renowned author, teacher, and popular speaker on five continents. Her second of seven books, "Immaculate Deception: A New Look at Childbirth" was named a "Best Book of the Year" by the New York Times. Suzanne shares positive childbirth traditions from around the world, from ancient and cross-cultural wisdom to the modern sciences of cell biology, epigenetics, biochemistry, brain development, public health, and attachment parenting.

A doula is a woman who has been trained to provide support to a mother before, during and after childbirth. A prenatal doula is a woman trained and experienced in providing emotional and informational support to a pregnant woman and her family. A birth doula is a woman trained and experienced in childbirth who provides continuous physical, emotional and informational support to a woman during labor, delivery and the immediate postpartum period. A postpartum doula is a woman trained to care for new families in the first weeks after birth, to advise with newborn care, breastfeeding and also provide emotional support to the new mom. The academy's program trains participants in all of these areas.

Studies have shown that having

a doula present during labor leads to fewer cesareans, shorter labors, less medication and less use of forceps during delivery. The mother experiences greater satisfaction with the birth experience and the personal care received. She has less postpartum depression and better bonding with her baby. Studies have also shown that having a doula present leads to shorter hospital stays for the baby, including fewer admissions to specialty nurseries, an easier time breastfeeding, and better interactions with the mother.

Dee Anne Domnick, the nonprofit's founder and program director, points out that the benefits of doula services are recognized by the World Health Organization, the Medical Leadership Council (an organization of over 1,200 U.S. hospitals) and the Society of Obstetricians and Gynecologists of Canada.

Mala Landt, one of the program's primary instructors, says,

~ Mala Landt

"We feel inspired to regenerate the cultural practices of the 'Midwifery Model of Care' which is based on the fact that pregnancy and birth are normal life events. Becoming a doula or a midwife can be a life-long career and leads to personal growth." She adds, "Teaching doulas to facilitate gentle birth is illustrating that our highest values have to do with safety and peacefulness and loving one another."

The academy has been at the forefront of childbirth reform, promoting evidence-based practices since 1983, when it first started the four-month certification program for childbirth assistants. In the 1990s, their five-year midwifery program became one of the first nationally accredited direct-entry midwifery schools in the country.

For 30 years, the Barefoot Doctors' Academy has offered various workshops, programs, and conferences, with a commitment to educate people from a diversity of cultural backgrounds. Their

primary focus has been on: natural healing, indigenous and traditional medicine, midwifery, breastfeeding, family planning, wilderness medicine, barefoot doctoring, ethnobotany, permaculture, emergency preparedness and response, and sustainability.

Dee Anne Domnick and Jim Berg, M.D., husband and wife and co-directors of the Barefoot Doctors' Academy, relocated the headquarters of the school from Louisiana to Hawai'i in 2002. Its 7.5 acre campus off of Ho'ea Road is evolving into productive botanical gardens.

The Wilderness First Responder Certification course will include classroom lectures and skills practice as well as a multitude of emergency simulations. It will help prepare the public, as well as current emergency workers, to gain a greater variety of skills and be able to cooperate and perform more effectively as teams in times of emergency or disaster.

For questions regarding either of the programs or to register, go to the website, www.barefootdoctorsacademy.com or call 987-7008.

Swimmers Travel to Maui for State Event

By Vicki Kometani

Two Kohala swimmers traveled to the Long Course Championships held July 18 to 21 at the Kihei, Maui, Aquatic Center along with their coach Jeffrey Coakley. Competing in the age-group event were Naomi Ney and Kassie Kometani, representing the Kohala Warrior Aquatics swim team. Each swimmer had qualified for the State meet in six events.

Although Naomi did not reach the finals following preliminary swims in each of her highly competitive events, she did lower her times each and every time she exited the pool. Her age bracket of 11- to 12-year-olds has more swimmers than any other bracket. To have made qualifying times in six events, and to reach the State level, deserves significant recognition.

Because of a conflict with the event schedule, Kassie Kometani opted to swim just five of her six qualifying

events. Competing in the 15- to 16-year-old girls bracket, Kassie made the podium four times, placing eighth in the grueling 100- and 200-meter butterfly, third in the 100-meter freestyle and second in the 50-meter freestyle. Kassie also lowered her personal times during the prelims and finals of the four-day meet.

Expenses to send the two swimmers and their coach to the off-island meet were partially offset by the community's generosity during the recent Swim Fest held at Kohala Pool.

Now, it is on to short course season. It is anticipated that many more Kohala swimmers will qualify and compete at the State Short Course meet, which will be held at the Kona Aquatic Center December 19 to 22. Donations to support the swim team are always welcomed and appreciated. Please see Jeffrey Coakley at the Kohala Pool during pool hours to learn more.



—photo courtesy of Vicki Kometani

Kohala Warrior Aquatic Swimmers Kassie Kometani and Naomi Ney pose at the State Long Course Championship swim races banner.

BETH MOORE SIMULCAST



Beth Moore is an American author, and Bible teacher. She is the founder of Living Proof Ministries, a Bible-based organization for women based in Houston, Texas. The ministry focuses on aiding women who desire to model their lives on Christian principles.

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Back to School: Beware and Be Aware

By Catherine Rosasco-Mitchell

Behavioral challenges are showing up in younger children every year in school and at home, Kohala Elementary parents and teachers tell us at Parent Hour. Communication problems happen between parents and children but are also happening between spouses as the divorce rate climbs. Frustration builds when we are trying to explain something and the other person seems to listen but doesn't follow through.

"He doesn't listen to me."

"She talks back to me and doesn't respect me."

"He won't get up when I tell him it is time for school."

There is one thing all these statements have in common, feelings. This kind of "feeling," in this context, is a physical sensation describing the truth of what is heard behind words different than the words itself. These feeling sensations are in our facial expressions, tone of voices, and movement gestures of body behaviors and they are 10 times louder than the words to a child. Children's minds listen to the feeling sensations (inside their bodies) behind the words, not the words.

"Children are 98 percent feeling creatures," says neuro-anatomist Carla Hannaford. The feeling sensation in the way we talk is what is heard, especially

in ages below 11 years old.

Save time and energy: learn how to understand what your child hears:

Get clear on the core issue you need to be communicated. Stick with this issue and nothing else.

Watch the physical behavior of your child when you talk to understand the dialogue of sensations inside a child's mind, louder than the words coming out of the mouths of parents or teachers. They watch and feel the facial expressions, shoulders and neck, and posture.

Address the child's physical behavior by verbally expressing how they feel as if you can feel inside his/her body behavior.

Then address both needs (parent and child) in the relationship that need to be met.

For example: Parent yells from the doorway to the child's bedroom: "Time to get up and get ready for school!"

Child doesn't budge, still in the sleeping state, tired, and not happy about going to school; she or he doesn't get up.

Parent gets frustrated and mad. They have to get to work. The child is making them late. The child feels the anger and revolts.

Changed to: **Parent:** goes into child's bedroom and sits on the bed brushing their hair away from their eyes and says, "Time to get up."

Child: "I don't want to get up. I'm tired. I don't want to go to school."

Parent watches and addresses the child's behavior and instead of repeating the parent's request says: "I see you are very tired and hear you don't want to get up or go to school... (in a compassionate manner as if to put words to their physical sensations talking to you. Parent at this time only expresses what they observe in the child's body.)

Then address the parent's need: "... but sometimes we don't always get to

do what we want and have to do what is needed. I need you to get going to school and I need to get to work. We are in this together."

Then the parent addresses the relationship of both child and parent: "I'll give you five more minutes, but if you

still don't get up you will have to figure out how you can get up on time, like maybe by going to bed earlier."

For the children to sense how they are acting, guide their attention to be aware of themselves. This is the most important aspect of communication. Take a moment, exhale, and step back from what you want to say to your child when irritated and check into the core

issue of what needs to be addressed. Hold onto that core message. Then look at your child and imagine what you would feel if you were inside his/her body. This process opens a whole new way of getting attention and sharing. The trick is to be able to feel *you* while feeling *them*. Communication on the core issues saves emotional upheavals and time, but awareness inside both people is key.

Beware of your child's physical behavior before speaking and **be aware** of how physical sensations explain what they think. Learn how we *feel to think*. We are all sensitive creatures. If trained at a young age to be self aware, we can develop compassionate relationships and the well-being of our children or spouses. They will grow healthier and happier and save time for the whole family and for school life.

Catherine Rosasco-Mitchell is the director of Wellness Through Movement®. This article is from a recent presentation she gave at Kohala Elementary School during Parent Hour. For more information, contact her at info@wellnessthroughmovement.com.



—photo courtesy of Catherine Rosasco-Mitchell

Catherine Rosasco-Mitchell

Preparations Underway for the 19th Annual Kohala Country Fair

The 29th Annual Kohala Country Fair will be held on Saturday, October 5, from 9 a.m. to 5 p.m. at the same Iole/KEEC location as last year, makai of Akoni Pule Highway, just east of Kapa'au.

Earlier this year, the fair was on a hiatus as committee members stepped down and replacements needed to be found. Kohala resident Nino Kaai stepped up to the plate and took the event chair position.

"I had a chance to be part of the solution or part of the problem; I chose to be a part of the solution," said Kaai about taking on the leadership role for this long-standing community event. "I knew I couldn't do this alone and I needed someone that had event planning experience. That's when I approached Maile Lincoln and asked her to help me be a part of the solution."

Both Kaai and Lincoln envision the fair as being a family event that embraces the entire Kohala community. "It is the one day that our entire community can get together to listen to wonderful music, enjoy some ono food, buy tons of unique gift items, and our children have a variety of activities to immerse themselves in," they said.

This year's theme "Rhythm of

Kohala" will focus on all the musical talents that we have right here in Kohala. Stay tuned for the line-up of entertainment for the day.

Booth applications are now being accepted and can be picked up by seeing any committee member, on fliers throughout the town, at North Kohala Community Resource Center or by emailing KCFBooths@yahoo.com. This year, the committee is offering a "Kohala Aina" booth rate for residents of Kohala. They are also trying their best not to have booths selling the same items.

Country Fair shirts will be available with this year's design on the back of the shirt as well as a new artwork patch for the front left pocket area. Thanks to Andi Longpre for taking on this committee and to Margaret Hoy for her artistic talents.

Due to a lack of committee members there will not be a Lua Decorating Contest this year.

The committee is still in need of more members as well as volunteers for pre-event, event day and post-event help. If you would like to volunteer, please email Nino at nino@hawaiiantel.net or Maile at mc2000x3@yahoo.com.

We look forward to seeing everyone on Saturday, October 5!!

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Relay for Life Kohala: a Night of Hope

Despite some sporadic downpours of rain, Kohala cancer survivors, their caregivers, family and the many people touched by cancer came out to Kamehameha Park on August 10 to walk, talk story and raise money for the American Cancer Society's annual Relay for Life Kohala.

Fourteen teams, including two "virtual" teams from Kohala Middle and Kohala Elementary schools, raised between \$35,000 and \$40,000 for the Society in its fight against cancer. The theme of this year's event was the Magical World of HOPE. Teams decorated their booths based on a chosen fairy tale and sold a variety of food and baked goods, as well as face painting and other activities, to help raise funds. Teams also contributed donations for the silent auction.

This year's three top fundraising teams were Sacred Heart Angels (\$7,506); Kohala Hospital (\$6,290); and Family & Friends (\$5,604). The other onsite teams were Butterfly Kisses; Kohala High School classes of 2014, 2015, and 2016; Family Ties; Kohala Family Health Center; Kohala for Healing; Lincoln Ohana; and TKR & Friends.

The "virtual" team at Kohala Middle School held a Relay Field Day at their school and raised over \$1,000. Kohala Elementary School had a brownie sale at the school and raised \$1,350.

Kohala Relay chair Brian Alejandro was also the No. 2 individual fundraiser with \$2,072 raised. Mary Lou Ignacio, on the Family & Friends team, raised the most with \$2,922 in donations.

The mood was upbeat and celebratory with the Survivor Lap kicking off the 12-hour relay, which lasted from 6 p.m. on Saturday to 6 a.m. Sunday morning. A few hours into the event, the atmosphere turned more serious as all gathered to remember loved ones and lit a luminaria candle in their honor. The luminaria bags had been decorated with photos, names, and remembrances of both loved ones who have passed and those who have survived or are still fighting cancer. The bags lined the lap



Randy Cazimero, right, and a friend enthusiastically walked for Team TKR & Friends.



Kohala Hospital's team gathered in front of the luminaria bags, lit in honor or memory of those with cancer.

—Relay for Life photos by Jesús and Megan Solís

track and lit the way as people continued to walk the track throughout the night.

Kohala's own Daveline Ching, a 2013 Hero of Hope, helped to inspire others with her story of fighting back against cancer.

About 227 people registered for the event, but many more showed up to give support, remember a loved one, and share the spirit of aloha. Entertainers kept everyone in lively spirits: Maui Namahoe, joined by Lorna and Mary Ann Lim, started off the evening with beautiful Hawaiian songs; Ryukyukoku Matsuri Daiko taiko drummers kept everyone awake with lively drumming and dancing; Positive Motion from Hilo provided upbeat island and popular tunes; Libby Pa'alua accompanied herself with the ukulele and sang sev-

eral Hawaiian and timeless tunes; and Kohala's young Hartwell Soledad got the crowd clapping along to his Michael Jackson set.

Kohala's Maile Lincoln, the Community Manager of Income Development for the American Cancer Society in Hilo, summed up the event: "We are super grateful for an outstanding event that had so much community support."



Team TKR & Friends walked in memory of Trina Rocha, who recently succumbed to cancer, and in honor of her father, Stanford, who continues to fight his battle.



The Relay for Life Survivors gathered in celebration before taking the first "Survivor Lap" around the track.



The Sacred Heart Angels team raised the most money of any team, \$7,506.



Libby Pa'alua entertained the crowd with her ukulele and lovely singing.



The Kohala High School Class of 2015 had a "superheroes" theme.

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- The Visitor Industry Charity Walk awarded the North Kohala Student Cultural Enrichment project \$11,850 for this school year's programming. Mahalo to Dixie Adams for her commitment to Kohala's youth.
- The Wakerly Foundation awarded the Kohala Youth Ranch project \$15,000 for program support in 2013-14. Thank you to Kelly and Joe Vitorino for their hard work serving at-risk children.
- Our Summer Newsletter 2013 is in all Post Office Boxes. Please check out all the great projects—old and new—that benefit the North Kohala community.

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

By Vivian Moku

Many of us celebrate the traditional Fourth of July with a BANG! However, Kohala Senior Citizens Club president Bobby Glory, with the executive board, suggested a Fun Day at the Kamehameha Park concession site, on July 15, with the intent of "FUN," which meant fellowship, talk story, relaxation, workout, and competitive games. The weather cooperated—sun shining with favorable breezes wafting through to keep it cool.

The morning started off with Prez Glory announcing that the one rule of the day would be, "Have fun, fun, fun!"



—photo by Elsie Carpio

The Seniors really dived into the watermelon-eating contest!

The games planned for that day were traditional horseshoes, Portuguese horseshoes*, ground golf, watermelon-eating contest, and a table game called Checkers Chuffleboard. (*If you ever want to know more about Portuguese horseshoes, ask Harry Cabrera.)

The watermelon-eating contest was fun, and two-fold because, one, it was so cool and refreshing, and two, chomping into the delicious wedges (noses included), made competition fun!

A sort of table game called Checkers Chuffleboard (fashioned after the usual shuffleboard game) was enjoyed by many of our more demure ladies, and curious men, with a bit of an old-fashioned checkers idea—to win the most points, you needed to "King" the main panel.

Hey! No celebration is a celebration without food! Lunch time was drawing near, and we thank all the chefs: Prez Glory, George Rivera, Jackie Yates, and other men helped, but anyone would be impressed with Christian Chon, who is seven years old, hails from Honolulu, and is the grandson of Jackie and Faye Yates. Who knows? He may become a chef one day and a "would be" senior. The lunch gong rang, and—you got it—the aroma of barbecuing franks and hamburgers got our salivary glands flowing. Included in the luncheon were sliced franks with beans, green salad, and cole slaw. All the food tasted yummy... and of course the

desserts were so good: chocolate brownies, custard mochi, cookies and kisses, and a bar cookie called Washington Apple Dream Bars—"broke da mout." Thanks to the kitchen crew for prepping and setting up the buffet.

Another event all seniors look forward to is Lucky Number. Yes, everybody had a lucky number—our activities chairperson Tito Pasco is such a reliable person to make sure everyone is lucky.

The final phase of Fun Day was the announcing of the winners in the games. Ground golf: Captain Lee Rivera and her ladies beat the men.

Traditional horseshoes: Jimmy Sagucio, 1st place; Charles L'Heureux, 2nd place; Mina Switzer, 3rd place.

Portuguese horseshoes: Mina Switzer, 1st place; Samson Cazimero, 2nd place; Jimmy Sagucio, 3rd place.

Watermelon-eating contest: Mamo Shontelle, Sumi Kawasaki, Charles L'Heureux, Aunty Winnie, Libby Pa'alua.

Checkers Chuffleboard: Violet Carvalho, 1st place, Ladies; Ernest Paro, 1st place, Men.

Well, all good things must come to an end. We made a great big circle and sang, "Hawai'i Aloha." Many thanks go

to all the members who participated (it was overheard that we should have Fun Day every month, quarterly, or once a year would be OK): the kitchen crew; the barbecue grilling chefs; the chairpersons for the various games; Tito Pasco

for his innovativeness; Mary Cabrera, who thought of the watermelon-eating contest; the executive board; and last but not least, the hardworking wife of President Glory, Lorraine, and Prez Bobby himself.

Takata Store's Banzai Card Program Expands

Anyone shopping at Takata Store on a regular basis is aware of the benefits of having your Banzai Card punched at checkout. For every \$145 spent in groceries, you receive \$1.50 credit toward your next Takata Store purchase.

Takata Store wants to increase the use and benefits of the Banzai Card Program to help support local groups and organizations, such as Friends of the Library and the Kohala Hospital Auxiliary in their fundraising efforts, while encouraging our customers to shop local.

The requirements are simple. A local group or organization, such as Jessica Brown's Experiential Learning Abroad students planning a school trip to England and Ireland for spring break, requests a number of special Banzai Cards from Takata Store. One person is designated as the sponsor of that group, and will be responsible for picking up

cards, distributing them to family and friends, and returning the completely punched cards to the office within 90 days. Each fully punched card will be redeemed for \$5 and will receive a check for their group's activity.

There is no limit to the number of Banzai Cards any group can receive within a 90-day period. The more you and your family and friends shop at Takata Store on your group's behalf, the more you earn. You must be a part of a group and represented by the group's sponsor in order to receive and redeem the special Banzai Cards. So bring your shopping bags to Takata Store and help support your favorite local group or organization to reach their financial goals.

For questions about the program or to receive special Banzai Cards, see Kim or Shiro at Takata Store.

Hawi Jodo Mission Celebrates O-bon with Drums, Dancing

The O-bon dance would not be complete without the rhythms of the taiko drummers, from left Steve Nakamura, Claude Carvalho, and Kell Matsuda, helping his son Kenneth.



—photo by Justin Shontell



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Backyard Beekeeping in Kohala

By Kristi Kranz

Has anyone noticed the absence of honey bees in Kohala?

There has been a global decline of honeybee populations over the past 10 years, causing worldwide alarm. Kohala has been without honeybees for two years now, according to most local farmers. Opinions as to the cause of the decline are varied, but most scientists and researchers agree pesticides, herbicides as well as two devastating pests, the Varroa mite and the small hive beetle are responsible.

Honeybees are primarily responsible for pollinating many of our Hawaiian crops. Avocados, mangos, lilikoi, rambutan, longan, lychee, oranges and macadamia nuts are a few. Cucumber, squash, beans, zucchini, pumpkin, watermelon and our famous Kona Coffee also require honeybees for adequate fruit formation. It is imperative for our health and future quality of life that we strive to repopulate our island with healthy honeybee colonies.

Many of us who live in Kohala are deeply concerned about the lack of honeybees, and have begun to look into backyard beekeeping. Honeybees are industrious, gentle and amazing creatures whose lives are dedicated to building a thriving colony. Unlike hornets and wasps, they will only defend themselves by stinging if they feel their lives or their hives are threatened.

Jen Rasmussen from Paradise Nectars was recently invited to hold a workshop by Sustainable Kohala to introduce those interested to the art of backyard beekeeping. About 60 people attended, signaling a healthy interest here in Kohala.

What does backyard beekeeping involve? Is it difficult? Does it require expertise or extensive training? Does it require a huge monetary investment? Will you need to invest a lot of time? The answer to these questions is no. Anyone who is interested in beekeeping can begin right away with only a small amount of time, money and education.

There are five things you will need to get started: hives; bees; beekeepers veil, helmet, gloves and a smoker; three

excellent books on beekeeping; at least one beekeeping workshop.

You can build or buy a Top Bar Hive (TBH) for between \$200 and \$450. Detailed plans can be bought from Gold Star Honeybees (www.goldstarhoneybees.com), or ready-built hives can be purchased from Paradise Nectars (www.paradisnectar.com) or 808-731-5667.

Bees can be obtained from a number of sources here on the island. Paradise Nectars has bees available, or can direct you to other beekeepers. Paradise Bee Hive Ranch also specializes in TBH's and can supply bees to you. Carol and James are very well informed and willing to help. They can be reached at 982-3780.

One package of bees, a starter honeycomb, and a queen will cost about \$150. Delivery and installation are optional, but I highly recommend it the first time you install your bees. This service will run about \$50.

Mann Lake is the beekeepers supply source recommended to me, and I found

them to be inexpensive, comprehensive, and reliable. They can be found at www.mannlakeltd.com.

I highly recommend attending a workshop, or two or three, where you can get "hands-on" experience han-



—photo by Jesús Solís
Jen Rasmussen (center) from Paradise Nectars shows a frame from a top-bar hive and the bees busily working inside.

dling the bees and their hives, and get a feel for what beekeeping is like. Jen Rasmussen holds a workshop the first Saturday of every month at her Paradise Nectars location in Puna. The cost is \$50 per person. She provides all the protective equipment you will need, a nice

lunch, (welcomes potluck offerings) and a honey and mead (honey-wine) tasting smorgasbord at the end of the day. In the workshop, you will handle the honeycombs and bees, see firsthand the pest problems encountered and how to handle them, and get a complete picture of what backyard beekeeping entails. You will also have a totally unforgettable experience!

I also recommend reading Christy Hemenways *The Thinking Beekeeper*, a comprehensive guide to natural beekeeping in Top Bar Hives. Included in this book are complete and detailed plans for building your own Top Bar Hive. The cost is \$25, and the book can be obtained from Goldstarhoneybees.com. (I have a loaner copy on hand that I use to lure the hesitant beekeeper.)

Three other books I recommend are all available from Amazon: *Beekeeping for Dummies*, 2nd edition; *The Beekeepers Handbook*, 4th edition; and *The Bee Book for Beginners*, 2nd edition.

I hope many of you reading this will consider taking up backyard beekeeping. My wish is to perpetuate beekeeping here in Kohala, educate as many interested bee guardians as possible, start many bee sanctuaries and watch the honeybee begin to flourish once again.



THE COQUI CORNER

August, 2013

Coqui Coalition Needs Your Help!

The large infestation of coquis in the Keokea Gulch has cost the Coalition over \$5,000 and is still not completely eradicated. This has reduced our Coalition Funds to a seriously low level.

We need your support NOW to continue our efforts in keeping Kohala Coqui Free! Besides Keokea Gulch, there are 6 other reports of coquis in town that still need to be addressed.

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		Diamond G Rice 15 lbs. 7 ⁹⁹	Coca Cola 12-pk Cans 12 oz. All Types  2/10 ⁴⁹	Powerade Drinks All Types 32 oz. 10/6 ⁹⁹	Marie Callender Dinners Assorted  13 - 15 oz. 4 ⁵⁹	Tyson Chicken Thighs 5-lb. box 7 ⁴⁹
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	Best Foods Mayonnaise  30 oz. 4 ⁹⁹	Banquet Family Entree Assorted 25 - 27 oz.  2/8 ⁹⁹	Banquet Fried Chicken 26 - 28 oz. All Types  7 ⁷⁹	
Dasani Water 24 pk. - 500 ml.  4 ⁹⁹	Pillsbury Fudge Brownie Mix 19.5 oz. 3/3 ⁹⁹	Pillsbury All-Purpose Flour 5 lb. 2 ²⁹	Barilla Spaghetti reg/thin 16 oz. 3/4 ⁹⁹	Eggo Waffles Select Types  12.3 oz. 2 ⁹⁹	Mama Bella Garlic Bread 14 oz.  3 ⁹⁷ Reg/Parmesan	
Roxy Lunkow Long Rice 8 pk. 2 ⁰⁹	Da Heo Chicharons 3.5 oz. 2 ⁶⁹	Nissin Top Ramen 3 oz. 4/1 ²⁹	Perrier Sparkling Mineral Water 23.5 oz.  3/4 ⁹⁹	Totino Party Pizza All Types 9.8 - 10.7 oz. 3/4 ⁹⁹	S&S Saimin Ohana Pack 9/4.5 oz. 4 ⁷⁹	
Asia Trans Chan Pei Mui 12 oz. 5 ²⁹	Asia Trans Turbinado Sugar 8 oz. 1 ⁷⁹	Crisco Oil vegetable or canola 48 oz. 2/6 ⁹⁹	Coral Chunk Light Tuna  Oil or Water 5 oz. 2/1 ⁹⁹	Carolina Ground Turkey 16 oz. 2 ²⁹	Tyson Chicken Popcorn Bites, Chicken Strips 25 - 25.5 oz. 9 ⁴⁹	
P'Nuttles Toffee Peanuts 6.5 oz. 1 ³⁹	California Girl Imitation Abalone 15 oz. 3 ²⁹	Meadow Gold Drinks or Teas 1/2 gal.  99¢	Meadow Gold POG or Passion Orange Nectars 1 gal.  3 ⁶⁹	Meadow Gold Ice Cream Novelty or Sandwich Bars 6 ct.  2 ²⁵	Meadow Gold Ice Cream 4 qt.  6 ⁹⁹	

Grocery

Aloha Shoyu, reg./lite, 64 oz.	5 ⁷⁹
Betty Crocker Mix, 17.5 oz.	2 ⁵⁹
Betty Crocker Pancake Mix, 37 oz.	2 ⁹⁹
Bumble Bee Pink Salmon, 14.75 oz.	3 ²⁹
California Ranch Olive Oil, 16.9 oz.	7 ²⁹
Delmonte Peas/Spinach, 13 - 15 oz.	2/2 ⁴⁹
Delmonte Pineapple Juice, 46 oz.	2 ¹⁹
Delmonte Sweet Relish, 12 oz.	2 ⁵⁹
Delmonte Tomato Sauce, 8 oz.	2/99¢
Diamond Bakery Saloon/Cream/Graham Crackers, 8 - 9 oz.	3 ⁰⁹
Diamond Bakery Soda Crackers, all types, 13 oz.	3 ²⁹
Emerald Breakfast On the Go, 5/1.5 oz.	2 ⁵⁹
Folgers Coffee, 33.9 oz.	9 ⁹⁹
Folgers Instant Coffee, 8 oz.	5 ⁴⁹
General Mills Honey Nut Cheerios, 12.25 oz.	3 ²⁹
Gulden's Mustard, 12 oz.	1 ⁹⁹
Hawaiian Hula Salad Dressing, 8 oz.	2 ⁴⁹
Jif Peanut Butter, 18 oz.	3 ¹⁹
Kikkoman Soy Sauce, 1.25 qt.	5 ⁹⁹
Kraft Macaroni & Cheese, 7.25 oz.	2/2 ⁹⁹
Libby Corn Beef Hash, 15 oz.	2 ⁷⁹
Lion Coffee, all types, no decaf., 10 oz.	4 ⁹⁹
Motts Apple Juice, 64 oz.	3 ⁴⁹
Nature Valley Granola Bars, 7.4 - 8.9 oz.	2 ⁹⁹
Nesquik Choc. Powder, 21.8 oz.	4 ⁹⁹
Pillsbury Cake Mix, 15.25 oz.	1 ⁷⁹
Sapporo Ichiban Ramen, 3 oz.	2/1 ⁴⁹
Shirakiku Mixed Fruit, 11 oz.	1 ⁴⁹

Shirakiku Oyster Sauce, 18 oz.	1 ⁶⁹
Sweet Sue Chicken Broth, 14.5 oz.	2/1 ⁵⁹
Taco Bell Salsa, 16 oz.	2 ⁵⁹
Taco Bell Taco Shells, 12 ct.	1 ⁹⁹
Western Family Kidney Beans, 15 oz.	1 ⁰⁹
Western Family Mandarin Oranges, 11 oz.	99¢
Western Family Oatmeal, 42 oz.	2 ⁹⁹
Western Family Pitted Olives, 6 oz.	1 ⁵⁹

Natural Foods

Annie's Natural Mac & Cheese, 6 oz.	1 ⁷⁹
Dirty Potato Chips, 5 oz.	1 ⁶⁹
Golden Temple Cereals, 10 - 11 oz.	2 ⁹⁹
Kind Bars, 1.4 - 2 oz.	1 ⁵⁹
Santa Cruz Apple Sauce, 23 oz.	3 ²⁹
Tasty Bite Asian Noodle, 8.8 oz.	2 ¹⁹

Dairy

Meadow Gold Yogurts, 6 oz.	10/7 ⁰⁰
Meadow Gold Cottage Cheese, 16 oz.	2 ⁷⁹
Meadow Gold Butter, 16 oz.	3 ⁴⁹
Silk Soy Milk, 1/2 gal.	4 ⁴⁹
Big Island Poultry Grade A Large Eggs, Mainland Shell Protected, per dozen	2 ⁵⁹

Meats

Foster Farm Value Pack Chicken Thighs, per lb.	2 ⁰⁹
Frozen Pork Butt, bone in, per lb.	1 ⁶⁹
Island Boneless Chuck Steak, per lb.	4 ⁹⁹
USDA Boneless Round Steak, per lb.	5 ²⁹

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Oscar Mayer Deli Shave Meats 6 - 9 oz. 2/6 ⁰⁰ 	Oscar Mayer Carving Board, Pulled Pork or Chix Strips 6 - 11.5 oz. 2/6 ⁰⁰ 	Kadoya Sesame Oil 5.5 oz. 2 ⁹⁹	Mae Ploy Sweet Chili Sauce 2 ⁰⁹ 10 oz.	Nabisco Crackers Triscuit, Wheat Thin, Chicken in a Biscuit 8 - 9 oz. 3 ²⁹	Nabisco Nutter Butter Patties or Oreo Cookies 10 - 15.5 oz. 3 ⁹⁹ 
Kraft Singles All Types 3 ⁸⁹ 10.7 - 12 oz. 	Philadelphia Cream/Soft Cream Cheese 2 ³⁹ 8 oz. 	Wel Pac Furu Wakame 2 oz. 2 ¹⁹	S & B Curry 3.5 oz. 2 ⁵⁹	Yuban Coffee original 29 - 31 oz. 8 ⁹⁹	CapriSun Ready to Drink 10 ct. 2/6 ⁰⁰ 
Frank's Foods Frankfurters 16 oz. 3 ³⁹	Frank's Foods Portuguese Sausage 12 oz. 3 ³⁹	Huy Fong Sriracha Sauce 17 oz. 3 ⁴⁹	Tiparos Fish Sauce 23 oz. 2 ¹⁹	Pepsi 12 oz. cans 12 - pk. 4 ⁹⁹ 	Post Honey Bunches of Oats Almond/Reg. 14.5 oz. 3 ⁹⁹ 
Kraft Shredded Cheese all types 3 ¹⁹ 8 oz. 	Kraft Chunk Cheese all types 3 ¹⁹ 8 oz. 	Jufran Banana Sauce 11 oz. 1 ⁷⁹	Tropics Salad Dressing 12 oz. 3 ⁴⁹	Haagen Dazs Ice Cream 14 oz. 3 ²⁹	Di Giorno Rising Crust Pizza/California Pizza Kitchens 11.5 in. 6 ⁹⁹ 
Cool Whip Whipped Topping All types 8 oz. 1 ⁷⁹	Yoplait Yogurt 4 - 6 oz. 2/1 ²⁹	Sun Butane Cartridge 7.8 oz. 2 ²⁹	Maui Kiawe Charcoal 8 lb. 9 ⁴⁹	Dreyer's Ice Cream 48 oz. 4 ²⁹ 	Melona Ice Cream Bars 8 ct. 6 ¹⁹

Freezer/Deli

Amy Pockets, 4.5 oz.	2 ⁶⁹
Athenos Hummus, 7 oz.	2 ⁵⁹
Bailey Ground Pork, 16 oz.	2 ⁹⁹
Banquet Pot Pie, 7 oz.	3/3 ⁹⁹
Bays English Muffins, 6 ct.	3 ¹⁹
Birds Eye Steam Fresh Vegetables, 12 oz.	2 ⁵⁹
Chef America Hot Pockets, 4 oz.	2/2 ³⁹
Country Crock Margarine, 15 oz.	2 ⁶⁹
El Monterey Burrito, 8/4 oz.	4 ⁹⁹
Frozen EZ Peel Shrimp, 31/40, 2 lb.	13 ⁹⁹
Farmbest Butter, 16 oz.	3 ⁶⁹
Flavor Pac Blueberries, 16 oz.	4 ⁸⁹
Frozen White Crab Sections, 1.5 lb.	6 ⁹⁹
Frozen Mussels, 1/2 shell, 2 lb.	8 ⁸⁹
Gorton Fish Filet/Sticks, 24 oz.	6 ⁹⁹
Hormel Ham Patty, 12 oz.	2 ⁷⁹
House Tofu, 14 oz.	1 ⁹⁹
Inland Valley French Fries, 2 lb.	3 ²⁹
Lamb Weston Home Browns, 20 ct.	5 ⁹⁹
Marie Callender Pies, assorted, 28 - 38 oz.	9 ⁹⁹
Menlo Lumpia Wrappers, 16 oz.	2 ⁹⁹
Morningstar Grillers, Patties, Strips, Links, 5 - 9 oz.	4 ⁶⁹
Pillsbury Buttermilk Biscuits, 7.5 oz.	2/1 ³⁹
Tyson Boneless, Skinless Tenderloins, 2.5 lb.	9 ¹⁹
Tyson Boneless, Skinless Thighs, 40 oz.	7 ⁴⁹
Tyson Party Wings, 5 lb.	16 ⁴⁹
Wes Pac Okra or Tiny Peas, 16 oz.	2 ²⁹
Zippy Meals, 20 - 24 oz.	5 ⁹⁹

Produce

Amano Kamaboko, 6 oz.	1 ⁹⁹
Oranges, per lb.	1 ⁷⁹
Russet Potatoes, per lb.	89¢
Tomatoes, local, loose, per lb.	1 ⁶⁹

Non Foods

Angel Soft Bath Tissue, double rolls, 6 ct.	4 ⁸⁹
Dawn Dish Liquid, 24 oz.	3 ⁴⁹
Dixie Plates, 8.5 in., 45 ct.	2 ⁵⁹
Downy Fabric Softener, 64 oz.	4 ¹⁹
Hefty Trash Bags, 30 gal./14 ct.	4 ⁶⁹
Kingford Match Light Charcoal, 6.7 lb.	7 ⁴⁹
Shirakiku Genroku Chopsticks, 30 pk.	2/1 ⁵⁰
Sparkle Paper Towels, single roll,	2/2 ³⁹
Sun Liquid Detergent, 188 oz.	6 ⁹⁹
Western Family Foil, 25 sq. ft.	2/2 ⁴⁹

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, 30 pk., cans	19 ⁹⁹
Barefoot Wine, 750 ml.	2/9 ⁹⁹
Folie Manage Wine, 750 ml.	8 ⁹⁹
Mark West Wine, 750 ml.	9 ⁵⁹
Bacardi Rum, 750 ml.	12 ⁹⁹
Crown Royal, 750 ml.	21 ⁹⁹
Early Times, 750 ml.	8 ⁵⁹
Jose Cuervo Tequila, 750 ml.	14 ⁹⁹
Karkov Vodka, 1.75 liter	12 ⁹⁹
Smirnoff Vodka, 750 ml.	12 ⁹⁹
Tanqueray Gin, 750 ml.	16 ⁹⁹

Learn the Latest Buzz about Bees: Free Talk Story, Workshop with Apiary Specialists



—photos courtesy of Danielle Downey
Hawai`i state apiarist Danielle Downey holds a frame with the beginnings of honeycomb being produced.

You probably didn't know Hawai'i has a state beekeeper. Apiary specialist Danielle Downey was appointed to a newly created position, the Hawai'i state apiarist, with the Hawai'i Department of Agriculture, and tasked with creating, developing, and managing a vital agricultural resource: our state's honey bees. Thanks to her efforts, the Hawai'i Apiary Program is now well established and expanding its regulatory, research, and education capacities across our state's beekeeping related industries.

The Hawaiian climate allows for year-round production of honey in island varieties ranging from lehua and kiawe to macadamia nut. But Hawai'i's beekeepers do face serious challenges. Danielle's bee certification program helps to ensure that our interisland shipments of bees are free of pests and diseases, and her education programs provide information on bee regulations, management techniques, and pollination security.

On Monday, September 16, at 6:30 p.m. at the North Kohala Public Library, join Danielle and beekeeper Michael Domeier of Volcano Island Honey for talk story on "The Challenges of Beekeeping in Hawai'i" along with samples of local honeys!

On Tuesday, September 17, at 10 a.m., Danielle will conduct a workshop at `Iole, where Volcano Island Honey's bees pollinate blossoms in Hawai'i's largest organic macadamia nut orchard, creating signature macadamia nut honey!

Both events are free to the public. For more information, call the library at 889-6655 or `Iole at 889-5151.

Free Workshop: Fermenting Food for Family Health

Sustainable Kohala's free September event will feature Donna Maltz, who will show how to prepare locally grown foods to enhance health by fermenting them. Creating live probiotics, fermentation enhances the nutrition available to the body from fruits and vegetables, which in turn enhances the health of the intestines and overall health of the body.

After demonstrating and explaining

fermentation techniques, Donna will guide participants in a hands-on workshop. If you'd like to take some fermented food home, bring a few canning jars, a knife, cutting board, and some food such as broccoli, cabbage, carrots, etc.

This event is free and open to the public at Kohala Intergenerational Center, Kamehameha Park, on Saturday, September 14, 2 to 4 p.m.

Sustainable Saturday Series this Fall

Mark your calendars for the second Saturday of each month. All workshops to be held at Kohala Intergenerational Center in Kamehameha Park. Please note revised times.

September 14: Donna Maltz: Fermenting Food for Family Health, 2 to 4 p.m.

October 12: Kai Kaholokai: Medicinal Herbs at your Feet, 3 to 5 p.m.

November 9: Travis Dodson: Unveiling North Kohala's Permanent Seed Bank, 2 to 4 p.m.

December 14: Margaret Wille and Josh Green, M.D., Sustainability Initiatives at the County and State Level, 2 to 4 p.m.

Beth Moore Simulcast Returns to Kohala

Coming soon to Kohala will be the tape delay of the nationwide live September 14 simulcast by well-known and loved Bible teacher, Beth Moore, of Living Proof Live ministries. This year's simulcast is again certain to be a day of encouragement for women in our community.

The event will be hosted by Kala-hikiola and Kohala Baptist churches. All are welcome; however, the event is geared toward women.

The showing will be Saturday, Sep-

tember 28, at Kalahikiola Church on `Iole Road, east of Kapa`au. Doors open at 8:30 a.m. The event starts at 9:15 a.m. and ends at 2:45 p.m. Cost is by donation. Please bring a sack lunch. Beverages will be provided. Social Hall and nursery space are available for keiki if you bring your own caregiver.

To register, call Kohala Baptist Church at 889-5416 or send an email to kohalabaptist@hawaiiantel.net with your contact info. Mahalo!

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Chris' Corner

Pop Warner Coach Earl Hoshida Teaches More than Football

Story and photo by Chris Brown

This month I had the pleasure of talking with the president of the Kohala Chargers' Pop Warner football organization: Earl Hoshida. Earl, a 1999 graduate of Kohala High School and son of Margaret Gambalan Hoshida and the late Ed Hoshida, has been a coach for approximately the past 10 years. He has coached a wide variety of sports including baseball, basketball and football and worked with keiki ages five through 15.

Earl feels that one of the best things about coaching is being able to pass on the knowledge that he has gained in the past and seeing the youth of Kohala grow and mature from what they have been taught into not just sports players, but also responsible persons. He has seen much success in his work with the Pop Warner teams as they have consistently made play-offs and been able to travel to both Maui and O'ahu.

Earl realizes that being a coach requires a sacrifice of personal time. After working his regular daily eight-hour job, he then heads to football practice where he often puts in two more hours before reaching home, sometimes after dark. He also spends hours working on game and practice plans for the week. It can be disappointing when kids might not show up for practice, but that does not deter him from his chosen responsibilities.

Earl has seen some changes in coaching over the years, especially at the youth level. He remembers when he initially started coaching that online clinics were unnecessary, but now, these clinics are required for coaches. He has found the clinics helpful in that they teach different techniques in working with kids.

His goals in coaching include someday taking his players to the next level where he will continue guiding them

at this next plateau. He also wants his players to gain more confidence through exposure to traveling as a means of achieving a better awareness of their capabilities. Earl feels that any keiki who is trying to decide whether or not to participate in sports should realize the great potential that sports offer in being able to be with friends and classmates. There is something special about working together as a



Earl Hoshida dedicates his time to Kohala's youth by coaching Pop Warner football.

team. He also feels that exercise far outweighs playing videogames.

Anyone can accomplish what he or she chooses but should be sure to do so with respect for others. Coaching is an excellent way to help others, and it is even better when one receives support from family and friends. There can also be great benefits for parents to be out there supporting their community and their own child.

Earl thanks his board members Desiree Hooton, Clyde Igarashi, Nohea Lee and Cori Lorenzo and also his many coaches for their support and encouragement. He also appreciates the help he has received from Charles Anderson, Kahua Ranch, Ernest Moody, John and Cori Lorenzo, and Shiro Takata, to name a few.

CDP, continued from page 1
their input.

Joe Carvalho, of the Public Access subcommittee, said he had walked the trail along with about 20 other people that morning. He reported the lateral trail is well done but the mauka/makai trail is a bit rough. He also said the short walk along the highway from the parking area to the trailhead provides enough room, but suggested the action committee may want to talk to the transportation department about adding barriers to improve safety along that stretch.

Speaking from the audience, Charles Anderson, representative of Kohala Kai LLC, said most people thought the trail was nice and they had done a good job of cleaning up the area, clarifying that it's a public access trail and not a paved path. He said the developer had adhered to all the requirements from Planning in terms of where to put the trail and how to build it, and they had worked with the North Kohala Community Access group and Ala Kahakai Trail representatives to bring them into awareness of the conditions and do what was required.

He said it was a disheartening to find out that there were more people angry about the plan, and they didn't understand that the process had been followed and that somehow they had been left out of that process. He said the easements related to that property had been adjudicated in 1939, and when Kohala Kai LLC bought the property, there were no easements on it, except a requirement to build public access, which they have done. He said some of what the opponents have said, such as that some of the old trail was paved over, was not true and won't happen.

He asked the action committee to support adoption of the public access by the Finance Committee. Since the matter was not on the AC's agenda, it will be addressed at the next meeting of the NKCDP action committee, in accordance with Sunshine Laws.

Carvalho added that there had been no communication with the South Kohala CDP action committee and this project is right on the border between the two districts. He said that in the future

the AC needs to do more due diligence in cases like this to make sure there is good communication with others who may have an interest.

John Winter, AC chair, also noted that Planning should be aware that in cases like this, they need to inform and involve both districts.

However, Jojo Tanimoto, vice chair of the South Kohala CDP, also spoke from the audience and asked the NKCDP action committee to oppose Resolution 140. She explained the whole issue needs to be revisited, in part because it's asking the county to do maintenance in a gated community. Also, she said the project is tied to South Kohala for water resources and highway use and they had not been informed and had no opportunity to provide input. The trails, as provided, are not sufficient for real public access by families and fishermen, she said, and there are areas on the trails that are historic but which are not marked and may be lost.

The issue of whether to support, oppose or provide no comment on the Kohala Kai shoreline access will be addressed at the September 9 AC meeting.

Meanwhile, Carvalho added the public access subcommittee is working on a shoreline access map to use as a working map by the subcommittee. He noted there is still much that is pending, so it's not ready to be part of the public record as of yet, but people can see it at the Public Access subcommittee meeting, next scheduled for Wednesday, September 4, 4:30 p.m., at the Senior Center.

The Parks, Water and Roads subcommittee continues to work on issues including water quality, risks of leaks and level of chlorine in potable water, as well as the need to develop emergency access roads and bypass routes for the gulches from Hala'ula to Pololu. The group's next meeting is Tuesday, August 27, 5 p.m., at the picnic area outside Kohala Intergenerational Center.

Power, Viewplanes and Erosion Control subcommittee is addressing issues of rural infrastructure standards, including efforts to maintain Kohala's

See CDP, page 15

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CDP, continued from page 14
 rural character and aid in keeping costs down for affordable housing projects; protect scenic resources; and improve electrical service and reliability. This group meets Wednesday, September 11, 5:30 p.m., at the Senior Center.

Collin Kaholo for Affordable Housing said he is waiting for a response from landowners about a potential lot for a Habitat for Humanity home. There is no meeting date set for this group.

For the Agriculture subcommittee, Frank Cipriani said he is emailing interested people in lieu of having meetings since they were not well-attended. He is working on sustainable ag water development, trying to assign TMKs for all test wells in North Kohala. He said the aquaculture program has been added to the Kohala High School curriculum, part of the efforts to promote agricultural education in Kohala. He noted the GMO issue, Bill 79, had been tabled but was going to be modified and perhaps addressed at the council's meeting on September 6. To get involved, contact Cipriani at frankcipriani@biofarmshawaii.com.

Growth Management has been addressing the issue of farm dwellings and their requirements and enforcement. Jim Pederson is the new subcommittee chair; the group meets Monday,

September 2, 6 p.m., at Surety's office in Hawi.

As the final topic, the AC addressed the upcoming Capital Improvement Projects list. Planning has prepared a preliminary list of potential projects, including parks that need repair, restrooms, water and electricity. The subcommittees will review and research the list, add other projects, prioritize the list and bring their recommendations to the next AC meeting. CIP priority lists need to be submitted by November.

Also for next month's agenda, Margaret Wille, county council representative, requested that the videoconferencing in North Kohala of county council meetings be added.

The action committee's next meeting is set for Monday, September 9, at 5 p.m. at the Senior Center in Kapa`au. The public is welcome to meetings of the AC and its subcommittees. Meeting agendas and approved minutes are available online at www.hawaiicounty-cdp.info.

KMN Now Online

www.kohalamountainnews.com



For kids who try their first alcoholic drink at age 13 or younger, almost

50%

of them will become alcoholics as adults.*

* Hingston et al., 2006



This message is brought to you by the NORTH HAWAII DRUG-FREE COALITION, reminding parents and kids to "Take Time to Talk, Take Time to Listen." For more information, visit fivemountains.org

KOHALA CALENDAR

September

- 1 Sun 10:30 am, Metaphysical Church "Declaration for Peace," Kohala Yoga, 54-3877 Akoni Pule Hwy, Rev. Lee, 889-5505.
- 2 Mon 6-7 pm, Growth Management Subcmte. Mtg., public invited, Surety Kohala office, Hawi, Hermann, 889-1464.
- 2 Mon 7 pm, Al-Anon mtg., every Monday, lower level, Walker Hall, St. Augustine's, Laura, 884-5833.
- 3 Tue 4-5:30 pm, Hope for Haiti Mtg., St. Augustine's Walker Hall, new members welcome, Lani, 889-5852.
- 4 Wed 1-3 pm, Lau Hala Weaving w/ Mele Waikiki, every Wed., by donation, `Iole, 889-5151, or www.iolehawaii.com.
- 4 Wed 4-5:30 pm, Restorative Yoga w/ Carla Orellana, every Wed., by donation, bring mat & firm blanket, blocks & strap optional, `Iole, 889-5151, or www.iolehawaii.com.
- 4 Wed 4:30-6:30 pm, CDP Public Access Subcmte. Mtg., Senior Center, Ted, 889-5801.
- 4 Wed 5:45-7 pm, Kohala Middle School open house, 889-7119.
- 5 Thu 6-9 pm, Green Drinks Hawi, Kava Kafe, organic networking & pupus, Forrest, 987-2365.
- 6 Fri 10 am, Preschool Story Time series, every Fri., ages 2-5, North Kohala library, 889-6655.
- 6 Fri 10 am-noon, Coconut Frond Weaving w/ Mele Waikiki, every Fri., by donation, `Iole, 889-5151 or www.iolehawaii.com.
- 7 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.
- 7 Sat 9 am-1 pm, St. Augustine's bazaar, food, plants, white elephant, silent auction, free entertainment, St. Augustine's Episcopal Church, Kapa`au.
- 9 Mon 2 pm & 6 pm, Simple Jewelry Craft by Sid Nakamoto, free, North Kohala library, 889-6655.
- 9 Mon 5-6:30 pm, CDP Action Cmte. Public Mtg., Senior Center, Kapa`au.
- 10 Tue 11 am, Adult book discussion group, "Dodsworth" by Sinclair Lewis, North Kohala library, 889-6655.
- 11 Wed 10 am, Homeschool Wednesday, ages 6-12, North Kohala library, 889-6655.
- 11 Wed 8 am, No. Kohala Merchants Association Mtg., Resource Center, public invited, Richard, 889-1112.
- 11 Wed 5:30 pm, CDP Power, Viewplanes & Erosion Control subcmte. mtg, public welcome, Senior Ctr, Susan, 882-7611.
- 11 Wed 6:30 pm, KHS SCC mtg., rm. D-24, parents & community welcome, 889-7117.
- 12 Thu 3:30 pm, Kohala Elem. SCC mtg., rm. 12, public invited, 889-7100.
- 14 Sat An Introduction to Midwifery with Doula Certification at the Barefoot Doctors' Academy, Day 1, 987-7008 to register, or www.barefootdoctorsacademy.com.
- 14 Sat 2-4 pm, Sustainable Saturday series: Fermenting Food for Family Health with Donna Maltz, free, KIC.
- 15 Sun 10:30 am, Metaphysical Church "Spiritual Healing-God's Greatest Gift," Kohala Yoga, 54-3877 Akoni Pule Hwy, Rev. Lee, 889-5505.
- 16 Mon 6:30 pm, Talk Story: "The Challenges of Beekeeping in Hawaii," free, North Kohala library, 889-6655.
- 17 Tue 10 am, Beekeeping workshop with Danielle Downey, free, `Iole, 889-5151.
- 17 Tue 11 am, The Whole Life Book Club discussion of "Anastasia" by Vladimir Megre, North Kohala library, 889-6655.
- 18 Wed 4:30-5:30 pm, KMS SCC mtg., library, parents & community welcome, 889-7119.
- 19 Thu 1:30-2:30 pm, Kohala Hospital Auxiliary Mtg., Hospital Pavilion, new members welcome, Dixie, 889-5730.
- 21 Sat 9 am-1 pm, Treasures Helping-Hand Store, Assembly of God, Hawi Rd., free meal: 10 am-1 pm, 889-5177.
- 21 Sat 4:30-6:30 pm, Free Grindz--Hot Meal, under the Hawi Banyans, bring a friend, Kohala Baptist Church, Sondra, 889-5416.
- 24 Tue 5 pm, CDP Parks, Water & Roads Subcmte, public welcome, KIC picnic area, Kamehameha Park, John, 889-6901.
- 25 Wed 10 am, Homeschool Wednesday, ages 6-12, North Kohala library, 889-6655.
- 28 Sat 9:15 am-2:45 pm, Beth Moore Simulcast, doors open 8:30, by donation, bring sack lunch, drinks provided, Kalahikiola Church, `Iole Rd., 889-5416 or kohalabaptist@hawaiiantel.net to register.
- 28 Sat 11 am-12:30 pm, Free Community Meal, St. Augustine's Walker Hall, Thrift Store open 10 am-12:30 pm.
- 30 Mon 6:30 pm, Talk Story w/ Boyd Bond: "Hawaii's Musical History," free, North Kohala library, 889-6655.

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

Yay!! Happy Hour @

bamboo

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

Pupus \$4.00

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



Suck 'Em Up!

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

Also:

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

889-5555

Missionaries on the Move

Story and photo by Lani Eugenio

Missionaries for the Church of Jesus Christ of Latter-day Saints are moving in, moving out, moving around and moving about. Four missionaries are presently serving in the Kohala Ward. The Ward also announced that two young men had been notified of their placement; one has filed his mission papers and another will be returning home.

Elder and Sister Rapier (Rah-peer) have become familiar faces in our community. Retired couples are encouraged to serve missions, and they may choose to serve for 6-, 12-, 18- or 23-month terms. Twenty-two people have joined the LDS Church during the tenure of the Rapiers, who will return to Utah at the end of October, 2013, after 18 months here.

"It has been a privilege to serve in the Kohala area," they said. "People here are so friendly and accepting. We will always carry Kohala in our hearts."

Unmarried women serve as missionaries for 18 months, instead of the 24-months expected of the young men. Recently, the required age for female missionaries was lowered from 21 to 19 years. Female missionaries are called "Sisters," and the males are called "Elders." Two sister missionaries serve in Kohala: Sister Weaver from Rigby, Idaho, who arrived this past June, and Sister Nielson from Nevada, who

replaced Sister Meatoga of Logan, Utah, in August.

LDS missionary youths generally do not choose where they serve. They work in pairs and serve in different districts throughout their mission. Church members invite them to dine in their homes; in Hawaii the average weight gain for males is 50 pounds.

Moving out of Kohala are 2012 graduates, Elias Hood and Bert Kanoa. Elias received his call to the Provo, Utah, mission and reported to the MTC (Missionary Training Center) on July 24. Bert Kanoa has been called to serve in the West Las Vegas, Nev., mission and is reporting to the MTC on September 11.

"Being in the LDS Church, I experienced the type of joy that I wouldn't get anywhere else, and it made me want to share this joy with everyone," he stated.

Benjamin Kupuka'a turns 18 on September 8 and will be the youngest from the Kohala Ward to go on a mission since the missionary age for boys was changed from 19 to 18. He has been preparing to serve a mission since his youth. He has also been practicing life skills: laundry, cooking, cleaning and ironing his Church clothes. His mission call is expected this autumn.

At the MTC, the new missionaries learn to study and teach gospel les-

sons. Those called to foreign missions stay at the MTC longer for intensive language training. The MTC language training is considered the best in the world.

RamZen Kekaiola Coakley will be returning from his two-year service in the Tokyo-Japan Mission on October 8. Like most missionaries who serve in foreign countries, Elder Coakley struggled with the language at first but is now able to converse, teach and sing in his new language. As with most missionaries who connect spiritually with the community for two years, returning home is bitter-sweet.

Missionary work is important in the Church of Jesus Christ of Latter-day Saints as the Gospel of Jesus Christ not only brings joy into the lives of people, but missionary work is also a great spiritual and life experience.

Tina Galan reflects on her missionary experience: "Serving a full time mission is probably the hardest work anyone could do in his/her life."



Sister and Elder Rapier, seated, will complete their 18-month mission in Kohala in October. Standing, from left, are Sister Weaver, serving in Kohala, and Sister Meatoga, who recently finished her mission here, and Elders Hood and Kanoa, who are departing their Kohala homes to serve their missions.

Now as the Mission Prep Instructor, she teaches future missionaries to "understand the fundamental teachings so that they can answer the basic questions that people have: 'Is there a God? Where do I come from? Why are we here? And what happens when we die?' These are soul questions that people generally have, whether they ask about it out loud or not."

To be a part of the movement, contact the missionaries at: 808-557-8634.



Sustainable Kohala Presents

Free Sustainable Saturday Series, 2013

September Event:

Fermenting Food for Family Health

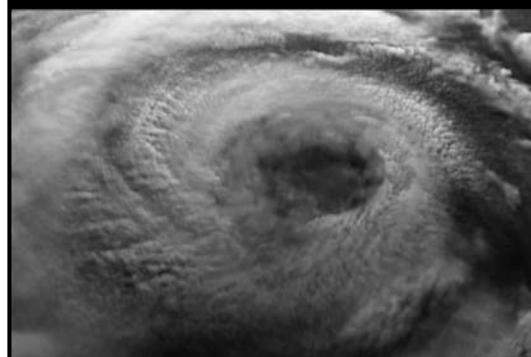
Free Workshop by Donna Maltz
Saturday September 14, 2-4 p.m.
Kohala Intergenerational Center, Kapa'au

Make your taste buds and digestion systems happy with delicious fermented food

Check out FoodHubKohala.org

Co-sponsored by North Kohala Eat Locally Grown

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