

Kohala Mountain News

Vol. 12, No. 9

September 28, 2013

'United We Grow'



—photo by Jesús Solís

The Kohala Elementary School community and guests celebrated the blessing and dedication of a new sculpture by Sean Lee Loy Browne at the school September 10. Kahu Tom Fernandez presents Kohala Elementary School principal Danny Garcia with a gift as artist Sean Browne and Mary Begier of the State Foundation on Culture and the Arts look on. For more about the sculpture, see page 11.

Country Fair to Celebrate the 'Rhythm of Kohala'

On October 5, the 29th annual Kohala Country Fair, our state's largest country fair, will once again take place on the pastureland of 'Iole ahupua'a, located a half-mile east of the Kamehameha Statue in Kapa'au, just makai (ocean side) of Akoni Pule Highway. Free parking on the fairgrounds will accommodate thousands of fairgoers, and a two-way traffic system will help alleviate backups on the highway. Fair hours are 9 a.m. to 4 p.m. and, as always, admission is free.

The fair's theme this year is "Rhythm of Kohala," and the headlining musical act will be Big Island band Ho'aikane. The 2013 Na Hoku Hanohano Award nominees will play from noon to 1 p.m., and then stick around to offer memorabilia, photo ops, and CD autographs. Other local bands and talents—including MDF, RMD Kohala, North Shore Live, Brian Payapaya, Na Kupuna O Kohala halau hula, The Ho'opai 'Ohana, and Japanese Taiko drummers—will provide a musical atmosphere for the annual celebration of Kohala's rich agricultural heritage.

Food vendors on-site will include

1-2-BBQ, who will be grilling up their specialties, and an array of local cooking including laulau, pasteles, Korean chicken, vegan and vegetarian wraps, pad thai, seafood burgers, poke bowls, steak, huli huli chicken, mixed pop-



—photo by Megan Solís

All aboard! The Zoo Choo Train is returning to this year's Kohala Country Fair on October 5.

corns, cotton candy, shave ice, mini doughnuts, smoothies and more.

This year's Made in Kohala tent will feature local produce and plants as well as handcrafts like sea glass and Polynesian jewelry, natural soaps and cutting boards, hats, and T-shirts. Collectors of the fair's annual T-shirts can select from both men's and women's sizes in new designs celebrating the fair's musical

See Fair, page 3

North Hawaii Drug-Free Coalition: Collaboration, Prevention, Transition

In 2001, crystal methamphetamine, "ICE" was creating a crisis across Hawai'i Island, with dramatic increases in crime, violence and medical emergencies. That year, an International ICE Conference held at Waikoloa brought people together to address the issue and to challenge Hawai'i islanders to take control of their own communities.

In order to find ways to reduce

use of ICE or youth experimentation with this toxic drug, each community was asked to create its own Community Response to ICE (CRI) team. North Kohala formed Kohala Coalition Against Drugs (KCAD), one of the four CRI groups that merged to form North Hawaii Drug-Free Coalition (NHDFC) in 2003, which included leaders like Art Owen and Nani Svendsen.

With Five Mountains Hawaii as a fiscal sponsor, NHDFC received federal funding from the Office of Juvenile Justice and Delinquency Prevention, and a 10-year grant allocation from the Substance Abuse and Mental Health Services Administration. Five Mountains provided matching funding, and the communities of North Kohala, Honoka'a, Waikoloa and Waimea provided in-kind/volunteer hours to support numerous programs island-wide, with a strong focus on youth prevention strategies.

In the North Kohala community, recent NHDFC sponsorships have included Project Grad Night at Kohala See NHDFC, page 2



—photo by Donna Kimura

Robin Mullin and members of the Huinawai Youth and Mentor Enrichment Camp enjoyed a 'reunion' gathering in Waipi'o Valley recently. From left are Savana Rath, Saravady Ratha, Shen McKenzie, Jaipal Brar, Lucy Callender, Alissa Mullin, Kalei Webster, and Robin Mullin.

Public Invited to Informational Meeting about GMOs

An informational meeting about genetically modified organisms (GMOs) is planned for Thursday, October 3 from 6-8:30 p.m. at the Kohala High School cafeteria. The public is invited.

GMOs have been the center of attention in the state of Hawai'i, and in particular the islands of Kaua'i and Hawai'i for the past several months. Lots of emotions and opinions have been expressed on County bills 109 and 113 on Hawai'i Island. Richard Ha, Jason Moniz, Chris English, and Dennis Gonsalves will present perspectives on GMOs from the vantage points of farming, ranching, and its regulation and science. Their experiences should provide wide-ranging

views that might help Kohala citizens better understand the issues surrounding GMOs.

Richard Ha is a well-known farmer on Hawai'i Island and the founder and president of Hamakua Springs Country Farms, a 600-acre family farm on the Island of Hawai'i that sustainably produces bananas and hydroponic vegetables. He received his B.B.A. in accounting from the University of Hawai'i and has contributed significantly to the well-being of the state and island for many years. He received the Distinguished Alumni Award from UH in 2011.

Jason Moniz is a veterinarian and a rancher who resides in Hamakua.

See GMO, page 3

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Kohala's Kelly Dunn Among Hawaii's Woodshow Winners

The Hawaii Forest Industry Association recently announced winners of the 2013 juried Hawaii's Woodshow™, Na La`au o Hawai'i. Winning first place in the Turning category was Kelly Dunn for his piece, *Plumeria Nocturne*.

The Turning Award, sponsored by the Hawaii Forest Institute, recognized Dunn's skillful methodology working with Mexican cypress to achieve stunning results. Dunn's all-wood art gallery in Kapa`au represents some of the finest wood artists and craftsmen in the state of Hawai'i as well as selected wood artists from around the world.

At Hawaii's Woodshow, more than 80 pieces were on display at the free exhibition which took place at the Honolulu Academy of Art School at

Linekona in Honolulu. Hawaii's Woodshow is Hawaii's only statewide juried exhibition.

Internationally recognized premier woodworker Paul Schurch, award-winning studio furniture designer Marian Yasuda, and award-winning member of the American Institute of Architects and CEO at Group 70 International Norman G. Y. Hong served as jurors at this



—photo by Hal Lum

21st annual Hawaii's Woodshow. They had the difficult task of selecting winners in categories including professional and student divisions from entries that ranged from furniture and

woodturning to sculpture and musical instruments.

Hawaii's Woodshow™ was created to promote an appreciation for the remarkable variety of Hawaii-grown woods as well as for the talented woodworkers throughout our Islands. Artists are limited to Hawaii-grown wood and are encouraged to use conservative techniques such as veneering to make the most effective use of woods in limited supply. Certain rare or endangered species are prohibited.

Visit www.hawaiiforest.org for complete exhibition results.

Kelly Dunn won first place in the Turning category of the 2013 Hawaii's Woodshow™ for his piece, Plumeria Nocturne.

NHDFC, continued from page 1

High School (three years) and Go Skate Day with Roots Advocates for Youth (five years). NHDFC provided scholarships to mainland national Community Anti-Drug Coalitions Association trainings for North Kohala leaders including Kynan Kawai and mentor David B. Fuertes, Kimberly Lepold, Richie Riggs, Holly Algood, Carolyn Lancaster and others. Additionally, the coalition placed consistent prevention messaging in Kohala Mountain News advertising and two local radio campaigns for over five years and supported a bi-annual Youth Risk Behavior Survey, to track four core measures of prevention progress.

The coalition structure was essential to produce the popular, youth-driven "Models Not Bottles" campaign. Concurrently, NHDFC supported a new documentary by Holly Algood, "Perils and Pearls in Paradise—Hawai'i Island Alcohol Stories & Facts," featuring interviews with local residents about their experience with alcohol and its dangerous consequences.

"My participation with NHDFC has deeply touched my life and those whom I love," said Algood. "I've learned the tremendous cost to our island from excessive drinking and use of drugs in lives, municipal costs, health and healthcare costs. We have one of the highest drunk driving death rates in the country, costing needless loss of lives.

"NHDFC has brought some of the newest research to the public through news stories, social media, public trainings, skill-building offerings and healthy activities for youth," said Algood. "It has changed my life and my choices and those of many others."

David Fuertes of North Kohala was recruited into the coalition by NHDFC program manager Deanna Kackley three years ago. Rancher and Hawaiian saddle maker, Fuertes is program director of Ka Hana No`eau, an innovative youth mentoring program that melds traditional knowledge with contemporary technologies.

"At first I said, 'How does that fit? What we are trying to teach our kids is sustainability—agriculture, and things like that,'" said Fuertes. "She said, 'It's connected, Dave—it's connected!'" Fuertes said that, working with Kackley and the coalition, it didn't take long to start understanding the key role mentorship plays in prevention.

"It is all connected," said Fuertes.

"The bad choices youth can make—it's hard getting them turned back around... Now, we are trying to see how we can broaden the base, to be a little more engaged and have the youth tell us what they want to do, and when we are on the wrong track." As an example, Fuertes talked about a mural project suggested by young people, and how the finished product far exceeded expectations, beautifully illustrating the four values Ka Hana No`eau promotes: origin, values, purpose, and destiny.

After completing the NHDFC grant, Five Mountains will discontinue programs and close their Waimea office on October 31. Prevention work will go on as strong member organizations continue to support each other, while currently seeking a new fiscal sponsor. Sustainable elements of the NHDFC include Ka Hana No`eau, continued development of skateparks in Kapa`au and Waimea, the county addressing laws about drinking in the parks, the work of KCAD and continuation of the Huinawai Teen Advisory Council.

"The last year we have focused on sustainability planning, and all of our programs will continue after we close," said Robin Mullin, executive director. "The NHDFC will be an all volunteer organization again until the new fiscal sponsor is in place. Additionally, Five Mountains has mentored two new Drug Free Coalitions formed in 2013, with the support of the Office of the Mayor and

Prosecuting Attorney, Mitch Roth. The Lifeplan youth mentoring program, presented at Kohala Middle School and High School the past three years will also continue, supported with a new Department of Education position proposed by Art Souza, West Hawaii Area Complex Superintendent."

"Please accept my expression of gratitude to the members of the North Hawaii Drug Free Coalition," said Georgine Busch, treasurer of the Earl and Doris Bakken Foundation and secretary of the Five Mountains Board. "The volunteer hours spent developing strategies, implementing plans, and learning collaborative leadership and community-building skills have had a tremendous impact on our community.

"The lessons learned when things didn't go quite as planned and we picked ourselves up, taught resilience and perseverance. The relationships sustained and the skills learned through the Coalition will be with us for our lifetimes, and the foundation of the knowledge will continue to support our community's health long into the future."

NHDFC, a project of Five Mountains Hawaii, is a regional volunteer organization committed to developing strong, sustaining relationships for Healthy Communities Choosing to Live Drug Free. NHDFC thanks Kohala Mountain News and the community as a whole for their support. For more information,

visit www.fivemountains.org/nhdfc or email dkackley@fivemountains.org.

Public Invited to Drug Awareness Meeting

The North Kohala community is invited to a drug awareness meeting on Tuesday, October 1, at 6 p.m. at the Kohala Intergenerational Center at Kamehameha Park.

This informative meeting will include the current status on drugs in Kohala from the North Kohala Police Department. There will also be information on the toll drug use is taking at the Emergency Room of Kohala Hospital.

More importantly there will be information about services that can help families, and addicts coping with drug addiction from Lokahi Treatment Center in Kapa`au. Dr. Jamal Wasan, chief executive officer of Lokahi Treatment Center, will give a presentation on treatment available to our community. Verna Chartrand, substance abuse counselor with Lokahi, and other members of the community will be present to share information and support group meetings being offered in North Kohala.

Find out how our community is working to create a strong, clean and sober support group by healing one person and one family at a time.

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Lifeguard Course at Kohala Pool

Beginning October 31 through November 15 from 5 to 8 p.m., an American Red Cross Lifeguard Course will be conducted at Kohala Pool. Qualified participants will be certified in Lifeguard, 1st Aid, CPR and AED.

Prerequisites: Must be able to swim nonstop 100 yards front crawl, 100 yards breaststroke and either 100 yards front crawl or breaststroke. Swim 20 yards and dive down 10 feet, pick up

a 10 lb. weight and swim on the back to the starting point within 1 minute 40 seconds; pass a written exam with an 80 percent score; and execute water rescue skills properly.

Applicants must obtain their own course materials and pocket CPR mask. Call Kohala pool for more information 889-6933. Senior lifeguard Jeff Coakley will be the instructor for the course.

GMO, continued from page 1

Jason received his B.S. in Veterinary Science and subsequently his DVM in Veterinary Medicine from Colorado State University. He joined the Hawai'i Department of Agriculture as a field Veterinary Medical Officer in 1984, and in 1990 he became the program manager with statewide responsibilities. Jason also is an avid rancher and does ranching with his family and is currently president of the Hamakua Farm Bureau and a member of the Hawaii Cattlemen's Council.

Christopher Shipman English is a member of the Board of Directors of W.H. Shipman, Ltd. Chris currently manages a 400 cow operation on 850 acres of W.H. Shipman lands at Kea'au. He received his B.S. from Oregon State University in Agricultural Business Management with a minor in Animal Science-Beef Production Systems. Chris

is currently vice-president of Hawaii Cattlemen's Council. His full-time job is as vice-president of production for Ponoholo Ranch in North Kohala. His interest is: "To perpetuate the Hawaiian ranching tradition in a progressive and profitable manner that will ensure its economic, ecological, and cultural viability for future generations."

Dennis Gonsalves was born and raised in Halaula, North Kohala. He received his B.S. in Horticulture and M.S. in Plant Pathology from the University of Hawai'i, and Ph.D. in Plant Pathology from the University of California at Davis. He was professor at Cornell University for 25 years and returned to Hawai'i Island in 2002 to direct the USDA Pacific Basin Agricultural Research Center in Hilo until his retirement at the end of 2012. He helped develop the transgenic Rainbow papaya.

Alan Brown Selected as New KMS Principal

The State Department of Education recently announced that Kohala resident and former Honoka'a Intermediate and High School principal Alan Brown has been selected as the new principal for Kohala Middle School. Mr. Brown's first day at the school was Monday, September 16.

A full article about Mr. Brown and his plans for Kohala Middle is planned for the October issue of KMN.

*Kohala Middle School principal
Alan Brown*



—photo courtesy of Ana Garcia

Fair, continued from page 1

theme for \$15 or two for \$25!

In the Art tent, displays will feature submissions from students at local schools who were given the option to participate in an art contest. Prizes for first through third place will be awarded for four divisions by grade level: K through 2, 3 through 5, 6 through 8 and 9 through 12.

The Keiki Zone will offer children face painting, three bounce houses and the Zoo-Choo train, as well as new wristbands available to allow parents to pay a single fee for their child to have unlimited bounce house jumps and train rides.

Organizers encourage everyone to sign up at the fair for games and activities that will include a watermelon-eat-

ing contest, pie-eating contest, balloon toss, and tug of war. For those who need to relax after all the excitement, massages will also be available this year!

After changes in the fair committee's leadership, there was a real danger of the fair not taking place this year. Fortunately, several community members, including Nino Kaai and Maile Lincoln, have worked tirelessly for the last six months to make sure the iconic fair comes together.

The committee sends mahalo to local businesses and friends who contributed monetarily. Any and all donations are welcome to help offset expenses and allow the fair to continue offering free admission. Details are available on the fair's website, kohalacountryfair.com and on Facebook.

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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.



October

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

November

Ad Deadline: 11/8/13
News Deadline: 11/10/13

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

Kerry Balaam, Koa Bartsch, Joshua Bowman, Chris Brown, Jocelyn Campollo, Merrilee Carpenter, Joe Carvalho, Jeff Coakley, Malia Dela Cruz, Dee Anne Domnick, Rande Golden, Stacy Hasegawa, Vicky Kometani, Kristi Kranz, Janet Lam, April Lee, Karen Martinez, Teresa Myers-Martin, Melody Nietfield, Lakme Nishie, Leslie Nugent, Puulima, Christine Richardson, Beth Robinson, Robyn Skudlarek, Nani Svendsen, Cathey Tarleton, Lynda Wallach, Margaret Wille, Deborah Winter.

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

preference for publication.

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Kohala Mountain News

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From the Editor's Desk —

Please Sign Your Letters to the Editor

By Megan Solís

Kohala Mountain News received a letter signed by "Concerned Parent" about the dangers of traffic at Kohala High and Elementary Schools and the need for a police presence there before and after school. Normally, I wouldn't hesitate to print this letter in its entirety, but unfortunately, the letter was unsigned and included no contact information whereby I could confirm the identity of the author.

KMN's policy for Letters to the

Editor and Viewpoint articles is that the article must be accompanied by the author's name, address, and telephone number. (The policy is printed each month on page 4.) Of course, we never print contact information but usually include the name of the writer. If the writer has a compelling reason why she does not want her identity to be printed, then KMN will consider doing that if the reason seems justified. Unfortunately, since I don't know who sent the letter, I can't contact him or her to explain this

policy and why I didn't print the letter.

This policy is a standard one for print publications. It's necessary for me to be consistent in following this policy of not printing items sent to KMN anonymously, even though there was nothing objectionable in the letter sent. I don't like withholding letters that someone cared enough to submit. If the writer wants to contact me at 884-5986, we can discuss the matter and I will consider running the letter in full next month.

Letters—

Kohala Shows Its Support for Keiki Yoga

The coordinators of the Keiki Yoga Kohala program send out a heartfelt mahalo to everyone in our island community who supported our benefit on August 31. The sold-out event took place at beautiful Hawaii Island Retreat in Kapa'au and included two yoga classes, a walking meditation and great food and beverages provided by HIR, Sushi Rock, and Tienke Hazeleger Elmer. All proceeds directly support the yoga program at Kohala Elementary School. Thank you to all. If you'd like more information about our program, visit our website: www.keikiyogakohala.com.

Robyn Skudlarek and Jamie Eversweet Belmarez

County Council Update—

By Margaret Wille

As part of my role as a County Council member, I have sought to make more grants available to District 9 nonprofits. Some of the upcoming grant possibilities with October 2013 or later deadlines are: PSEG Foundation for Event Funding; Foundation for Rural Services for business and community development; HMSA for disparities between Native Hawaiians and other ethnic groups; Atherton Foundation for projects that benefit Hawai'i's people; Hawaii Tourism Authority for community-based projects to perpetuate Hawai'i's natural resources; Tesoro Corporation for youth programs and for the disabled, low income, and elderly, as well as for community and environmental projects;



Council member Margaret Wille (far left) attended the Bank of Hawaii Monty Richards Hawaii Island Community Award presentation at Kahua Ranch September 19.

G.N. Wilcox Trust for programs that support families in Hawai'i; McInerney Foundation for charitable purposes

including prevention of cruelty to children and animals. Contact my council aide Donni Sheather for more information.

Upcoming October 1: on Council Committee matters there will be agenda items relating to waste to energy and other solid waste options.

At the October 15 Council Committee meeting, I expect to hold a discussion of the status of our island's bee population. Hawai'i's new apiculture specialist will do a presentation.

The North Kohala county council video-conferencing site at the Bank of Hawaii building is not quite up; the monitor and other equipment are now arriving!

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.

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.

ʻAina Kohala Needs Our Kokua

By Rande Golden

HELP! This is a kahea, a call to everyone who lives in North Kohala. The ʻaina needs our collective help to keep this area free of a very detrimental invasive species... coqui frogs.

Cute? Sorry...the damage they do to the environment and people far outweighs anyone's impression that they are cute. The idea that "we can drown out their noise with our TV" is also thinking that is harmful to the well-being of our community.

Please say mahalo to the Kohala Coqui Coalition, a group of dedicated residents who have been working since 2003 to eradicate this pest. They need all of us to understand the harm of these tiny invaders so all outbreaks are reported and treated. Here are some facts about coqui:

- People are affected: They make a loud piercing noise between 90 and 100 decibels, equivalent to a chainsaw. (Go stay in Puna one night to experience this noise.)

- A threat is posed to local plant nurseries: Containers of mainland-bound plants may be destroyed if a coqui is found, and State restrictions keep plants from being shipped to other islands without expensive preventative treatments.

- Property values suffer. Sellers are required to disclose coqui infestations, which may reduce real estate values up to 30 percent.

- The ecology of any area suffers: A mature coqui infestation can eat tens of thousands of insects per night. This puts pressure on our local endangered bird species. Other

impacts are yet unknown.

The Kohala Coqui Coalition currently needs three things:

1. An informed community who reports invasions: Stop by their booth at the upcoming Kohala Country Fair and plan to attend a community meeting at the end of October or in early November. Visit the following websites for facts: ctahr.hawaii.edu/coqui/identification.asp; hear.org/AlienSpeciesInHawaii/species/frogs/; and ctahr.hawaii.edu/coqui/lime.asp.

2. Funding: Monies are needed for eradication supplies, which increase when outbreaks are large and persistent. One hundred percent of the coalition's funding is by donation, which is tax deductible due to sponsorship by the nonprofit North Kohala

See Coqui, page 5

Viewpoint —

Recognizing Domestic Abuse is the First Step to Safety

By Karen Martinez

Domestic abuse is one of the most painful places to live. If you are experiencing or have experienced abuse, you know a living hell. Those of us who have experienced it know it destroys everything good about life. Victims live in Fear. Fear does not come and go once it finds a home. Very quickly Fear takes an upfront position in all decision-making.

Ask, "Am I safe?"

Because you are no longer safe, Fear is going to help you try to survive. While Fear may keep you alive, the price is high. What is that price? Fear eliminates smiles, happiness, a future with hope, emotional and physical well-being. As a victim, the only thing we can focus on consciously or subconsciously is, "Am I safe?" or "Are my children safe?"

Living with Fear and Denial

There are several reasons why we don't "do" anything about our hell. Perhaps you have bought into the abuser's statement that it is all your fault. So are

you hard at work trying to become the person who doesn't make him mad? If so, you are not only in the place of Fear, now you are also in the place of Denial. If you have been in Fear and Denial a long time, you are locked in.

You may be depressed because there is no safe place to go, no money, no self-worth, and you feel totally powerless. The future is a formless hazy cloud because today and getting through it requires everything you have. Are you abused constantly? Probably not. But knowing that it could happen with little or no warning, you have to stay on alert. Denial for a few days is called processing. Beyond that, Denial becomes the same as Fear, another set of bars in your prison.

Abusers pick only weak and vulnerable

Too many men and women receive little to no information on what is abuse, who does it and what can be done. In future articles, I will explore the topic of abuse: types of abusers, types of abuse,

the cycle of abuse, characteristics of abusers and victims. Just for instance, did you know abusers do not act spontaneously? They pick and plan. How do we know they really are in control of everything they do? Because they don't abuse everyone, just the weak and vulnerable. In a small community, this kind of violence touches each one of us. It impacts the quality of our lives. Even to know a victim or an abuser is to allow some part of that violence into your own life.

According to local police statistics, North Kohala had about 48 domestic violence-related calls in the last 12

months—and those are only the ones that were reported. North Kohala has no shelter for victims of domestic abuse nor does Waimea. The closest is in Kona—a long way to uproot yourself and children from schools, work and family. A shelter closer to home is a vital need in North Hawai'i.

October is Domestic Violence Awareness Month. To learn more, visit nrcdv.org/dvam/about-dv.

Karen Martinez is a North Kohala resident whose personal experiences with domestic abuse led her into the field of energy healing. She is a Shamanic practitioner of the Inca Medicine Wheel.

Coqui, continued from page 4
Community Resource Center.

3. People to help with eradication efforts: Energetic individuals who like "the hunt" are needed to help with the physical work.

Please support and thank the

individuals involved in the Kohala Coqui Coalition, and know that the land and people will benefit from keeping this invasive species out of our district.

Randee Golden is a North Kohala resident.

Generosity in Leaps and Bounds

Emotions of excitement, joy and disbelief filled the Kohala High School van as the 13 Kohala High School cross-country runners and their two coaches (Melody Nietfeld and John Kometani) departed for Kona to purchase new run-

ning shoes for each team member.

Good running shoes are key to keeping runners' feet and overall body from wear and tear. Without the single-most

important part of this equipment, runners will eventually sustain considerable injury to their hips, lower back, knees, calves and feet. Most of the Kohala High School runners had been running in worn out shoes or sneakers that they had plodded around in for a few years. With their dedication and commitment, they continued to practice regardless of the physical consequences.

On August 9 relief was in sight. The cross country team was gifted \$2,000 from a running coach/trainer, Dean Levitt, on O'ahu. Dean was made aware of the Kohala cross country team through another well-known trainer and author, Brian Clarke. Out of pure generosity and kindness, Dean Levitt donated money so that each runner could purchase a good training shoe. He knew little of

the Kohala cross country team and yet responded immediately with a check for \$2,000. In addition to his donation, he has asked his adult runners from his running groups to match his donation. If this was not enough, the Big Island Running Company in Kona (owned and operated by Jason and Melissa Braswell) also agreed to give each student a 20 percent discount for their purchased shoes!

Kohala High School runners were thrilled and in awe that others could demonstrate such generosity. The runners asked how this opportunity was made possible so one day they could give back in a similar manner. After approximately 1.5 hours, all the team members were personally fitted for new shoes. They immediately took their first one-hour run at the Kona Old Airport. Yes, they were definitely running in leaps and bounds, and the season is off to a great running start.



—photo by Melody Nietfeld

The 2013 KHS cross country team, from left, front row: Ariana Rodriguez, Leigh Ann Rivera, Gabrielle Bartolome, Aulii Leialoha; second row: Ricky Ching, Carlos Rodriguez, Kristine Viernes, Koa Bartsch, Melanie Sahagun, Patricia Cubangbang, Yuki Zbytovsky, Mark Macaspac, Josiah Adams; back row: Big Island Running Company owners Melissa and Jason Braswell.

Cross Country Meet Schedule

(Runners compete with all the Big Island Schools at each meet)
September 28, 10 a.m. at HPA
October 5, 3 p.m. at Kamehameha
October 12, 10 a.m. at Kea'au
October 19, 2 p.m. at Kamehameha (BIIF)



Wilderness First Responder Certification Course

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Dates in 2013:

October 19, 20
November 2, 3, 16, 17
December 21, 22



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Na Kupuna `O Kohala Earns Honors at Hula Competition

By Lynda Wallach

It was late in the evening of Thursday, September 12, when everyone in the packed convention center of the Sheraton Kona Resort and Spa was waiting for the judges' decision as to which of the 19 participating halau would take home awards from this year's 31st Annual Hawai'i Kupuna Hula Festival. Men and women from Na Kupuna `O Kohala, North Kohala's own senior hula halau, had already given a special performance of their last year's first place mixed hula He Aloha O No Honolulu, and this year's kumu and judges had also entertained the audience, as they do each year.

Dancing with them for the first time were Na Kupuna `O Kohala's new kumu, Kau'i Nakamura and her assistant Michael Matsu, who began teaching the halau last year. They worked tirelessly with the kupuna for the last nine months to prepare for the event by choreographing the dances, designing the costumes, helping with fundraisers and, of course, coaching, coaching and coaching.

Though it is the joy of dancing and the special bonds that come from all the months of preparation that bring

participating groups back year after year, the halau was jubilant when it was announced that Harry Cabrera had placed third in the men's solo competition, that Cabrera and Kealoha Sugiyama had placed second in the men's group competition, and that Na Kupuna `O Kohala won second place in the mixed division.

Some members of the halau who participated for the first time had this to say:

Kau'i Nakamura: "A very good experience. Exciting. Overwhelming in a good way because I did not know what to expect."

Michael Matsu: "For me it was a good experience: the excitement, working with the kupuna. I look forward to doing it again."

Cheryl Sproat: "Wonderful and overwhelming. Lots of smiles."

Faye Yates: "It was very exciting. Beautiful dances, beautiful everything."

And from Lucy Cipriani, who has been there many times: "It's always a wonderful experience."

The halau thanks everyone who made their participation and success possible. Besides Kau'i and Michael,



—photo courtesy of Randee Golden

Na Kupuna `O Kohala Halau performed at the 31st Annual Hawai'i Kupuna Hula Festival in Keauhou in September.

the halau is especially grateful to our musicians, John Keawe Jr., Joel Anderson and Ray Dela Cruz (North Shore Boys); singer Uilani Lorenzo; Francis Passamonte who made our costumes; Melanie Pang, Nalani Cabrera, Jennifer Keawe, and Kathy Anderson, who helped with our lei and with so much else; to Faye Yates and her family for

our wonderful celebration dinner; and to Michael Foley who was always there when we needed help.

Thanks also to the Hawi Jodo Mission for letting Na Kupuna `O Kohala use their hall for practice and to the North Kohala community for its support and encouragement. Mahalo to you all!

Group Meets to Discuss Future of Bond Library

An informal talk story meeting was recently held at the North Kohala Community Resource Center, led by Candace Martin from the Department of Land and Natural Resources, regarding the future of the old Bond Library building.

Representatives of local nonprofits, the Senior Citizens Club, the Department of Education and the Kapa'au business community as well as interested citizens were in attendance.

Ms. Martin explained the current status of the building which is under the jurisdiction of DLNR and still tied to the DOE through the Hawaii State Library System. Currently, the building is being used as a practice site for the Kohala High and Middle School Robotics.

There was lively discussion around possible

uses for the building, and the general sentiment appeared to be a desire for a Kohala museum. Local business woman and owner of Ackerman's Gift Store adjacent to the building, Alyssa Slaven, discussed the need for clear parking



—photo by Megan Solis

The Bond Memorial Library served the Kohala community for more than 80 years before it was replaced with the new library in November 2010.

designations and a new septic system. The 2,300 square foot building does have ADA bathrooms; the exterior lead paint has been scraped, and asbestos tiles were removed. The building was tented by the Friends of the Library in the past year. It will need a significant "facelift" and new septic system.

Ms. Martin explained that the process to turn the building over to the community will involve a long-term

lease with a local nonprofit that has at least two years of activity in the community and can present a viable sustainability plan. She also stressed the importance of having the building serve the greatest good of the community. She is available by email to answer questions about the requirements and needs of this important community project at candace.m.martin@hawaii.gov or at the DLNR office at 961-9590.

Akoni Pule Highway Road Closure for Ironman October 12

The Ironman Triathlon World Championships on Saturday, October 12, will include the top 1,800 triathletes from around the world. The swim-bike-run event begins in Kona with a 2.4-mile ocean swim, followed by a 112-mile bike course with the turnaround point in downtown Hawi, and finally a 26.2-mile run in Kona.

Motorists, be aware that Akoni Pule Highway (270) will be closed Octo-

ber 12 from Kawaihae/Waimea Junction (19) to Hawi Road in Hawi from 8 a.m. to 3:30 p.m. An alternate route is the Kohala Mountain Road (250) from Hawi to Waimea.

Also be aware that Queen Ka'ahumanu Highway (270) between Waimea Junction and NELHA will be closed from 7 a.m. to 5:30 p.m. Motorists can take the Mamalahoa Highway (190) from Waimea to Kona.

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Barefoot Doctors' Academy Offers Wilderness First Responder Course

At any moment, you could find yourself dealing with a person on the brink of life-threatening biological failure: a heart attack, allergic reaction, or car accident can test whether a responder has prepared wisely or not. Here in Hawai'i, we have natural disasters including earthquakes and hurricanes, coupled with a few thousand miles of ocean waters isolating us from any large landmass. Emergency and disaster care remains geographically isolated. People need to take it upon themselves to be trained for both personal and community emergency response.

The Barefoot Doctors' Academy's Wilderness First Responder Certification Course trains people to respond with the utmost skill and respect. The next course takes place from October through December in the Healing Garden Sanctuary of the Barefoot Doctors' Academy on Ho'ea Road in Hawi.

The eight course dates are on Saturdays and Sundays from 8 a.m. to 6 p.m., with a one-hour lunch break, on the following dates: October 19, 20; November 2, 3, 16, 17; and December 21, 22. The deadline to register is October 7.

North Kohala is vulnerable because of its remoteness and limited access to county, state and federal resources. Dr. Jim Berg has designed the training as a new standard for wilderness first response.

'Barefoot Doctoring' is the art of teaching people to take care of people. This course teaches the most medically appropriate and kind ways to save lives through evidence-based resuscitation and first aid, and reliable transport and communication skills. Lecture-time is balanced with hands-on trainings in first response skills with peers; practice sessions include teaching others and being taught these skills by peers; and emergency and disaster simulations guide the practice of the skills.

Field trips to local sites will bring home realistic, emergency scenarios. The modern physiology and resuscitation models are complemented by ancient Chinese and Asian Indian traditions of understanding the ways of life and death. Herbs, acupuncture, bodywork and other modalities complement the state-of-the-art medical knowledge of rescue and emergency response. An intended focus is on how to maintain

the best space for healing or dying to happen, and how to do this respectfully and responsibly.

Instructor Jim Berg, M.D., has provided his medical response for the past 30 years at the National Rainbow Gatherings with 10,000 to 30,000 people, set deep within the remotest national forests. He has completed a fellowship through the Academy of Wilderness Medicine and has advanced certifications for trauma, cardiac, pediatric and wilderness life support and as a Remote Medicine Medical Provider. Originally board certified in Family Medicine in 1989, he remains current in his certification and is a primary care provider at four locations on the island.

The cost of the course is \$420; transportation, textbooks, lodging, meals and CPR certification is additional. Primitive camping is available for out-

of-town guests staying Friday or Saturday nights (at an additional fee).

Students who successfully complete this course are awarded a certificate of completion from the Barefoot Doctors' Academy as a Wilderness First Responder, Basic Level. The course completes and surpasses the U.S. Department of Transportation recommended objectives for a "First Responder." The certificate, however, does not allow the student to practice as a professional first responder, and this course may not meet the requirements for license of any particular state. The student is responsible to be physically fit enough to participate with the training and to disclose to Dr. Berg any concerning health condition.

For more information or to register, contact 987-7008, barefootdoctorsacademy@gmail.com, or visit barefootdoctorsacademy.com.

AED Unit Installed at Pololu Lookout

Members of the North Kohala Community Emergency Response Team installed an Automated External Defibrillator (AED) at the top of the Pololu Lookout trail on Thursday, September 19. The device is mounted on an existing post and has an AED sign and symbol.

The AED is a portable electronic device that automatically diagnoses potentially life threatening cardiac arrhythmias and treats them through defibrillation, the application of electrical therapy which stops the arrhythmia, allowing the heart to reestablish an effective rhythm.

The unit, once turned on or opened, guides the user through its operation. The container has scissors, to cut the shirt away (so the pads can be connected to the locations indicated on the victim's chest), and a mouth guard for CPR, if needed.

Because of its remote location, the unit is equipped with an alarm that sounds



—photo by Jeffrey Lee
April Lee, left, and Cheryl Sproat, with help from Jeffrey Lee (taking the photo) installed the AED at the top of Pololu Lookout trail.

when opened to discourage theft.

In any health emergency, NKCERT urges responders to always call 9-1-1 first (even if there is no cell service, 9-1-1 still works.)

Funds for the AED unit came from donations to NKCERT. Anyone wanting to support CERT can send a tax-deductible donation to North Kohala Community Resource Center with funds earmarked for NKCERT.

Be Prepared: Ham Radio Course Offered in October

In emergencies, ham radio operators play a vital role in getting important safety information to the public, especially in isolated areas like North Kohala, with no dedicated local radio station. But being a ham radio operator requires training and licensing by the FCC.

North Kohala residents are encouraged to take advantage of a new training class in ham radio (technician level) being offered in Waimea. Norm Cohler teaches the class, and he is well-qualified to answer questions based on his career as an electronic engineer and his radio operating experience since 1957. He has taught a few classes in recent years, and most of the attendees have taken and passed their FCC exams afterward.

The class will be held on two successive weekends in two adjoined conference rooms ("Mauna Kea" and "Mauna Loa") at North Hawaii Community Hos-

pital from 8 a.m. to 5 p.m. on Saturday, October 19, and Sunday, October 27.

Cost of the FCC licensing exam is \$15, paid to the individual volunteer examiners at the time of the test. The exam is 35 multiple-choice questions; the course book has all the questions and answers in it, along with theoretical text to explain the radio physics behind the questions. The FCC exam will follow the last class on Sunday, October 27 at 5 p.m.

In order to ensure there are enough students to hold the class, organizers need a commitment from attendees no later than September 30 by sending in a payment of \$24 for the class book. Payment may be made by cash or check payable to Norm Cohler. Please call if you have questions about the class (889-5505) or email your intention to April@KRE2.com and send the check to April Lee, P.O. Box 190705, Hawi, HI 96719.

Donate to the Green Auction

Have something to donate? This year the Green Auction at the Kohala Country Fair, October 5, will raise funds for our Community Emergency Response Team (CERT), as well as Sustainable Kohala and its programs. CERT will use funds to buy equipment for volunteers to assist emergency workers in times of weather, fire, earthquake or other emergencies. Sustainable Kohala funds free educational talks, workshops, and micro-grants for sustainability initiatives. Help both of these groups by donating a service, product, work of art, locally made item, or anything that has a market value of at least \$50. Call Deborah Winter, 889-6901, before September 29 if you'd like to donate. Thank you.

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Shoreline Access, Capital Improvement Projects Draw Public Interest

By Megan Solís

The audience at the September 9 meeting of the North Kohala Community Development Plan Action Committee was larger than usual due in part to the AC's plan to address shoreline public access at Kohala Kai subdivision and to prioritize which Capital Improvement Projects to propose to the county.

The committee reviewed a draft letter from the AC to the county planning director in which it commended the developer of Kohala Kai for his work on public access in general and for the attendance of the owner's representative at many Public Access group meetings.

However, in the letter the committee raised one critical concern that needs to be addressed before the AC will give its support to the access plan. The NKCDP states the recommended coastal public access trail "should follow the Ala Loa where it can be identified or traditional fishing trails." The developer surveyed and improved a lateral trail where actual use by fishermen was observed; however the current jeep trail, which runs parallel (mauka) to the fishing trail, was constructed along the Ala Loa and the

AC believes that it should be the public access trail.

The letter also addressed a few lesser issues that involve county and state DOT cooperation, including improving the walkability of the mauka-makai trail; improving the safety of the walk from the parking lot to the trailhead, which runs along the highway; and an insufficient number of parking stalls.

With a few modifications, the letter was approved to send to the planning director. However, the committee agreed that a second issue, a lack of information from and poor communication by the Planning Department with the North and South Kohala CDP action committees, needs to be addressed in a separate letter, which will be reviewed at the October AC meeting.

The other major topic of the meeting was the prioritization of Capital Improvement Projects (CIP) to be proposed by the AC to Planning.

During early public comment, Bob Martin spoke about a plan in progress to apply for a low frequency radio station with the Federal Communications Commission, in accordance with one

of the strategies to improve communications as set forth in the NKCDP. The range would cover from Pololu to approximately Puakea Ranch and provide much-needed communications during times of emergency, as well as a venue for local news and entertainment. The application period opens in October and is open to local nonprofit organizations. Costs to build the station are estimated to be about \$65,000. Martin asked the committee to consider including it on the CIP list as some of the infrastructure may be eligible for CIP funds.

Lucy Pasco also spoke from the audience, expressing frustration at the delay in getting improvements made to the gate ball pavilion at Kamehameha Park, as promised long ago. She also commented on the need for emergency access from Niuli'i and whether mauka roads are being considered. Chair John Winter explained that the roads subcommittee is currently exploring the issue, but private lands make the process difficult.

Another audience member brought up the leaky roof at Hisaoka Gym, which serves as the emergency shelter for North Kohala, but leaks badly now and would be even worse in a bad storm. In its current condition, it's not a safe shelter, especially for the elderly, she said.

With 15 projects on the draft list, there

was some discussion about whether it would be better to submit many items, in order of priority, or submit only the top items. The committee decided to focus on a few projects that represented the greatest needs in the community.

The five CIPs that made the list were: electricity at Kapa'a Park; potable water at Mahukona Park; potable water at Kapa'a Park; Kamehameha Park gate ball pavilion, bandstand cover, and roof leaks on Hisaoka Gym; and a green waste facility.

The terms of three action committee members are expiring soon: Collin Kaholo, Joe Carvalho and Hermann Fernandez; Susan Fischer's term has already expired. Volunteers from the community are being sought to sit on this important committee, whose purpose is to ensure that the county government adheres to the goals and priorities of the community as set forth in our Community Development Plan.

The action committee's next meeting is set for Monday, October 14, at 5 p.m. at the Senior Center in Kapa'au. The public is welcome to attend meetings of the AC and its subcommittees, listed in the KMN events calendar on page 19. Applications for seats on the AC, as well as meeting agendas and approved minutes are available online at www.hawaiicountycdp.info or call Rosalind Newlon at 323-4770.

Credit Union Project Teaches Children to Start Saving Early

The Kohala Elementary Children's Savings Project, sponsored by Hawai'i Community Federal Credit Union, began in August 2011 with more 100 students participating every year since. So far this year the project has had 75 deposits and a total of \$900.04 in monies.

The goal of the Children's Savings Project is to instill the importance of saving in children at a young age.

The project operates at the school cafeteria every other Thursday from 7 to 8 a.m. The scheduled days next month are October 10 and 24.

There are three credit union tellers and two high school Student Credit Union tellers at each deposit day. HCFCU tellers are Virgie Kokal, Crystal Williams, Nohea Lee and Cathy Furukado. Student tellers are Summer



—photo courtesy of HCFCU

Fourth grader Jake Maki makes a deposit at the Kohala Elementary Children's Saving Project deposit day.

Murai, Koa Bartsch, Kassie Kometani and Isabel Steinhoff. The supervisor is Andrea Hori.

They hope to get all of the students participating and learning these life skills.

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Corn Maze Design Contest Winner Announced

In August, Kohala Mountain Farm announced a corn-maze design contest open to all Hawai'i Island high school students attending schools that participate in the Hawai'i Island School Garden Network program. Over a hundred maze design entries were submitted, from which a grand-prize winner and runner up were selected.

Sofia Peterson, an eighth grader at Kanu O Ka `Aina Public Charter School in Waimea was named the grand-prize winner. Peterson will receive \$1,000 gift certificate for her school's garden program, as well as a helicopter ride for two to view the design from the air, compliments of Blue Hawaiian Helicopters.

Shinmi Morioka, a seventh grader at Konawaena Middle School was named runner-up. Morioka will receive a zip line adventure for two, compliments of Hawaii Forest & Trail.

Peterson's winning design—a farm scene with a large tractor, barn, corn stalks, pumpkins, an elaborate sun pattern, and a pu`u depicting the large hill adjacent to the farm—is currently being cut into a five-acre corn field at Kohala Mountain Farm.

"The field this year is 20 percent



—photo courtesy of Kohala Mountain Farm
Sofia Peterson holds her winning drawing of a bucolic farm scene, which was selected for the corn maze design contest. She also holds a computer rendering of the maze as it will be cut into the field of corn.

larger than last year," states Stacy Hasegawa, the farm's project coordinator. "We are really pleased with this year's design because it is going to be larger and a lot more challenging for our visitors to navigate."

In addition to expanding the corn maze, Kohala Mountain Farm has implemented an extensive cover crop beekeeping program.

"After losing 80 percent of our pumpkin crop due to lack of pollination caused by the decline of our bee popu-

lation, we purchased five bee hives and planted pollen-rich plants to support our bees," said Hasegawa. "Although the crop loss was unfortunate, it initiated an incredible community awareness campaign that helped educate the community about the state of our pollinators here on the island."

The farm is confident that all of the pumpkins for this year's event will be 100 percent locally grown pumpkins.

The maze, located on Kohala Moun-

tain Road between Kohala and Waimea, is open to the public starting Saturday, October 5, and then every weekend in October from 10 a.m. to 5 p.m. In addition, the farm will open its gates every Wednesday from noon to 5 p.m. to accommodate parents who are not able to attend on the weekend. Each weekend the farm will offer pumpkins, hay rides, petting zoo, pony rides, maze exploration, educational displays and much more.

Keokea Wedding for Joshua Bowman, Anneka Keck

Joshua Bowman and Anneka Keck were joined in marriage, surrounded by family and friends, on Saturday, August 17, at Keokea Beach Park. Joshua noted, "It was such a lovely day; that surprised me because of the heavy rain two days before up to the night before the wedding." He shared the following poem that expresses his feelings about that day:

"To all who helped and attended our blessed wedding hands washed with tears of gratitude and a hug that sustains its grip of love beyond my years only through the rain we have found this pure and blessed day as the sun did on that JoshAeka day—let love reign for all every day."

Joshua Bowman and Anneka Keck were wed August 17 at Keokea Beach Park.



—photo courtesy of Lani Bowman

Teresa Myers, Turner Martin Wed



—photo courtesy of Teresa Myers-Martin
Teresa Myers-Martin and Turner Martin were wed August 6.

Teresa Myers and Turner Martin were joined in marriage on Tuesday, August 6, in a small private ceremony at Waialea Beach (Beach 69). The Rev. Gary Lyons officiated.

The couple was attended by friends from Kentucky, Sean Stinnett as best man and Karen Stinnett as matron of honor. David Fuertes played the ukulele as all sang the Hawaiian Wedding Song to the bride and groom. Carol Fuertes made lei for the bridal party.

Teresa and Turner moved to North Kohala from Kentucky. Teresa is the Kapa`au postmaster. Turner is pursuing a nursing degree at the University of Hawai'i - Hilo.

Congratulations to the newlyweds!

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Kona Community Hospital's Conference Room 2

*The West Hawaii Regional Board of Directors represents
Kona Community Hospital and Kohala Hospital.*

Any questions, please contact 322-6970.

Caring for Haloa - Volunteers from Across Hawai`i Tend Two Kohala Lo`i

By Megan Solís

About 175 sweaty, smiling faces celebrated as water gushed out of the irrigation pipe and onto the freshly cleared land at `Iole on Saturday, August 3. In a few hours, the volunteers— young and old, male and female—had worked side by side and cleared about a half-acre of land filled with waist-high, dense California grass—land destined for full restoration as a traditional Hawaiian lo`i kalo.



—photo by Jesús Solís

Volunteers who worked to clear and prepare the lo`i celebrate as water gushed onto the land. The preparation was completed in one morning, and the group moved on to work on a lo`i in Makapala after lunch.

The workers came from all over the Hawaiian islands as part of Onipa`a Na Hui Kalo, a group of kalo farmers from throughout the state who help to restore lo`i, the Hawaiian terrace system for growing wetland kalo. The group was hosted by `Iole and `Ohua O Na Kia`i No Na Keiki O Ka `Aina, a group of Kohala volunteers who recently took on the task of restoring the ancient lo`i on the `Iole ahupua`a (land division).

Sharon Spencer, a social worker with Queen Lili`uokalani Children's Center, coordinated the event. She explained that the mission of Onipa`a Na Hui Kalo is "a lo`i in every ahupua`a in the state."

"Our goal is to bring Haloa back to the land," she explained. "At one time, Hawai`i was covered with lo`i, and our goal is bring Haloa back in the triangle of akua (God), mankind and nature and to remind our children that it is their responsibility to care for Haloa—to

malama the `aina."

In Hawaiian legend, Haloa was the first-born child of Wakea (Father Heaven) and Ho`ohokukalai (the stars), but he was deformed and died at birth. He was buried and a taro plant grew there. A second son, also Haloa, was later born and is the original ancestor of the Hawaiian people. The elder Haloa is embodied by the taro plant, which nourishes the people, and is the elder brother of all Hawaiians. In return, the people care for their elder brother.

Every year Onipa`a looks for lo`i that need to be restored. Most recommendations are by word of mouth. A reconnaissance team explores the potential of the lo`i. Farmer members then vote on whether to take on the project. At that point, Spencer starts working on where to camp, what work needs to be done, and what legal paperwork needs to be completed. Flyers are sent

out to farmers, and those available then come together for a day or two of hard labor at the designated lo`i.

Some of the volunteers at the lo`i were children. Spencer explained the group has a lot of Hawaiian children from the Children's Center who participate, and some are orphans. She says the experience restores a sense of family and self-esteem in the children.

Naa`ao Vivas, from Kona, helped to coordinate the two lo`i projects in Kohala that the group tackled that day: the one at `Iole and another on Surety land in Makapala.

"My mana`o (belief) is that this is such an honor and a blessing to be in this area of Kohala and `Iole and eventually up in Makapala because it is reconnecting with our ancestors. It's reconnecting with our eldest brother Haloa, opening up lo`i so we can have sustenance

for our community and our people and passing on connections we have with our ancestors to our children and children to be."

He said they had been exploring possibilities with Surety in this area for a few years, but there was no place to stay. Then he connected with Mara Ledward at `Iole, who connected them with `Ohua and provided a place to camp out. It all came together at the right time.

"So we know it's right—we know it's pono," Vivas said.

Paul Reppun, a well-known taro farmer from Waiahole, O`ahu, has been doing these types of restoration for nearly 20 years.

"It's nothing new, but every time is different from every other one. This



—photo by Puulima

Keiki joined in helping to clear the land for the lo`i, rolling up the cut California grass, pushing it off to the side, while chanting "1-2-3 oomph!"

this morning my heart kind of fell" [at the sight of the dense grass], he said. "For a while we were working kind of disjointedly, and then someone started chanting and then everyone started pushing together, and we just felt things start to move."

Young Dustyn Okimoto-Lunasco, from O`ahu, said this was the first time he had ever worked on a lo`i restoration. He said it was mostly what he expected: working with hand tools, "doing farming things." His favorite part, he said, was pushing the grass aside with other kids.

"We were counting 1-2-3 and 'roar!' If uncle didn't hear the 'oomph' he'd say, 'where's the oomph?'" He said the whole experience was fun and he would do it again.

For Sa`o Vaefaga, organizer for the local lo`i group, this was exactly the type of laulima (cooperation) he hopes to see at the lo`i.

"It's such a blessing to have these folks here," he said. "This place is for our community. People are welcome to come from 8 a.m. to 4 p.m. to see and work in the lo`i." For more information, contact Sa`o at 889-1484 or `Iole at 889-5151.



—photo by Puulima

Once the area was cleared of grass, the ground was prepared to hold the irrigation water and eventually planting of kalo.

one was very unique, but the same kind of energy, synergy of people working together. It's kind of what we do every day, but this is so much fun to work with a gang of people like this. It's the way everything is supposed to be done," he said.

"When we first walked out into it

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Kohala Elementary Celebrates Unity Through Art

By Megan Solís

Kohala, a place of incredible natural beauty, is now home to a new kind of beauty in the form of a bronze sculpture. The piece, entitled "Pupukahi I Holomua Kakou" (United We Grow), was the creation of artist Sean Lee Loy Browne as part of the Art in Public Places-Artists in Residence program, a collaboration between the Department of Education and the State Foundation on Culture and the Arts.

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

On September 10, the entire school community was joined by the artist and his family, representatives from the state, and a few community members for a dedication and blessing of the sculpture. John and Hope Keawe led the group in song, and Kahu Tom Fernandez gave the blessing and maile lei ceremony with Manaola performing an oli (chant.)

together, they become a lo'i (kalo field), a community that is strong and united, by helping each other.

Sean Browne thanked his family and hanai family for the support they had given him, and then he addressed the students, encouraging them to be themselves and believe in the possibilities.

"Don't let anyone tell you, you can't do anything—you can. It's in your heart. You're from Kohala—be proud of that!" said Browne. "I'm happy to be leaving this [sculpture] as part of your legacy—something your children and grandchildren will see here."

The inspiration for the design came from a brightly colored mural on campus depicting many hands growing like flowers in a field. Browne spent two weeks on campus in 2011, sharing his mana'o (thought) with students and staff, and based on those interactions, he led the design and creation of the sculpture.

On two sides of the sculpture's base are plaques with engraved images representing the history and culture of North Kohala: voyaging canoes, the northern star, Upolu Point with the Alenuihaha Channel, mahiole (feathered helmet) for Kamehameha I, a colt for our paniolo history, guitar for our musical heritage, and the poi pounder. Browne intended the images to stimulate learning opportunities about that history that will continue long after his time in the classroom.

The project began in 2011, when Kohala Elementary was one of four schools selected to receive the \$75,000 grant, which provides for a commissioned piece of art for the community as well as an educational component designed to include student and teacher participation. The school's Art Advisory Com-

mittee, composed of principal Garcia, counselor Rose Mae Watterson, students Kaleena Cordero and Indica Michaelis, and community representative Dixie Adams, set about selecting an artist for the project.

artist who has created several significant sculptures around the state, including the mahiole, (helmet), at the Kona International Airport, and the statues of King Kalakaua and Prince Kuhio in Waikiki.

Born in Hilo, Browne is a graduate of Kamehameha Schools Kapalama. He received a bachelor of arts from the University of Redlands, Calif. and later studied marble carving in Italy. After earning a master of fine arts degree from the University of Hawai'i at Manoa, he was awarded a Fulbright Fellowship to study in Japan.

Browne also taught sculpture at the University of Hawai'i-Manoa and Kapi'olani Community College for many years.

"We are honored to have such an established and award-winning artist create such a powerful piece for our campus and community," said Garcia.

The sculpture was installed on a grassy area outside of the school office on July 23.



—photos by Jesús Solís

Children raise their hands to emulate the poi pounder, a symbol of unity.

They chose noted sculptor Sean Kekamakupa'aikapono Ka'onohiokalani Lee Loy Browne, an

Kona Hospital Foundation Receives Monty Richards Community Award

The Kona Hospital Foundation was recently selected as one of three recipients of the 2013 Bank of Hawaii Monty Richards Hawaii Island Community Award. The announcement was made at a presentation at Kahua Ranch on Thursday, September 19. The \$10,000 award received by the Foundation will fund the purchase of urologic equipment for the operating suites at Kona Community Hospital.

The award was established in 2008 in honor of Herbert "Monty" Montague Richards, Jr., a former long-time Bank of Hawaii board member, innovative community leader and lifelong North Kohala resident. Selection criteria for awards include 1) how well an organization fulfills its mission; 2) the leadership demonstrated by the organization's executive director and board; and 3) what steps the organization has in place to address one of the focus areas (community development, education and human services); and 4) how the organization plans to use the award.

The award funds will go toward the purchase of a nephroscope and resectoscope for the hospital's operating rooms. Kona Hospital Foundation chairman Jim Higgins noted that, "The equipment will make it possible for the KCH surgical team to perform a broader range of urologic surgeries, requiring less off-island travel for certain urologic conditions." He added, "We are very grateful to be selected for the Bank of Hawaii Monty Richards Hawaii Island Community Award."

The Kona Hospital Foundation, a nonprofit corporation, was created in 1984 to accept gifts and solicit donations for new medical technology, expanded services and enhanced facilities for Kona Community Hospital. Since its inception, the Foundation has donated over five million dollars toward numerous hospital projects believing that the people of West Hawaii, both visitors and residents, deserve local access to a progressive hospital providing excellent healthcare.



It took a Bobcat and four guys to install the bronze sculpture on July 23.

To illustrate the meaning behind the design, principal Danny Garcia had the children raise their hands above their heads in the shape of the pohaku ku'i ai as he reminded the children to "always be the helping hand" at home, at school and in the community. Each of them individually is one kalo plant, but

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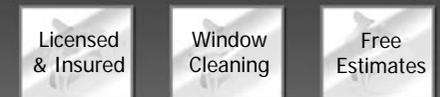
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Kohala High STUCO Hits The Ground Running!

By Koa Bartsch

Kohala High has been in session for over a month now, and the Student Council (STUCO) has been extremely busy! They are all working hard not just to make this school year possible, but fun and memorable as well. Their primary focus for the month of August was the student bondings. This year, Kohala High witnesses a return to a class-based form of bonding that it hasn't seen for a number of years. Until now, students have gotten used to a more general "school-wide bonding" which was held on campus and included various activities such as a waterslide and rock-climbing wall.

The decision behind the switch was the Executive Student Council's desire to center on how they can better strengthen class unity, which would, in theory, contribute to the overall harmony of the student body.

"Class-wide bonding focus, in truth, is designed for smaller than school-wide groups. They therefore create opportunity more conducive to closeness, respect, and true bonding within each class. It is meant to increase school spirit through class cohesiveness which positively contributes to the school community," says Ms. Fern White, this year's Student Activities Coordinator responsible for overseeing and guiding the student leadership.

Due to the school's relatively new block schedule, classes are limited to three times per week, thus limiting the frequency the Leadership team is able to meet. Despite this, they've worked extra to make the bondings a success; they were committed, sometimes meeting after school or on weekends.

The bondings were held on August 12 (Juniors), August 19 (Sophomores), and



Sophomores, left to right, Moses Hooton, Joey Salvador, Kainalu Emiliano-Solomon, and Damien Kaholo shown in mid-game as they participate in the 5-legged race.

August 26 (Freshmen) at the Hisaoka Gymnasium. Participating students were bussed over at 8:15 a.m. whereupon they were greeted by an energetic and enthusiastic troop of student leaders! Students were bombarded with numerous activities ranging from the most novel of games to the most sincere of presentations all designed with one goal in mind, to unify each class. Aunty Pua Case of Waimea and her team generously gave their time to relay the message of being able to identify with yourself as well as understand and get along with others, especially with those in your class, through common cultural connections.

The student leaders considered the bondings a success, with each possessing a continuous level of improvement. This is just the beginning as they embark on a long yet promising journey through the 2013-2014 school year. E Ala E Na Paniolo! Rise To The Challenge Cowboys!

Koa Bartsch is the corresponding secretary for Kohala High School Student Council and will be contributing stories to KMN on a regular basis about activities at the school.

St. Augustine's Annual Bazaar a Big Success

The 2013 Annual Bazaar held September 7 exhibited another successful year for St. Augustine's. This year the church expanded its vision to include more people—not only in the community, but visitors staying at the Kohala Coast resorts.

As usual, there were many people standing in line early in the morning waiting for Walker Hall to open, so they could collect the ono food waiting inside, such as the various ethnic foods and baked goods. As they gathered their food from inside, others strolled along outside enjoying the great bbq sticks, shave ice, hamburgers on a bun, as well as the delicious hotdogs, ono steak plates, and handmade laulau. Also this year we added more entertainment with several local guitarists, a hula halau, Okinawan dancers, and taiko drummers—which proved to be a

crowd pleaser.

While some focused on food, others made their way to the other areas, such as the boutique, thrift store, and the white elephant section to spot great deals. There were also beautiful Christmas decorations for sale for the early shoppers. Additionally, the plant sale offered another venue for people who wanted to beautify their home and yard. Tour guides offered historical information specifically about the background to the adorned stained glass windows.

This year's event proved to be a wonderful experience with the delicious food, décor and ambiance. One of the biggest draws was the silent auction.

Kathy Matsuda, bazaar chair, added, "Most of all, thank you God for the beautiful sunshine and bringing our congregation together working in harmony for our annual bazaar."

KEEC to Break Ground on Community Arena in October

This year attendees at the Kohala Country Fair will have to use some imagination to envision it, but by 2014 the southeast corner of the `Iole location where the fair takes place will be the year-round home of Kohala's Community Arena.

Kohala Equine Education Center, Inc. (KEEC), a sponsored project of the North Kohala Community Resource Center, has been working since 2008 to find a location for a community arena for educational, recreational, and therapeutic activities with an emphasis on horses and other livestock. Last September KEEC signed a license agreement for 10 acres at `Iole, just makai of the highway.

Throughout 2013, an elected board and volunteers have developed a membership structure and detailed plans and budgets for Phase 1, which will consist of a roping-size panel arena and two round pens, landscaped for wind protection. With assistance from

surveyor Roger Fleenor, architect Jack Hoyt, and professional engineer Jim Pedersen, KEEC applied for a grading permit, now approved by the County. Groundbreaking is scheduled to take place in late October. The initial work will level the area to prepare the site for arena construction.

A work day is scheduled for September 28 to move fences and install new gates. On Saturday, October 5, the day of the Kohala Country Fair, KEEC will have the arena area staked on the ground so that community members can see exactly what is planned. Information about the project, along with membership and donation forms, will be available at KEEC's fair booth.

All labor and equipment for site preparation is being donated by volunteers and local contracting companies. KEEC still needs to raise approximately \$40,000 more for materials.

The arena will be available for paid members to use with their own horses. Professionals and non-profit clubs will use the arena to offer riding lessons, therapeutic horsemanship, clinics and small-scale community events. It is hoped that the KEEC facility will be home to a Kohala 4-H program.

For more information, to join, or to volunteer, contact Beth Robinson (president) 443-4588; Fern White (membership) 896-0316; or Matthew Medeiros (facilities) 896-1724.

Meeting Set to Discuss Coastal Preservation

Maika`i Kamakani `O Kohala Inc., stewards of the 27-acre oceanfront site at Kauhola, will sponsor a presentation and discussion on marine coastal preservation for our Kohala Coastline Tuesday, October 15, 6:30 to 8:30 p.m. at Kohala Intergenerational Center.

The organization will discuss questions of: What happened to the Kole? Are our shoreline fishes, opihi and limu koku becoming depleted? What was fishing like in Kohala 20 or 30 years ago? Hopefully, such questions can be addressed as Maika`i works to develop a marine conservation program along the Kauhola coastline and eventually the entire coastline of Kohala.

The meeting will feature a presentation by the Ka`upulehu Marine Life Committee which has submitted a proposal for a rule prohibiting reef fishing in the area for 10 years to grow fish so they can be sustainably harvested forever. Committee members and partners will share observations of changes to the ocean during their lifetime, their foundation in the cultural tradition of management, coral reef response to protection, information of the status of fish in Ka`upulehu today, and state programs to help communities care for and educate others about their areas.

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|  | | Diamond G Rice 15 lbs. 7 ⁹⁹ |  | Prego Spaghetti Sauce 23 - 24 oz. 2/5 ⁰⁰ | Royal Feast Chicken Thighs 5-lb. box 6 ⁴⁹ | Dairyland Milk 2% Vit D, Skim 1 gal. 5 ⁹⁹ |
| Coca Cola 12-pk Cans 12 oz. All Types 2/10 ⁴⁹  | Dasani Water 24 pk. - 500 ml. 4 ⁹⁹  | Quaker Cap'n Crunch Cereal Assorted 13 oz. 3 ¹⁹ |  Best Foods Mayonnaise 30 oz. 4 ⁹⁹ | Tony's Crispy Crust Pizza 7 oz. 10/10 ⁰⁰ | Mama Bella Garlic Bread 14 oz. 3 ⁶⁹  Reg/Parmesan | |
| C & H Granulated Sugar 4 lb. 3 ¹⁹ | Lindsay Pitted Olives 6 oz. 2/2 ⁹⁹ | Langers Cranberry Cocktail Assorted 64 oz. 3 ⁴⁹ | Powerade Drinks All Types 32 oz. 10/6 ⁹⁹ | Marie Callender Dinners Assorted 13 - 15 oz. 4 ⁵⁹  | Eggo Waffles Select Types 12.3 oz. 2 ⁹⁹  | |
| Roxy Lunkow Long Rice 8 pk. 1 ⁹⁹ | Roxy Cuttlefish 2 oz. 2 ⁰⁹ | Nissin Cup Noodle 2.25 oz. 2/1 ²⁵ | Malt O Meal Dynobites/Oat Blender Cereal 12.5 - 13.5 oz. 2/4 ⁹⁹ | Tyson Chicken Boneless, Skinless Thighs 40 oz. 6 ⁹⁹ | Banquet Family Entree Assorted 25 - 27 oz. 2/8 ⁹⁹  | |
| Roxy Sardines in Tomato Sauce 15 oz. 2 ⁰⁹ | Sky Flake Crackers 30 oz. tub 5 ⁸⁹ | Crisco Oil vegetable or canola 48 oz. 2/6 ⁹⁹ | Coral Chunk Light Tuna Oil or Water 5 oz. 2/1 ⁹⁹  | Holy Bakery Frozen Pies Apple, Coconut, Peach 36 oz. 10 ⁹⁹ | S&S Saimin Ohana Pack 9/4.5 oz. 4 ⁶⁹ | |
| Hawaiian Sun Jams • Jellies Assorted 10 oz. 2 ⁷⁹ | California Girl Imitation Abalone 15 oz. 3 ²⁹ | Meadow Gold Drinks or Teas 64 oz. 99¢  | Meadow Gold POG or Passion Orange Nectars 1 gal. 3 ⁶⁹  | Meadow Gold Ice Cream Novelty or Sandwich Bars 6 pk. 2 ²⁵  | Meadow Gold Ice Cream 4 qt. 6 ⁹⁹  | |

Grocery

| | |
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| Aloha Shoyu, reg./lite, 64 oz. | 5 ⁷⁹ |
| Barilla Spaghetti, 16 oz. | 1 ⁵⁹ |
| California Ranch Olive Oil, 16.9 oz. | 6 ⁹⁹ |
| Camp Maple Syrup, 8.5 oz. | 6 ³⁹ |
| Delmonte Ketchup, 24 oz. | 2/1 ⁹⁹ |
| Delmonte Sweet Relish, 12 oz. | 2 ⁵⁹ |
| Delmonte Tomato Sauce, 8 oz. | 2/1 ⁰⁹ |
| Delmonte Whole Kernel or Cream Corn, 14 - 15 oz. | 2/2 ⁰⁹ |
| Diamond Bakery Cookies, all types, 6 oz. | 1 ⁷⁹ |
| Diamond Bakery Saloon/Cream/Graham Crackers, 8 - 9 oz. | 2/6 ⁰⁰ |
| Diamond Bakery Soda Crackers, all types, 13 oz. | 3 ⁴⁹ |
| Jif Peanut Butter, 18 oz. | 2 ⁹⁹ |
| Kelloggs Fun Pack Cereal, 8 ct. | 3 ⁵⁹ |
| Libby Corn Beef, 12 oz. | 4 ⁹⁹ |
| Lion Coffee, all types, no decaf., 10 oz. | 4 ⁹⁹ |
| Mezzetta Hot Chili/Pepperoncini, 16 oz. | 2 ¹⁹ |
| Morton Salt/Pepper, 2 pk. | 1 ⁸⁹ |
| Motts Apple Juice, 64 oz. | 3 ²⁹ |
| Mums Mushrooms, pieces & stems, 5.5 oz. | 1 ³⁹ |
| Nature Valley Granola Bars, 8.9 oz. | 2 ⁹⁹ |
| Nesquik Chocolate Powder, 21.8 oz. | 4 ⁹⁹ |
| Pillsbury All-Purpose Flour, 5 lb. | 2 ⁷⁹ |
| Pillsbury Brownie Mix, 19.5 oz. | 1 ⁴⁹ |
| Pillsbury Cake Mix, 15.25 oz. | 3/3 ⁹⁹ |
| Post Pebbles Cereal, 11 oz. | 3 ⁷⁹ |
| S&W Black or Chili Beans, 15 oz. | 3/3 ⁹⁹ |
| Shake n Bake, chicken or pork, original, 2 pk. | 2 ¹⁹ |
| Shirakiku Chuka Soba, 8 oz. | 4 ⁰⁹ |

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| Shirakiku Mixed Fruit, 11 oz. | 1 ⁴⁹ |
| Shirakiku Oyster Sauce, 18 oz. | 1 ⁶⁹ |
| Shirakiku Water Chestnut, 8 oz. | 69¢ |
| Sue Bee Honey, 12 oz. | 3 ⁹⁹ |
| Sweet Sue Chicken Broth, 14.5 oz. | 2/1 ⁵⁹ |
| Western Family Garden Rotini, 12 oz. | 3/4 ⁹⁹ |
| Western Family Kidney Beans, 15 oz. | 1 ⁰⁹ |
| Western Family Oatmeal, 42 oz. | 2 ⁹⁹ |

Natural Foods

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| Amy & Brian Coconut Juice, 17.5 oz. | 1 ⁹⁹ |
| Enjoy Life Cookies, 6 - 7 oz. | 2 ⁹⁹ |
| Garden of Eatin' Chips, 13 - 16 oz. | 3 ⁹⁹ |
| Muir Glen Tomatoes, 14.5 - 15 oz. | 1 ⁵⁹ |
| Near East Quinoa, 4.8 - 4.9 oz. | 1 ⁹⁹ |
| Pacific Natural Hearty Soups, 17 oz. | 2 ²⁹ |

Dairy

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| Meadow Gold Butter, 16 oz. | 3 ⁸⁹ |
| Meadow Gold Sour Cream, 16 oz. | 2 ⁵⁹ |
| Meadow Gold Yogurts, 6 oz. | 10/7 ⁰⁰ |
| Silk Soy Milk, 1/2 gal. | 4 ³⁹ |
| Big Island Poultry Grade A Large Eggs, Mainland Shell Protected, per dozen | 2 ⁵⁹ |

Meats

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| 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 Chuck Roast, per lb. | 4 ⁹⁹ |

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| Oscar Mayer Bacon 16 oz. 6 ⁴⁹ | Oscar Mayer Regular Lunchables 4.5oz 2/2 ⁹⁹ | JFC Coconut Milk 13.5 oz. 2 ⁶⁹ | JFC Sugatami Nori 10 ct. 2 ¹⁹ | Chips Ahoy! Nabisco Chips Ahoy or Belvita 9.5 - 13 oz. 2/6 ⁰⁰ | Nabisco Ritz Crackers 9.5 - 13.7 oz. 3 ³⁹ |
| Oscar Mayer Value Shave Meats 16 oz. 3 ⁸⁹ | JELL-O Jello Pudding 13.4 - 14.5 oz. 2 ⁵⁹ | Kikkoman Amakuchi Soy Sauce 5 ⁹⁹ 33.8 oz. | Mae Ploy Sweet Chili Sauce 2 ⁰⁹ 10 oz. | Yuban Coffee original 31 - 33 oz. 7 ⁹⁹ | JELL-O Jello Pudding Instant, Sugar-free, Cook n Serve .09 - 3.4 oz. 4/4 ⁰⁰ |
| Frank's Foods Frankfurters 16 oz. 3 ³⁹ | Frank's Foods Portuguese Sausage 12 oz. 3 ³⁹ | Palm Corned Beef 11.05 oz. 4 ⁸⁹ | Ligo Sardines 5.5 oz. 1 ⁰⁵ | Pepsi 12 oz. cans 24 - pk. 8 ⁹⁹ | CapriSun Ready to Drink 10 ct. 2/5 ⁹⁹ |
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| Marie Callender Pies Choc., Banana, Coconut 28 - 38 oz. 9 ⁵⁹ | Perrier Sparkling Mineral Water 25 oz 3/4 ⁹⁹ | Local Slippers 1 pr. 2 ⁹⁹ | 3M Packing Tape Clear or Tan 1 ct. 1 ¹⁹ | Di Giorno Rising Crust Pizza/California Pizza Kitchens 11.5 in. 6 ⁹⁹ | Roselani Ice Cream 1.75 qt. 6 ⁴⁹ |

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| Athenos Hummus, 7 oz. | 2 ⁵⁹ |
| Bailey Ground Pork, 16 oz. | 2 ⁹⁹ |
| Banquet Fried Chicken, 26 - 28 oz. | 7 ⁸⁹ |
| Banquet Pot Pie, 7 oz. | 3/3 ⁹⁹ |
| Bays English Muffins, 6 ct. | 3 ¹⁹ |
| Birds Eye Steam Fresh Vegetables, 12 oz. | 2 ⁴⁹ |
| Carolina Ground Turkey, 16 oz. | 2 ⁴⁹ |
| Chef America Hot Pockets, 4 oz. | 2/2 ³⁹ |
| El Monterey Burrito, 8/4 oz. | 4 ⁹⁹ |
| EZ Peel Shrimp, 31/40, 2 lb. | 14 ⁹⁹ |
| Farmbest Butter, 16 oz. | 3 ⁶⁹ |
| Flavor Pac Blueberries, 16 oz. | 4 ⁵⁹ |
| Frozen Mussels, 1/2 shell, 2 lb. | 8 ⁹⁹ |
| Frozen White Crab Sections, 1.5 lb. | 6 ⁹⁹ |
| Gorton Fish Filet/Sticks, 24 oz. | 6 ⁹⁹ |
| Inland French Fries, 32 oz. | 3 ²⁹ |
| Melona Ice Cream Bars, 8 ct. | 6 ⁵⁹ |
| Menlo Lumpia Wrappers, 16 oz. | 2 ⁸⁹ |
| Minute Maid Orange Juice, 16 oz. | 2 ⁹⁹ |
| Shedd's Country Crock Margarine, 15 oz. | 2 ⁵⁹ |
| Smuckers Uncrustables, 8 oz. | 2 ⁵⁹ |
| Totino Party Pizza, 9.8 - 10.7 oz. | 3/4 ⁹⁹ |
| Tyson Boneless, Skinless Tenderloins, 40 oz. | 8 ⁹⁹ |
| Tyson Party Wings, 5 lb. | 15 ⁹⁹ |
| Wes Pac Okra or Tiny Peas, 16 oz. | 2 ¹⁹ |
| Yoplait Yogurt, 4 - 6 oz. | 2/1 ³⁹ |
| Zippy Meals, 20 - 24 oz. | 5 ⁹⁹ |

Produce

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| Amano Imitation Crab Meat, 10 oz. | 2 ⁶⁹ |
| Granny Smith Apples, per lb. | 1 ⁸⁹ |
| Onions, round, yellow, per lb. | 1 ²⁹ |
| Tomatoes, off-grade, per lb. | 1 ⁸⁹ |

Non Foods

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| Angel Soft Bath Tissue, double rolls, 6 ct. | 4 ⁹⁹ |
| Chinet Lunch Plate, 36 ct. | 3 ¹⁹ |
| Dawn Dish Liquid, 24 oz. | 3 ⁴⁹ |
| Hefty Foam Plates, 8-7/8 in., 50 ct. | 3 ¹⁹ |
| Kingford Match Light Charcoal, 6.7 lb. | 7 ⁴⁹ |
| Reynold Foil, 30 sq. ft. | 3/4 ⁹⁹ |
| Sparkle Paper Towels, single roll, | 2/2 ³⁹ |
| Sun Liquid Detergent, 188 oz. | 8 ⁹⁹ |
| Western Family Foil, 25 sq. ft. | 2/2 ⁴⁹ |
| Zest Soap, 3 pk. | 2 ⁵⁹ |

Beer/Wine/Liquor

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|------------------------------------|-------------------|
| 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 |
| Columbia Crest, 750 ml. | 9 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. | 18 ⁹⁹ |

It's Not Just Dirt: KHS Ag Program Adds Aquaculture Course

Kohala High School has officially integrated an aquaculture component into its agricultural program. After last year's demonstration-run, in which a rudimentary aquaponics project was constructed out of tanks and other materials already on site, students are now able to earn course credit toward graduation through the study of aquaculture.

The project is the labor of love of Frank "Palani" Cipriani, a longtime Kohala resident with decades of experience in aquaculture. Students enrolled in the first year "core" agriculture classes with Adriel Robitaille were invited to participate in the aquaculture option under the instruction of Cipriani. The aquaculture program serves as their "project" for the course.

The course includes enrollment in the University of Hawai'i's ATOLL (Aquaculture Training Online Learning) program. Students will work through the online modules, which culminate in a final exam that if successfully completed earns the student a certificate as an entry-level aquaculture technician.

Of course, the class also has a hands-on lab. One of the projects planned for this year is expanding the current system to include a 10,000 gallon tank

for raising tilapia.

Normally, the cost of the ATOLL program is \$100, but Cipriani was able to negotiate a reduced rate of \$50. Currently, he has received donations to sponsor six students in the program, and he is seeking donations to cover the tuition for four more students. Eleven students have expressed interest in the program so far. More funds will need to be raised for expansion of the system and other supplies for the program.

Meanwhile, Robitaille is now heading up the agriculture program full-time, which currently includes two core classes, a plant systems class, and a production class. He has a big vision for the program, however, that includes making the ag program a mini-academy that is interdisciplinary and collaborative with other subjects including mathematics, language, science and culture.

Both programs are raising funds through the fiscal sponsorship of North Kohala Community Resource Center, which enables supporters to make tax-deductible donations. For more information about the ag program, contact Robitaille at 889-7117; for the aquaculture program, contact Cipriani at 333-8026.

'Talk Story' on Hawai'i's History with Boyd Bond

North Kohala Public Library in Kapa'au will present a series of three "talk story" sessions on Hawai'i's History with North Kohala historian, Boyd D. Bond, in September, October, and November.

The first session at 6:30 p.m. on Monday, September 30, will focus on "Hawai'i's Musical History," ranging from Hawaiian chant through the renaissance of Hawaiian music in the late 20th century. In the second presentation on Monday, October 28, Bond plans to talk about the Hawai'i State Motto—Ua mau ke ea o ka 'aina i ka pono (The life of the land is perpetuated in righteousness.) For the final program on Monday, November 25, Bond will describe the Makahiki season, the Hawaiian time of celebration.

Each hour-long presentation begins at 6:30 p.m.

Boyd Bond's knowledge of Hawai'i's

history stems from his academic studies and from a lifetime spent in Hawai'i as a sixth-generation descendent of early western settlers in Hawai'i. Boyd was raised in Hawai'i in a sugar plantation family, living on plantations throughout the state.

Of his interest in Hawaiian history, Bond says, "I can't ever remember a time when I wasn't immersed in it. Many of the stories of Hawai'i's history are also our family stories." Bond earned a bachelor of arts in Hawaiian history from the University of Hawai'i at Manoa and went on to earn a masters degree in education.

Call the North Kohala Public Library at 889-6655 for more information and to register for the program. Contact the library three weeks in advance if a sign language interpreter or other special accommodation is required.

Chris' Corner

Coaching the Kohala Way

Story and photo by Chris Brown

A coach's influence and impact on the youth of our community can be far reaching and lasting, which is why there is a need for strong resources and support to make them the best they can be. Did you know that several months ago, several community members got together with the main purpose of supporting the coaches of the various youth teams in Kohala? The group has received support from Kohala Community Athletic Association, Kohala Coalition Against Drugs and Kohala Chargers Pop Warner.

The members include Duncan Anderson, Brad Estabilio, Dale Estabilio, Earl Hoshida, Kekai Nakamura, Lakme Nishie, Shiro Takata, Chai Wilson and me. (I was asked to help out even though my coaching abilities are extremely limited and also because Norm Chow was not available.) The intention of this group was not to tell people how to coach but to be available for any requested support. Hopefully, the coaches would try to incorporate "Coaching the Kohala Way" in their interaction with our Kohala keiki. This plan has five main keys:

1. Sportsmanship, which includes shaking hands with players, coaches and refs before and after every game.
2. Discipline, which means no favoritism. No one is above the rules, including adults. Leading by example is stressed.
3. Positive attitude. Praise players for good play and correct players for bad play without scolding.
4. Consistency. Every practice, game, or involvement with a child needs to leave a lasting, positive impression regarding life and sports.
5. Teaching. The first and/or last five minutes of every practice should be a time to sit and discuss life skills as well as sports skills. There are so many topics which could be discussed. Some examples of these topics are cultivating positive attitudes, setting goals in life and even the importance of good manners.

The group mentioned at the beginning of this article hope to sponsor clinics and provide motivational speakers to support the many coaches who give

so freely of their talent and time.

All-Star Tezrah Antonio

In this month's article I am pleased to recognize 15-year-old Tezrah Antonio. Tezrah, granddaughter of Paul and Dolly Antonio, was honored as an outstanding basketball player by the Amateur Athletic Union and has received many medals and a large trophy for her efforts. Her initial career was influenced by Kohala's NSP, sponsored by Parks and Recreation, a prime example of the success of the Parks and Rec programs. She was invited to join the Kona Sting Rays and became



Tezrah Antonio was recently honored by the Amateur Athletic Union as an outstanding basketball player.

a Big Island All Star. She has traveled to Las Vegas each of the past two years where she was the only participant from Kohala in her age group. She was coached by Bobbie and Donald Awa of Kona.

She is especially appreciative of her uncle and auntie, Paul and Cindy Antonio, for making sure she got to her games and practices, no matter where they were on the Big Island. She also has received encouragement from her grandparents and her two brothers, JR and Isaiah. She is most thankful for the support she has received from her many Kohala supporters who helped finance her travels. Some of the best encouragement has come from her great grandmother, 92 year old Jennie Chesbro.

Congratulations, Tezrah. Keep up the excellent work!



September is National Preparedness Month
As a couple of your local North Kohala Community Emergency Response Team, we encourage you to:

- Join our CERT team. Call us.
- Talk with your 'ohana about how you will contact each other in a disaster
- Who will gather up/purchase the items that will allow you to have water, light, power, food, medicine and clean clothes if you are without power & even water, for an extended period of time?
- Consider getting a ham radio license and learning how to operate it.
- Call us for the upcoming class 10/19 & 10/27; sign up before 9/30!

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NORTH KOHALA COMMUNITY RESOURCE CENTER

Please come visit our booth at the Kohala Country Fair October 5th!

We have recently sponsored three new projects:

- Johnelle Ching-Kainoa's Kohala Unupa'a
- KHS Aquaculture with Frank Cipriani
- Gavin Harrison's Teachings and Poetry

Check out all of our 83 projects at our website www.northkohala.org.

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

A great way to love Kohala!

Fermenting Vegetables for Healthy Bodies

By Deborah Winter

Do you enjoy pickles, sauerkraut, kimchee, and other pickled vegetables? There are many reasons to make your own, a fun and easy process that turns vegetables into probiotic-laden, health-promoting, delicious condiments. And



—photo by Rebecca Shipley

Donna Maltz shows how to prepare vegetables for fermentation.

making your own is much cheaper and more delicious than anything you can buy in the grocery store.

To learn how to do it, about 40 people attended a free hands-on workshop given by Donna Maltz, chef and wellness coach, September 14 at the Kohala Intergenerational Center. Donna described the benefits of eating these fermented probiotic rich vegetables and then supervised as teams of students chopped and grated vegetables and created their own flavor combinations with freshly harvested Hawaiian sea salt, a variety of fresh herbs and exotic spices. Donna explained the details of making a safe and delicious fermented product and how to care for their new health-promoting living organisms. Everyone got to leave with at least a jar or two.

Donna also detailed the many health benefits of eating fermented vegetables, which add natural probiotics loaded with healthy bacteria and enzymes to the digestive system: strengthens immune systems; aids digestion of carbohydrates and protein; helps assimilate nutrients in food; restores healthy intestinal flora; cures constipation; cleans the colon of undigested waste; helps fight cancer; and promotes a healthy pH balance in the body.

The art of fermentation is an ancient one, developed alongside agriculture, in order to preserve vegetables. Unfortunately, industrial processing kills the live probiotic organisms of fermented vegetables, so that even the most expensive pickles and sauerkraut from the grocery store are void of all these health

benefits.

Fortunately fermenting vegetables in your kitchen is easy. Just a few tips Donna passed on to us:

1. About 1 pound of vegetables will make approximately 1 pint of fermented food. Use any fresh vegetables you have

(a good way to use up those from our Saturday market that you've been wondering what to do with). Chop or grate them any way you like. Add any herbs or spices you enjoy. Cumin, fennel and caraway seeds are good for your digestion, and garlic, ginger, and turmeric are especially medicinal, all adding terrific flavor combinations. This is the time to be creative and make different combinations. Like a fine wine you can pair your ferments with your meal.

2. After chopping or shredding the vegetables, mix them with non-iodized quality sea salt. Sprinkle about 3 tablespoons salt per 5 pounds of vegetables (or 1-1/2 teaspoons for 1 pound of vegetables.) If you have high blood pres-

sure and are on a restricted salt diet, you can substitute whey, Kefir grains, celery juice or seaweed, a commercial culture starter and/or add lemon or lime juice. Salt-free ferments are actually more bio diverse but can result in mushy vegetables.

3. Use your hands to squeeze and massage the vegetables, herbs and spices and incorporate the salt (or sub-

stitutes) together until liquid forms at the bottom of the bowl; this liquid is your brine. Varying moisture contents of different vegetables will determine how long to squeeze. Cabbage has more moisture than carrots. If you need additional brine you can add some lemon, lime or celery juice at this time.

4. Pack the vegetables tightly in glass jars or a ceramic crock (no metal containers, as metal interferes with the fermentation process). Punch the vegetables down several times and leave plenty of liquid at the top, with at least one to two inches of head room depending on how wide the mouth of your container is (fermentation requires room to expand). Then cover the mixture with a cabbage leaf and plenty of brine. Put a non-metal lid on loosely or a clean woven cloth over the top and secure it with a rubber band.

5. For a milder flavor, leave the jar on your kitchen counter for at least two or three days. For a more potent probiotic ferment, leave out for up to a week. The warmer your kitchen, the faster the process.

6. You may notice some white mold forming but do not be alarmed as this will not harm you or the product. The only kind that isn't good is the rare red, black or brown kind, in which case, feed it to your compost or worm bin, and start over. To avoid mold be sure the product is submerged in the brine so it is not exposed to the air. If you still need more brine you can simply mix a pinch of salt and filtered water and add to the surface.

After three days, you can store the jars with lids in the fridge. Refrigeration will slow down the fermentation process. Fermented vegetables can last almost—forever! But they won't last that long because the fermented food is



A fermenting team at work, from left, Suzanne Sasaki, Duke Morgan, Karla Heath, Nicole Gomes, and Karen Rosen.

so delicious and nutritious.

Of course there are more details and possibilities, but with these basics, you can get started. To learn more, see wild-fermentation.com, bodyecology.com, fermentationrecipes.com, culturedvegetableslife.com, or culturesforhealth.com. Donna is in the process of finalizing a book with a chapter detailing cultured and fermented vegetables.

The fermentation workshop was sponsored by Sustainable Kohala as part of the free Sustainable Saturday Series. The next free workshop will be "Medicinal Herbs at your Feet" by Kai Kaholokai, Saturday, October 12 at the Kohala Intergenerational Center, 3-5 p.m.

Sustainable Kohala's annual fundraiser, the Green Auction, is coming up at the Kohala Country Fair, October 5. If you would like to donate, please call Deborah Winter, 889-6901.

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Karla Heath and Duke Morgan enjoy their products.

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3. Use your hands to squeeze and massage the vegetables, herbs and spices and incorporate the salt (or sub-

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In Days Gone By

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

100 Years Ago - from *THE KOHALA MIDGET*

August 6, 1913 - The Chinese Mission of the Anglican Church in the Hawaiian Islands was first organized at Makapala, Kohala, Hawaii, in 1884. There was no permanent place to worship. The service was mostly held on Sunday afternoons in stores, in private residence, and in the open air. On special occasions they borrowed the native Church at Makapala for worship. The congregation was gathered together by some of the Chinese Churchmen, who had returned from Demerara, in South America.

They were fortunate to find St. Augustine's Church in Kohala using the same form of worship to which they were accustomed when they were in Demerara. The H.F.E. Whalley was in charge of St. Augustine's at the time. Through one of the Chinese who understood the English language, they were able to communicate with him and through him, arrangements were made with Bishop Willis to take charge of the Chinese Mission as part of his work. Only Sunday afternoon services could be held. The work went on with the help of two of the Chinese Church members and interpreters. In 1889, St. Paul's Church, Makapala, was built. In 1892, a large schoolhouse was built near the Church, and a Chinese and English day school was opened with over forty children in attendance. The work went on successfully on every Sunday and the Church was always crowded.

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

August 9, 1963 - Last Sunday, the Halaula team captured the 1963 Kohala Senior Softball championship defeating the Lucky Stars by a score of 14-0. Basilio Bacolpo turned in a superb job of pitching allowing only

two hits to the losers.

The Halaula team, co-coached by Frank Carvalho and Richard D. Carvalho, went through the eight game season undefeated. Other teams in the league were Sport Stars, Niuli'i, Coast Guard, Veterans' Service and



—photo by Megan Solis
St. Paul's Church in Makapala was built in 1889. The building is now home to Kohala Baptist Church.

Lucky Stars.

The Halaula team will represent the Kohala District at the County of Hawaii Softball Tournament which is behind held in Kona during the latter part of August.

Members of this championship Halaula team are: Pete Aquino; Basilio Bacolpo; Frank Carvalho; Kenneth, Richard, Ronald and William Carvalho; Henry Dulan; Dennis and Stanley Gonsalves; Richard Guitierrez; Nario Libron; Mamerto Macanas, Jr.; Frank Moniz; Sylvester Paalua, Jr.; Manuel Soares; William Sumic; Leo Tabiolo; and Allen Vinta.

35 Years Ago - from *Kamehameha Times*

August 18, 1978 - Mr. and Mrs. Antonio Rivera, Jr., of Halaula are the proud parents of a 7 lb. baby girl, Paula Antonette. Paula was born on August 16 at 3:30 a.m. at Kohala Hospital.

Mr. and Mrs. Harvey W. Pasco, Sr., welcomed their second child, Leon Edward, on August 5. He weighed 6 lbs., 10 oz. He was named after his grandfather and great-grandfather Shim. Proud grandparents are Mr. and Mrs. Joseph Pasco, Union Mill, and Mr. and Mrs. Leonard Shim, Sr., Halaula.

'Home School Wednesday' and 'Preschool Story Time' Return to Library

North Kohala Public Library's "Home School Wednesday" program for 6- to 12-year old children continues in October with sessions from 10 to 11 a.m. on October 9 and 23, and November 13 and 27. The classes will continue twice monthly through the remainder of the public school year.

Each one-hour session features hands-on activities relating to books and libraries. "Dig Into Reading," will be the theme for the year. Each session will explore various aspects of earth science ranging from the formation of the earth to raising a vegetable garden. Students will also be able to explore their own areas of interest and research with the help of librarian Janet Lam.

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

This program at North Kohala Public Library is flexible, open to suggestions,

and easily modified to meet the needs of home school families.

The library will also host preschool story times at 10 a.m. each Friday in October.

Preschoolers, ages 2 to 5 years old, and their caregivers are invited to join the fun with stories, songs, games, and simple crafts.

This story series, which coincides with the beginning of a new school year, is particularly appropriate for newcomers to story time. With many of the regular attendees starting kindergarten, these sessions will be small and parents will not need to worry if their child does not sit quietly or remain attentive through the program. Librarians are patient and realize that this is the first group experience for many young children.

For more information and a complete program schedule, call Janet Lam at North Kohala Public Library, 889-6655. Please call three weeks in advance to request a sign language interpreter or other special accomodation.

Kohala's Lavaroots to Perform at the Kahilu Theatre in October

Lavaroots Performing Arts, a North Kohala-based dance ensemble, performs an amazing multi-media dance production, "Yankady, Here is Good?" at the Kahilu Theatre in Waimea on October 19 at 7 p.m. and October 20 at 2 p.m.

Written and directed by master drummer and dancer Fara Tolno of Guinea, West Africa, and Hawi's Michal Anna Carrillo director of Lavaroots, "Yankady, Here is Good?" is an original 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. Tickets are on sale now and can be purchased at the Kahilu Theatre box office, by phone at 885-6868, and online at kahiluthatre.org.

Lavaroots Performing Arts was founded by Michal Anna Carrillo in 2002. A dynamic performing arts company, Lavaroots is dedicated to the expression of one's true self through movement, music and culture. Specializing in West African dance and drumming passed down from many master teachers, the company is honored to share the healing power of moving to the drum. Through the dance they build mind-body-soul connection, inner confidence, strength, and community, one beat at a time.

Carrillo is also known to many Kohala Elementary students for her work teaching them hip hop and other forms of dance as part of the Healthy Lifestyles program.

In collaboration with The Kissidugu Foundation, founded by Tolno, Lavaroots is committed to supporting cultural arts, creating community and accessing the joyful self through dance, music, and culture. Carrillo is thrilled about bridging connections between Hawai'i and Africa while bringing more arts and culture to the Big Island.

Leading up to the performance at the

Kahilu Theatre, guest artists and master teachers Tolno and Naby Bangoura will be offering dance and drum workshops on October 10 to 13. A special event featuring a guided drum circle and live performance by the guest artists will be held October 12 from 7 to 9 p.m. at the Algood Barn in Hawi.

Equally exciting, the first Annual Merveilles Hawaii Dance and Drum Conference will be held November 6 to 10, right here in North Kohala. The first conference of its kind, the Big Island will be on fire with the energy of Hawaiian and West African music, dance, and culture. This event features six West African master teachers, highlights Hope Keawe and Leia Lawrence sharing hula, Sala von der Heyden sharing Tahitian, and includes yoga with Bobby Hoyt. The five-day conference features four dance classes and four drum/balafone classes each day, daily hula and West African classes for keiki, three delicious meals prepared by chef Rio Miceli, camping, nightly fires, talk stories and festivities.

On Saturday, November 9, as part of the conference, Lavaroots hosts an umu feast and Hawaiian-African style kanikapila around the fire, free of charge as a gift to the community. Lavaroots sincerely hopes the people of Kohala will come out and enjoy.

These events also support the creation of a sustainable school in Guinea, "The Kissidugu School of Dance, Music and Education." Lavaroots has launched a campaign on indiegogo, to raise monies to purchase eight acres of oceanfront property in Guinea, which will be home to the school.

To learn more about Lavaroots projects, performances, community events, classes, and the Guinea school, visit lavaroots.com and be sure to "like" Lavaroots Performing Arts on Facebook. For more information or to get involved, email merveilleshawaii@gmail.com, or call 987-4243.

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Mahalo to Retiring Kohala Elementary Educators

Kohala Elementary School said aloha and mahalo to four educational professionals who retired at the end of the last school year.

Renee Ito

Renee Ito was born and grew up in Kohala. A 1968 graduate of Kohala High School, Ms. Ito received her B.A. in 1973 from the University of Hawaii - Hilo. At that time there was a surplus of teachers, so she lived in Hilo and began working at Sears, Roebuck, and Co. as a credit clerk.

She married Elroy Ito from Kea'au in 1974 and they started their family in 1978. Ms. Ito stayed home for 10 years to raise their children, Aaron, Ryan, and Nicole. In 1982 her family moved

to Kohala for better job opportunities for her husband on the west side of the island. In 1988, after all their children were in school, she began as a part-time elementary and part-time high school special education teacher, then a first/third grade teacher, and finally a full-time first grade teacher.

Ms. Ito says she had wanted to become a teacher since she was in elementary school because she loves working with children.

She has great memories of making gingerbread man cookies before Christmas, fun excursions, but mostly how a child's face "lights up" when he finally understands a concept after working so hard on it. Her greatest success was working with children and watching them grow academically, as well as socially, throughout the school year.

The years have brought changes and challenges. She notes an increased emphasis on testing, even in the lower grades, and comments that schools have "raised the bar" in academics. With the higher expectations, she says, it's important to have parental support.

Her greatest challenge was earning her master's degree while working full time and raising her family. She says she was fortunate to have a supportive family and a great support group of four other Kohala teachers.

For Ms. Ito, retirement means spending more time with her 86-year-old mom, going fishing on the boat, with

her husband, on any day of the week—not only on weekends—and being able to travel any time of the year.

Still, she says she'll miss working with the students, colleagues and staff at the school.



—photo by Merrilee Carpenter

Kohala Elementary School honored retiring educators, from left, Sandie Torres, Carol Murphy, Renee Ito, and Karla Park.

"I am grateful to have had the privilege of coming back home to teach and work with the students at Kohala Elementary. For 24 years, it's been a very memorable and rewarding experience, and I want to thank the parents, students, school, and community for their support and kindness," she said.

Carol Murphy

Carol Murphy's teaching career began in Colorado in 1982. Originally from the East Coast, Ms. Murphy moved to Kohala and began teaching at KES in 1992, after living and teaching on Kaua'i for two years and Kona for one year.

"I always loved working with children and wanted to be a teacher from a very early age. My older sister was a teacher, and I listened to her stories of how rewarding it was," she explains.

Ms. Murphy has primarily taught kindergarten; in fact all of her 20 years at KES was working with kindergarteners.

Over the years, changes in curriculum, staff, administration, and standards were ongoing, with new programs every year. For her, though, the greatest challenge was dealing with all of the paperwork and deadlines imposed upon teachers.

"I always joked that teachers needed a personal secretary to take care of the paperwork so the teachers could focus on teaching," she says.

But her greatest successes were the

students' successes.

"Children at four and five years old are like sponges, just soaking up everything, asking questions and wanting to learn more. At that age they love school (most of them!), love learning (most of them!) and love their teacher (most of them!) Kindergarten students grow so much in the school year and it was amazing to be a part of it," she says.

As she starts her retirement years, she says she will always remember the warm welcome she received and the support of everyone...staff, administration and the community.

Her retirement plans include sleeping as late as she wants, having time to go to the beach, working in her yard and house, spending time with her husband and enjoying her first grandchild (due any time!)

"Mahalo nui loa, Kohala, for your warm aloha. See you at Takata's or the post office!"

Karla Park

Karla Park has lived in Kohala since 1981. She was born in Hilo and moved to O'ahu when she was 15 and then to Moloka'i when she got married.

Her mother told her teaching was the best occupation for women with children because the breaks and holidays would be the same. However, like Ms. Ito, she found teaching positions to be scarce when she got out of college. Her husband got a teaching position on Moloka'i. In 1975 she worked at Kaunakakai Elementary School first as a volunteer aide, then a part-time teacher for grades K-3, and finally as a long-term substitute for grades 4 through 6 in science and art. Later she taught pregnant teens at home.

After moving to Kohala, she worked at the Kohala Dental Center until Mr.

Mills, principal of the combined high and elementary school at that time, discovered she had a teaching degree. She was hired in 1985 to work a half-day helping high school students needing extra support for the state competency test.

The next year she added a second part-time position working in both the elementary and secondary special education programs. Finally in 1987 she was hired for her first regular teaching position, in third grade. After two years she was "bumped" by a teacher with tenure and says she was lucky to get another position teaching kindergarten. She taught in the same portable classroom since 1989.

For Ms. Park, every child who was sufficiently prepared for the next grade were her successes. And that preparation has changed during her tenure at KES.

"Reading was not mandatory in kindergarten when I first started but now the kindergarteners are expected to be reading and writing more and more," she explains.

She says she misses being a part of the school 'ohana, and will especially miss the end of the year field trip to Kahua Ranch. A particularly fond memory was having the May Day program out on the field and how the faculty came together with their talent to put it on. But she adds, being recognized by former students and hearing comments about the sunflower garden continue to warm her.

While a teacher, she says her greatest challenge was always time. Now, as a retiree, she plans to enjoy her time with her family and to be there when needed. She wants to start a home garden and learn more bon dances and help others learn. She also plans to sort through the years of memories she brought home from her classroom and perhaps someday return some of it to former students.

"Thank you everyone for your part in making my teaching career a success," she says.

Sandie Torres, a speech aide, was the fourth educator to retire from KES, but she declined to be interviewed for this story; however, we managed to get a photo with her in it!

Mahalo to you all for your dedication to Kohala's keiki.



—photo by Danny Garcia

Carol Murphy strikes a pose.

58.5%

of North Hawai'i school students reported that their peers feel it is wrong or very wrong for them to smoke marijuana.*

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For more information, visit www.fivemountains.org

*2013 YRBS survey. **Lancet, 1383-91 (Oct. 2009).

Student Credit Union Teaches More than Saving

Seven years ago, on July 12, 2005, Kohala Student Credit Union (KSCU) opened its doors on the campus of Kohala High School in the business room. With hard work and determination from employees of Hawai'i Community Federal Credit Union and help from the first Kohala High School SCU

dent; Josiah Adams, secretary; and Koa Bartsch, treasurer.

Board of directors are Mikaela Bartsch, Dylan "Pono" Giron Arellano, Alexis Matundan, Genevieve Boyle, Eloisa Viernes Obero, Yuki Zbytovsky and Melanie Sahagun.



—photo courtesy of Lakme Nishie

Kohala Student Credit Union, here at a recent lunchtime membership drive, encourages students to save and become financially literate.

adviser, Alan Brown, the SCU became a reality and continues to grow.

KSCU conducts their monthly board and executive meeting the first Monday of each month during their lunch recess. They brainstorm ideas that include membership drives, community service projects, financial literacy training, and more. The students also put together a monthly newsletter with articles by the members.

This year's student tellers are Summer Murai, Cassandra Kometani, Isabel Steinhoff and Koa Bartsch.

Officers are Cassandra Kometani, president; Isabel Steinhoff, vice presi-

KSCU is open five days a week during lunch recess. Students attending Kohala High School qualify for membership with a minimum of \$5 to open a savings account. This account can also be accessed at HCFCU's five locations on this island as well as at Share Branching locations across the United States while they are traveling or later headed to college. As student members they can vote for their officers and can participate in all Student Credit Union activities, including community projects, Financial Literacy Training, membership drives, and more.

Some community service projects from past to present include painting of Kamehameha Park's swimming pool, painting the KHS announcer stand, KHS track clean up, trash pickup, help with KCAD's Easter Egg Hunt, Toys for Tots, Relay for Life, Christmas caroling at Kohala Hospital, collecting box tops for education for Kohala Middle School, and helping Kohala Elementary School with their Gardening Day once a month.

Students interested in becoming involved with the Student Credit Union can stop by the SCU during lunch recess and see any one of the student tellers or stop by HCFCU's Kohala Branch.

Two Kohala Teams On Top at HI-PAL Hoops Tournament

One hundred nineteen youth participated in 47 games during HI-PAL's 2013 "Click It Or Ticket" 3-on-3 Basketball Tournament held at the Honoka'a Sports Complex gymnasium on August 17.

Coming out on top in the 9-10 division was NSP out of North Kohala coached by Paul Antonio and Leo Agbayani. Members of the team are Koby Agbayani, Molonai Emeliano, Jace Hook and La'akea Kauka.

In the High School Boys division, Kohala of North Kohala, coached by Alfred Figueroa, were the top team. Members of the team are: Justin Agbayani, Hana Carvalho, Kealen Figueroa, Kala Jordan and Shawn Ramos.

"Click It or Ticket" is a nationwide campaign whose purpose is to educate vehicular operators and passengers on the use of seat belts/child restraints and the fines associated with non-compliance.

KOHALA CALENDAR

October

- 1 Tue 4-5:30 pm, Hope for Haiti Mtg., St. Augustine's Walker Hall, new members welcome, Lani, 889-5852.
- 1 Tue 5 pm, CDP Parks, Water & Roads Subcmte, public welcome, KIC picnic area, Kamehameha Park, andi@hawaii.rr.com.
- 2 Wed 4:30-6:30 pm, CDP Public Access Subcmte. Mtg., Senior Center, Ted, 889-5801.
- 3 Thu 6-8:30 pm, Informational mtg about GMOs, public invited, KHS cafeteria.
- 3 Thu 6-9 pm, Green Drinks Hawi, Kava Kafe, organic networking & pupus, Forrest, 987-2365.
- 4 Fri 10 am, Preschool Story Time series, every Fri., ages 2-5, North Kohala library, 889-6655.
- 5 Sat 8:30 am, "Walking in the Wild" guided silent walks w/ Gavin Harrison, at `Iole, by donation, call `Iole at 889-5151.
- 5 Sat 9 am-4 pm, Kohala Country Fair, "Rhythm of Kohala" theme w/ live music, food, games, contests, free, at `Iole, east of Kapa`au, Maile, mc2000x3@yahoo.com.
- 6 Sun 11 am-2 pm, Live music, David Gomes & Wendy Hindley, Kohala Coffee Mill.
- 6 Sun 10:30 am, Metaphysical Church "How to Give Love," Kohala Yoga, 54-3877 Akoni Pule Hwy, Rev. Lee, 889-5505.
- 7 Mon Growth Management Subcmte. Mtg., public invited, time/location TBD, Jim, 854-4888.
- 7 Mon 7 pm, Al-Anon mtg., every Monday, lower level, Walker Hall, St. Augustine's, Laura, 884-5833.
- 8 Tue 11 am, Adult book discussion group, "Forgery of Venus" by Michael Gruber, North Kohala library, 889-6655.
- 9 Wed 8 am, No. Kohala Merchants Assoc. Mtg., Resource Center, public invited, Richard, 889-1112.
- 9 Wed 10 am, Homeschool Wednesday, also 10/23, ages 6-12, North Kohala library, 889-6655.
- 9 Wed 5-6:15 pm, CDP Power, Viewplanes & Erosion Control subcmte. mtg, public welcome, Senior Ctr, Susan, 882-7611.
- 12 Sat 3-5 pm, Hawaiian medicinal plants w/ Kai Kaholokai, free, Kohala Intergenerational Center.
- 13 Sun 11 am-2 pm, Live music, Rob Decker, Kohala Coffee Mill.
- 14 Mon 5-6:30 pm, CDP Action Cmte. Public Mtg., former Bank of Hawaii bldg., Kapa`au.
- 14 Mon 6:30 pm, "Hawaiian Medicinal Plants" w/ Kai Kaholokai, free, North Kohala library, 889-6655.
- 15 Tue 6:30-8:30 pm, Marine Coastal Preservation mtg hosted by Maika`i Kamakani `O Kohala, public invited, Kohala Intergenerational Center.
- 15 Tue Deadline for vendor registration for Annual Kohala High Holiday Craft Fair, Teresa, 889-7117.
- 15 Tue 11 am, The Whole Life Book Club discussion of "Change We Must" by Nana Veary, North Kohala library, 889-6655.
- 16 Wed 4:30 pm, KMS SCC mtg., library, parents & community welcome, 889-7119.
- 17 Thu 1:30-2:30 pm, Kohala Hospital Auxiliary Mtg., Hospital Pavilion, new members welcome, Dixie, 889-5730.
- 17 Thu 4-6 pm, Poetry group meets for fun, sharing & creating poems, public invited, Kapa`a park, Joshua, 895-8693.
- 19 Sat 8 am, 1st day of Wilderness First Responder Certification course, Barefoot Doctor's Academy, Hawi, Dee Anne, 987-7008.
- 19 Sat 8 am, Ham Radio training class begins, also 10/20, must preregister, North Hawaii Comm. Hospital, April, 889-5505.
- 19 Sat 9 am-1 pm, Treasures Helping-Hand Store, Assembly of God, Hawi Rd., free meal: 10 am-1 pm, 889-5177.
- 19 Sat 4:30-6:30 pm, Free Grindz--Hot Meal, under the Hawi Banyans, bring a friend, Kohala Baptist Church, Sondra, 889-5416.
- 19 Sat 7 pm, "Yankady, Here is Good?" dance production by Lavaroots, also 10/20, Kahilu Theatre, Michal, 987-4243.
- 20 Sun 10:30 am, Metaphysical Church "Money, Sex & Power," Kohala Yoga, 54-3877 Akoni Pule Hwy, Rev. Lee, 889-5505.
- 20 Sun 11 am-2 pm, Live music, Richard Adoradio, Kohala Coffee Mill.
- 20 Sun 12 pm, Hawaiian Medicinals Plant-Spirit Relationship workshop w/ Kai Kaholokai, free, `Iole, 889-5151.
- 26 Sat 11 am-12:30 pm, Free Community Meal, St. Augustine's Walker Hall, Thrift Store open 10 am-12:30 pm.
- 27 Sun 11 am-2 pm, Live music, Dani Kennedy & friends, Kohala Coffee Mill.
- 28 Mon 6:30 pm, "The Hawaii State Motto, Its Story & Meaning" by Boyd Bond, free, North Kohala library, 889-6655.
- 31 Thu 3 pm, Spooky Music concert by the music students of Adrienne Cherry, free, North Kohala library, 889-6655.
- 31 Thu 5-8 pm, Lifeguard course begins, thru 11/15, Kohala Pool, Jeff, 889-6933.

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

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Free Workshops on Hawaiian Medicinals with Kai Kaholokai

Kai Keali'ikea'ehale Kaholokai will be the featured speaker at three free events in North Kohala in October. Kai directs the Kai Malino Wellness Center, which produces Hawaiian herbal products with a traditional cultural base in Hawai'i and the Indo-Pacific bio-region.

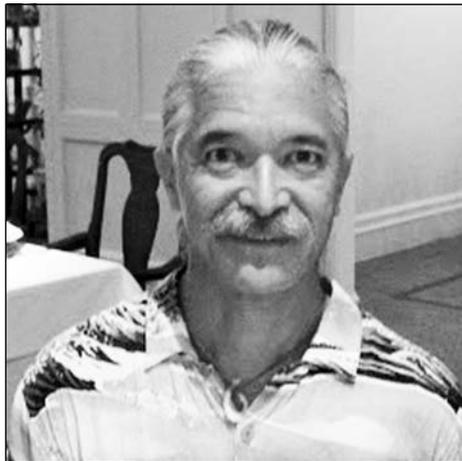
As part of the free Sustainable Saturday series, Kai will describe how to grow and use plants as medicine, according to traditional la'au principles, on Saturday, October 12, from 3 to 5 p.m., at Kohala Intergenerational Center. The Sustainable Saturday series is sponsored by Sustainable Kohala.

On Monday, October 14, at 6:30 p.m. at the North Kohala Public Library, Kai welcomes the community to a free talk story on "Relationship with Hawaiian Medicinal Plants."

Kai will also offer a free workshop at 'Iole, east of Kapa'au, on Sunday, Octo-

ber 20, from noon to 3 p.m.

At his presentations, Kai will introduce attendees to the four classifications of plants in Hawai'i today. Limu kohu seaweed and nioi (beach cherry) are examples of medicinal plants that are endemic, found only in Hawai'i. Kai also works with plenty of Polynesian indigenous species such as 'popolo (black nightshade), Polynesian migration plants or "canoe plants" includ-



—photo courtesy of 'Iole

Kai Kaholokai

ing 'awa (kava kava) and 'olena (turmeric), as well as modern introductions like aloe vera, which make up 90 percent of our botanical environment today.

While many endemics are now rare, critically endangered, or completely dependent on human intervention to prevent their extinction, there are some native plants with great medicinal value that actually resemble weeds, possibly already growing in

abundance in our backyards without our knowledge.

Kai emphasizes the value of pili lokahi, meaning together and oneness, explaining that it is not the plants themselves but our relationship with them that is healing. Through Kai Malino Wellness Center, Kai promotes the power of traditional plant-spirit relationship, developing herbal products based on Pacific cultural practices, even creating a Hawaiian medicinal first aid kit!

Details about Kai's upcoming events are available on Kai Malino Wellness Center's website, kohala.net/kaimalino and iolehawaii.com. Questions about this series may be directed to North Kohala Public Library, 889-6655, or 'Iole, 889-5151. For more information about the free Sustainable Saturday series, contact Deborah Winter, 889-6901.

Kohala Beekeepers Gather at 'Iole

These days Kohala is buzzing about beekeeping.

A workshop presented on September 17 by Department of Agriculture state apiarist Danielle Downey drew about 25 people interested in learning more about keeping bees. The program, presented at 'Iole in Kapa'au, was a more hands-on follow-up to a talk-story session presented the evening before at the North Kohala Public Library.

Ms. Downey spoke for about an hour on topics of concern to beekeepers: How do I deal with the beetles and Varroa mites that have infected many hives recently? What causes bees to swarm, and how do I relocate a swarm? How often should I check my hives? How long do bees live, especially the queen? She illustrated her talk with photos and answered numerous questions from her

audience. Did you know that Kailua-Kona is one of the best places in the nation to buy queen bees? People also had the chance to sample honey produced from various kinds of pollen. "There are as many types of honey as there are types of flowers," she said, and each has its own distinctive flavor.

After the talk portion of the workshop came the really interesting part. The group traveled a short distance to see a hive that had not been checked for about eight months. Beekeepers should not disturb their bees unnecessarily, Ms. Downey explained, but hives do need to be checked periodically to head off problems before the health of the colony is compromised. This hive gave the

group an opportunity to see what happens when beetles and their larvae set up housekeeping in the honeycomb—unfortunate, but educational for the beekeepers looking on.

Ms. Downey used a smoker to lull the bees into relaxing their vigilance so she could open the hive. Some members of the group wore protective suits, but many did not. No one got stung. Ms. Downey herself had on a hat and protective veil, but she handled the hive with bare hands and arms, even sometimes gently brushing bees away from a certain spot.

With a tool that looked like a chisel, she loosened the individual frames and pulled them out of the hive to show the panels of honeycomb. She pointed out the queen and various pockets of beetle eggs. Cutting down the tall grass around the hive would help, she said, by increasing air flow. This hive was sitting in the sunshine, which is better than being in a heavily shaded area, but it still needed supervision to stay clear of pests.

Sometimes people throw away a hive that has become too infested to save, she said. That passes the problem along to someone else, as mites and beetles migrate to other hives.

One way to be sure the pests are dead is to put them into the freezer for a couple of days.

For more information, contact Danielle Downey at 936-5483 or ddowney@hawaii.edu.



—photos by Kristi Kranz
A panel of honeycomb shows the ravages of an infestation by beetles. The white spots in the lower right corner are beetle eggs and larvae.



State apiarist Danielle Downey inspects a frame of honeycomb from a hive at 'Iole.



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September, 2013

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- Ka'ahu Road (two different sites)
- Pratt Road
- Union Market Road
- Upper Kynnersley Road

Ongoing Treatments: Keokea Gulch

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