

Kohala Mountain News

Vol. 12, No. 10

October 26, 2013

What Happened to the Kole?

Story and photo by Lani Eugenio

On October 15, Maika'i Kamakani O Kohala (MKOKI) sponsored a gathering to address the depletion of the Kohala coastal marine resources. Jeffrey Coakley, chairman of the MKOKI Board of Directors, was the moderator. He has been a spear fisherman for over 50 years, and was an aqualung commercial diver as a young man. He now instructs youths in diving techniques, safety and rescue skills and tries to instill in them the Hawaiian cultural practice of conservation and ecology.

Guest speaker Samson Cazimero, one of Kohala's best spear fishermen, spoke about how plentiful the fish were 65 years ago, when he first learned to dive. He mentioned that he would spear just about any kind of fish, but soon learned that the best eating fish for him were the uku, kumu and especially the kole, a prized delicacy of many fishermen. Spear-fishing was a means of feeding his family and others in Kohala's plantation community. He reflected on his diving days when he would lay all his fish out on the grass and tell people to come and take what they needed. Today, at age 79, he's too old to dive, but he's been told by other divers, "No mo' fish... especially the kole."

Samson thinks the reason there's no fish like before is because the State of Hawaii introduced other species of fish: the roi, to'au and ta'ape. He feels that these invasive fish are feeding upon all the young, indigenous fishes.

The meeting was open to the audience to share their thoughts on what was causing the depletion of the kole and other native species. Ku'ulei Perez pointed out that the water doesn't flow
See Kole, page 20

Healing the Community, One Person at a Time

Story and photo by Maureen Combes

"Do not wait for leaders; do it alone, person to person." — Mother Teresa

Concerned community members gathered October 1 at the Kohala Inter-generational Center to discuss drug abuse in North Kohala. Representatives from the Hawaii Police Department (HPD) and Lokahi Treatment Center gave highly informative presentations. In addition, audience participants from Kohala Hospital, Kohala High School, Kohala Middle School, Five Mountains Hawaii, and recovering addicts using the Narcotics Anonymous and Alcoholics Anonymous programs contributed their knowledge, ideas and opinions—their mana'o—on the issue.

Residents of Kohala know we have a problem; Capt. Jason Cortez of HPD outlined the scope of the issue. "The rate of drug use in Kohala is fairly steady," Capt. Cortez reports. His statistics show 29 drug cases and seven DUIs involving offenders under 21 years of age in 2013 to date. He and his "man on the street," Officer Kahalioumi, want to get addicts either into drug rehabilitation or out of our community.

Crystal methamphetamine, or "ice," represents the biggest problem now. Kids as young as middle school now

use ice, an assertion confirmed by the hospital ER and middle school counseling staff—who also see cocaine and marijuana use. Although having direct knowledge of drug activity, counselors cannot break confidentiality with stu-

But there's hope.

Lokahi Treatment Centers now has a facility in Kohala. Headed by Jamal Wasan, Ph.D., the center provides assessment and treatment of drug addiction—as well as domestic violence and

anger management counseling. Aiming to keep clients out of jail when a judge orders treatment, Lokahi provides intensive outpatient therapy. Staff member Verna Chartrand, a certified substance abuse counselor, emphasizes that "the doors are always open; no one is ever turned away." Verna specializes in relapse prevention and cognitive behavioral therapy, and she is called a "miracle worker" by Nani Svendsen, a longtime advocate for rehabilitation in Kohala. The center accepts all insurance plans and will even work with the uninsured to estab-

lish a payment option. The addict just needs to show up at the door, willing to change.

Lokahi adamantly asserts a support system is essential for recovery, and can be anything from joining a church community, working a lo'i [Hawaiian taro

See Healing, page 2



Dr. Jamal Wasan of Lokahi Treatment Center addresses community members gathered to discuss drug abuse issues in Kohala.

dents, a situation leading to much frustration.

The 90-day suspension from school typically does not deter further activity anyway. Youth usually return to the street and take up old habits immediately, many times protected by family and friends who may themselves be addicts. The problem spans across demographics.

Maureen Combes Named New KMN Editor

Fall leaves may not change much in Kohala, but other things still do.

Beginning with the November 2013 edition, Kohala resident Maureen Combes will assume responsibilities as editor of the Kohala Mountain News.

After attending San Diego State

and Stanford Universities, earning a bachelor's degree in Athletic Training, Combes pursued a career in medical device clinical research. Her last employer was none other than Medtronic, co-founded by our beloved island resident Earl Bakken. Combes currently spends her time teaching science, Latin, SAT prep, and—you guessed it—writing to island students, mostly homeschoolers. Her two sons, both in high school, are homeschooled.

Combes and her family lived in Waimea for three years, but were drawn north to Kohala. "The strong sense of



—photo courtesy of Maureen Combes

New KMN editor Maureen Combes

community, agricultural focus, phenomenal natural beauty, and easy tropical climate make Kohala one of those sweet spots," comments Combes.

Asked why she wanted the editor position, Combes offers, "The Kohala Mountain News represents the voice of the community. This position will allow me to gain a deeper knowledge of Kohala, its

residents, and its issues. My vision is to foster greater communication and understanding between members of

See Editor, page 3

Let's Go, Chargers... Let's Go!

The Kohala Chargers Mitey-Mites prepare to take the field against the Marlins early in the Pop Warner football season. For more about all three Chargers football teams, see pages 10 - 11.



—photo by Cyn Agbayani

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Meeting Highlights Concerns Over County GMO Regulation

Story and photo by Kerry Balaam

The Kohala High School cafeteria was an appropriate venue for an October 3 informational meeting about genetically modified organisms (GMOs) being used in food production, which drew both GMO supporters and opponents but focused on the common goal of feeding future generations.

Four speakers offered perspectives on how farmers and ranchers may be "caught in the cross-fire" as our county responds to the presence of controversial corporations like Monsanto in the state of Hawai'i. Farmer Richard Ha, veterinarian Jason Moniz, rancher Chris English, and scientist Dennis Gonsalves each shared views on the role of technologies and regulation in our local agricultural industries.

The meeting was held in light of Hawai'i County bill 113, which would restrict GMO use on Hawai'i Island. The bill's sponsor, District 9 County Council representative Margaret Wille, attended the meeting and spoke up in defense of the bill, assuring farmers and ranchers that the bill would grandfather in all current GMO use while restricting expansion of further GMO use until more research can be completed. After nearly five months, the bill moved out of the Public Safety and Mass Transit committee on a 6 - 2 vote October 1 and is now before the council.

Both supporters and opponents seemed to agree that a Hawai'i Island GMO task force might be helpful to compile more information and adequately assess the impacts of both GMOs and their local regulation.

Halaula-born scientist and former Cornell University professor Dr. Dennis Gonsalves provided insight into the science of GMOs while providing historical background on the papaya industry's battles with Papaya Ringspot Virus, which led to the development of virus-resistant varieties of the crop. Dr. Gonsalves also discussed other agricul-

tural issues that may be candidates for future biotech interventions, including the Banana Bunchy Top Virus that is common throughout Kohala.

Farmer Richard Ha, founder and president of Hamakua Springs Country Farms, owns the state's largest banana



Dr. Dennis Gonsalves points to a kukui nut lei to explain DNA strands.

farm. Ha made it clear that he does not currently utilize any GMOs, but he feels it's important to empower farmers rather than impact struggling farms and "rubber slipper folks" negatively in attempt to address policy related to large biotech corporations.

Jason Moniz is a Hamakua-based veterinarian and rancher who joined the Hawai'i Department of Agriculture in 1984 and is currently president of the Hamakua Farm Bureau and a member of the Hawai'i Cattlemen's Council. Moniz suggested that legislation is being rushed and concerns about seed companies like Monsanto coming to Hawai'i Island are unfounded, as the island is too young geologically to have the flatlands and controllable irrigation these companies desire. Moniz emphasized his openness to biotech tools that may help farmers and ranchers use fewer chemicals, antibiotics, and herbicides.

Christopher Shipman English, vice president of Hawai'i Cattlemen's Council, serves as Operations Manager for Ponoholo Ranch in North Kohala. English explained that Ponoholo Ranch's approach to holistic natural resource management includes modern tools like electric fencing, High Density Polyeth-

ylene piping, and ATVs, alongside traditions of our ranching heritage and the value of helping our neighbors. English stressed that biotechnology could represent another tool to help local ranchers and that he is troubled by a lack of aloha in local GMO debates.

All of the speakers echoed a desire for countywide cooperation among agricultural producers and regulators. One attendee pointed out that practices to strengthen our environment might represent common ground for all farm-

ers. Another attendee suggested that an additional forum be organized to promote more talk story about how bills like 113 could both remain sensitive to the interests of local agricultural industries and address the concerns of GMO opponents.

Throughout the meeting, facilitator Ted Matsuda and attendees alike echoed the importance of respectful communication as a ground rule vital for nourishing both community collaboration and our children's future.

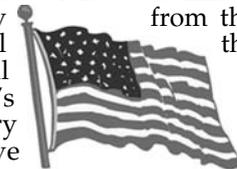
Veterans to Be Honored at Kohala Ceremony

The public is invited to the North Kohala National Guard Alumni's Veterans Day ceremony on Monday, November 11, at Hisaoka Gym. The program will start promptly at 11 a.m. In addition to all veterans, the NKNKA will honor members of Kohala's Company L, 299th Infantry Brigade which was active during the 1940s and 50s. In the 1960s Company L was re-designated as a detachment of Company C from Honoka'a before being deactivated in 1968.

Guest speaker will be Mayor Billy Kenoi along with keynote speaker

Command Sgt. Maj. Jonathan Lutgens, who is on active duty at Pohakuloa Training Area. NKNKA president, Collin Kaholo, a Silver Star recipient from the Viet Nam War, will provide the welcome address.

Flag placing by Kohala's Boy Scouts Troop 56 at Hawi County and Catholic cemeteries will occur at 7:30 a.m. on Veterans Day, preceded by raising of the main flags. The public is invited to help place the flags. NKNKA members will place flags at other Kohala sites starting Friday. Please contact Collin at 889-6726 for more information.



Healing, continued from page 1 patch], dancing in a halau hula, participating in family activities, or attending Alcoholics or Narcotics Anonymous meetings. Creating new habits with people supporting recovery steadily transforms lives. Lokahi's clients regularly convene at "Auntie Nani's Garden," a lo'i dating back to King Kamehameha's rule. In this grassroots gathering, open hearts connect with the 'aina [land] and their spirit ancestors, funneling their energy into becoming pono [responsible/righteous].

Another familiar name in the fight to prevent drug abuse, Shiro Takata of the Kohala Coalition Against Drugs outlined the nascent "Coaching the Kohala Way" program. By reaching out to youth before they experiment with drugs, coaches help direct athletes into positive behaviors and attitudes.

Although Five Mountains Hawaii will be closing at the end of October, its

departing director Robin Mullins notes two new Drug Free Coalitions have been formed: New North Hawai'i contact: Kathy Strahle, 885-6579; East Hawai'i: Madie Greene, 640.0919; West Hawai'i: Karen Hale 326-5629).

Finally, stalwart organizations Narcotics Anonymous and Alcoholics Anonymous have multiple weekly meetings in Kohala (NA: 808-769-6016, AA: 808-329-1212).

If you observe potential drug activity, call the ice hotline (329-0ICE or 329-0423). Your little piece of information may strengthen an active police case and help to clean up your neighborhood.

Drug abuse destroys lives. Saving yourself or your loved one from a lifetime of addiction and its inherent pain represents a person-to-person act of kindness. We have the resources available to direct those in need to the social safety net, to heal both them and our Kohala community.



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Bewitching Events in Kohala

It's that haunting time of year! Here are a few spooktacular activities for keiki and adults this Halloween.

FOR FAMILIES:

Saturday, October 26: Haunted House and Dance at the Kohala High School gym, sponsored by Project Grad 2014.

The Haunted House is open from 4 to 6 p.m. for anyone daring enough to venture inside. Pay your \$3 fee to the ghoul at the door. Middle and High School students are invited to the Halloween Dance from 6:30 to 10 p.m. Presale tickets are

available from any KHS Senior for \$5; pay \$6 at the door. Students must bring their school ID. Concession available. All proceeds benefit Project Grad 2014, a sponsored project of North Kohala



This pumpkin from the Pumpkin Patch was large enough to require a wheelbarrow for hauling!

Community Resource Center.

Saturday October 26: Kohala Mountain Farm Pumpkin Patch 'Glow in the Maze.' Explore the corn maze at night, jump on a haunted hay ride, warm up with storytelling and smores by the camp fire, enter the Halloween costume and pumpkin carving contests

(bring your own tools) and enjoy ono Kahua Ranch burgers and brats and much more. Be sure to dress in layers, wear covered shoes, bring your flashlight and be prepared for rain or stars. Sunset until 10 p.m. Last entry into the maze at 9 p.m. Kohala Mountain Road between mile markers

12 and 13, halfway between Waimea and Hawi. A portion of the proceeds will be donated to Waimea Country School. This is an alcohol and drug free event. Admission into the farm is free. Prices for activities vary. Visit kohalamountainfarm.com/Glow_in_The_Maze_Info.php or see them on Facebook.

Thursday, October 31: Spooky Music Concert by the music students of Adrienne Cherry. Bring the keiki for some pre-trick-or-treating musical entertainment at the North Kohala Public Library. Concert starts at 3 p.m.

FOR THE GROWN UPS

Saturday, October 26: UnMasked: Reveal Yourself Story Slam and Dance Party—true stories told live on stage in 5 minutes or less. Got a story to tell? Skeletons in your closet? Show your dark underbelly! Light up your shadow side. Tales from the crypt? Register to tell your story: andrea@andreadean.com (10 storytellers max.) Followed by dance party, BYOB, potluck. From 6 to 9:30 p.m. in Hawi. Cost is \$10; advance ticket purchase is required: go to unmasked-revealyourself.eventbrite.com.

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Storyteller Brings Adventure to Life at Library November 6

Storyteller Ben Moffat will visit North Kohala Public Library at 10 a.m. on Wednesday, November 6, to perform "Mr. Spelunker's Adventure." This original story is designed to complement the library's 2013 "Dig Into Reading" theme.

This 45-minute program is suitable for ages 5 and older. Moffat will entertain the audience in a performance using stilts, masks, and puppets.

Ben has always been fascinated with masks. His home is filled with more than 200 varieties that he describes as intriguing and mystical. He has performed and taught nationally and internationally since 1986. Ben attended the University of Hawai'i at Manoa to study Asian theatre and directing. While at UH, he performed Javanese dance and music, and appeared in English language productions of Kabuki and Noh drama. He was in the first troupe of foreigners invited to perform traditional opera in China.

This is a production of the University of Hawai'i at Manoa Statewide Cultural Extension Program with additional funding provided by the National Endowment for the Arts, and the Hawai'i State Foundation on Culture and the Arts. The Friends of the Library



—photo courtesy of Ben Moffat

Storyteller Ben Moffat

of Hawai'i are sponsoring this series of fall programs in the public libraries, with the support of various Hawai'i foundations and businesses.

Call the library at 889-6655 for additional information or to request a sign language interpreter or other special accommodation.

Kohala's New Seed Bank



On Saturday, November 9, Travis Dodson will present a free workshop entitled "Unveiling North Kohala's Permanent Seed Bank,"

2 to 4 p.m., at the Kohala Intergenerational Center. Travis has built a seed bank with micro-grant funds from Sustainable Kohala.

Come learn how to use the new seed bank, where it will be located, and how it will be operated. In addition, Travis will describe rudiments of saving seeds, for yourself, your family and friends, and for Kohala's Seed Bank.

This free workshop is presented by Sustainable Kohala as part of the Sustainable Saturday series 2013. Please let Deborah Winter, 889-6901, know of any other programs you might like to see organized for 2014.

Editor, continued from page 1

the community, to strengthen bonds, and allow everyone to feel they have some skin in the game—that this is their home and they have a voice in the conversation."

To this end, Combes plans to solicit short pieces from as many community members as possible, so all interests can be heard. Contributors are especially urged to create a series of short articles spanning the course of multiple months.

"The smaller amount of effort involved in creating short articles allows regular submissions without being an imposition on the writer," explains Combes. She urges potential contributors to feel confident in starting with a rough draft; she will help them with editing. Writing skills are not required!

Combes can be reached at kmneditor@hotmail.com or 494-4237.

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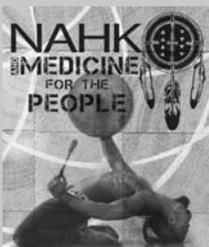
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Future KMN Deadlines

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



November

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

December

Ad Deadline: 12/13/13
News Deadline: 12/13/13

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.

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Current Circulation 3,600

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

preference for publication.

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Kohala Mountain News

P.O. Box 639, Kapa'au, Hawai'i 96755

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From the Editor's Desk —

Thank You, Kohala ... Farewell, Kohala Mountain News

By Megan Solís

As readers have surely seen on our front page this month, Kohala Mountain News is welcoming a new editor, Maureen Combes, beginning with the November edition. This is my last issue as managing editor.

It's hard to believe that I have been with KMN for two and a half years; it has gone by so fast! During that time I have met many wonderful people in this community including the countless who give their time to help make Kohala a better place, whether by coaching keiki sports, advocating with the county on Kohala's behalf, or helping to revive the area's agricultural roots. People who live here care, even if they don't always agree.

Most of the stories told in KMN are uplifting or simply informative, but occasionally they have addressed controversies. During the more heated times, I have tried to allow all points of view to be heard. My only caveat has been that opinions must be about the issues and not personal attacks, remembering that once an issue has

died down, we all must live together in a very small community. As always with KMN (which has no staff reporters) it falls to you—the Kohala community—to share your stories, opinions and photos. We can't print it if you don't send it in.

I sincerely thank those of you who have stepped up, month after month, to write articles or submit photos. Most often the stories are about events or causes that are dear to your hearts, but some of you have covered stories in which you have no vested interest. Either way, without you contributing writers there would be no KMN.

Of course, there would also be no KMN without the businesses, organizations and individuals who advertise in our paper. These advertisers are the reason we can deliver KMN to all boxholders and kiosks around North Kohala for free. Please give these businesses your patronage and let them know you appreciate their support for the only newspaper that is by, about, and for the people of North Kohala.

Finally I wish to thank my fellow

KMN staff: Tom Morse, for his tremendous work as our advertising and business manager; Anne Fojtasek, for her longtime hard work as layout editor (and second set of eyes); Jesús Solís, for making sure events get into the calendar; Hana Anderson, for keeping all of our books and making sure we are in good standing with the tax man; the Senior Citizens Club, for faithfully collating our paper each month; and Jay and Jenna Vega, for ensuring KMN gets delivered on time each month (and mahalo to the folks at the post office for working with us!)

As for me, I will still be here. I have begun working at North Kohala Community Resource Center part-time and will no doubt continue to encounter many of you there. I'll still write for KMN from time to time as well.

Meanwhile I hope you will welcome Maureen and give her the same support and encouragement I have received. I think KMN will benefit from the renewed energy she will bring to the paper.

Mahalo Kohala!

Letters—

Big Projects Happen When Everyone Pitches In

As the Kohala Hospital administrator from 2008 to 2012, I had the pleasure of working closely with many community members—all volunteers—who brought incredible energy and enthusiasm to the table. The Kohala Hospital ER renovation project is a case in point. From a tiny germ of an idea in 2008, the new ER is now under construction. This is due to the hard work and support of many—from the smallest individual donation to the generous monetary and personal contributions



Pat Kalua, former administrator of Kohala Hospital

including requests for proposals. Also scheduled are several additional presentations on solid waste and energy.

November 6 Council meeting: My GMO ban Bill 113 passed its first council vote (6 - 2) at our October 15 council meeting. Only Councilmembers Gregor Ilegan and Dennis "Fresh" Onishi voted in opposition. Councilmember Zendo Kern was absent due to illness. In summary, Bill 113 will prohibit the open air cultivation of GMO crops and plants. GMO papayas and any other GMO crops currently being cultivated will be grandfathered—provided those GMO crops are registered within 90 days of passage of the legislation. Unfortunately there is little regulation of GMOs and associated pesticides on either the federal or state level. For this reason, local municipalities have had to take the lead and put into effect ordinances to prevent the contamination of non-GMO farms and neighboring properties. Bill 113 will again be heard at the Council's November 6 meeting.

November 5 Council Committee Meeting: My submissions to the committee agenda focus on solid waste and energy issues. I have asked the Department of Environmental Management to present the status of its solid waste program,

of the Meinardus family; from the individual hospital employees to the Kohala Hospital Charitable Foundation—President Tommy Tinker and the other Board members who purchased much-needed medical equipment including an X-ray and ultrasound machine in anticipation of this project; from school children's posters to the Kohala Mountain News articles

supporting the hospital; from Robert and Jeanne Watkins' beautiful retreat to Kahua Ranch and the North Kohala Community Resource Center: all these contributed. And there are so many others.

The effort to get this project off the ground and under construction has been tremendous, often taking place behind-the-scenes and usually by unsung heroes. It is through the efforts of many—individually and collectively—that Kohala Hospital's ER renovation will be a success and an example of community collaboration, tenacity, hope, pride and unity.

Mahalo and aloha kakou~

Pat Kalua
Chief Nurse Executive, Kona Community Hospital

County Council Update—

By Margaret Wille

BIG NEWS for North Kohala: The new North Kohala County Council video conferencing site will be open for the next council meetings to be held on November 5 and 6. This increased access to our county government in North Kohala was one of my campaign promises. We will host an Opening Ceremony, and Blessing by Kealoha Sugiyama, on Monday November 4, at 11:15 a.m., following the Senior Citizens Club meeting. I will also attend the Senior—so stop by if you have questions or concerns. Now that there is a council videoconferencing site in North Kohala, please stop by to testify and listen to council debates on issues of interest. For example, here are some upcoming council agenda items:

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including requests for proposals. Also scheduled are several additional presentations on solid waste and energy.

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Also at the November 6 Council meeting, we will vote on Councilmember Dru Kanuha's bill 135 to prohibit the sale of cigarettes for those under 21 years of age.

November 19 Council Committee Meeting: I have several agriculture-related resolutions and presentations scheduled: including a resolution to create an Island of Hawai'i brand: "HIPP" and "HIPP-O" (Hawai'i Island Produce and Products and Hawai'i Island Produce and Products - Organic); another resolution focuses on orchids and designates 2014 as the Year of the Orchid. Also on the agenda is a presentation on the health of bees on our island—or better said, how can we improve the health of our already depleted bee population? And if at first you don't think the health of our island bee population is important, consider that 30 to 40 percent of our crops are bee pollinated.

Road Repairs and Traffic Safety Issues: Finally State DOT has promised to do the
See CC Update, page 5

CC Update, continued from page 4 repairs to Akoni Pule Highway in downtown Hawi, Kona side. The repairs will involve restriping and replacing reflectors. I assume this means the repairs will be completed by the end of the year. To have more clout with both County and State traffic and infrastructure projects, we need to establish a North Kohala Traffic Safety Committee. By doing so, North Kohala can have two representatives on the Island-wide Traffic Safety Committee that works directly with Mayor Kenoi and State officials. Right now North Kohala has no representative on that committee.

Special Presentation of Certificates of Recognition: Finally I wish to report on my October 16 special council presentation to honor members of our District 9 community who together played a role in the rescue of a family of five at Pololu Valley, and a related on-going water rescue program. The persons honored were: Waimea residents Mike Varney, who on his own began installing rescue tubes at beaches on the west side of the island; Shirley DeRego, whose Alex and Duke DeRego Foundation (named after her deceased sons, one of whom died



—photo courtesy of Margaret Wille

Among the five community members honored for their water rescue efforts in District 9 were, from left, Jeff Maki, Mike Varney, and far right Shirley DeRego with Margaret Wille, District 9 council representative. Not pictured: Kelly Hoyle and Jerry Bevins.

Viewpoint —

Coqui Frogs: They Only Want to Be Loved

By Dylan Trumpy

The Association to Protect Coquis in Kohala (APCK) is an unincorporated association of local residents who like coqui frogs or at least don't want to kill them. There are actually quite a few people in Kohala who like coquis, but they are afraid to speak up. I attribute this to the bullying attitudes and behaviors that pervade the public discourse over this controversial issue.

Any and all arguments used to justify killing coquis can be refuted.

Myth 1. Coquis are an invasive species. That may be true but "invasive" is a subjective term. Cats and rats eat native birds and carry diseases that can infect people, yet there is no pogrom to kill all the cats and rats in Kohala. Human beings have altered the native ecosystem and caused many native species to become extinct. Anyone who is worried about invasive species should go back to Africa where we evolved. In fact the chemicals used to kill coquis undoubtedly harm any native insects that may be present.

Myth 2. Coqui frogs will attract

brown tree snakes. This is false. Coqui frogs are from Puerto Rico and brown tree snakes are from southeast Asia; they have no documented history of interaction. It's like saying all the crickets in Kohala must be eradicated or tarantulas will take over.

Myth 3. Coquis can cause deafness. This is false. No documented cases of deafness caused by coquis have been documented in Hawai'i or Puerto Rico. Coquis may be annoying to some people, but that does not justify a pogrom of eradication. As an organic gardener, I recognize coquis as a beneficial species that helps control the insects that would otherwise damage my crops. APCK wants to promote tolerance and compassion for coquis. We will pursue an education campaign to sway public opinion in favor of coquis. Our long term goals are a coqui sanctuary and rainforest education center in Kohala with a yearly coqui celebration featuring food, music dancing and crafts. The coquis are going to win eventually, and it will not be as bad as the

See *Coqui*, page 6

in an ocean accident) has continued the cause of installing these rescue tubes at our local beaches; Kelly Hoyle, a physical therapist at North Hawai'i Community Hospital, and her husband Jerry Bevins, a personal trainer, who together quickly reacted to the calls for help. Kelly immediately grabbed one of the rescue tubes and started into a strong surf despite a broken rib, and at the same time her husband Jerry ran up to the top of the trail to call 911; and then there was Jeff Maki. Jeff is a North Kohala firefighter. He was part-way up the trail from the

valley when he heard calls for help. He ran back down the beach, entered the water and grabbed the rescue tube from Kelly, telling her "I will go," and in two trips brought all of the drowning swimmers to shore. Councilmembers each expressed their gratitude to these five honored members of our community.

With much aloha, Margaret Wille
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.

CERTification Means Being Part of the Solution

By Jada Rufo

My path to CERTification was born out of a disaster.

May 12, 2008 at 2:28 p.m. Sichuan Province. I was in an underground shopping mall in China when an 8.0 earthquake struck. Although I was 840 kilometers northwest of the epicenter, I could still feel it.

As I was leaving the mall I could see that the streets were just lined with people staring up at the sky. Armageddon.

At first I thought they were waiting for help or information as to what had just happened and what to do next. I never did see an official or emergency personnel on the street.

A few days after the quake stories of heroism and survival were coming out of Beichuan City, the epicenter of the quake. There was also a story of a man nicknamed Runner Fan. Runner Fan was a teacher at a local middle school that was totally demolished by the earthquake. Instead of saving his students, he elected to save himself by running to the open sports field. As a result, he was grilled by the media and Chinese netizens [Internet/citizens] for his actions.

This story did cross my mind when in August of 2012 a 6.4 aftershock hit China. I was having class with three middle school students in a newly built skyscraper. I was on the 28th floor of a 29 storied building that was partially made of glass. My primary concern was my students' safety, which is why I evacuated them first before leaving

the building myself. I didn't want to be another Runner Fan.

Another earthquake story was about a high school boy nicknamed by the press as Cola Boy. Cola Boy endured 80 hours of excruciating pain buried under tons of concrete before he was finally pulled to safety. When rescue workers asked him what he wanted, he said, "I want ice cold coke-a-cola!" Hence the nickname.

I do not want to wander aimlessly looking for help or information in times of disaster. Nor do I want to be a Runner Fan. I also don't want to wait 80 hours for professional rescuers to arrive. I don't want to be the problem. I want to be the solution.

The truth is that there are more ordinary citizens than there are first responders. They are overwhelmed and stretched to their limits. And while I will always be grateful for their service, their sacrifice, and their dedication to my community, I believe that they could use a helping hand. When a disaster strikes they may not be able to get to the affected area in time. It is up to local residents like me to do the most good for the greatest amount of people.

CERT stands for Community Emergency Response Team. We are a team of ordinary people helping our community. But we also work hand-in-hand with first responders in order to do the most good for the greatest amount of people. They help us save our community by teaching us how to extinguish small fires and how to properly crib victims to safety. We, in turn, help them by being the solution, not the problem. In fact, I like to think that these guys need my help more than I need theirs. They need more CERT assistance and volunteers. Together we can both help not just victims of a disaster, but we can also help keep our community safe and better prepared for future calamities.

That is why I became CERTified.
[Editor's Note: North Kohala has its own CERTeam, now 38 members strong. While it is the largest CERTeam on the island, it also serves some 6,500 people living in a very isolated area of the island.]

To learn more about NKCERT, how to get training, or how to donate needed equipment and supplies, contact John Winter at 889-6901 or Sadie Young at 889-6298. NKCERT is under the fiscal sponsorship of North Kohala Community Resource Center. To give a tax-deductible donation to NKCERT, make your check payable to NKCRC, earmarked for NKCERT, and mail to PO Box 519, Hawi, HI 96719.]

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Kohala Middle Welcomes New Principal Alan Brown

Story and photo by Jesús Solís

It's a bit of a homecoming for new Kohala Middle School principal Alan Brown. Though this is his first term as principal at the school, Mr. Brown taught business for many years at Kohala High School and was vice principal there for two years; he has been a Kohala resident since 1976.

Mr. Brown grew up in Connecticut, attended Boston College, and worked in Boston as an accountant until his move to Hawai'i. He started an accounting and tax business here which he ran until the mid-1990s when he decided to make the switch to education, first as a teacher and later as an administrator. Following his term at Kohala High, he transferred to Honoka'a High/Intermediate School where he was vice principal, with temporary assignments as principal of that school and at Pa'auilo Elementary.

"This is wonderful for me," he said when asked about the homecoming. "Though I loved my time in Honoka'a and it was nice to see Honoka'a as a sister community to Kohala, coming home is nice." Aside from the shorter commute, he explained, "When you're working in your home you feel more of a responsibility to your community that the kids are safe; the kids are being successful; and the kids are moving on the path toward being good community citizens."

The staff, students and parents have been very welcoming, he added.

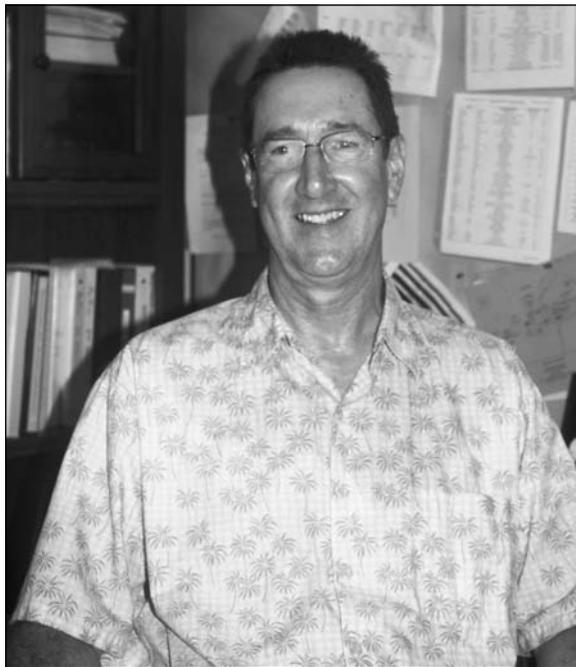
"When I look at the kids since I've been away for a while, it seems like I'm more familiar with the parents and grandparents than with the students. When I was working [in Honoka'a], I kind of lost touch with this community because I wasn't seeing people in town. It's nice to get those connections back."

His top priority at the school is academics. He says it's very important that students get a good education and gain the confidence to be lifelong learners and good citizens.

"I really want to make learning fun: learn and work hard, but have fun at the same time," he said. The biggest challenge he sees is getting the school

to demonstrate the skills he knows the people there have.

He explained, "Recent state assessment tests haven't been indicative of the quality of students and teachers we have at the school. Everybody looks at that—they measure by a test score. We're under-



KMS principal Alan Brown

performing on the tests for some reason, so getting those scores up to a level that I think the whole community expects of the school is a high priority for me."

But it's not all about academics. Middle schoolers are at an interesting age, he said, with lots of physical and emotional changes. "They're starting to sprout wings and want a little bit more freedom. It's nice to see them be more inquisitive about their schooling and think about why they're doing things rather than just doing what they're told."

"Our goal is to prepare them for high school and so they can go on to college and just have the freedom to do whatever they want to do with their lives. Besides academics, we're trying to create real community contributors."

He said the weekly advisory program at the school works on community and socially oriented goals.

At a recent community drug awareness meeting, the subject of drug use—even at middle school age—was

discussed. Mr. Brown acknowledged that drug use by students is a serious problem across the island. He said it's important for him and other staff to stay alert and act quickly if there are signs of drug use. He sees the solution in educating kids, employing appropriate consequences, and getting counseling to help kids build the skills to make better decisions in the future.

Building connections, both between the middle school and the community,

and among the three Kohala schools, is another tool to help students. He hopes more community members will come to the school to see what they're doing and perhaps lend a helping hand.

"Any help you give to the school comes back to you in how the students grow up," he explained.

Outside of school, Mr. Brown is an avid reader and a runner. He hopes that his shorter commute will allow him more time to pursue those interests.

KHS Enacts New Electronics Policy

By Koa Bartsch

It is undeniable that technology plays a major role in education. In our modern society, the younger generations constantly hunger for interaction with technology whether it is a computer, tablet, or some other mobile device. Technology continues to move forward at an ever-increasing pace and will, without a shadow of a doubt, eventually infiltrate nearly every aspect of our lives. Our only choice is to embrace it.

That is exactly what Kohala High School decided to do. After years of the use of electronics being banned, the School Community Council made a monumental decision to overturn the rule. The decision also includes the use of cellular phones that may only be utilized for educational purposes during instructional time upon the teacher's request. According to the Hawaii Content and Performance standards General Learner Outcome No. 6, students are expected to be effective and ethical users of technology. Nowadays that definition of technology extends far beyond what it used to be as a result of the growing use of smart phones, tablets, and ultra-portable laptops.

Now, students are able to use their personal electronic devices as a valuable and powerful academic resource. This opportunity will allow them to interact with technology in a way that will enrich their educational experience. This loosening of policy will allow teachers to implement methods that will teach and guide students to use technology ethically and effectively. The SCC believes that it will, consequently, help set a positive precedent for the whole school.

The council decided to use this quar-

ter as a pilot to test the new approach. The former, more stringent policy was not, with regard to the General Learner Outcomes, taking a step in the right direction as it made no provision for improvement of ethical technology use. Of course, the big problem that confronts the school now, as it did before, is how effectively they will be able to enforce what is not allowed, including the prohibited use during breaks. The policy is not designed to provide opportunities for students to use their devices recreationally because use is restricted to instructional time only for educational purposes and not during recesses. However, this may not be the end of the line for liberality when it comes to electronics use. If this quarter goes well and students are able to maturely use technology in an ethical and effective way, then the council will even consider allowing use during breaks. Exactly how that will be carried out still remains to be seen.

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

Coqui, continued from page 5

alarmists have warned. Why not give up the futile effort to kill all the coquis and learn to love the little frog with the loud voice?

In a related issue we as a community need to recognize bullying behavior and not tolerate it in public discourse. People should not be afraid to voice their opinions nor should dissenting opinions be suppressed in order to stifle an honest debate.

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Kohala High Named One of the Best High Schools

By Isabel Steinhoff
 Courtesy of Ka Leo Na `Opio

Did you know that Kohala High is one of the best high schools in the state? It's true!

Each year, high schools are measured by No Student Left Behind AYP (Adequate Yearly Progress) to determine how well a school is doing and their progress. This last school year, 2012-2013, was based on new measurements. In the previous years, AYP graded schools based on student performance in Hawai'i State Assessments in reading and math and their graduation rate. The new measurement system, Strive HI, measures college and career readiness (ACT results, graduation rate, and college attendance), achievement, growth and achievement gaps. The goal in using this new system Strive HI is college and career readiness and to use it as a guide to identify what the school needs to work on to get students college and career ready.

With Strive HI, our results came back ranking Kohala High sixth in the state for all public high schools, second on the island, and first in the West Hawaii Complex Area! Way to go Cowboys and Cowgirls!



The KHS student body is proud of their improved rankings through the Strive HI assessment system.

Our principal Janette Snelling has been super proud of our school. "I believe that at Kohala High we have students with the highest potential. I want students to understand that we will do everything we can to help them realize their potential. With student commitment we will achieve continued success."

E Ala E Na Paniolo!

For more information about the Strive HI evaluation system, visit hawaii-publicschools.org/VisionForSuccess/AdvancingEducation/StriveHIPerformanceSystem/.

Ka Leo Na `Opio is the online newspaper for Kohala High School. Read more at www.kaleonaopio.com.

Public Invited to Free 'Vegan Afternoon'

The community is cordially invited to join Gentle World for "A Vegan Afternoon," Saturday, November 9, at 12 p.m. The event will include video clips, answers to your questions, and a delicious plant-based luncheon. Attendance is free to all who are interested in learning about the many benefits of vegan living.

Gentle World is located in Malibu Ridge. Please call 884-5551 for directions and reservations.

Gentle World is a nonprofit organization, providing vegan education since

1979. With visitor centers in Hawaii and New Zealand, they offer a unique educational experience which inspires people from all over the world to transition toward vegan living.

Gentle World is also a 40-year intentional community, in which every man, woman, child and nonhuman animal in residence, is a vegan. To Gentle World, being vegan means extending The Golden Rule to include all animals. They hope to inspire others to understand the vegan ideal so that we may create a more peaceful world together, today.

Step Into Fitness with Free Zumba Class

Beginning November on Tuesdays and Thursdays from 9-10 a.m., a Zumba Fitness Step by Step and Activate program will be offered, using DVDs with instructors who take you through the moves with verbal cues. The class is free and will be held at the Kohala Intergenerational Center. For more information, contact Vi Lamog at 889-6394.

KHS Welcomes New Vice Principal Brian Simone

By Kassie Kometani
 Courtesy of Ka Leo Na `Opio

Kohala High School welcomes another fresh face this school year, the new vice principal Mr. Brian Simone.

He resides in Waimea with his wife and three children. He enjoys spending time with his family and friends. One day he hopes to visit the South Pacific Islands.

When asked about how he likes Kohala High, he said, "It's very different in terms of size, programs, student offerings, and curricular activities. It's been a bit of a challenge to remember all the new names and faces but hopefully by the second semester I'll be able to put a name to a face."

Mr. Simone is excited about the programs and activities offered at Kohala High School. He believes these opportunities are credited to a great staff. He says that working with Principal Jeanette Snelling is very fast-paced. There are many initiatives to deal with, such

as all the various tests students are expected to take. These tests are very different for Mr. Simone so it is something he is adjusting to.



—photo courtesy of Ka Leo Na `Opio
 Mr. Brian Simone joins KHS as the new vice principal.

After being asked about what he hopes to achieve at Kohala High, Mr. Simone had to pause a bit. "I don't know where to start, it's such a long list!"

He is hoping to gain a better understanding of the students' perspectives and address their various challenges. Mr. Simone is

striving to make a better institution that is student-centered with improved academics. He also wants to create a better social and physical surrounding for students.

"These students are 21st century learners. It is important for them to be ahead with technology."

Kohala High School welcomes Mr. Simone in his first year as the vice principal.

Ka Leo Na `Opio is the online newspaper for Kohala High School. Read more at www.kaleonaopio.com.



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Free Sustainable Saturday Series, 2013

November Event:

Unveiling Kohala's New Permanent Seed Bank

Free Workshop by Travis Dodson

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Kohala Country Fair Brings a Little Rain,

—photos by Justin Shontell and Megan Solís



Keiki dove into their plates for the pie eating contest

The “Rhythm of Kohala” included the sound of rain-drops at this year’s Kohala Country Fair, but in spite of occasional showers, the 29th annual fair, held October 5, was a well-attended celebration of our musical roots. With this year’s musical theme, fair-goers were treated to a steady stream of island musicians, including headliner



Team Mana were the champions in the tug-of-war contest.



The folks at `Iole brought produce from the three farms at the `Iole ahupua`a.

Ho`aikane, as well as music and dance by RMD Taiko drummers and Halau Hula Na Kupuna `O Kohala. With plenty of ono grindz available and booths to fulfill both educational and “shopping therapy” needs, it was a day full of fun, games and entertainment. Mahalo to Maile Lincoln and Nino Kaai and all the other volunteers for organizing this year’s fair!

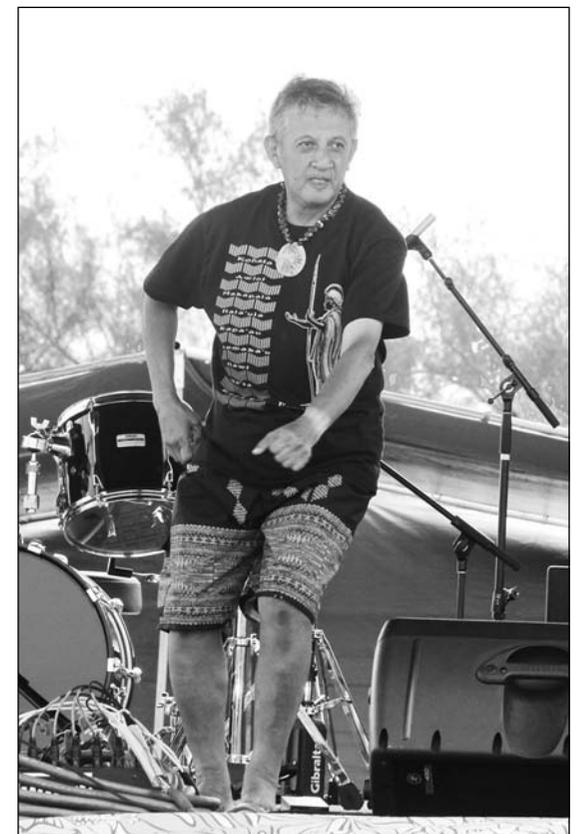
Two players face off in a game of konane, an ancient Hawaiian board game, as part of Ka Moku O Keawe



Makahiki, a Native Hawaiian fitness and health program that integrates Hawai`i’s ancient Makahiki season traditions. For more information, see ulukamoku.org.



Na Hoku Hanohano award nominees Ho`aikane headlined this year’s fair, which had the theme “Rhythm of Kohala.”



Harry Cabrera of Halau Hula Na Kupuna `O Kohala dances a solo number. He recently placed third in the men’s solo at the Hawai`i Kupuna Hula Festival.



These keiki found a great way to cool off and rehydrate: sipping fresh coconut water from HIP Ag!



Hot dogs come in all forms at the Kohala Country Fair!

a Little Music and a Whole Lotta Fun



HIP Agriculture always has a bountiful display of Kohala-grown fruits, vegetables and herbs from their Halawa farm.



The music was just too good to resist... time to DANCE!



Fairgoers checked out the silent "Green Auction" to benefit NKCERT and Sustainable Kohala.



It's hard to stand up in the jumpy house!



↑ *The popular RMD Taiko drummers always put on a vibrant, exciting performance.*



← *Always a crowd pleaser, the Keawe family sang and danced hula.*



The fair included informational booths like this one for the Kohala Ditch Project.



KHS students in the Experiential Learning Abroad program painted fingernails and applied "tattoos" to raise money for their travel abroad program.

KHS students in the Experiential Learning Abroad program painted fingernails and applied "tattoos" to raise money for their travel abroad program.

Chargers Bring Gridiron Action Back to Kohala

By Jesús Solís

This is the second year since the return of Kohala Chargers Pop Warner football in Kohala, and what a difference a year makes!

Fielding teams in three divisions—Mitey-Mite, Pee wee, and Midget—the Kohala Chargers are rebounding from a hiatus, with the Midget division team tops on the west side.

Midget assistant coach Bruce Ellazar recalled a time when the Kohala Charger Midget team was always the team to beat, with consecutive championship titles. Now they are back and once again establishing a tough reputation.

Though athleticism and the fundamentals of the game are an important part of what kids learn in Kohala Chargers football, even more important is the sportsmanship, teamwork, and life lessons instilled in them by their coaches.

MITEY-MITE DIVISION

This division is for the youngest players, ages 7 to 9 years old and weighing 45 to 90 pounds. Under the coaching of Brycen Carvalho, with assistance from Earl Hoshida, Eddie Valenzuela, Blaine Crabbe and Eddie Carpio, these young players have achieved a record of 5 - 1 thus far with their last game on October 20. (Results were not available at press time.) Assistant coach Hoshida noted that last year the team didn't win any games but now they are having a winning season.

Coach Carvalho said they emphasize building sportsmanship and the values of life: how to take a loss and how to take a win. Although weight plays a role in

whether a 9-year-old will play in the Mitey-Mite or Pee wee division, the coaches say they emphasize that families help the kids watch their weight through healthy eating at home.

Though the Mitey-Mite Division does not offer a playoff round, the team will enter the Mitey-Mite Bowl in Kona on November 9.

PEE WEE DIVISION

This middle division is for players ages 9 to 12 years and weighing 75 to 120 pounds. Head coach Kamon Kupuka`a said the team had a lot of brand new kids this year.

"It was a learning season; we struggled in the beginning, but there's a lot of improvement this season," he said. "They're young. We want to work with the kids to teach them not to give up. They have lost every game but they have heart."

Assistant coach Kainoa Yama-

moto added, "We tell them to keep trying, keep a positive attitude, pick yourselves up, dust yourselves off."

The Pee wee team is 0 - 6 for the season and ineligible for the playoffs. The team has struggled with weight and numbers issues. Teams need to have 16 players to have a full game, and three of the Pee wees are lightweight. Equipment manager Bronson Kane said the team has plenty of talent but they just need a little more time to work with the players. Oliko Cookman also helped coach the team.

MIDGET DIVISION

With a record of 5 - 1, the Kohala Chargers are the Westside champs in the Midget Division. For players ages 12 to 15 years and 105 to 170 pounds, this division most directly feeds into a high school football program. Since Kohala High is currently without a team, there are great hopes that this group can help bring football back to the high school.

"We have a great bunch of athletes who are willing to learn with a positive attitude. We do everything as a team," said assistant coach Bruce Ellazar.

Player Chance Pang said he likes playing on the team. "We all grew up together, so it's easy for us to play together. The coaches taught us a lot; I wouldn't mind if they let us run more though."

The Chargers Midget team will compete in the playoffs at Keaukaha field in



—team photos courtesy of the Kohala Chargers

Kohala Chargers Pee wee Division: left to right, front row: #14 Javan Motta, #42 Kuha`o Kane, #27 Ryan Juan-Kealoha, #30 Dayton Torres-Salvador, #45 Keanu Pahio; 2nd row: #23 Zyan Carvalho, #46 Loni Vakauta, #44 La`akea Mamala, #63 Kane Pahio, #54 Zay Lorenzo; 3rd row: #81 Cael Hooten, #79 Brycen Roxburgh, #88 Polelei Fakatoumafi-Pajimola, #85 Nicholas Rodrigues, #51 Keshshon Santiago, #69 Keoni Lorenzo, (missing players: #76 Tristin Perez, #65 Oscar Ka`awa Culp); 4th row: equipment manager Bronson Kane, head coach Kamon Kupuka`a, asst. coaches Kainoa Yamamoto (missing: Oliko Cookman).



Kohala Chargers Mitey-Mite Division: left to right, front row: #22 Koby Agbayani, #44 Zhane Ellazar-Ching, #48 Leyton Neves, #23 O`shen Cazimero, #21 Legend Libron; 2nd row: #55 Ke`ale Conte-Valenzuela, #78 Keith Luga-Benedicto, #75 Zavier Ramos-Moniz, #42 Logan Neves, #72 Tamatasi Sauta; 3rd row: #85 La`akea Kauka, #42 Julian Parks, #45 Jaren Asuncion, #15 Moses Emeliano, #24 Makai Pang, #66 Weston-Jon Camara; 4th row: #52 Tyler Van Zandt-Calero, #26 Easton Hoshida, #56 Malachi Duque, #74 Damien Padilla, #77 Trever Figueroa, #31 Molonai Emeliano; 5th row: #53 Kainalu Yamamoto, #84 Imiloa Leshar, #71 Onipa`a Tavares-Matsuda, #59 Dennis Matsuda, #25 Jersey Lewis, #82 Isaiah Castillo, #5 Skyler Carvalho, (missing: #67 D`Angelo Duque); 6th row: asst. coach Earl Hoshida, head coach Brycen Carvalho, asst. coach Eddie Valenzuela, (missing: asst. coaches Blaine Crabbe and Eddie Carpio).

Hilo on October 27. That will determine whether they will qualify for the Big Island Championship game. The goal of the team is to go to Florida for the Pop Warner Super Bowl if they win the state championships.



Skyler Carvalho, No. 5, and Easton Hoshida, No. 26, help catch a Marlin for the Chargers' Mitey-Mite team.

Remark on the short time in which the team has accomplished so much, Coach Ellazar said of his players, "They're creating a huge impact in Kohala. They inspire younger kids, older kids, friends, parents and coaches. I'm a proud coach, proud parent."

Head coach for the Midget team is Clyde

Igarashi, with assistance from Aric Hoshida, Vern Karatti, and Kolby Carvalho.

See Chargers, page 9

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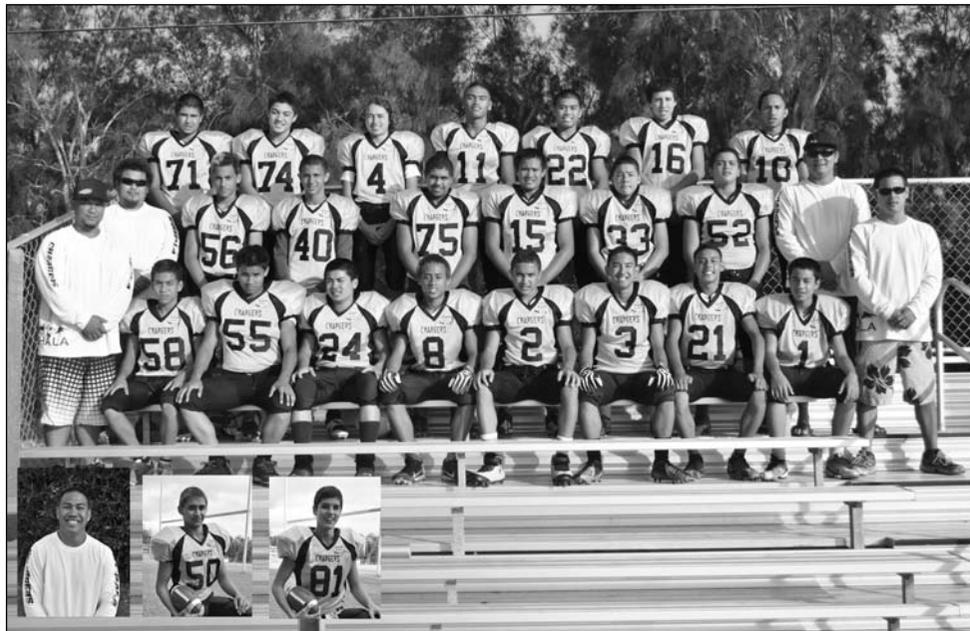
Fields as Midgets Take West Side Crown

Chargers, continued from page 8

Though the coaches are all volunteers, it costs money to support three football teams, and if the Chargers Midget team makes the state and national championships, the travel expenses will be hefty.

The Kohala Chargers Pop Warner

team is a sponsored project of the North Kohala Community Resource Center. Those who want to make a tax-deductible donation to the Kohala Chargers can do so by sending their check, payable to NKCRC and marked for Kohala Chargers, to P.O. Box 519, Hawi, HI 96719.



Kohala Chargers Midget Division: left to right, front row: asst. coach Vern Karatti, #58 Jayven Amanonce, #55 Damien Kaholo, #24 Railen Ching, #8 Chenna Sarai Duque, #2 Joey Salvador, #3 Chance Pang, #21 Isaiah Villacorte-Carvalho, #1 Jacob Hook, asst. coach Kolby Carvalho; 2nd row: asst. coach Aric Hoshida, #56 Stylez Alvarez, #40 Demetri Ramos, #75 DJ Victor Gusman, #15 JR Marquez, #32 Kahoali`i Lewis, #52 Deon Seidel-Glory, head coach Clyde Igarashi; 3rd row: #71 Brenton Jardine, #74 Moses Ellazar Hooten, #4 Ford Clark, #11 Kelson Cacoulidis, #22 Cayson Ellazar-Carlos, #16 Kahua Kuali`i, #10 Kainalu Emeliano, (missing from the group photo: #81 Felipe Ruvalcaba, #50 Frank Santana, asst. coach Bruce Ellazar).



No. 21 Legend Libron, No. 55 Ke`ale Conte-Valenzuela, No. 22 Koby Agbayani, and No. 44 Zhane Ellazar-Ching help the Mitey-Mite Chargers to a 5-1 record.

A Kohala Charger carries the ball past a Marlin defender in the Midget division.



No. 22 Cayson Ellazar-Carlos takes down a Marlin in the Midget division.

No. 69 Keoni Lorenzo and No. 76 Tristin Perez and other Chargers take on the Westside Eagles in the Peeewe division.



Kuha`o Kane, No. 42, and his Chargers teammates take down a player from the Westside Eagles in the Peeewe Division.



action photos by Cyn Agbayani

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Learn About Soil Stewardship at Talk Story and Workshop

On November 4 at 6:30 p.m. at the North Kohala Public Library and November 5 at 10 a.m. at 'Iole, soil scientists Amy Koch, Matthew Wung, and Carolyn Wong of the Natural Resource Conservation Service (NRCS) will lead free presentations to educate the public about soil stewardship. These speakers, who were all directly impacted by the recent federal furlough, are happy to be back to work and able to carry out presentations in Kohala as planned.

During the Monday evening library presentation, NRCS/U.S. Department of Agriculture scientist Amy Koch will discuss how soils of Kohala formed, how they have been surveyed, and how they are assessed to determine whether they are healthy. Originally from Virginia, Koch received a master's degree in soil science from Utah State and has been a soil scientist with the NRCS in Hawai'i for eight years. Koch says she loves spending time outdoors for field work, but she especially enjoys teaching young students and landowners alike about soil properties and the importance of soil health.

Matt Wung will provide information about NRCS programs and technical assistance that is available through NRCS. Wung started his career with NRCS as a soil conservation technician in the Hilo field office in 1977. After earning a bachelor's degree from University of Hawai'i College of Agriculture in 1984, he returned to NRCS as a student trainee. He has served as the district conservationist of the Waimea field office since 2004, and he is currently president of the Hawai'i Tropical Flower and Foliage Association - Big Island Chapter.

Hawai'i County resource conservationist Carolyn Wong will share success stories about how farmers and ranchers are improving soil health through conservation practices. Born and raised on Maui, Wong has been working in the Waimea field office since 2003. She graduated with a bachelor's degree in agriculture from the UH-Hilo in 2002 and is currently working on her master's degree in rangeland science.

At the Tuesday morning workshop, Koch and field staff from the Waimea

office will offer hands-on demonstrations of soil stability, infiltration, and the differences in soil textures and colors.

NRCS has meaningful involvement with 'Iole partners, including Risley Farms and Pono Ranch, who work



—photo courtesy of Natural Resource Conservation Service

Soil scientist Amy Koch assists with taking a soil profile.

to care for the soils of 'Iole ahupua'a. Farmer Peter Risley was recently awarded "Farmer of the Year" recognition from Mauna Kea Soil Conservation District because of his stewardship practices including the use of cover crops.

On the makai side of the ahupua'a, rancher Pono Von Holt works with NRCS/USDA as part of a prescribed grazing program in which cattle are grouped closely together and rotated through small paddocks frequently, mimicking their herding tendency in natural environments, where the threat

of predators keeps the cows grouped tightly and moving consistently. The effects of intensive grazing have multiple benefits for soils. Cattle's concentrated hoof action aerates the soil, while their concentrated wastes fertilize grasslands. As the closely clustered cows graze, they also effectively control invasive species.

Along with following this purposeful grazing schedule, Pono Ranch

provides their cattle with nutritional supplements intended to return key minerals to the soils. Because of Pono Ranch's stewardship practices, the land makai of Akoni Pule Highway surrounding the Kohala Country Fairgrounds and site of Kohala Equine Education Center's planned arena continues to be especially fertile agricultural ground.

For more details on these events, contact the library at 889-6655 or 'Iole at 443-6048.

Green Faith Program Addresses Spirit, Stewardship, Environmental Justice

Story and photo by Lani Bowman

This past spring Saint Augustine Episcopal Church was the first house of worship in Hawai'i accepted into the national Green Faith Program. "Founded

in 1992 Green Faith is an interfaith environmental coalition. The program works with houses of worship, religious schools and people of all faiths to help them become better environmental stewards." The committee spent the first several months completing audits which focused on the program's three core values: Spirit, Stewardship and Environmental Justice.

In the area of Spirit, St. Augustine has held "Worship at the Beach" at Keokea Park, blessings of the animals and environmentally themed messages in our Sunday bulletins. "Prayers for Peace" around the church's Peace Pole is held after each of the three services on the second Sunday of each month. An ecumenical tableau portraying a "Live Nativity Theme" is planned for the holidays. More information will be provided in future KMN issues.

Audits in Stewardship assessed energy, food, water, waste, toxins, ground maintenance and transportation. The committee has set priorities in all areas. There have already been two cooking classes offered to the community teaching ethnic food preparation.

We hope to offer a vegetarian cooking class next. We have revamped our recycling procedures and identified ways we can conserve energy and follow more sustainable practices.



Green Faith has offered cooking classes in ethnic food preparation as part of its efforts in Stewardship.

Of the three core values, Environmental Justice was most difficult to identify for our Kohala community. The committee has chosen to examine areas related to hunting and fishing issues. It was felt that many local people sustain their families with gathering and hunting from the sea and land. We hope to work with existing local hunting and fishing groups to support pono practices in Kohala.

The committee meets the second Tuesday of each month at 4:30 p.m. at Walker Hall in Kapa'au. For more information on the national program, go to greenfaith.org or call Lani at 889-5852 or e-mail: lanibow@ilhawaii.net for local information.

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Coca Cola 12-pk Cans 12 oz. All Types 2/10 ⁴⁹ 	Dasani Water 24 pk. - 500 ml. 4 ⁹⁹ 	 Best Foods Mayonnaise 30 oz. 4 ⁹⁹	Progresso Traditional Soups 18.5 - 19 oz. 1 ⁹⁹	Totino Party Pizza All Types 9.8 - 10.7 oz. 3/4 ⁹⁹	Mama Bella Garlic Bread 14 oz. 3 ⁹⁹  Reg/Parmesan	
Pillsbury Cake Mixes 15.25 oz. 3/3 ⁹⁹	Pillsbury All-Purpose Flour 5 lb. 2 ²⁹	C & H Granulated Sugar 4 lb. 3 ¹⁹	Powerade Drinks All Types 32 oz. 10/6 ⁹⁹	Talenti Gelato 1 pt. 4 ⁹⁹	Eggo Waffles Select Types 12.3 oz. 2 ⁹⁹ 	
Asia Trans Li Hing Drops 4.5 oz. 1 ⁶⁹	Asia Trans Chan Pei Mui 14 oz. 5 ²⁹	Nissin Top Ramen 3 oz. 4/1 ²⁵	Langers Apple Juice 64 oz. 2 ⁷⁹	Tyson Chicken Boneless, Skinless Thighs 40 oz. 6 ⁹⁹	Banquet Family Entree Assorted 25 - 27 oz. 2/8 ⁹⁹ 	
Asia Trans Wasabi Peanuts 7 oz. 2 ⁴⁹	Asia Trans Turbinado Sugar 8 oz. 1 ⁴⁹	Crisco Oil vegetable or canola 48 oz. 2/6 ⁹⁹	Coral Chunk Light Tuna Oil or Water 5 oz. 2/1 ⁹⁹ 	Marie Callender Dinners Assorted 13 - 15 oz. 4 ⁵⁹ 	S&S Saimin Ohana Pack 9/4.5 oz. 4 ⁶⁹	
Farmer Brand Peanuts 5.29 oz. 1 ⁸⁹	Precious Giant Top Shellfish 15 oz. 8 ²⁹	Meadow Gold Drinks or Teas 64 oz. 99¢ 	Meadow Gold POG or Passion Orange Nectars 1 gal. 3 ⁷⁹ 	Meadow Gold Novelty Ice Cream or Sandwich Bars 6 pk. 2 ³⁹ 	Meadow Gold Ice Cream 4 qt. 6 ⁹⁹ 	

Grocery

Aloha Shoyu, reg./lite, 64 oz.	5 ⁷⁹
Baker's Chocolate Chunks, 8 - 12 oz.	2 ⁷⁹
Barilla Spaghetti, 16 oz.	2/2 ⁹⁹
Betty Crocker Cookie Mix, 17.5 oz.	2 ⁵⁹
California Ranch Olive Oil, 25 oz.	9 ⁹⁹
Camp Maple Syrup, 8.5 oz.	6 ³⁹
Delmonte Cut Green Beans/Spinach, 13.5 - 15 oz.	2/2 ²⁹
Delmonte Tomato Sauce, 8 oz.	2/1 ⁰⁹
Delmonte Whole Kernel or Cream Corn, 14 - 15 oz.	2/2 ⁰⁹
Diamond Bakery Saloon/Cream/Graham Crackers, 8 - 9 oz.	2/6 ⁰⁰
Diamond Bakery Soda Crackers, all types, 13 oz.	3 ²⁹
French's Mustard Squeeze, 14 oz.	1 ⁹⁹
Jif Peanut Butter, 18 oz.	3 ³⁹
Betty Crocker Pancake Mix, 37 oz.	2 ⁸⁹
Langers Cran Cocktail, 64 oz.	3 ⁶⁹
Libby Corn Beef, 12 oz.	4 ⁹⁹
Lion Coffee, all types, no decaf., 10 oz.	4 ⁹⁹
Malt O Meal Dynobites Cereal, 12.5 oz.	2/4 ⁹⁹
Mott's Applesauce, 23 - 24 oz.	2 ²⁹
Nesquik Choc. Powder, 21.8 oz.	4 ⁹⁹
Newton Pancit Canton Noodles, 8 oz.	2 ³⁹
Pillsbury Brownie Mix, 19.5 oz.	3/5 ⁰⁰
Quaker Cap'n Crunch Cereal, asst., 13 oz.	3 ²⁹
S&W Kidney/Garbanzo/Black Beans, 15 oz.	3/3 ⁹⁹
S&W Tomatoes, all types, 14.5 oz.	3/4 ⁹⁹
Shirakiku Bamboo Shoots, 8.5 oz.	1 ⁰⁹
Shirakiku Broken Straw Mushrooms, 15 oz.	2 ²⁹
Shirakiku Chopsticks, 30 ct.	2/1 ³⁹

Shirakiku Chu Ume, 8 oz.	4 ⁹⁹
Shirakiku Tempura Batter Mix, 10 oz.	1 ⁸⁹
Sweet Sue Chicken Broth, 14.5 oz.	2/1 ⁵⁹
Western Family Garden Rotini, 12 oz.	3/4 ⁹⁹
Western Family Hot Cocoa Mix, 10 ct.	1 ⁸⁹
Western Family Lasagna, 16 oz.	1 ⁹⁹
Western Family Mandarin Oranges, 11 oz.	99¢
Kelloggs Fun Pack Cereal, 8 ct.	3 ⁵⁹

Natural Foods

Blue Diamond Beverages, 32 oz.	1 ⁹⁹
Braggs Apple Cider Vinegar, 32 oz.	4 ¹⁹
Golden Temple Peace Cereals, 10 - 12 oz.	3 ⁰⁹
Kettle Cut Potato Chips, 13 oz.	3 ³⁹
Pacific Natural Soups, 32 oz.	2 ⁹⁹
Thai Kitchen Organic Coconut Milk, 13.6 oz.	2 ⁰⁹

Dairy

Horizon Organic Milk, 64 oz.	5 ⁷⁹
Meadow Gold Butter, 16 oz.	3 ⁷⁹
Meadow Gold Yogurts, 6 oz.	10/7 ⁰⁰
Meadow Gold/Viva Cottage Cheese, 16 oz.	3 ³⁹
Big Island Poultry Grade A Large Eggs, Mainland Shell Protected, per dozen	2 ⁵⁹

Meats

Foster Farm Value Pack Chicken Thighs, per lb.	2 ⁰⁹
Frozen Pork Butt, bone in, per lb.	1 ⁸⁹
Island Boneless Chuck Steak, per lb.	4 ⁷⁹
USDA Boneless Chuck Roast, per lb.	4 ⁸⁹

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Oscar Mayer Turkey Franks 16 oz. 2 ¹⁹ 	Louis Rich Turkey Bacon 12 oz 2/5 ⁰⁰ 	Mae Ploy Sweet Chili Sauce 2 ⁰⁹ 10 oz.	Kadoya Sesame Oil 5.5 oz. 2 ⁹⁹	Nabisco Nutter Butter Patties/ Oreo Cookies/ Fig Newtons 10 - 15.5 oz. 3 ⁹⁹ 	Nabisco Ritz or Wheat Thin Chips 8.1 oz. 3 ⁶⁹ 
Oscar Mayer Fun Pack Lunchables 11.2 - 12.2 oz 2 ¹⁹ 	Philadelphia Brick Cream Cheese 8 oz. 2 ¹⁹ 	Wel Pac Chuka Soba 6 oz. 1 ⁷⁹	Wel Pac Fueru Wakame 2 oz. 2 ¹⁹	Yuban Coffee original 29 - 31 oz. 7 ⁹⁹	Punaluu Bake Shop Dinner Rolls Assorted 12 pk. 3 ⁶⁹
Kraft Chunk Cheese or Shredded Cheese all types 3 ¹⁹ 8 oz. 	Kraft Singles All Types 3 ⁴⁹ 10.7 - 12 oz 	Chaokoh Coconut Milk 13.5 oz. 1 ⁹⁹	Huy Fong Sriracha Sauce 17 oz. 3 ⁴⁹	Pepsi 12 oz. cans 24 - pk. 8 ⁹⁹ 	CapriSun Ready to Drink 10 ct. 2/6 ⁰⁰ 
Frank's Foods Frankfurters 16 oz. 3 ³⁹	Frank's Foods Portuguese Sausage 12 oz. 3 ³⁹	Jufran Banana Sauce 11 oz. 1 ⁷⁹	Sam Choy's Oriental Dressing 12 oz. 3 ⁶⁹	Haagen Dazs Ice Cream 14 oz. or Bars 3 ct. 3 ³⁹	Dreyer's Ice Cream 48 oz. 4 ⁶⁹ 
Prego Spaghetti Sauce 23 - 24 oz. 2 ⁷⁹	Quaker Oats Quick or Old-fashioned Oatmeal 42 oz. 3 ⁵⁹	Shelly Senbei Cracker 5.3 oz. 2 ⁷⁹	Sun Butane Cartridge 7.8 oz. 2 ⁰⁹	Di Giorno Rising Crust Pizza/California Pizza Kitchens 11.5 in. 6 ⁹⁹ 	Perrier Sparkling Mineral Water 25.3 oz 3/4 ⁹⁹ 

Freezer/Deli

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 ⁵⁹
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.	16 ⁴⁹
Farmbest Butter, 16 oz.	3 ⁶⁹
Flavor Pac Blueberries, 16 oz.	4 ⁸⁹
Frozen White Crab Sections, 1.5 lb.	6 ⁹⁹
Frozen Mussels, 1/2 shell, 2 lb.	9 ⁹⁹
Gorton Fish Filet/Sticks, 24 oz.	6 ⁹⁹
House Tofu, 14 oz.	1 ⁹⁹
Inland French Fries, 2 lb.	3 ²⁹
Marie Callender Pies, assorted, 28 - 38 oz.	9 ⁹⁹
Menlo Lumpia Wrappers, 16 oz.	2 ⁹⁹
Minute Maid Orange Juice, 16 oz.	2 ⁹⁹
Shedd's Country Crock Margarine, 15 oz.	2 ⁵⁹
Smuckers Uncrustables, 8 oz.	2 ⁵⁹
Tyson Boneless, Skinless Tenderloins, 40 oz.	8 ⁹⁹
Tyson Chicken Wings, 4 lb.	11 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

Amano Kamaboko, 6 oz.	1 ⁹⁹
Broccoli Crowns, per lb.	2 ¹⁹
Cello Potatoes, 5 lb.	3 ⁶⁹
Oranges, per lb.	1 ⁶⁹

Non Foods

Angel Soft Bath Tissue, double rolls, 6 ct.	4 ⁸⁹
Dawn Dish Liquid, 24 oz.	3 ⁴⁹
Dixie Heavy Duty Plates, 45 ct.	2 ⁷⁹
Downy Fabric Softener, 64 oz.	3 ⁹⁹
Hefty Foam Plates, 8-7/8 in., 50 ct.	3 ¹⁹
Kingford Match Light Charcoal, 6.7 lb.	7 ⁴⁹
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

Heineken, 12 pk., bottles	13 ⁹⁹
Natural Beer, 24 pk., cans	16 ⁹⁹
Sierra Nevada, 12 pk., bottles	14 ⁷⁹
Steinlager, 12 pk., bottles	11 ⁹⁹
Guinness, 6 pk.	8 ²⁹
Becks, 12 pk., Bottles	12 ⁹⁹
Corona, 12 pk., bottles	14 ⁹⁹
Columbia Crest, 750 ml.	9 ⁹⁹
Folie Menage, 750 ml.	8 ⁹⁹
Mark West Wine, 750 ml.	9 ⁵⁹
Barefoot Wine, 750 ml.	2/9 ⁹⁹
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

Kohala Kai Public Access at Center of AC Meeting

By Lynda Wallach

Public access at the Kohala Kai subdivision was once again the focus of much of the October 14 meeting of the North Kohala Community Development Plan Action Committee (NKCDP AC). Keone McKillop of the Public Access subcommittee stated the Planning Department has not been keeping the AC informed about the Kohala Kai access plan. He summarized a letter that was approved by the AC at the last meeting and sent to the Department expressing the subcommittee's concerns regarding access at the subdivision: lack of adequate parking, the hazardous walk from the parking lot to the access trail, and that the Ala Loa Trail needs to be preserved, cannot be moved and needs to be connected to the trails on either side of the property.

A representative from South Kohala said her community was concerned that the proposed clubhouse at Kohala Kai would block access to the small cove, site of the old canoe landing, which is

the only access to the ocean.

Jojo Kanimoto, representing the South Kohala CDP AC, requested that the North Kohala AC ask the planning director to assure that access is provided to the numerous burial sites at Kohala Kai and Kohala Waterfront. She requested also that the AC pass a motion expressing its lack of support for the access plan, scheduled to be discussed at the November 5 County Council meeting which will be open to the public via teleconferencing at the old Bank of Hawaii building. AC chair John Winter explained that, because of the Sunshine Law, the AC cannot vote on such a motion since it is not on its current agenda. Members of the AC can testify at the council meeting as individuals as can any member of the community, but they cannot testify as members of the AC or even identify themselves as such.

McKillop brought up the difficulty of working with individual contractors to get copies of their access plans.

Winter suggested the subcommittee might benefit from a process by which they get access plans, which are public documents, from Planning rather than attempting to get them from each contractor.

Lucy Pasco, speaking from the audience, expressed her frustration that, even after all the time and energy that the community devoted to developing the NKCDP, contractors and Planning routinely bypass or ignore the AC when it comes to public access plans. Winter acknowledged her frustration and admitted that the ball was dropped by several groups regarding Kohala Kai but stated that this was the first time they had to deal with this issue and that they will be better prepared in the future.

The AC then approved a letter drafted by Susan Fischer of the Power, View Planes and Erosion Control subcommittee dealing with the rural infrastructure aspects of the Kohala Kai subdivision. The letter commends the developer for incorporating NKCDP rural infrastructure standards including native plantings, underground utilities and no street lights into its plans and urges the installation of sediment retention ponds which prevent the erosion of soil into the ocean.

The Public Access subcommittee is also working on access at Upolu East. Toni Withington explained that whereas Planning submitted the grant of easement for Kohala Kai to the County Council without consulting the AC, the subcommittee has asked the planning director to delay submitting the one for Upolu East until issues can be worked out between the subcommittee and the landowner. The subcommittee conducted a walk-thru of the area and has created a draft report which she suggested be put on next month's agenda.

Winter, representing the Water, Parks and Roads subcommittee, said they are finalizing the draft of a letter to the Department of Water Supply which addresses the liability and health issues related to the long spaghetti water lines that cross multiple properties. He also stated that all the owners of property along Pratt Road have been identified and the subcommittee will organize a meeting with all the owners and stakeholders to discuss using Pratt Road as an emergency by-pass road. The subcom-

mittee is drafting a letter to the mayor and the Department of Parks and Recreation requesting funding for repairs for the roof at Hisaoka gym which leaked so badly during Tropical Storm Flossie that the gym floor was flooded.

Collin Kaholo reported that, since the CDP specifies that new housing should be built near Kapa`au or Hawi towns, the Affordable Housing subcommittee is still looking for land that meets that criteria.

Frank Cipriani of the Agriculture subcommittee reported that a local farmer is interested in designating his farm as Important Agricultural Lands and is willing to be a test case for streamlining the process. Kohala High School is now offering classes in aquaculture; the program is a sponsored project of the North Kohala Community Resource Center and is soliciting funds. Cipriani is looking for people who are interested in the development of agriculture in Kohala to join the subcommittee.

Finally Winter read a draft letter to the planning director detailing the five high priority Capital Improvement Projects (CIP) selected by the AC. They are: a green waste facility, potable water at Kapa`a Park, potable water at Mahukona Park, electricity at Kapa`a, and improvements and repairs to Kohala recreational facilities including the Kamehameha Park gate ball pavilion and bandstand cover. Though repairs to the Hisaoka gym roof were included, it is unclear whether funds for that would need to come from the CIP budget. At Toni Withington's suggestion, an addition was made to the letter urging that the Council explore the feasibility of using solar to provide electricity at Kapa`a.

The AC is seeking volunteers to replace the four members whose terms have expired or are due to expire soon. It is crucial that the committee remain fully staffed, and members of the community who are interested in ensuring that the goals and priorities of the NKCDP are upheld by the county government are urged to apply. Applications are available online at hawaiicountycdp.info or call Rosalind Newlon at 323-4770.

The next meeting of the NKCDP AC will be Monday, November 25, at 5 p.m. Duane Kanuha, the new planning director, is scheduled to be at that meeting. The public is encouraged to attend.

KMS Robotics Team Off to a Powerful Start

Kohala Middle School VEX Robotics teams brought home the Big Island VEX Robotics Invitational Tournament's Energy Award, hosted by Waiakea High on October 12.

The Energy Award is given to the team that demonstrates enthusiasm, courtesy, and passion throughout the competition. The students were interviewed between matches, and the judges expressed that the students' comments and actions merit the recognition.

The next tournaments are November 9 at Kealekehe and November 30 in Kohala.

Contact program coordinator Fern White at 889-7117 for more information.



—photo by Fern White

Kohala Middle School VEX Robotics team, from left, Morgan Swan, Jada Hook, Joseph Pasco and Kaimi Hook, earned the Energy Award at the VEX tournament hosted by Waiakea High October 12.



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Save Money at the Pharmacy and Plant your Own Medicine

By Deborah Winter and Val Barnes

The Big Island's well-known herbalist and traditional cultural arts teacher Kai Kaholokai, of Kai Malino Wellness Center, presented the basics of growing medicine in your garden to about 40 people gathered at the Kohala Intergenerational Center on October 14.

Sharing his vast knowledge of la`au lapa`au (medicinal plants), Kai outlined key principles of using plants for healing. From the traditional Hawaiian perspective, disease is produced by imbalance between basic elements of nature manifested in the body/mind system: lewa (space), makani (air), ahi (fire), wai (water), and honua (earth). Plants can restore balance because they carry these elemental characteristics. By eating them, drinking them as herbal tea, or absorbing them through herbal poultices, oils, and salves, we can rebalance our bodies and minds. Kai let his students taste and smell various examples of

some of the most valuable and easiest-to-grow plants, including ginger, sugar cane, aloe vera, unripened banana, hot pepper, and lemon.

Kai stressed that plant medicine isn't just a matter of consuming something that's missing in the diet, however. Restoring balance also requires a change in one's mental and emotional state. So ho`o`olu`olu`kamana`o (to meditate, to be at peace) is also crucial for the healing process, as is ho`o`ponopono (to forgive, to make right). Carrying resentments, stress, guilt, fear, and anger is as toxic to human bodies as are germs and chemical deficiencies.

That's why before planting or harvesting medicinal plants, it's important to quiet the mind and ask permission. Humility and connection are crucial for successful healing, as well as for growing, harvesting, processing, and applying herbal medicines. Healing requires slowing down and realizing that knowing is not the same thing as not doing. Being still and quiet enough to learn from plants is a spiritual as well as a medical skill.

Even if we aren't trained shamans, however, Kai stressed several important principles that we can use as gardeners and homemakers. The first is that there is no such thing as a weed. A weed is a plant that you don't understand. We are fortunate that in Hawaii, we have no toxic plants, so chances are, if it's growing in your yard and you didn't plant

it, it's potential medicine. This is especially true for popolo and honohono grass, for example, which are commonly regarded as weeds, but supply antibacterial and anti-inflammatory properties to our diet. Just toss the washed leaves in a salad or boil them in soups, and you can eat your weeds and grow healthier.

Second, Hawai'i has lost more of its endemic plants than any place in the world. Of the plants that grow on the Hawaiian Islands, 90 percent have been



—photo by Deborah Winter
Kai Kaholokai explains herbal medicinal plants at the Kohala Intergenerational Center October 14 as part of Sustainable Kohala's free Sustainable Saturday series.

introduced in modern times. About six percent arrived in the Polynesian canoes, about three percent are indigenous to Polynesia, and only one percent are truly endemic to Hawai'i. Our flora are the most endangered in the world, due both to land development and invasive species. That doesn't mean that imported plants are bad—many are quite valuable medicinal plants, including aloe vera, olena (turmeric), and kukui nut. It does mean that we should try to safeguard our endemic plants so they don't become extinct. Some important ones that have medicinal value are ilima pua kea, and ko`oloa`ula.

Finally, planting your own medicine can save you a lot of money. Traditional peoples the world over know how to use herbs for healing; restoring and spreading this knowledge is a key to our future sustainability. Manufactured drugs are expensive and often have problematic side effects. Promoting health through herbal medicine is the old way, as well as the way to a sustainable future.

For more information about Kai Kaholokai and his approach to herbal medicine, see Kai's Blog: www.pili-lokahi-laau-lapaau.blogspot.com.

Kai's presentation was sponsored by Sustainable Kohala as part of the Sustainable Saturday series. Each second Saturday of the month a free workshop/talk story/presentation is offered. The last presentations in 2013 will be by

Travis Dodson "Unveiling North Kohala's Permanent Seed Bank, November 9, and Margaret Wille and Josh Green, M.D. "Sustainability Initiatives at the County and State Level" on December

14. Both will happen from 2 to 4 p.m. at the Kohala Intergenerational Center.

If you have suggestions for presenters you would like to learn from in 2014, please call Deborah Winter, 889-6901.

Images of North Kohala in Honolulu Exhibit

An exhibit by Jan Becket and Jesse Stephen of 61 images of sites in North Kohala is being displayed through December 28 at Pauahi Tower lobby in Honolulu. The exhibit includes many previously unrecorded in the mauka ranch country.

Becket has 50 images in the exhibit in black and white, taken (on film) with a 4X5 field camera. The images were made with the assistance of the University of Hawaii Anthropology Department summer field school in North Kohala.

Pauahi Tower is located at 1003 Bishop St. in Honolulu. Viewing hours are Monday through Friday, 8 a.m. to 7 p.m. and Saturday, 9 a.m. to 2 p.m.

KCAA to Sponsor Introductory Jiu-Jitsu Program

For the first time Brazilian jiu-jitsu training will be available free of charge to all Kohala youth ages 5 to 14. Jiu-jitsu promotes the concept that a smaller, weaker person can successfully defend against a bigger, stronger opponent by using leverage and proper technique. The sport also strives to promote physical fitness and build character in young people.

This introductory program will offer two weekly one-hour sessions from November 4 through December 20. No special clothing or equipment is necessary. It will be run under the auspices of the Robson Moura Nova Jiu-jitsu Association and local black-belt professor Kahana Cordeiro (345-2683).

Participants must register October 30 through November 8 at the New Life Academy next to the Hawi Post Office between the hours of 9 and 11:30 a.m. Monday through Friday or 4 to 6 p.m. Tuesday and Thursdays.

The Kohala Community Athletic Association is an all-volunteer organization dedicated to building a better Kohala through youth sports. For more info contact Tom at 345-0706.

Public Invited to All Saints Day Celebration at Sacred Heart Parish

All are welcome to join the Sacred Heart Parish for an All Saints Day Celebration on Friday, November 1, from 6 to 8:30 p.m. The celebration will begin with a blessing at the church and continue at Saint Damien Hall with a Saints costume parade, games, crafts, activities, refreshments, and of course bingo for everyone.

Come dressed as your favorite saint and participate in our costume parade with prizes for all age categories. Take the kids to the different game booths and enjoy our craft-making station. Heavy pupu and refreshments will be

provided by the parish. Don't forget to stick around for bingo. All ages are welcome to jump in on the fun and enjoy a good evening of fellowship.

For more information please see Deacon Tom and Evie Adams, Ellen Caitano or Maile Lincoln. You may also call the Parish office at 889-6436.

KMN Now Online

www.kohalamountainnews.com



Kohala Baptist Church

Located on Akoni Pule Hwy
across from Makapala Retreat

Sunday Services

'Come to Me, all you
who labor and are
heavy laden, and I
will give you rest.'
(Matthew 11:28)

9 am

Adult Bible Study/Kids on
Mission

10:15 am

Worship Service/Sunday
School

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www.kohalabaptist.net

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Weekday Mass: Tuesday - Friday at 7 am
Adoration: 1st Friday 6:30 - 7:30 pm
Rev. Robert Schwarzhaupt
Deacon Thomas Adams
Telephone 889-6436

St. Augustine's Episcopal Church
Kapa'au, North Kohala • 808-889-5390
Sunday Services:
7:00 a.m. and 9:00 a.m. - Holy Communion
Children's Sunday School & Fellowship Brunch
6:00 p.m. - Holy Communion
Thrift Shop Hours:
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Free Community Meal:
4th Saturday of each month: 11:00 - 12:30
www.staugustinesbigisland.episcopalhawaii.org

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4th Annual Kohala `Aina Festival and Fundraiser Planned

The Hawaii Institute of Pacific Agriculture, more commonly known as HIP Agriculture, is a nonprofit farm and educational institute made up of young, activated farmers. HIP Agriculture is a growing community that cultivates a diverse collection of Polynesian crops and operates an educational site offering sustainable agriculture courses, garden-based youth programs, community workshops and events.

HIP Agriculture is hosting their 4th Annual Kohala `Aina Festival and Fundraiser on Saturday, November 16, from 1 to 7 pm. at `Iole in Kapa`au.

"Kohala `Aina is all about celebrating the fall harvest with community, a time to come together during Makahiki season and really give thanks to the land that provides so much for us. We hope that people take advantage of the agricultural experts and workshops at the event and become inspired to plant their own gardens," says Dashiell Kuhr, director of HIP Agriculture.

This year's event features a full lineup of artists and entertainment, with a headlining performance by Nahko and Medicine for the People. The festival opens with a dance and blessing by Halau Hula Kukui Aloha O Kohala, and also features Kohala's own reggae band, My Delinquent Friend, 11:11, Bub n`da Smack Dab and Tiana Malone Jennings. The HICCUP Circus will be in attendance providing free juggling lessons and face painting as well as performing. Throughout the day there will be agricultural workshops focusing on Polynesian crops such as taro, sugarcane, bananas, and `awa, and Kai Kaholokai will speak about Hawaiian plants and medicines.

New this year, local businesses and

projects are able to have booths at the festival. Aikane Nursery will be in attendance selling plants as well as other eco-conscious businesses.

"We really wanted to get the local community involved even more this year. We plan to have several booths by local businesses as well as environ-

mental and sustainable groups in attendance to share their work with the community," said Erika Kuhr.

HIP Agriculture is excited to offer a 100 percent local organic curry highlighting taro and breadfruit in lieu of rice. Guests can stay hydrated with coconuts, sugarcane juice, iced chai, and herbal tea, all at the Niulani Juice Bar. Sol Kitchen, regularly serving delicious Puerto Rican-inspired dishes at Hawi Farmers Market, will be serving

their fresh organic food at the festival. To get to the festival, take Akoni Pule Highway east past Kapa`au and turn right on `Iole Road. Look for signs for the event and parking. Tickets are \$25, kids 12 and under free. Proceeds go toward agricultural programs for Kohala youth.

This year, the festival kicks off the start of HIP Ag's fundraising campaign to raise \$25,000 by February 2014 to jumpstart HIP Ag's new youth education programs, Plant It Permaculture. Plant It Permaculture will bring students from elementary, middle, and high school to HIP Ag's educational farm at `Iole for experiential learning opportunities. The three components of Plant It Permaculture include: farm field trips for elementary school students, a fun filled camp-out at the farm for middle school students, and mentoring and in-depth projects for high school students.

The capstone of Plant It Permaculture is an opportunity for high school graduates to earn their Permaculture Design Certificates through HIP Ag.

For more information on HIP Ag programs and a full lineup of events, visit www.hipagriculture.org or see them on Facebook. To be a part of the Kohala `Aina Festival, contact Ally Tinnin at hipagriculture@gmail.com or 889-6316.

HIP Ag is a sponsored project of North Kohala Community Resource Center.

Those wanting to support HIP Ag may make tax-deductible donations payable



A HIP Ag intern teaches how to make a healing poultice.

to NKRC, marked for HIP Ag, and sent to PO Box 519, Hawi, HI 96719.



—photos courtesy of HIP Ag
Chris Carter shows how to care for and propagate bananas.

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

October 15, 1913 - The present drought is the most serious Kohala has known for many years. The Kohala Ditch carries less water than it has since it was started in 1906, being reduced to less than nine million gallons a day, and plantations depending on this water are naturally seriously affected. People in Kohala with any tendency to rheumatics have suffered considerably of late and have, at various times, predicted heavy rains within a few hours. But all signs fail during dry weather.

October 29, 1913 - The Honomakau school is now dismissed by two's, and the children march home in single file, to minimize the danger from autos, which is at its maximum in that end of the district.

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

October 11, 1963 - To Mr. and Mrs. Elmer Lim of Puuhue, a daughter, Lorna, weighing 8 pounds, 6 ounces, arrived on October 4. Mr. Lim is employed at Parker Ranch.

The George Riveras of Union Mill welcomed their second daughter, Deidre Leiala, on October 4. Deidre weighed 6

pounds, 1 ounce. George is an overhead irrigator.

October 25, 1963 - The committee for Community Health and Welfare of the Kohala Community Association hopes to control Halloween night pranks by children and adults this year. Many complaints have been lodged by residents of the district to the association. The committee is asking the cooperation of the adults in that they accompany children when visiting houses for trick or treat on October 31.

35 Years Ago - from Kamehameha Times

October 13, 1978 - On Saturday, October 28, the Kalaniopu`u Court will be in Kohala. At 9:30 a.m. the Kohala Moku Court will meet the Kona Court at the Lapakahi junction. The Ho`okupu will be presented to the Kona Court. Two numbers of Hula Kahiko will be performed. The rest of the entertainment will take place at Kamehameha Park gym. Hale Hula O Meleana and Tita Solomon's Halau Hula will participate, also John Keawe and friends. Admission is free. Come to see the first of its kind in Kohala.

October 27, 1978 - Congratulations to Mrs. Sarah Pule, chosen Kohala's Outstanding Person at the recently held Appreciation Day Fair. Mrs. Pule has been honored for the countless hours of volunteer work she has done for the community.

Book Club Meets Third Tuesday of Each Month

For its November discussion group, the Whole Life Book Club will focus on *My Stroke of Insight* by Jill Bolte Taylor, PhD. The group will meet at the North Kohala Public Library at 11 a.m. on November 19. New members welcome!

Sign Up Now for Youth Basketball Clinic

A basketball clinic for boy and girls ages 7 to 14 years will be offered Saturday, December 7, at Kamehameha Park gymnasium. This clinic is an opportunity for participants to increase their basketball skills and sports etiquette.

Cost for the clinic is \$30, which includes a T-shirt and Fig's plate lunch. Enrollment is limited to the first 100 paid participants; pick up and drop off completed registration forms at Takata Store along with \$30 fee by Friday, November 15. Kohala students should receive flyers in Tuesday envelopes at the elementary and middle schools.

Coach attendees will include Leo Agbayani, Duncan Anderson, Paul Antonio, Ryan Bautista, Reeve Cazimero, Kalei Emeliano, Keone Emeliano, Brad Estabilio, Jacob Hook, Lawrence Kauka, Kekai Nakamura and Chai Wilson. A coaches' luncheon will be offered with guest speakers Kimo Alameida, Bill O'Rear and Jimmy Yagi.

Check in begins at 8:30 a.m. with the clinic from 9 a.m. to 5 p.m.

Clinic support is provided by KCAA, K. Takata Store and the Hawaii Community Federal Credit Union. For more information, contact Chai Wilson at 987-8655.

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Growing Healthy Kids in the Garden

By Megan Solís

"I like to run and play outside all day, and I like to feel just great. So at dinner-time I like to help myself, to vegetables on my plate. Oh, broccoli is good for me, it's full of vitamins A and C, it's big and green and looks like a tree, oh broccoli gives me energy..."

The song by Patience Clements wafts over the airwaves during the morning broadcast at Kohala Elementary School, sung by Jane Lee, who accompanies herself on the ukulele. Music is just one of the ways this FoodCorps service member reaches out to children to teach them the benefits of good nutrition.

Ms. Lee began working with the children at Kohala Elementary this September. The school's Discovery Garden has been without a garden coordinator for more than a year, and she hopes to help fill that void. Her focus is not just on how to grow food in the garden, but nutrition education as a whole.

"The main idea is to connect kids to real, healthy food," she explained. "My mission is to promote sustainability within the program and find ways to keep the program going and make it easier for teachers to use the garden as part of their curriculum."

Ms. Lee grew up in Korean household where she ate wholesome food and didn't realize just how lucky she was until she read *Fast Food Nation*, which describes in great detail the problems with our food systems. In college she began to teach about nutrition and eating well on a budget, but it was just over a year ago that she followed her sister to Kohala to live and work on a farm. She found the lifestyle benefited her body, mind and spirit, and she was especially drawn to North Kohala's sustainability initiative of producing 50 percent of the food it consumes.

"How can I be a part of this?" she asked herself. "I've always been an education advocate. I want to reach out in the community and schools. I found FoodCorps online and was inspired. I felt such a connection to the community that I didn't want to serve anywhere else."

FoodCorps is part of the AmeriCorps

Service Network with a mission to connect kids to real food and help them grow up healthy. They place motivated leaders in limited-resource communities for a year of public service implementing a "three-ingredient recipe" for healthy kids: Teach kids about what healthy food is and where it comes from; build and tend school gardens; bring high-quality local food into public school cafeterias. FoodCorps service members are paid a stipend through public and private funds.



—photo courtesy of FoodCorps Jane Lee

Ms. Lee explained that because of Hawai'i's laws, she can't incorporate their garden's foods into the school lunch program, but she gives the children opportunities to try fresh fruits and vegetables outside of lunch time. During nutrition and garden classes, she gives a taste test of produce by local farmers.

"I get them to try new fruits and vegetables plus ones they are familiar with," she said.

She is at the school every day, teaching three classes each day from kindergarten to grade 5. Kindergarteners meet with her monthly, and grades 1 through 5 have weekly sessions. Every child gets garden time.

She starts the gardening class by saying an 'oli [chant] with the children to ask permission to enter the garden, establishing it as a special place, not a playground. They talk about garden agreements, safety, and pono behavior, then have a 10 to 15 minute lesson on a gardening topic such as composting or worms, and finally dig into actual garden tasks, such as weeding or harvesting. Right now the garden is freshly tilled and empty.

"We want to have a plan for each class so each area has a design and purpose, creating a sustainable plan," she explained.

She sees the garden as a central jumping off point for almost anything—music and movement, health, PE, science, social studies, writing, telling stories, sequencing, charting, graphing, and observation.

"It ties into a lot of the STEM curriculum. Right now we are planning out

our garden plots, so I realized I need to teach the third graders about calculating area," she said.

For fourth graders, the garden ties into their Hawaiian studies curriculum.

Ms. Lee says she is looking for local Hawaiian gardening practitioners to supplement her teaching and come in as guest teachers.

The garden also hosts monthly work days on the fourth Saturday of each month, beginning at 9 a.m. After a 90-minute work session, participants have the opportunity to learn from a guest speaker, followed by a potluck lunch. She encourages families to contact her with their ideas about what they'd like to learn.

"I would like to have more of the students' families come to the garden workshops, because when the kids take

the [plant] starts home, it's helpful if the family is supportive and knows what to do about it. It's important to be on the same page with families," she explained.

Volunteers are always welcome (no need to have a child in the school) and the garden can always use recyclables like big plastic tubs, newspapers, mason jars as well as farming implements, machinery and services.

An immediate need is direct access to water for the garden. This would entail borrowing a trench machine and volunteer operator, the donation of pipes, community volunteers to lay the pipes, and a volunteer irrigation specialist to direct the volunteers.

Want to help? Contact Ms. Lee at lee@foodcorps.org, or call the school at 889-7100 and leave her a message.

Future Boys (and Girls) of Summer Get a Jumpstart

Story and photo by Jesús Solís

As the veteran major leaguers finish up their playoff season, the youngest

crop of future ballplayers

are just getting their start with Kohala's T-ball for Tots program. Now in its sixth year, T-ball for Tots is the time for children ages 3 to 5 years old to get an introduction to the basics of T-ball before the regular season begins. Keiki get an introduction to stretching and conditioning drills and learn the fundamentals of hitting, fielding and running bases.

Under the guidance of "coach" Aunty Renee Gonsalves, children meet every Friday at Veterans Field at Kamehameha Park for the month of October while parents and grandparents watch and cheer on their little athletes. Volunteers

Jenn and Jurnee Keawe, Bohdi Amar, and Stan, Kylie and Mycah Gonsalves (as well as many parents and grandparents) keep the kids on task, telling them when to run the bases (instead of chasing the ball) and which base to run to first.

Noah Perez-Wallmen's mom said she likes the program because they teach the kids everything to play some ball.

Noah's dad is an athlete, and maybe her son will be too.

Three-year-old Raysyn Godoy's mom said this is the first time for him to play. She wants him to get used to the game and mingle with other children his own age.

For Cullen Hook, also three, it's a chance to play baseball like his big brothers do.

Mele Cazimero's dad said his daughter is in the clinic because he wants to get her started young, like her grandfather Randy Cazimero.

The month-long program, sponsored by KCAA and Parks and Rec, culminates with an awards ceremony when keiki are presented with a certificate of participation, a medallion, and a goody bag for Halloween.



Mele Cazimero is all concentration as she remembers to keep her eye on the ball. Grandpa Randy is so proud!

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THE COQUI CORNER

COMMUNITY MEETING

Thursday, November 7 • 6:00 P.M.
High School Cafeteria

The Kohala Coqui Coalition is sponsoring a community meeting to discuss future plans for the Coalition. Those interested in supporting the Coalition are invited to attend.

Mahalo for your generous donations at the Kohala Country Fair. A total of \$334 was collected.

Keep Kohala Coqui Free!
Report All Coquis to the Coqui Hotline!
Coqui Hotline: 889-5775

Credit Union's Market Day a Big Success



—photo by Lakme Nishie

The credit union really did become a market place on October 18, full of fruits, vegetables and homemade goodies to delight all.

HCFCU's way to mark International Credit Union Day. Market Days are held at each of its branches.

Lakme Nishie, Kohala branch manager, reported, "The turnout was good and we had a long but successful day for the charity. The employees worked hard. Thanks to all for your support."

HCFCU is a not-for-profit credit union and is the only financial institution with a branch in North Kohala. It is wholly owned by its more than 40,000 member/owners and the financial institution has branches in Honoka'a, Kailua-Kona, Kaloko, Kealahou and Kohala.

Hawaii Community Federal Credit Union's Kohala branch held its popular Market Day on Friday, October 18. A good crowd came to snatch up coveted home-baked goodies made by employees and members as well as fresh fruits and vegetables, crafts and rummage sale items. There was also a silent auction with donated tools, jewelry, ATV tours, fluming, zipline, facials, Dr. Ellison treatments, golf, and much more. Proceeds from this year's event benefit the West Hawaii Community Health Center.

In addition to complete checking and savings services, the Credit Union offers credit cards, auto, mortgage, construction, small business, educational and personal loans; investment services; money-saving programs and more. It sponsors a Student Credit Union at Kohala High School and a Children's Savings Project at Kohala Elementary School and supports numerous Island of Hawai'i programs and events. Membership in Hawaii Community Federal Credit Union is open to all island residents. For information: www.hicom-mfcu.com.

The annual fundraising event is

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GROWING NORTH KOHALA'S LOCAL FOOD SYSTEM

CANDLES AND CANNING FOR THE HOLIDAYS

Saturday, November 2, 2013 9:00 am-4:00 pm

The Hive at Hō'ea Farms

Registration REQUIRED. Workshops are free, \$15 material fee for candle making.

Join us as we welcome in the handcrafted holiday season! Learn how to process and preserve your local harvest and use a local byproduct (beeswax) to make candles.

Each workshop participant will make and take home jars of local preserves and molded beeswax candles!

- Participants need to bring local fruit for canning and/or small milk cartons, and old nylon stockings or t-shirt material (to filter wax) for candle making.
- Canning jars, local beeswax and candle-making supplies provided.
- Local foods potluck dish for lunch.

Class size is limited. Register at foodhubkohala.org or call Karla at 808-224-1404

Debbie Choo is the owner of Kohala's Finest LLC which makes and sells jams, jellies, butters, salad dressings and sauces from local ingredients.

Andrea Dean is the Project Director of North Kohala Eat Locally Grown and makes beeswax candles as a hobby each holiday season.

The North Kohala Eat Locally Grown Campaign is a project of the North Kohala Community Resource Center and is funded by the County of Hawai'i County Council.

KOHALA CALENDAR

November

- 1 Fri 10 am, Preschool Story Time series, ages 2-5, every Fri, North Kohala library, 889-6655.
- 1 Fri 6-8:30 pm, All Saints Day Celebration, games, costume contest, food, music, all welcome, free, Sacred Heart Parish, 889-6436.
- 2 Sat 8:30 am, "Walking in the Wild" guided silent walks w/ Gavin Harrison, at `Iole, by donation, sign up by 8:30, call `Iole at 889-5151.
- 3 Sun 10:30 am, Metaphysical Church "Ancient Atlantis, Clarion & You," Kohala Yoga, 54-3877 Akoni Pule Hwy, Rev. Lee, 889-5505.
- 3 Sun 11 am-2 pm, Live music, Babylon, Kohala Coffee Mill.
- 4 Mon 11:15 am, County Council videoconferencing opening ceremony, former Bank of Hawaii bldg., public welcome.
- 4 Mon 6:30 pm, Talk story about soil w/ NRCS soil scientists, free, North Kohala library, 889-6655.
- 4 Mon 7 pm, Al-Anon mtg., every Monday, lower level, Walker Hall, St. Augustine's, Laura, 884-5833.
- 5 Tue 9-10 am, Zumba Fitness, every Tue/Thur, free, KIC, Vi, 889-6394.
- 5 Tue 10 am, Soil workshop w/ NRCS soil scientists, free, `Iole, 443-6048.
- 5 Tue 5 pm, CDP Parks, Water & Roads Subcmte, public welcome, KIC picnic area, andi@hawaii.rr.com.
- 6 Wed 4:30-6:30 pm, CDP Public Access Subcmte. Mtg., Senior Center, Ted, 889-5801.
- 6 Wed 10 am, Storyteller Ben Moffat, "Mr. Spelunker's Adventure," free, North Kohala library, 889-6655.
- 7 Thu 6-9 pm, Green Drinks Hawi, Kava Kafe, organic networking & pupus, Forrest, 987-2365.
- 9 Sat 8:30 am-12:30 pm, `Iole Volunteer Day, trail clean-up & mahalo lunch, 53-496 `Iole Rd, Kerry, 889-5151.
- 9 Sat 9 am-1 pm, Kalahikiola Church bazaar, Susan, 895-3000.
- 9 Sat 12 pm, Gentle World vegan event, information, luncheon, free, 884-5551 for directions & reservations.
- 9 Sat 2-4 pm, Sustainable Saturday series: Seed bank workshop w/ Travis Dodson, free, KIC, Deborah, 889-6901.
- 10 Sun 11 am-2 pm, Live music, Kevin Cochran, Kohala Coffee Mill.
- 11 Mon 11 am, Veterans Day ceremony, public welcome, Hisaoka Gym, Collin, 889-6726.
- 11 Mon 5-6:30 pm, CDP Action Cmte. Public Mtg., Senior Center, Kapa`au.
- 12 Tue 11 am, Adult book discussion group, "Blue Latitudes," North Kohala library, 889-6655.
- 13 Wed 8 am, No. Kohala Merchants Association Mtg., Resource Center, public invited, Richard, 889-1112.
- 13 Wed 10 am, Homeschool Wednesday, ages 6-12, North Kohala library, 889-6655.
- 13 Wed 3-5 pm, Poetry group meets for sharing & creating poems, all ages, public invited, Keokea Park, Joshua, 895-8693.
- 13 Wed 5-6:15 pm, CDP Power, Viewplanes & Erosion Control subcmte. mtg, public welcome, Senior Ctr, Susan, 882-7611.
- 16 Sat 9 am-1 pm, Treasures Helping-Hand Store, Assembly of God, Hawi Rd., free meal: 10 am-1 pm, 889-5177.
- 16 Sat 1-7:30 pm, 4th annual Kohala `Aina Festival, HIP Ag fundraiser for youth programs, ag workshops, music, local food, \$25, under 12 yrs free, at `Iole, 889-6316.
- 16 Sat 4:30-6:30 pm, Free Grindz--Hot Meal, under the Hawi Banyans, bring a friend, Kohala Baptist Church, Sondra, 889-5416.
- 17 Sun 10:30 am, Metaphysical Church "Gracious Gratitude," Kohala Yoga, 54-3877 Akoni Pule Hwy, Rev. Lee, 889-5505.
- 17 Sun 11 am-2 pm, Live music, Pau Hana Pickers, Kohala Coffee Mill.
- 19 Tue 11 am, The Whole Life Book Club discussion of "Change We Must," North Kohala library, 889-6655.
- 20 Wed 10 am, Homeschool Wednesday, ages 6-12, North Kohala library, 889-6655.
- 20 Wed 4:30 pm, KMS SCC mtg., library, parents & community welcome, 889-7119.
- 21 Thu 1:30-2:30 pm, Kohala Hospital Auxiliary Mtg., Hospital Pavilion, new members welcome, Dixie, 889-5730.
- 23 Sat 9 am, KES Discovery Garden volunteer work day, guest speaker, followed by potluck, 889-7100.
- 23 Sat 11 am-12:30 pm, Free Community Meal, St. Augustine's Walker Hall, Thrift Store open 10 am-12:30 pm.
- 24 Sun 11 am-2 pm, Live music, Mikey Hooser, Kohala Coffee Mill.
- 25 Mon 6:30 pm, Talk story w/ Boyd Bond on "Makahiki," North Kohala library, 889-6655.
- 30 Sat 8:30 am, "Walking in the Wild" guided silent walks w/ Gavin Harrison, at `Iole, by donation, 889-5151.
- 30 Sat 9 am-4 pm, Big Island League VEX Robotics Championship, KHS gym, free admission, Fern, 889-7117.
- 30 Sat 9 am-2 pm, KHS annual Holiday Craft Fair, homemade goodies, crafts, school cafeteria, Teresa, 889-7117.
- 30 Sat 12-7 pm, Celebrate Small Business Saturday, shop local, block party, downtown Hawi & Kapa`au.

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

Kole, continued from page 1

down through the streams anymore, thereby cutting off the nutrients to the shoreline fishes. Then she asked, "What happened to the water?"

Samson mentioned that the ulua would travel upstream looking for freshwater o'opu to feed upon. Jeffrey Coakley noted that the moi, amaama and aholehole would travel up the streams to feed upon the limu ele'ele (brackish water seaweed).

This led the old-time limu gatherers to talk about how the limu kohu, in order to be healthy, would need some fresh water, either from the rain or from the flowing streams.

Kohala was known for its limu kohu. Now it is a rare find. Someone pointed out that there are a lot of turtles since the turtle (killing) ban decades ago, and they could be over-grazing the limu, which other fish feed on.

Terrence Tohara, who lived in Mahukona, described the flash flood in 1960 which turned the bay brown with silt that lasted two years. "All the good-eating fish were gone, and when I go to Mahukona today, I only see aquarium fish...sad."

Jeff Coakley talked about the 2006 earthquake and how it impacted "Bombing Range." The area was known to have all kinds of fish in abundance: uhu, nenu, mempachi, aweoweo, moi, mu, kumu, nenu... all kinds! The place was nearly inaccessible, as one had to walk or swim a long distance. After the earthquake, that entire area was cov-

ered with silt, and the fish were gone. "I dove there in 2012, six years later, and the place was a ghost town," he said.

Sidney Lyons mentioned that with today's social media, she finds young divers posting pictures on Facebook, boasting about how many fishes they caught. This promotes an online fishing tournament, where they try to out-do each other. The purpose for fishing has shifted from feeding the family to feeding the ego.

Daniel Coakley pointed out that it was difficult to spear a green male uhu, but with the technological advancement of the spear equipment from the Hawaiian sling (ko-tang) to high powered spear guns, shooting a green uhu is a relatively simple matter as you can shoot them from 20 feet away.

According to Jeff, this is a significant factor in the reduction of the uhu population. The uhu are hermaphrodites. In uhu schools, the green uhu is the male, and usually there is only one male. If there is a threat, the male is the first one out there to distract the diver and protect the female school. Usually the males are very smart, as they seem to know how far to stay

away from the diver with the Hawaiian spear, the three-prong and the old spear gun. But as the spear guns become more powerful, the uhu has less time to



Jeffrey Coakley and the audience laugh as master diver Samson Cazimero tells how he tricked a shark to escape its jaws.

adjust to a safe distance. When the male dies, then one of the mature females turns into a male to continue the reproduction process. However, as the school is left unprotected, mature females are also speared, and the younger uhu lead the schools. These sexually immature fish produce fewer eggs, thereby reducing the uhu population.

Lucy Pasco remembered her mother telling her how to pick limu kohu (don't pull the roots), when to fish and to take only what was needed for their family and certain neighbors who shared what they grew or made. The value of sharing with one another was a typical Kohala lifestyle, which helped balance the resources.

It was recognized that the old-timers' mothers or fathers taught the values of sharing, taking only what was needed, and how and when to fish or pick opihi and limu. After the meeting, one youth stated that parents of today no longer teach their children about conservation because many of today's parents hardly fish and they shop in bulk at Costco.

Ka'upulehu Marine Conservation Committee also came out to present their studies and plans for restoration in their area. It was noted that each community is different and each should seek their own path.

Maika'i Kamakani O Kohala Inc. thanks all those who came out and participated. Mahalo especially to Ka Hana No'eau for their support and for the use of the Intergenerational Center. For updates on MKOKI's restoration plan, visit their website at www.mkoki.org.

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