

Kohala Mountain News

Vol. 12, No. 11

November 23, 2013

Women Paddle from Maui to the Big Island



—photo by Jane Sibbett

Nineteen determined wahine gave it their all and paddled across the Alenuihaha Channel, from Hana to Mahukona, on October 26. See the full story and photos on pages 9 and 10.

Public Testimony on GMO Bill Heard

By Lisa Andrews and Maureen Combes
The day after the blessing of the new North Kohala videoconferencing site, a special meeting of the County Council met to continue public testimony on Bill 113, Draft 3, which would restrict cultivation of genetically modified organisms (GMOs) in Hawai'i County.

Citizens from across the island weighed in on the issue, with 47 people from North Kohala signing up to give their personal testimony. The bill addresses matters important to many, and passionate pleas were heard from both sides of argument.

Bill 113 passed its first Council vote (6-2) at its first reading on October 15; the November 5 meeting was its second reading. The bill, authored by Margaret Wille, calls for prohibit-

ing open air cultivation of any new GMO crops. GMO papayas and other currently cultivated GMO crops would be grandfathered in and allowed to continue being grown, provided the crops are registered within 90 days of the legislation's passage. The bill essentially maintains the status quo on GMO crops.

The full Council, seated in Hilo, heard public testimony from five sites around the island. Approximately 80 people from around the island testified that day, 23 of whom were from North Kohala and in support of Bill 113. Because of the great number of citizens wanting to express their opinions, and despite carrying the meeting on until 6:30 pm, public com-

ments could not be completed (including those of 24 Kohala residents), and testimony continued at another special meeting held November 19.

Islandwide, 70 people testified in support of the bill, and 12 testified to oppose it; over 2,000 email testimonies were tallied, with six opposing the bill.

Thoughts of those testifying in support of the bill will be published in a future issue. *See GMO, page 2*



—photo by Maureen Combes

Members of the community attend the first County Council meeting available via videoconferencing in Kohala.

Traditional Hawaiian Blessing of High-Tech Public Communication

Kohala celebrates rural living, with verdant hillsides and spectacular views of the azure Pacific all around. But underneath the greenery runs a river of high-tech infrastructure helping to sustain the rural lifestyle. On November 4 North Kohala welcomed a new electronic tool for use in keeping that rural lifestyle alive.

For many years, Kohala residents wishing to be heard at County Council meetings needed significant time and reliable transportation to attend meetings in the councilperson's office in Waimea, the closest virtual meeting site. Travel created an obstacle that many could not overcome; therefore interaction with the Council was limited to written testimony and watching recorded meetings on public access television Channel 55.

The creation of the new videoconferencing site, located in the old Bank of Hawaii building in Kapa'au, allows citizens of North Kohala the opportunity to conveniently attend County Council meetings via live video feed. No travel to Waimea is required.

Members of the community celebrated the new era in Kohala's ability to have a voice at the county level with a blessing of the site and of our local councilperson, Margaret Wille.

Kahu (minister) Kealoha Sugiyama performed a beautiful Hawaiian blessing ceremony, bringing in diverse ele-

ments of the land and sea to signify the community's intention for this site. Water in a glass bowl showed dialogue on issues at hand flowing smoothly and transparently between all voices. A rock and a shell together in the water represented the *keiki o ka aina*, the people of Kohala, in flowing dialogue with the shell, the ears of council members—showing the council members hearing Kohala's voices. Salt sprinkled in the bowl by Margaret Wille illustrated purification, that all voices coming from the bowl are *pono* (just, virtuous).

Kealoha sprinkled this symbolic water on Wille with a ti leaf to bless her words, protect her from any negative energy in council meetings, and give her strength against any opposition.

Wille commented, "The opening of this videoconferencing site makes government reasonably accessible to the people of Kohala. Our conversations with the government and others around the island direct the future of the island. I see North Kohala as a leader with regard to home rule."

Grateful citizens lingered to talk story and enjoy pupus, celebrating high-tech in the way many island residents love best: Hawaiian style.



—photo by Lisa Andrews

Councilwoman Margaret Wille, her assistant Dave Hirt, and Kealoha Sugiyama at the Blessing of the new North Kohala videoconferencing site.

Access Group Defends Shoreline Users' Role in Coastal Trail Planning

By Toni Withington

The Community Access Group took county officials to task this month for not including traditional users of coastal access into account when signing public access agreements with land owners. Plans for public access trails at Kohala Kai and Upolu East were well along to approval before Kohala residents stepped in to make their voices heard. Both are popular fishing and recreational areas. The outcome is still pending.

Accusations that county planners did not follow the intent of the North Kohala Community Development Plan came to public light at a County Council meeting in August. They were repeated in detail at a monthly meeting of the access group on November 6. Residents pointed out problems within both subdivision Public Access plans and demanded better communications in future public access locations.

"Let's get these issues solved and

start working on better communications between Kohala and the county," said access group chairperson Ted Matsuda. Larry Brown of the Planning Department said his office will work out a way to keep Kohala better posted on access issues before the county. Duane Kanuha, new director of the department, was also present with a county attorney and three other planners. He made no comment.

"How is it you can ignore the voices of us, who have used these places for generations," said access group member Harry Ching to the planners. "We are part of this land. You can't sit in Hilo and decide what to do to our fishing places."

Kohala Kai

Left unresolved at the meeting was the issue raised by the access group and several other organizations about problems with a public access agreement the department and mayor had already signed with Kohala Kai LLC of

See Shoreline, page 2

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port of Bill 113 include:

In support of Bill 113, Dashiell Kuhr, organic farmer and executive director of Hawai'i Institute of Pacific Agriculture stated, "We run an ag institute, (we're) educating the next generation of young (organic) farmers (which is) the fastest growing group of farmers in the country. (We) grow hundreds of varieties of crops. This bill will protect that biodiversity which (by definition) is our food security on this island. Let's position ourselves to be a global supplier of organic food and products."

Toni Withington, organic gardener concurred, commenting, "If you listen to what our medical profession is telling us, what our health care people are telling us, what they are teaching in schools these days (the consistent message is) 'eat local, eat natural and when possible, eat organic.' (Organic farming is the) future of ag—organic, local and healthy. The label that goes with the food produced on this island will be far greater appreciated because it is local, it's not GMO, and it's not filled with pesticides."

Opposing Bill 113, Kelly Greenwell, a

candidate in the last election for County Council District 9, rebuts, "It would be nice to preserve the natural, but the reality is, the natural is long past and we are beyond bringing it back. I oppose this bill because it delivers the message that our focus is entirely upon ourselves and, as such, contrary to our native culture in which 'ohana characteristically displays outreach."

Echoing those sentiments, Scott Enright, deputy director of Hawai'i Department of Agriculture, reading a passage from the "Statement from the Department of Agriculture on Bill 113" said, "Today, Big Island Dairy (O'okala) utilizes biotech corn seed that is planted, harvested and fed to dairy cows, reducing their cost of feed and making the operation more economically viable. It is the high cost of imported feed that played a major role in the demise of the dairies in the state and is threatening our other industries for hogs, poultry and eggs."

If Bill 113 passes the County Council's second reading it will be forwarded to Mayor Kenoi for signature. After receiving the Bill he has 10 days to decide whether to sign it into law.

Kohala Library Celebrates Three-Year Anniversary

Janet Lam, branch library manager, smiles at the entrance of the North Kohala Public Library, which has been open since November 2010. In October 2010 over 2,000 people formed



—photo by Maureen Combes

a human chain—a huki puke—lining Akoni Pule Highway from the old Bond Memorial Public Library and passed books hand-to-hand to their new home. The library earned LEED certification in 2011 due to design features such as wind and photovoltaic energy systems, water catchment and retention, and design elements to maximize ambient lighting and ventilation.

Shoreline, continued from page 1

Las Vegas, the owner of land being subdivided along the coast makai of Kohala Estates. The county and owner did not share with the access group or users of the coastal land in North and South Kohala written details of the plan before sending it to the County Council in August for an expected automatic approval.

Council members Margaret Wille and Karen Eoff notified the access group about the details, including setting the trail along the rocky shore rather than on the existing jeep road. Several people at the meeting and the CDP Action Committee claim the existing jeep road, formerly known as the Kawaihae to Mahukona road, is the Ala Loa, the ancient trail around the island. Four people brought the problems to the Council, which deferred a vote on accepting the plan to its Finance Committee meeting on December 3.

Meanwhile testimony challenging the access plan poured into the county from residents of Kawaihae and Kailapa Community Association on Hawaiian Homes Land. North Kohala CDP Action Committee, Jojo Tanimoto of the South Kohala CDP Action Committee and E Mau Na Ala Hele, the trail organization, also submitted challenges to the plan. Most of it is centered on the location of the trail away from the historic Ala Loa,

but problems were also raised about the proposed mauka-makai trail to the shore. These included location and size of the public parking and the requirement that the public walk alongside traffic on Akoni Pule Highway to get to a trailhead leading downhill to the ocean along the subdivision's north boundary.

The North Kohala CDP calls for public access shoreline trails to be along



—photo courtesy of Tony Withington

Upolu East, near the airport, is one of the sites in contention between the county and the Kohala community access group.

the Ala Loa or traditional fishing trails where possible, as well as vehicular mauka-makai access to the shore.

Brown said some provisions of the access trail were part of decisions made in an earlier subdivision of the land in 2001, before the NKCDP was adopted. But that access plan was never submitted to the county. A later application in 2006 for further subdivision has not received final approval, pending the council adoption of the access plan. The trail location approved by then-Plan-

ning Director BJ Leithead-Todd last June was constructed by the owner before the plan was first submitted in May of this year. Inspection of the trail by the county was made without participation of North Kohala or Kawaihae residents.

Charlie Anderson, representative of the owner EWM LLC, has attended meetings of the access group seeking its approval of the plan for two years. However, details of the plan were not given to the group by the owner or county until August, when it went before the County Council.

Kohala Kai owner Ernest W. Moody has contributed financially to many Kohala and Big Island projects. But he is caught between an angry public, like those who spoke passionately at the access meeting, and the County, which seems to have ignored the provisions of the NKCDP and left the access group out of the loop. Construction is almost complete on extensive rock walls and landscaping of the two entries to the Kohala Kai subdivision of 11 lots.

Many access group members and County attorney William Brillhante called for a compromise solution to the differences. But Brown told the audience the owner had notified the County that he is not willing to change the provisions of the agreement before the Council. "We have followed all the rules and conditions set up by the County," said Anderson.

Upolu East

While general provisions of the Upolu East public access plan were discussed at several Community Access Group meetings, details of the two trails—mauka-makai and shoreline—were not shared with the community until a final form

was ready to be signed by the planning director and mayor. The coastal lots, totaling 132 acres, abut the end of the Upolu Airport runway on the Hawi town side.

Dave Richardson, representative of the land owner, EWM LLC, also controlled by Ernest W. Moody, met with nine members of the access group to walk through the proposed trails in early October. The group's report to the planning department noted that the trails and parking area have not been marked or cleared. The access plan calls for the County to construct and maintain the trails and parking area, but the County currently has no resources to do that.

Because users of the area have freely walked and driven to and along the ocean for generations, the access group called for surveying and staking of the trails away from the eroding shoreline and also recommended the land owner participate in a limited access agreement with a local non-profit that would allow current users to drive to the shore.

Brown did tell the group that the county would "seek certain improvements...and provide some minimal maintenance" to the road, parking lot and trails. No mention was made of the limited vehicle access at the meeting. Because of construction restrictions placed on the land by the airport runway security, the owner of the land would not be allowed to build on or near the area of the trails.

The NK Community Access group will take up these issues and a recently revealed additional public access plan for land in the Ki'ioalani ahupua'a on the leeward coast at its next meeting Wednesday, December 4 at 4:30 at the Senior Center.

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CDP Action Committee Needs New Members

North Kohala Community Development Plan Action Committee (AC) needs your help. Seven of the nine Committee members have either reached their term's expiration or must leave for other reasons. If membership should ever drop below five active members there will not be a quorum at the meetings and the AC will become defunct. This means North Kohala will not have input on future growth, and an enormous range of local issues will be subject to decisions made outside Kohala. We will also lag behind other areas in the competition for public funding for maintenance and improvements. We don't want this to happen.

Not sure of the importance of the AC? Here's a little background information to help make the need clearer.

The current Hawai'i County General Plan, approved in 2005, mandates districts within the County to plan for the future through implementation of Community Development Plans (CDPs). The CDP AC translates broad General Plan statements into specific actions for each district, creating a platform for local voices to be heard. It guides physical development and public improvements in a district. And it serves as a forum for community input into land-use, delivery of government services and other matters relating to the planning area.

In contrast to the past, when CDPs

were mere guidelines for decision-makers, current CDPs have the force of law. In other words, the new General Plan with CDPs is not a plan for government actions only, but promotes a partnership between government and the community.

This is important, because it represents the first real chance for communities like ours to establish working relationships with County offices and be proactive, organizing and asking for what we want, rather than reactive, fighting against unsolicited County actions.

Don't worry, if you join the AC you will not need to keep up with every issue. The AC has delegated all the jobs to separate subcommittees focused on specific issues, where all the real work gets done. Many have established good working relationships with County departments. Of course, community members are also encouraged to join the subcommittees—another way to care for the interests of North Kohala.

This work is important, and we need your help in serving our community. **PLEASE** consider joining the NKCDP Action Committee (and/or one of the subcommittees working on an issue you really care about.) For further information please contact John Winter, the present chair of the NKCDP-AC at 889-6901 or winterj@whitman.edu.

Mahalo!

Kohala High Pianist Acknowledged as One of Top Six Cover Artists

By Isabel Steinhoff
Courtesy of Ka Leo Na`Opia

Kuha`o Case is currently a sophomore at Kohala High and is one of the most musically talented students in the school. What makes his ability so exceptional is his inability to see. Kuha`o is visually impaired, but has found a way to express himself through music.

Kuha`o says his high school experience so far has been pretty good and he is really enjoying it. His favorite class is World History with Ms. Karen Withrow. He enjoys that class because he says that Ms. Withrow is really nice and super awesome!

His instrument of choice is the piano. In 2009, when Kuha`o was 12, he would go to church with his grandpa and grandma and was fascinated by the pianist. He loved the sound of the church hymns and decided he wanted to learn to play the piano. His main goal was to learn church hymns. He would practice playing on his own keyboard. The other reason he wanted to learn was to make his grandmother cry. That was over four years ago, and



—photo courtesy of the website listed below

KHS student Kuha`o Case hasn't let lack of vision stop him from doing what he loves—and doing it well.

he has been playing ever since.

Kuha`o's favorite kinds of music are pop, traditional, classical, military, and church. He writes his own music and does many covers of popular songs. He was recently acknowledged on *buzzfeed.com* as one of the top six awesome covers of Lorde's "Royals"!

Check it out here: www.buzzfeed.com/jackyv/6-awesome-covers-of-lordes-royals-cz5c.

In the future, Kuha`o sees himself playing for the Tabernacle Choir in Salt Lake City or working with a robotic video camera broadcasting system.

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

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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.



December

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

January

Ad Deadline: 1/10 14
News Deadline: 1/13/14

Kohala Mountain News

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

EDITORIAL STAFF

Maureen Combes

Managing Editor
494-4237/kmneditor@hotmail.com

Anne Fojtasek

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

Jesús Solís

Calendar Editor
884-5986/kmncalendar@hotmail.com

Tom Morse

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

Hana Anderson

Bookkeeper
987-6762/kohalataxllc@yahoo.com

Pia Abraham-Stecker, Evie Adams, Donovan Aiona, Eila Algoood, Emily Akau, Lisa Andrews, Valerie Barnes, Lani Bowman, Chris Brown, Gail Byrne, Lani Eugenio, Traci Figueroa, Virginia Fortner, Katherine Groves, Lara Hook, Kassie Kometani, Vicky Kometani, Janet Lam, Kathy Matsuda, Chris Michaelis, Vivian Moku, Marcy Montgomery, Tom Morse, Melody Neitfeld, Bonnie Perada, Jane Sibbett, Janette Snelling, Joleen Soares, Jesús Solís, Isabel Steinhoff, Kim Takata, Terry Terada, Jodie Torres, Rose Mae Watterson, Margaret Wille, Deborah Winter, John Winter, Toni Withington, Lydia Zuniga.

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Kohala Mountain News

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Letters—

Kohala is a great town. Everyone in this community is very close. Some have known each others' families since the plantation days. However, have you ever noticed the outsiders?

Here in Kohala town rumors spread like wild fire. Both children and adults are judged by what they look like and what they believe in. I'm judged all the time by peers. They don't agree with my decisions and they also blame me for things that I have never done. But I got the tip of the iceberg, because I know students in

Bullying Is in Kohala

my school, Kohala Middle, that think of suicide. Yes parents, your child could be getting bullied and you wouldn't have known until it was too late.

Bullying doesn't just lead to suicide, it leads to pain and depression. Throughout the U.S. victims of bullying are nine times more likely to consider suicide than non-victims. Also, if bullied children aren't thinking about suicide they might consider harming themselves instead.

Parents, I strongly advise you to

listen to what your child says. If your child is afraid to attend school, bullying could be a cause. I'd also like to tell you parents that name-calling and teasing are not part of growing up, not some rite of passage. You don't know if your child is willing to take their own life. I am a Kohala Middle School student who wants bullying to become a distant memory.

Sincerely,
Emily Akau
7th grader

County Council Update—

A Strong Home Rule Voice Needed on GMO Issue

By Councilwoman Margaret Wille

Back a few years when North Kohala, South Kohala, Kona, and Puna, were busy drafting community development plans, as a member of the South Kohala Community Development Plan (CDP) Steering Committee, I followed these efforts. On the issue of empowering local communities, North Kohala was the most emphatic voice on the importance of home rule. (By "home rule" I mean having meaningful say-so concerning matters that impact the wellbeing of our island communities and our `aina).

Since the passage of these plans, the North and South Kohala CDP Action Committees have both struggled to become an independent voice for their communities and not just be a miscellaneous advisory voice to the County Planning Director. Under the current NKCDP chairmanship of John Winter, the strength of the independent voice from North Kohala has increased, and the community is encouraged to become involved with the NKCDP Action Committee and its subcommittees.

At this time the community of North Kohala is again in a position to take the lead on a particularly important home-rule question: whether this county should rein-in the spread of GMO-dominated agricultural practices on this island, or should we instead leave those decisions concerning our island's agricultural future to our state legislators, many of whom seem to be pawns to the GMO biotech multinational cor-

porations?

Celebration of the new County Council videoconferencing site at the former Bank of Hawaii building took place on



—photo by Maureen Combes

Councilwoman Wille participated with Kahu Kealoha Sugiyama in a blessing ceremony for the videoconferencing site where North Kohala residents flocked to give testimony on the GMO bill.

November 4. November 5 was the first day North Kohala residents could testify to the Council without having to travel to Waimea or Kona. It should come as no surprise that testifiers from North Kohala resoundingly supported GMO Bill 113 being considered by the Council on November 5. In fact, when the council recessed at 6:30 p.m., there were still some 24 residents of North Kohala who

had signed up and had yet to testify.

In case you have not been following the debate about Bill 113, if it passes this legislation would ban the introduction of new open-air GMO crop cultivation, subject to exemptions for the papaya industry. It would allow the continued cultivation of any other existing GMO crop, provided the GMO crop locations are registered within 90 days of passage of the bill.

Other County Council agenda items that I have scheduled for future meetings are: December 3: solid waste and energy issues, including a presentation by the Department of Environmental Management, and December 17: more ag-related issues (bees, branding logo for Hawai'i Island, and support for the orchid industry.)

If you want to sign up for my newsletter to receive the council agendas and copies of upcoming legislation, call or email my office to be added to our newsletter email list or to receive the newsletter by US mail: 887-2043 or dsheather@co.hawaii.hi.us.

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 her at 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.

The Block: A Tribute to Coach Bill Haena

Story and photo by Lani Eugenio

A young man picked up a block of wood, pondered the painted words, then handed a quarter to the seller. The wooden block belonged to swim coach, Bill Haena, who died on October 14.

William John Kahopukahi Haena, better known as Coach Bill or Uncle Bill in the community and throughout the State, came to Kohala as a lifeguard nearly 18 years ago. He learned to swim as a young boy growing up in Keaukaha in "Ice Pond" and at the NAS pool. Bill swam competitively in high school, which earned him a college scholarship. Due to his outstanding swimming ability, he trained under

some of the best coaches and with other top-ranked athletes. As a coach, he was able to convey that competitive spirit and knowledge to his swimmers, pushing them to heights they never thought they could achieve.

A few years after his arrival in Kohala, Bill convinced a small group of parents that their kids were good enough to start a USA Swimming team. By the end of the first year, two swimmers had risen to the top in the state. Bill talked about "States," "Zones" and "Nationals," something no one in Kohala had ever heard or thought of before. He talked about college scholarships and travel and got kids excited about the possibilities of being the best

and competing against elite swimmers.

At Coach Bill's funeral service, many celebrated his life with stories of his sense of humor, his faith in God, and the sheer joy of teaching his swimmers. Eddie Mannion spoke of the tender way Bill convinced his son to learn to swim instead of just playing and bouncing around in the pool. Those swim lessons proved to be life-saving as then 9-year old Andrew, while on a church outing, was swept out to sea by a freak wave. He remembered not to panic, to apply the lessons Coach Bill had taught him, and swam safely in. An adult caught in the wave was not as fortunate and drowned that day.

See Coach Bill, page 5

Coach Bill, continued from page 4

Bill's "aloha spirit" was acknowledged as he taught with no thought of compensation because he was driven to create great swimmers. The parents of Rachael Meisner and Noelani Vargas credit Coach Bill for their daughters' swimming excellence and for their swim scholarships to Boise State and Loyola Marymount University.

Jeffrey Coakley, Kohala Pool manager stated, "It was through Bill's inspired efforts that there would be a USA Swimming team in Kohala that could provide another avenue for athletes to work toward obtaining college scholarships. His inspiration has created swimmers that have done just that."

Kailikoa, the young man who bought the simple wood block, spoke of his aloha and admiration for "Uncle Bill," the coach who helped him under-

stand the mechanics of swimming. Although Coach Bill trained him for less than three years (Bill moved to Kona), the impact of Coach Bill's training is lifelong. It was Uncle Bill who believed he could swim better, swim faster and compete with the best. While others thought being an Olympian was a cute goal, Uncle Bill said, "Yeah, can if you believe you can."

Kailikoa reflected on his life: swimming internationally on four continents, training at the elite Race Club, relaxing in the hot tub with Phelps, Lezak and Lochte, meeting the Pope, walking in Beijing's Opening Ceremony, and racing against the finest swimmers in the world. There were many other memorable moments, due



Coach Bill Haena with a young Daniel Kailikoa Coakley (9 years old)

to Uncle Bill instilling in him the power of belief.

The block sits prominently on the

kitchen counter in memory of Coach Uncle Bill. "Live like you Believe" it states in basic lettering.

That piece of wood may have been worth only 25 cents, but the message painted on that wooden block was priceless to Bill's swimmers who stood on the starting block.

Bill's two daughters, Kaleihua and Kapua who live on the mainland, would like to thank everyone for the support and for sharing memories of their father. The family also thanks Pastors Steve Hedlund of Kohala Baptist Church and the Rev. Ilima Moihā of the Gospel

of Salvation Church and their members for conducting the service and providing the dinner.

CDP Action Committee Schedule Change

Due to holiday schedules, the North Kohala Community Development Plan Action Committee's November meeting has been set for Monday, November 25. There will be no December meeting. The January meeting date will be noted in the December edition of the Kohala Mountain News.

Kohala Christmas Angels Bring Joy to Keiki

With a theme of "We are the World," this year's Kohala Christmas Angels (a.k.a. Toys for Tots) event will be held on Saturday, December 21, in front of the gym at Kamehameha Park. Children 0 to 10 years of age are welcome to participate.

Santa's motorcade will leave Mahukona at 10 a.m. and ride through Kohala Town, ending up at the Kamehameha park. The park event will run from 10:30 a.m. to 1 p.m. Anyone wishing to ride in the motorcade should be at Mahukona by 9:30 a.m.

Anonymous donors are critical to the event's success. "Secret Santas" are welcome to drop off one or more unwrapped gifts at the Hawai'i Com-



—Kohala Mountain News Staff photo

Santa rides through town in style during the 2012 Christmas Angels motorcade.

munity Federal Credit Union, Figs Mix Plate, or Kapa`au Police Station between December 1 and 18. Questions? Please call Traci Figueroa at 889-1989 or email figs_mix_plate@yahoo.com. Mahalo for your generosity toward Kohala's keiki.

Coqui Coalition Holds Community Meeting

By Kathy Matsuda

The Kohala Coqui Coalition invited the public to a community meeting to get an update on the current status of Kohala's coqui eradication program on Thursday, November 7.

The meeting was held at the high school library and included a slide presentation explaining the 10-year history of the coqui problem in Kohala and discussion on ways to move forward.

As facts emerge, it is clear that more people need to get involved in this program, as the challenge to keep Kohala Coqui Free is increasing.

- Over 200 different sites in North Kohala have been treated for coqui since November 2003.

- Coquis can be transported on ANYTHING from a coqui-infested area: plants, building materials, construction equipment, and automobiles.

- Male coquis are the only ones you hear. The sound is their mating call, which starts when they are sexually mature at about nine months old. Females are sexually mature at one year, and continually produce eggs (30 to 60 per month; over 90 percent hatch). The males sit on the eggs until they hatch in three to four weeks and do not "call" during that time. Coquis can live seven years.

- The coquis have no natural predators in Hawai'i. The population may exceed 10,000 frogs per acre, twice that of its native Puerto Rico. A population this size can consume 50,000 insects per

night. This competes with our native bird species and threatens our native Hawaiian insects, including the plant pollinators. Brown tree snakes, its natural predator, are not found in Hawai'i.

- Property values may decline 30 percent or more in coqui-infested areas. Sellers are required by law to disclose coqui infestations on property for sale.

- Hawai'i's nursery industry is threatened for those exporting to the mainland, Guam, or outer islands. Coqui is on the prohibited list of species, and entire containers of plants may be destroyed if coquis are present in shipments. Nurseries are required to spray or treat all plants leaving the island.

The Kohala Coqui Coalition needs the community's help! Prevention is the first step. Reporting coqui to the Hotline (889-5775) and financial support are each vital in moving forward.

In the last 10 years, the Coqui Coalition has spent \$85,000 in keeping Kohala Coqui Free. If the Coalition was not effective, Kohala would be another coqui-infested area of the Big Island, like Hilo or Puna, and the quality of life would never be the same!

The Kohala Coqui Coalition is a sponsored project of North Kohala Community Resource Center, a 501(c)3 nonprofit organization. To make a tax-deductible donation, write your check to NKCRC, earmarked for the Coqui Coalition, and mail it to PO Box 519, Hawi, HI 96719.

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for more info contact Tom at 345-0706

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Satisfy Your Sweet Tooth With Local Chocolates

By Marcy Montgomery

Chocolate. Just the word can get our taste buds eager for a silky, rich delicious experience. Yet so much more than taste is involved in a chocolate bar, or truffle, or mousse. In Hawai'i, we are fortunate to have innovative growers who cultivate thousands of brightly colored red and yellow cacao pods every year, and creative chocolatiers who turn the beans held in those pods into delicious chocolate products. Each year, to celebrate Hawaiian grower and chocolatier accomplishments, One Island's sustainable living program hosts Chocolate Chocolate! as a fun and festive farmer- and artisan-to-consumer direct tasting experience. This year the popular event comes to Kohala and will be featured at the Buy Local Block Party from noon to 7 p.m., Saturday, November 30, in Hawi.

Ever wonder where your chocolate comes from? What type of plant does it come from? How ecologically is it grown? Who are the pickers and processors, and how does chocolate impact their quality of life? What imparts the most memorable flavors to chocolate?

And who thought up the shapes, textures, and ingredients that we experience when partaking in this magical Theobroma, which translates as "food of the gods"? Learn about Hawai'i chocolate and meet the chocolate makers who have been part of Chocolate Chocolate! events since 2009.

Hawai'i is the only state in the United States producing locally grown cacao, and the chocolatiers who have risen to turn these beans into delicious delicacies are certainly bold explorers on a new frontier of specialty foods destined to carve a distinctive niche in the global chocolate market. From growers to processors to the careful hands that make the delicate treats, a passion for the legendary plant

and its artisan-created flavors pervades each chocolate operation in Hawai'i. Commercial cacao orchards are growing beans for chocolate in North Kohala, Hamakua, Puna and Kona, encircling the island as an emerging new industry. Some growers shorten the preparation process by focusing on dried, raw cacao nibs that are enjoyed as a super food supplement in smoothies, for toppings, and as energy snacks. Others are developing closely guarded recipes to create chocolates unique to their location and brand. (Rule of thumb, when it is on the tree or being fermented and dried, it is cacao. As soon as it is roasted, ground and mixed with other ingredients, it becomes chocolate.)

Meet Bonnie Perata of Earthly Delights Farm down in Honaunau. Bonnie and her husband Bacci cleared and planted a lush diversified organic farm in Honaunau over eight years ago and now produce a line of Big Island chocolate products that they process, prepare, and distribute right from their own farm and at local farmers markets. Up the mountain in Captain Cook, nestled between traditional Hawaiian agricultural rock wall fields, Kuaiwi Farm owners Una Greenaway and Leon Rosner are growing and making molded chocolate delicacies and present very enjoyable how-to chocolate workshops for budding growers and curious chocolate makers.

Across the island in the North Hilo area, Tom Sharkey has been developing a line

of chocolates that are distinctive for the vanilla and cacao flavors he is developing on his own farm, growing right up his cacao trees the vines that produce the special vanilla beans that flavor his product. He molds small bars and star shaped chocolates that are sold at the astronomy visitor center on Mauna Kea.

On O'ahu, Madre Chocolate is the

new prince of chocolatiers and is sagely developing both a Hawai'i-sourced line of chocolate bars and a Meso-American / Caribbean line of bars—all with unusual flavors including local lilikoi, lavender and Christmas berry. Madre's

2013 line includes cacao grown in Hawi. In Kea u h o u, the Original Hawaiian Chocolate Factory has a beautifully packaged line of locally

grown chocolate bars and molded chocolate plumeria flowers made in their pioneering factory. Kona Origins is hard at work in Honaunau maintaining a second generation cacao orchard and making a chocolate bar with the unusual trace of fruity banana in the flavor profile, yet no banana is added to the bar.

The variations between these products are perfect evidence of unique attributes that result from each cacao orchard's setting—water, sun, soil, surrounding plants and microbes—and the processing steps—fermentation, drying, roasting, grinding and combining with

flavors, sweeteners or stabilizers. All the chocolatiers are developing their own magic in every bar, truffle, molded candy or chocolate drink they prepare as part of our island's burgeoning local food system production. Madre Chocolate and Kuaiwi Chocolate offer great how-to workshops that reveal the many steps involved in the bean-to-bar process. The best way to learn about their different products is, of course, to taste them!

Come taste examples of Hawai'i's artisan chocolates at the 5th Annual Chocolate Chocolate! being sponsored by One Island at the Buy Local Block Party hosted by the North Kohala Merchants Association on Saturday, November 30, noon to 7 p.m. Adding to the chocolate wonders, the Kava Kafe hosts a delicious chocolate Mole Enchilada dinner plate, and locally made fudges and raw chocolate products are available from the Kohala Coffee Mill and the Sweet Potato Cafe. Find your chocolate heaven and great holiday gifts at Chocolate Chocolate! in front of the Kohala Coffee Mill in the heart of Hawi.



—photo by Bonnie Perata

Red and yellow cacao pods fill a wheelbarrow, ready for processing.



—photo courtesy of Madre Chocolates
Chocolatiers Matt and Dave create delectable delights with fresh island chocolate.

As Hawi Turns Holiday Sale

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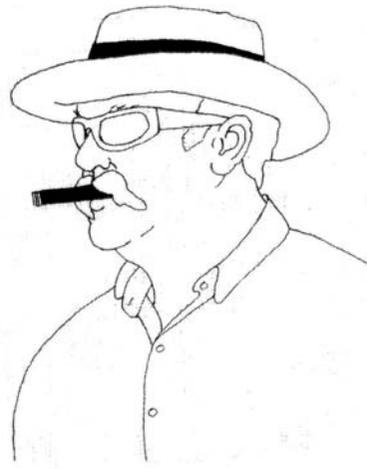
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Buy Local on 4th Annual Small Business Saturday

The merchants of Hawi and Kapa`au have joined together to create a wonderful and fun opportunity to "Buy Local" in Hawai'i. The Saturday after Thanksgiving, November 30, the main road through our communities will become a festive stage as the shops, galleries and restaurants pull out the stops with sidewalk sales, live music, super-sales, face-painting for the kids, and other roadside attractions. Start the day with the Farmers' Market; enjoy food, music, crafts and homemade goodies; then stroll along the street to check out the special plant sales, a chocolate tasting event, art demonstrations, and lively music by local musicians. Local eateries will be offering special lunch and dinner discounts... from sushi to pizza to elegant entrées. The Saturday Street Fair will be

an all-day event...until 7 p.m.

This is the 4th Annual Small Business Saturday and a great time to do your holiday season shopping and support our local businesses. Discover the heART of Hawi, with several galleries featuring the fine art of island artists, and enjoy the WOW! of Kapa`au, with its wonderful top quality treasures, just three miles down the road. Live music, tasty treats, and good fun for the whole family!

We want people to discover that Hawi rhymes with "much to see," and that Kapa`au rhymes with WOW! So invite your island friends and other visitors from beyond and help them to discover that North Kohala is much more than they imagined! Our local galleries feature original fine art (from Asian antiques to local island artists

in plein air painting, watercolors, and woodblock prints). Our diverse range of special and unusual shops offer unique delights ranging from cigars to crystals, from handmade ukuleles to boutique clothing and accessories, from dazzling jewelry and gifts to hand carved gourds.

Discover the wow in Kapa`au when you browse through the shops of the historic Nanbu building, offering elegant and functional items for your home, beautiful jewelry, Hawaiiana, and a comfortable courtyard café, as well as the galleries offering top qual-

ity handcrafted wood items, gifts, glass and jewelry.

This Saturday Street Fair is sponsored by the local North Kohala Merchants Association, a nonprofit group of community businesses. This Street Fair is created by the enthusiasm of local participating merchants. You are invited to come celebrate the beauty of our local communities; enjoy the music, food, and shops—and have a fun and festive holiday!

For more information, check the website visitnorthkohala.com or call the Living Arts Gallery at 889-0739.



—illustration courtesy of North Kohala Merchants Association

The spirit of casual, open-air shopping under clear blue skies is captured in Maggie Frohmader's watercolor rendition of downtown Hawi.

Kohala National Guard Marks Veterans Day

"We often take for granted the very things that most deserve our gratitude."
—Cynthia Ozick

Grateful people of Kohala gathered to express their appreciation for both our veterans and active duty military, in keeping with tradition, on the eleventh hour of the eleventh day of the eleventh month. This date and time is significant because it marks the date and time the armistice ending hostilities between the Allies and Germany during World War I took effect in 1918 (although hostilities continued in other arenas). Originally called Armistice Day, the day was renamed Veterans Day after World War II.

Master of ceremonies and veteran of the Kohala National Guard, Joe Carvalho welcomed the audience, and the Kohala Boy Scouts Troop 56 "posted the colors," i.e. performed their ceremony to bring the American and Hawaiian flags out and place them in their posts.

Accompanied by the audience, Christine Vega was at the microphone for the singing of the National Anthem and Hawai'i Pono'i.

Deacon Tom Adams held the audience captive during his spiritual invocation, followed by Collin Kaholo's welcoming address giving a little history of the Kohala National Guard.

Reminding all of the true goal of our military, the Kohala Seniors Club brought songs of peace, singing "God Bless America," "Peace to You from Me,"

and "Prayer for Peace."

The Honorable Mayor Billy Kenoi spoke from the heart, telling an emotional tale of a young Waimea boy lost in battle. Command Sergeant Major Jonathan Lutgens traveled from Pohakuloa Training Area to address the crowd, which was then taken down memory lane by the keynote speaker, Sonny Pa'alua.

Joe Vitorino took the microphone to welcome his Operation Vacation guests: CSM Tia and his family from American Samoa. CSM Tia said a few words of gratitude, which was followed by a moment of silence and the playing of Taps.

The ceremony ended with the Boy Scouts retiring the colors, Deacon Adams delivering a closing prayer, Collin Kaholo giving a few closing remarks, and the Kohala Seniors adding a musical note with "Thank You, Veterans" and "Hawai'i Aloha."



—photo by Maureen Combes

Command Sergeant Majors Lutkins and Tia joined the Veterans Day ceremony honoring the Kohala National Guard.

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Congratulations Josiah and Yuki!

By Kassie Kometani

Courtesy of Ka Leo Na `Opio

"I'm pretty sure I beat 'em," was the thought running through Josiah Adams' head as he crossed the finish line of the Hawaii High School Athletic Association cross country state championships.

Adams was one of two runners who represented Kohala High School at the state meet at Kauai on October 25. Sophomore Yuki Zbytovsky also ran and finished in 91st place as well as setting a personal record for herself. Adams, who is

a junior, ran an outstanding time and came in 13th place. He was recognized for being a runner in the top 20 and was almost the top runner from the Big Island. He lost to the number one runner from the Big Island, Ian MacQuate, by only 0.5 of a second. It was a full out sprint at the end, and Adams was able to pass many runners. Although he did not beat MacQuate, Adams still beat a number of other runners that he had lost to during the regular BIIF season.

Both runners were accompanied by their coaches John Kometani and Melody Nietfeld. The coaches were immensely proud of their runners as they placed so well out of 160 boy and 160 girl runners from across the state. Both coaches were



—photo by Evie Adams

At the HHSSA cross country state championships were, from left to right: Coach Melody Nietfeld, Yuki Zbytovsky, Josiah Adams, and Coach John Kometani.

also impressed by the amount of time Adams and Zbytovsky dropped during the race.

Kohala High applauds Adams and Zbytovsky's accomplishments as well as putting Kohala on the map for cross country! Both runners look forward to next year's season and are planning to give it their all.

"I am going to win BIIFs next year," concludes a very determined Adams.

Kohala Elementary Benefactors Keep on Giving

By Rose Mae Watterson

Kudos to a generous community couple, Craig and Janice Williams, who for the past three years have supplied bus transportation funds enabling all 4th grade Kohala Elementary students to experience a day at Ka'upulehu, one of 23 traditional ahupua'a land divisions in the Kekaha region of North Kona. Active North Kohala Lion's Club members, the Williams' were introduced to this ahupua'a while participating in a Lions Club field trip.

Most recently, while on campus to view the new sculpture "Pupukahi I Holomua KaKou" (United We Grow),

the Williams' asked how they could support the school. Because of that conversation, today there is a wheelchair-friendly, recycled-plastic, Americans with Disabilities Act-compliant picnic table and a bench facing the sculpture.

In addition, during a recent trip to Alaska the Williamses became enamored with a female woolly mammoth tusk, thinking it would be a unique and memorable experience for Kohala keiki to touch an actual tusk. After much insurance wrangling, the tusk is now on display in the North Kohala Public Library. All ages are welcome to enjoy it!

Kohala High School 1st Quarter Honor Roll

Congratulations to the large group of students who got 3.5 or higher GPA during the first quarter of this school year. Keep up the good work students!

SENIORS:

Tihani Anakalea, Carley Arraujo, Venus Asencion, Koa Bartsch, Geronimo Boyle, Jocelyn Campollo, Troy Castillo, Ramon Cubangbang, Kimberly Elarco, Marjorie Francisco, Bronson Fuertes, Kauano Gusman, Kawehilani Heinicke, Daylan Higa, Kahuliau Kaai, Aunika Lawrence, Trenton Lorenzo-Akamu, Summer Murai, Robert Navarro, Eloisa Viernes Obero, Sandrex Ramos, Hauoli Sproat-Lancaster,

Chelsea Ventura and Rachel Vuljovich

JUNIORS:

Josiah Adams, Genevieve Boyle, Maranda Carvalho, Kadence Coito, Cassandra Kometani, Alex Matundan, Isabel Steinhoff and Brayden Torres

SOPHOMORES:

Kiana Alejandro-Cazimero, Mina Apostadiro, Zaylee Apostadiro, Gabrielle, Bartalome, Patricia Cubangbang, Tyra Faisca, Christopher O'Donnell, Melanie Sahagun, Jessica Tenorio, Yuki Zbytovsky

FRESHMEN:

Tanya Adams, Tommy Balar, Zebadayo Bartholomy, Gabriella Boyle, Kiera Javillonar, Jamesen Keys

Kohala High Annual Craft Fair November 30

Kohala High STUCO (Student Council), Robotics and Speech clubs, and their advisor Ms. Fern White, will host the annual craft fair from 9 a.m. to 1 p.m. Saturday, November 30, in the KHS cafeteria. Enjoy crafts and food booths, entertainment, and lucky number drawings. For more information call Teresa at 889-7117.

Boys and Girls Basketball Are Now Combined

The Hawaii County Department of Parks and Recreation has decided to combine community-based basketball for the January through March playing season. Teams will be mixed boys and girls by age-groups for ages nine to 14. The program, co-sponsored by

the Kohala Community Athletic Association, will register Kohala youth at the gym at Kamehameha Park from 4-5 p.m. on December 9, 12, and 18. There is no charge. Each participant will receive a free uniform shirt. For more info contact Tom Morse at 345-0706.

Kohala Runner Kicks Dirt

Twice this fall, Sienna Byrne, a student at Kohala Middle School, placed second among eighth grade girls at cross country meets held in Waimea and Hilo. She was the only runner from North Kohala competing in the long distance races. Sienna credited Kohala swim coach Jeff Coakley for her strong performance, since her only training was in the pool with other swimmers.

—caption and photo by Gail Byrne



THE COQUI CORNER

December, 2013

Sites Treated:

- Luke's Place • Ho`ea Road • Keokea Beach Park • Keokea Gulch (on-going eradication)

Site Reported: (not yet located)

- Ka`auhuhu Homestead

We Need Your Support! Tax-free Donations through the North Kohala Community Resource Center
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Mahalo for Keeping Kohala Coqui Free!

Coqui Hotline: 889-5775



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Pumpkin Patch Food Bank Donations Top 2,800 pounds

Story by Virginia Fortner
Kohala Mountain Farm donated to Sacred Heart Community Food Basket again this year. In return for their non-perishable food items, people who attended the Pumpkin Patch event paid two dollars less for admission.

Pumpkin Patch organizer Stacy Hasegawa earned a huge mahalo for her very generous donation. Mahalo also to George and Lee Rivera, Leslie and Kathy Rivera, and Robert and Lorraine Glory for picking up many pounds of Pumpkin Patch food every October weekend. These volunteers agreed that "many hands make light work" as they shared the 5 p.m. pick-up at the Pumpkin Patch. This year over 2,800 pounds of food was donated to the Food Basket. That is equivalent weight of a small automobile!

The community Food Basket is normally open to anyone needing emergency food on the third Saturday and fourth Tuesday of each month at Fr. C. Schmidt Hall. During



—photo by Pia Abraham Stecker

George Rivera and Stacy Hasegawa show appreciation for Pumpkin Patch visitors' generous donations to the Food Basket.

the holiday season donations of frozen meats, such as turkey or ham, are especially appreciated along with the more typical canned items. The community is encouraged to add an item or two meant specifically for the Food Basket to the week's shopping list. For more information or to make a donation, call Rita at Sacred Heart Hawi Church, 889-6436, or see Lorraine Glory 889-5115 or Lee Rivera at the church.

Holiday Programs at the Library

North Kohala Public Library will celebrate the holiday season with three Monday evening programs in December.

On Monday, December 2, jewelry artist Sid Nakamoto will demonstrate a simple holiday jewelry design. Materials and assistance will be provided for participants to create their own jewelry piece. Sid will offer two sessions of the same program: 2 p.m. and 6 p.m. Due to the popularity of Sid's jewelry workshops a limit has been placed on the number of participants. Call the library at 889-6655 to register for the afternoon or evening program.

A holiday music concert at 6:30 p.m. on Monday, December 9, will feature five Kohala musicians playing recorders, guitars, and piano. This annual concert is coordinated by flute and recorder

instructor, Wendy Hindley. Wendy will perform recorder music with her students Adrienne Cherry, Diana Moriarty, and Karen Miller. The program will also include selections by David Gomes on guitar and Adrienne Cherry on piano.

As Christmas Eve anticipation heightens, children's librarian Leilani Silver will present a family fun night at 6:30 p.m. on Monday, December 23. Children ages 4 to 9 and their families are invited to enjoy holiday stories, crafts, and refreshments.

Admission is free and the entire family is invited to enjoy these holiday activities.

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

KES Colts First Lego League Robotics Team Headed to State Tournament

Story and photo by Coach Donovan Aiona

On Saturday, November 9, the Kohala Colts participated in the West Hawaii First Lego League competition at Kealakehe High School. This year the contest was held as part of the Kealakehe High School Robotics' HI-RES 2013 showcase. HI-RES stands for the Hawaii Island-Robotics Exploration Showcase and was headed by Kealakehe's Robotics coordinator Justin Brown.

Eleven teams from Big Island schools participated in this year's event. The day started off with check-in and robot inspection at 8:30 a.m. The interview portion of the day started at 9 a.m., with three interview sessions.

First off was the Core Values interview, in which teams were challenged to come up with a solution to a simple problem. Teams were given a task, then were judged on how well they worked together to achieve their goal.

Next up was the Project interview, in which teams were asked to present their "innovative solution" to this year's theme of "Nature's Fury." The Kohala Elementary Colts named their project the "D'Home on the Go!" Their self-sustainable dome-home project brought home the Project Award for the first time since the program's establishment in 2010! Way to go Colts!!!

The third interview was all about Robot Design; teams were asked to explain and display the abilities of their robot. Hungry teams were then treated to a pre-ordered lunch. Steak plates for everyone!

Dunking booths and jumping castles were alive with children jumping and playing and having fun all afternoon.

Finally, the Robot Game commenced at 1 p.m. The Robot Game was the "fun" part, when all spectators were invited to watch and cheer on their favorite teams. Each team had three separate runs to achieve their highest score.

First Lego League is a project-based program based on friendly "cooperti-

tion." At the end of the day, three teams from the field were chosen to represent West Hawaii at the State Tournament on December 7.

The Kohala Colts were chosen as first alternate based on the total of all four categories: Core Values, Project, Robot Design, and Robot Game, garnering fourth place in the tournament. Congratulations Colts!

On the following Tuesday, the Colts received an invitation to the State Tournament as a wild card. It was announced to the team's excitement during an awards presentation made over Kohala Colts TV by Vice Principal Kawachika. Hoo...chicken skin!!!

The 2013 Kohala Colts Robotics team



The Kohala Colts Robotics team poses in firefighter garb during the First Lego League competition. L-R: Grace Todd, Ayzon Kaitoku, Imiloa Leshner, Hailey Carvalho-Rivera, "Tookie" Hook

members are Grace Todd, Hailey Carvalho-Rivera, Ayzon Kaitoku, Imiloa Leshner, and Quentin "Tookie" Hook. The team is led by coaches Sammie and Donovan Aiona.

Congratulations Kohala Elementary Colts! A special thank you to Mr. Garcia, our coaches, former Mayor Harry Kim, Sgt. Christian from the Hawaii National Guard, Mr. Kawachika, the Hook family, and Marcus from MK Custom builders in Kailua-Kona.

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Wahine Paddlers Create Lifelong

Story by Katherine Groves

Most of the wahine paddlers slept soundly on the beach in Hana Bay, only wakened once by a light rain. A few were restless, thinking of the day ahead of them and the challenge they had prepared for over the last year.

At 6:30 a.m. on Saturday, October 26, six women paddled out of Hana Bay not knowing what was in store for them in the Alenuihaha Channel. The sky was overcast and the water choppy with a southwest current. Thirteen additional crew members, along with boat captains, coaches, and photographers, accompanied them in two escort boats. The journey had begun.

It took an hour to get around Kau`iki, the small knoll on the eastern point of Maui visible from North Kohala, and past the island's land mass. The canoe was out of the Hana current and into the Alenuihaha Channel. Once into the channel, the water calmed down a bit for the *wahine* and took on a smooth rolling swell pattern in a westerly direction. The wind blew very lightly from the

east. The current and waves pushed the canoe toward North Kohala, although the Big Island was nowhere in sight due to the heavy vog that wrapped itself around the island. Steerswomen were relying on compass readings only, the directions being relayed to them from the lead escort boat.



Paddlers Ginger Tennant, Isabel "Izzy" Kalaau-Catrett, Tricia Tom, and Louise Muskat have done all four channel crossings.

photos by Jane Sibbett

Coach Manny Veincent of the Kawaihae Canoe Club had been thinking about this crossing for several years. He had embarked on three previous crossings, each with all-women crews, and each on a course from south to north. This time he wanted to test the waters going north to south. Because of the different wave direction he rigged the canoe's *ama* (outrigger) on the right side. This proved to be a stroke of genius; the canoe glided effortlessly through the channel with the swells continuing to roll east to west.

On this particular Saturday the water worked with the women. "It seems as if God gave us this day to blend with one of the roughest channels in the world," said Coach Manny. By

10:30 a.m. the canoe was half-way across the channel. The beautiful rolling swells continued east to west. The periodically rotating crews were averaging 6.5 knots per hour

at a relaxing 56 strokes per minute. On a crossing such as this, the women needed to be able to blend together: each one needed to be able to paddle with any five others to create that blend. Kahealani Veincent and Aukele Waikiki shared the steering responsibility, doing an outstanding job keeping the *Pelekane* on course in the endless vog and moving smoothly through the swells.



Channel swells roll continuously across Pelekane's route.

under seven hours.

Local boats, kayakers and stand up paddlers flocked to the boats to greet and applaud them. The chanting from Pua Case and her *halau* to welcome the crew home was overwhelming. Chicken skin!

The *halau's* chanting took on special significance because of the ritual completed the day before the paddle. Pua was at Lake Waiau on Mauna Kea and



Paddlers jump out of the canoe as new paddlers climb in to resume the crossing.

By 12:30 p.m. the paddlers were able to see the North Kohala coast through the vog. The wind had picked up to 10 to 15 mph from the southeast; the current was still westerly. The boats had drifted a little to the west of the intended course due to the vog, but the steerswomen were able to pick up their landmarks (Mo`okini Heiau and the tall pine trees at `Upolu Point) in the clearing conditions and corrected their course. Finally, at 1:20 p.m., the paddlers triumphantly stroked to their landing at Mahukona. They had completed the crossing in just

chanted toward the paddlers on Maui at an agreed upon time. The *wahine* on Maui stopped whatever they were doing at that time and faced in the direction of Mauna Kea to receive her prayers and chants. Trisha Bell Tom, one of the paddlers, chanted back to her. A connection was made ... an honoring of the Alenuihaha Channel.

This journey surely meant something different to each person who crossed the channel that day. For some, it was a long awaited reuniting with family members

See Paddlers, page 11



Custom paddling jerseys celebrate the memorable event.

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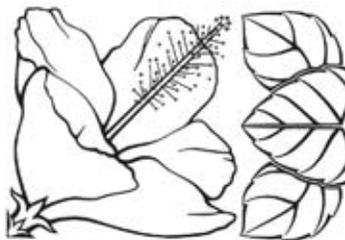
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Memories Crossing Alenuihaha



Kumu Pua Case embraces a Pelekane paddler after the channel crossing.

Paddlers, continued from page 10 in Maui and the pride the family had for carrying on the Hawaiian tradition of *wa'a* (canoe) crossings. For others it was a pilgrimage that traced their ancestral heritage. Still others took it on as a physical challenge. For all, it was a magnificent day that will not be soon forgotten.

**The success of the crossing of this channel goes to Manny Veincent for his vision, his wisdom of the ocean and the wa'a, and his dedication to keeping the*

culture of canoe crossings alive. Additional credit goes to Kawaihae's coaches on the escort boats: Jon Salvador, Tom Martinez, Shawn Merit, and Quincy Salonga. Special mahalo to our water safety specialist Renee Balanga, who helped keep all of the paddlers relaxed and safe in the water, and for getting those amazing "in the water" shots on film. Finally, mahalo to Jane Sibbet for her photographic expertise and wonderful close-up photos.

Pelekane Crew and Coach Manny relax after the crossing. Front row: Katherine Groves, Shekeisha Angay-Pihi, Charven Rodrigues, Kelsie Kauhane, Megan Ploski; Second row: Makalapua Tavares, Rachel Gillis, Carol Laau-



Silva, Coach Manny Veincent, Krystle Cabrera, Aukele Waikiki, Oilipua Atkinson (Kai E Hitu Canoe Club), Ginger Tennant; Back row: Ava Williams, Kahealani Veincent, Kim Kimi (Kai O Pua Canoe Club), Isabel "Izzy" Kalaau-Catrett, Luana Stanley, Tricia Tom, Louise Muskat.

KMS Students Serving Community in Various Ways

By Chris Michaelis

Kohala Middle School students have begun working on this school year's community service projects, with hopes of making a difference in various ways for our community. The groups working on these projects are part of the school's Hale, or House, Advisory Program whereby the school's 180 students are divided into six multi-grade-level "Houses." The members of each house work as a team to compete in intramural sports, participate in various school competitions and commit to community service projects.

Hale Laulima and Hale Akamai are running the school's annual November Food Drive as well as the school's Relay for Life Field Day held in May. A competition was held to recognize the house with the highest number of pounds of food collected for our local Food Basket.

Hale 'Ike students, in partnership with their neighbor, the Hawai'i Wildlife Center, are working on creating an

original coloring book that will provide information about the Center and the local wildlife it serves. This will be sold in the Center's store.

Hale Aloha students are fundraising to help buy a new diving board for the pool at Kamehameha Park. They have various ideas of what they can do to raise these funds. This group has also been learning about sustainability and recycling over the past few years. Look for future community bulletins to update you on Hale Aloha's progress.

Students in Hale Kokua were interested in learning about cultural practices like hunting, fishing, and surfing.



—photo by Chris Michaelis
Senior lifeguard Jeffrey Coakley speaks to KMS students who want to raise funds to buy a new diving board for the Kamehameha Park pool.

The students will be inviting various community members to come and share their stories and traditions. The student teams hope to document what they learn and present it to the community.

Hale Mana has been focusing on food sustainability. In addition to helping in the school garden, the students plan to create a book that includes information about sustainability as well as recipes that incorporate the foods they are growing in the KMS school garden.

The students and staff at Kohala Middle School appreciate everyone who is willing to share their time, knowledge, and financial resources as these students continue working on these projects during the school year.

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Liquid Aloha Aquatics Swim Team Formed

By Vicky Kometani

To be considered as a sanctioned USA Swimming club requires many, many steps along with a licensed coach and the dedication of each swimmer and his or her family. When Kohala had enough swimmers to form a team several years ago, they were first taken under the umbrella of the Hilo Warrior Aquatics team in order to learn and understand the club process. Now that the Kohala team has matured and grown, the time has come to form a new and independent swim club.

The new club, called Liquid Aloha Aquatics (LAA), has been approved by USA Swimming and already boasts more than 15 swimmers. The youngest is age seven and the oldest is age 16. The LAA president is Ingrid Clark, the vice presi-

dent is Elysia Yamamoto, and the secretary/treasurer is Vicky Kometani. The head coach is Daniel Coakley and the director of aquatics is Jeffrey Coakley.

"This has been a long time coming," said Jeffrey Coakley. "It is through the efforts of all the parents, the swimmers, and our community that we have reached this milestone. I know we'll be very competitive at meets while also exemplifying core values of life in Kohala. I want to add a thank you to the late Bill Haena for his efforts in promoting swimming in Kohala."

The mission of LAA is to "encourage healthy lifestyles, sportsmanship, the pursuit of excellence in all aspects of swimming; and to encourage a positive, respectful environment for our coaches, team members, and their

families. The team also promotes the Hawaiian values of lokahi (promoting team harmony), kokua (helping without being asked), mahalo (appreciation and thankfulness), and aloha

(team loyalty and support).

To learn more about Liquid Aloha Aquatics please contact any team member or club officer, or call Jeff Coakley, director of aquatics, at 987-2298.



The Liquid Aloha Aquatics team logo was designed by Kohala graphic artist and Masters swimmer Jeff Devins.

—logo courtesy of Liquid Aloha Aquatics

VEX Robotics Championships Coming to Kohala

The VEX robotics championship has become the biggest international event of its kind for middle school and high school kids...and it's inspiring them to go on to careers in science and technology.

Kohala High and Middle School robotics teams have qualified for World Championships each year for the last

five years. Thirty Meter Telescope funding enabled the Kohala team to travel to the 2010 International Micro Robot Maze Contest in Japan.

"The Japan experience was key to the growth of our team and to our success at the VEX World Championship," said advisor Fern White.

This year Kohala is coordinating the

TMT Big Island VEX Robotics League and hosting the island championships.

The league is composed of four dates of robotics competitions at four locations: Honoka`a High, Hilo High, Kealekehe High, and Kohala High. The championships will be held at Kohala High on November 30 beginning at 10 a.m. Eliminations will start at approximately 2 p.m. with double eliminations to finals.

Currently, Kohala has four teams in the league with the middle school ranked 3rd and 5th; the high school is ranked 9th after three rounds of matches with a league of 24 teams. This year the game is called "Toss Up," in which various sizes of round-shaped obstacles are placed into three point earning goal areas.

Contact league coordinator Fern White for details at 889-7117.



—photo by Lara Hook

Kohala was the only school complex to have all grade levels in two types of robotics programs represented in the HI_RES Robotic Engineering and Science Competitions held at Kealekehe High School gym Saturday, November 9. Front row: Kohala Colts Elementary First Lego League; center row: Kohala Middle School First Lego League; back row: Kohala Middle School VEX Robotics and Kohala High School VEX Robotics.



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Last Sign-ups Wednesday December 18 (no clinic)
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Practice late December & early January
Games mid-January through end of March at Hisoaka Gym

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Kohala Community Athletic Association (KCAA)
for more info contact Tom at 345-0706

	<p>Diamond G Rice 15 lbs. 7⁹⁹</p>	<p>Delmonte Ketchup 24 oz. 2/1⁸⁹ </p>	<p>Crisco Oil vegetable or canola 48 oz. 3⁴⁹</p>	<p>Royal Feast Chicken Thighs 5-lb. box 6⁴⁹</p>	<p>Dairyland Milk 2% Vit D, Skim 1/2 gal. 3⁴⁹</p>
<p>Dasani Water 24 pk. - 500 ml. 2/8⁹⁹ </p>	<p>Powerade Drinks All Types 32 oz. 10/5⁹⁹</p>	<p>Delmonte Whole Kernel or Creamed Corn 14.75 - 15.25 oz. 2/1⁹⁹ </p>	<p>Delmonte Spaghetti Sauce All types 24 - 26.5 oz. 99¢ </p>	<p>Banquet Family Entree Assorted 25 - 27 oz. 2/8⁹⁹ </p>	<p>Marie Callender Dinners Assorted 13 - 19 oz. 4⁵⁹ </p>
<p>C & H Granulated Sugar 4 lb. 3¹⁹</p>	<p>Pillsbury All-Purpose Flour 5 lb. 2⁴⁹</p>	<p> Best Foods Mayonnaise 30 oz. 4⁹⁹</p>	<p>Barilla Spaghetti reg/thin 16 oz. 3/4⁹⁹</p>	<p>Totino Party Pizza All Types 9.8 - 10.7 oz. 3/4⁹⁹</p>	<p>S&S Saimin Ohana Pack 9/4.5 oz. 4⁶⁹</p>
<p>Sky Flake Crackers 30 oz. tub 5⁹⁹</p>	<p>Roxy Lunkow Long Rice 8 pk. 2⁰⁹</p>	<p>Nissin Cup Noodle 2.25 oz. 2/1¹⁵</p>	<p>Langers Apple Juice 64 oz. 2⁷⁹</p>	<p>Wes PAC Okra or Tiny Peas 16 oz. 2¹⁹</p>	<p>Mama Bella Garlic Bread 14 oz. 3⁹⁹  Reg/Parmesan</p>
<p>Dragon Fly Mackerel 15 oz. 2⁰⁹</p>	<p>Roxy Sliced Shiitake 3 oz. 2⁵⁹</p>	<p>Coral Chunk Light Tuna  Oil or Water 5 oz. 2/1⁹⁹</p>	<p>General Mills Cereal Honey Nut Cheerios, Lucky Charms 11.5 - 12.25 oz. 3²⁹</p>	<p>Eggo Waffles Select Types 12.3 oz. 2⁹⁹ </p>	<p>Birds Eye Steam Fresh Vegetables assorted 12 oz. 2⁴⁹ </p>
<p>Kona Crunch Mac Nut Crisp 6 oz. 3⁷⁹</p>	<p>California Girl Imitation Abalone 15 oz. 3²⁹</p>	<p>Meadow Gold POG or Passion Orange Nectars  1 gal. 3⁷⁹</p>	<p>Meadow Gold Drinks or Teas  64 oz. 99¢</p>	<p>Meadow Gold Novelty Ice Cream or Sandwich Bars  6 pk. 2³⁹</p>	<p>Meadow Gold Ice Cream  4 qt. 6⁹⁹</p>

Grocery

Aloha Shoyu, reg./lite, 64 oz.	5 ⁷⁹
Carnation Coffeemate, assorted, 15 oz.	4 ⁹⁹
Comstock Blueberry Pie Filling, 21 oz.	4 ⁹⁹
Delmonte Cut Green Beans/Spinach, 13.5 - 15 oz.	2/2 ²⁹
Delmonte Fruit Cocktail/Peaches, 15 oz.	2/2 ⁹⁹
Delmonte Pineapple Juice, 46 oz.	2 ²⁹
Delmonte Tomato Sauce, 8 oz.	2/1 ⁰⁹
Diamond Bakery Cookies, all types, 6 oz.	1 ⁷⁹
Diamond Bakery Saloon/Cream/Graham Crackers, 8 - 9 oz.	2/6 ⁰⁰
Diamond Bakery Soda Crackers, all types, 13 oz.	3 ²⁹
Folgers Coffee, 33.9 oz.	9 ⁹⁹
Folgers Instant Coffee, 8 oz.	5 ⁴⁹
Hawaiian Hula Salad Dressing, 8 oz.	2 ⁴⁹
Hershey's Baking Cocoa, 8 oz.	3 ⁷⁹
Hula Saimin, 7 oz.	1 ⁷⁹
Jif Peanut Butter, 18 oz.	2 ⁹⁹
Kelloggs Fun Pack Cereal, 8 ct.	3 ⁵⁹
Kingford Cornstarch, 16 oz.	1 ⁹⁹
Langers Cran Cocktail, 64 oz.	3 ⁶⁹
Libby Corn Beef Hash, 15 oz.	2 ⁹⁹
Lion Coffee, all types, no decaf., 10 oz.	4 ⁹⁹
Marie Callender's Cornbread Mix, 16 oz.	1 ⁴⁹
Mum's Mushrooms, pieces and stems, 4 oz.	1 ⁴⁹
Pillsbury Brownie Mix, 19.5 oz.	1 ⁸⁹
Progresso Soups, Traditional, 18 - 19 oz.	2 ¹⁹
Quaker Cap'n Crunch Cereal, asst., 13 oz.	3 ³⁹
S&W Black/Kidney/Chili Beans, 15 oz.	3/3 ⁹⁹
Shirakiku Chu Ume, 8 oz.	4 ⁹⁹
Shirakiku Koshi An, fine pkg., 17.6 oz.	1 ⁹⁹

Shirakiku Mixed Fruit, 11 oz.	1 ⁶⁹
Shirakiku Wakame, 2.5 oz.	2 ⁹⁹
Sunmaid Seedless Raisins, 12 oz.	2 ⁴⁹
Sweet Sue Chicken Broth, 49 oz.	2 ¹⁹
Western Family Hot Cocoa Mix, 10 ct.	1 ⁸⁹
Western Family Mandarin Oranges, 11 oz.	99¢
Western Family Sugar, 16 oz.	99¢

Natural Foods

Annie Chun's Noodle Bowl, 7 - 8 oz.	2 ⁶⁹
Annie's Natural Pasta & Cheese, 6 oz.	1 ⁶⁹
Blue Diamond Crackers, 4.25 oz.	2 ²⁹
Hansen's Natural Soda, 6 pk.	3 ⁴⁹
Kavli Crisp Bread, 5.29 oz.	1 ⁵⁹
Pacific Organic Broth, 32 oz.	2 ⁶⁹

Dairy

Meadow Gold Butter, 16 oz.	3 ⁸⁹
Meadow Gold Yogurts, 6 oz.	10/7 ⁰⁰
Meadow Gold/Viva Cottage Cheese, 16 oz.	3 ³⁹
Silk Soy Milk, 1/2 gal.	4 ³⁹
Big Island Poultry Grade A Large Eggs, Mainland Shell Protected, per dozen	2 ⁷⁹

Meats

Foster Farm Value Pack Chicken Thighs, per lb.	2 ⁰⁹
Frozen Pork Butt, bone in, per lb.	1 ⁸⁹
Island Range Top Sirloin Steak, per lb.	7 ²⁹
USDA Boneless Chuck Roast, per lb.	4 ⁸⁹

SALE PRICES GOOD NOVEMBER 27 THRU DECEMBER 10

Oscar Mayer Deli Fresh/Carving, Chicken Strips, Pulled Pork 6 - 11.5 oz.  2/6 ⁰⁰	Oscar Mayer Bacon reg/l-salt/thick 16 oz.  5 ⁹⁹	JFC Sugatami Nori 10 ct. 2 ¹⁹	JFC Coconut Milk 13.5 oz. 1 ⁸⁹	LOVE'S Kid's Choice Bread 24 oz. 4 ⁴⁹	 LOVE'S Roman Meal Bread All Types 24 oz. 4 ⁹⁹
Oscar Mayer Beef Franks Reg., Jumbo 16 oz.  3 ⁷⁹	Oscar Mayer Turkey Variety Pack 9 - 12 oz.  2/5 ⁰⁰	JFC Furikake 1.5 - 3.17 oz. 2 ⁴⁹	Kikkoman Amakuchi Soy Sauce 5 ⁹⁹ 33.8 oz.	Nabisco Nutter Butter Patties/Oreo Cookies/Fig Newtons 10 - 15.5 oz.  3 ⁹⁹	Nabisco Ritz Crackers 9.5 - 13.7 oz.  3 ²⁹
Kraft Chunk Cheese or Shredded Cheese all types 3 ¹⁹ 8 oz. 	Kraft Singles All Types 3 ⁴⁹ 10.7 - 12 oz. 	Dynasty Jasmine Rice White or Brown 5 lb. 5 ⁹⁹	Our Home Seasoned Nori 3 pk. 1 ²⁹	Holy Bakery Frozen Pies Apple, Coconut, Peach 36 oz. 10 ⁹⁹	Minute Maid Orange Juice 2 ⁸⁹ 16 oz.
Philadelphia Brick Cream Cheese reg., light 2 ⁴⁹ 8 oz. 	EZ Peel Frozen Shrimp 31 - 40 2 lb. 14 ⁹⁹	Coca Cola 12-pk Cans 12 oz. All Types  2/10 ⁴⁹	Perrier Sparkling Mineral Water 25.3 oz.  3/4 ⁹⁹	CapriSun Ready to Drink 10 ct.  2/6 ⁰⁰	Quaker Oats Quick or Old-fashioned Oatmeal 42 oz. 3 ⁵⁹
Frank's Foods Frankfurters 16 oz. 3 ³⁹	Frank's Foods Portuguese Sausage 12 oz. 3 ³⁹	Lindsay Pitted Olives 6 oz. 3/4 ⁹⁹	Hawaiian Springs Water 1.5 liter 79¢	Pepsi 12 oz. cans 24 - pk.  8 ⁹⁹	Post Honey Bunches of Oats Almond/Reg. 14.5 oz. 2 ⁹⁹
Betty Crocker Cookie Mix assorted 17.5 oz. 1 ⁹⁹	Betty Crocker Pancake Mix All Types 37 oz. 2 ⁸⁹	Ben & Jerry Ice Cream 1 pt. 3 ⁹⁹	Tony's Crispy Crust Pizza 7.4 - 7.8 oz. 2/2 ⁹⁹	Haagen Dazs Ice Cream Bars 3 ct. 3 ³⁹	Dreyer's Ice Cream 48 oz.  4 ⁶⁹

Freezer/Deli

Athenos Hummus, 7 oz.	2 ⁵⁹
Bailey Ground Pork, 16 oz.	2 ⁹⁹
Banquet Fried Chicken, 26 - 28 oz.	7 ⁸⁹
Bays English Muffins, 6 ct.	3 ¹⁹
Carolina Ground Turkey, 16 oz.	2 ⁴⁹
Chef America Hot Pockets, 4 oz.	2/2 ³⁹
Digiorno Shredded Parmesan, 8 oz.	2 ⁹⁹
Dreyer's Fruit Bars, 6 - 12 ct.	3 ⁹⁹
El Monteray Burrito, 8/4 oz.	4 ⁷⁹
Farmbest Butter, 16 oz.	3 ⁶⁹
Flavor Pac Blueberries, 16 oz.	4 ⁷⁹
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
Hormel Ham Patty, 12 oz.	2 ⁷⁹
House Tofu, 14 oz.	1 ⁹⁹
Inland French Fries, 2 lb.	3 ²⁹
Marie Callender Pies, assorted, 28 - 38 oz.	9 ⁹⁹
May's Picnic Patty, 2 lb.	10 ⁹⁹
Menlo Lumpia Wrappers, 16 oz.	2 ⁹⁹
Pillsbury Buttermilk Biscuits, 7.5 oz.	2/1 ³⁹
Shedd's Country Crock Margarine, 15 oz.	2 ⁵⁹
Tyson Boneless, Skinless Tenderloins, 2.5 lb.	9 ¹⁹
Tyson Chicken Wings, 4 lb.	11 ⁹⁹
Yoplait Yogurt, 4 - 6 oz.	2/1 ³⁹
Zippy Meals, 20 - 24 oz.	5 ⁹⁹
Smuckers Uncrustables, 8 oz.	2 ⁵⁹
Tyson Popcorn Bites or Strips, 28 oz.	9 ⁷⁹

Produce

Amano Kamaboko, 6 oz.	1 ⁹⁹
Onions, round, yellow, per lb.	1 ²⁹
Oranges, per lb.	1 ⁶⁹
Russet Potatoes, loose, per lb.	95¢

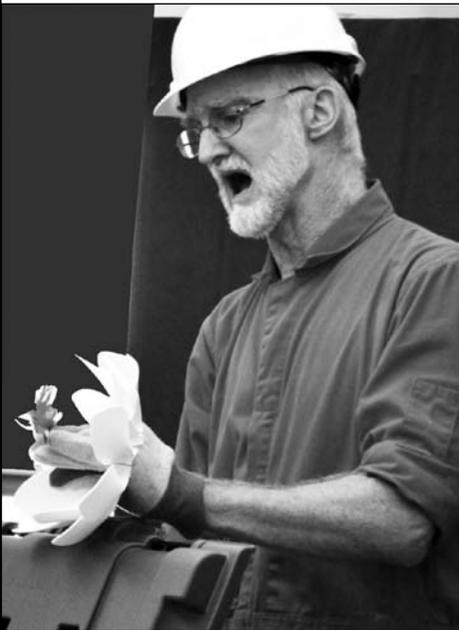
Non Foods

Alley Cat Food, 3.15 oz.	2 ⁹⁹
Angel Soft Bath Tissue, double rolls, 6 ct.	4 ⁸⁹
Diamond Aluminum Foil, 25 sq. ft.	1 ³⁹
Downy Fabric Softener, 64 oz.	3 ⁹⁹
Gain Dish Liquid, 24 oz.	2 ³⁹
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 Facial Tissue, 160 ct.	1 ⁴⁹

Beer/Wine/Liquor

Budweiser, 18 pk., bottles or cans	15 ⁹⁹
Coors, 30 pk., cans	23 ⁹⁹
Corona, 12 pk., bottles	14 ⁹⁹
Heineken, 12 pk., bottles	13 ⁹⁹
Natural Beer, 24 pk., cans	16 ⁹⁹
Rolling Rock, 30 pk., cans	20 ⁹⁹
Steinlager, 12 pk., bottles	11 ⁹⁹
Barefoot Wine, 750 ml.	2/9 ⁹⁹
Columbia Crest, 750 ml.	9 ⁹⁹
Folie Menage, 750 ml.	8 ⁹⁹
Mark West Wine, 750 ml.	9 ⁵⁹
Bacardi Rum, 750 ml.	12 ⁹⁹
Crown Royal, 750 ml.	21 ⁹⁹
Early Times, 750 ml.	8 ⁵⁹
Jose Cuervo Tequila, 750 ml.	14 ⁹⁹
Karkov Vodka, 1.75 liter.	12 ⁹⁹
Smirnoff Vodka, 750 ml.	12 ⁹⁹

Storyteller Ben Moffat Delights Audience



—photo by Joleen Soares

Performer Ben Moffat entertains with hand puppets during his animated rendition of "Mr. Spelunker's Adventure" at the library on November 6. The story complemented the library's 2013 "Dig into Reading" theme.

Class of 1957 Returns to Alma Mater

In mid-October, members of the Class of 1957 returned to Kohala High School for a special visit. They came to the campus to deliver a generous monetary donation to contribute to the enrichment of student programming.

During the summer, alumni spearheaded by Mrs. Millie Kibota elected to participate in a campaign to give back to the school and community that they hold in great regard. During the visit, they shared their post high school lives, heard about the post high school plans of the Class of 2014, and were taken on a student-led tour of the campus organized by the school's Aloha Committee.

After graduation several of the alumni joined the military, including Mr. Richard Solomon of Halaula, who recalled the discrimination he saw in the days before the civil rights movement and noted how the world had become better in many ways since then.

Some graduates left Kohala after high school and found work on O'ahu while others stayed and worked hard to make a living in the resorts or construction as the plantations closed down. Others told of the sacrifices they had to make to achieve their dreams. A few have since come home to Kohala for retirement, but many still reside on O'ahu.

Their experiences were summed up in a class song that was written for the class' 50th reunion and

played for the students.

Mrs. Kibota explained, "It reflects our love for Kohala we feel when we get together. It's the values we had growing up in plantation. We were all poor, so you all shared equally and people gave things you didn't have ... all of this made us who we are today."

The school's Aloha Committee chair Ramon Cubangbang made a spe-

cial banner in honor of the Class of '57 alumni. Sophomore student Kuha'o Kawaauihau also treated the special guests to a musical performance that highlighted the caliber of talent that exists at Kohala High School.

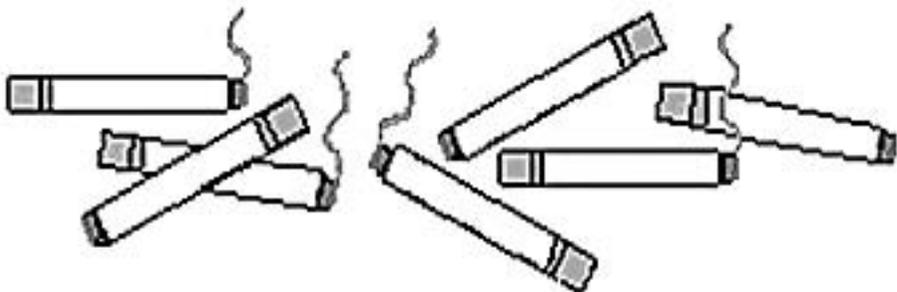
The alumni's much appreciated gift will help the school to provide programs in support of student achievement, said KHS principal Janette Snelling.



—photo by Jesús Solís

Kohala High School Class of 1957 alumni recently gave the school a generous donation. At the presentation were alumni, left to right: Neisha Kahoopii, Marciel Fuellas, Gerri Ah Sam Ayoso, Enorio Fuellas, Richard Solomon, Yoshiki Ozaki, Millie Kibota, Ben Alcoran, Alfred Badua, John Fuellas, Louis Cabrera, and Paul Antonio. Front row, left to right, were KHS students Alexis Matundan, Mikaela Bartsch, Jocelyn Campollo, Ramon Cubangbang, and Patrick Nelson

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&
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* qualifying individuals
Do not need to be patients of either clinic

Rock Wall Workshop Offered at `Iole

Lead by the men of `Ōhua O Nā Kia`i, a free rock wall workshop will be hosted at `Iole on Saturday, December 7. Learn traditional Hawaiian dry-stack techniques while restoring a historic rock wall near the Bond Homestead. Workshop will begin at 8:30 a.m. Lunch will be provided. Bring gloves, a water bottle and friends! Call 889-5151 for more information.

Medicare Opens Enrollment Through December 7

Seniors of Kohala, please note that now through December 7 is open enrollment for Medicare.

If you have Medicare questions, Jodie Torres, Community Service Program Assistant for the County

of Hawaii, will be able to assist you. When she is not in her office in the old Bank of Hawaii building in Kapa'au, Torres can be reached at 889-6502.

Free Flu Shots Available at Kamehameha Pharmacy

North Kohala residents over 18 years of age can drop by Kamehameha Pharmacy from 2 to 4 p.m. Wednesday, November 27, for a free flu shot. No appointment is necessary, and although the immunizations are provided at no charge courtesy of Kohala Hospital Charitable Foundation, donations are greatly appreciated.

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NĒE NĒE:

On Dec. 12, at precisely 3 PM, leave Kohala & proceed directly to Jamba Juice Kona. Ask for the manager. Further instructions will be provided.

Jim-Jim

Saving Seeds for North Kohala

By Val Barnes

Did you know that about 93 percent of the world's vegetable strains have been lost over the past 100 years? For example, while there were previously over 340 different kinds of squash, now there are only 40! Travis Dodson shared this incredible fact, and tons more information, at a workshop held at the Kohala Intergenerational Center on November 9. He also introduced the North Kohala Seed Exchange he is setting up at the Kohala library under a micro-grant from Sustainable Kohala.

The idea behind a seed exchange is to provide local farmers and gardeners with a source of healthy seeds for food plants that grow well here. Travis noted that there are no—zero—commercial seed companies anywhere in Hawai'i. Consequently, despite all the farming and gardening done in Kohala, there are not enough locally grown seeds to supply even one farm. Farmers end up buying seeds from plants that were raised in different climates with different soil conditions, which may or may not thrive here. How nice would it be to know that the seeds planted here have a proven track record of being able to handle the specific local conditions, for example, "the climate and pests at 800' on Hawi Road"?

The concept of an exchange implies keeping the seed library well-stocked by local contributions—even if it's seeds from only one fruit or vegetable strain discovered that grows really well in a certain location. Luckily, producing seeds turns out to be an interesting endeavor.

As a first step, Travis recommends deciding on goals. Are there happy, productive tomato plants that produce especially sweet fruit others would also

enjoy? Is there a fruit or vegetable that's hard to grow here, but a neighbor has figured out how to grow it and can share the seeds and growing tips? Is there something local gardeners want always to be able to grow, even if the ships stop coming? Or, are there experimenters who think it would be fun to create a new strain of tomatoes? Producing seeds is so different from just growing food that it makes sense to start out by focusing on one goal while getting the hang of "thinking seeds."

The next step is to understand the seed plant's biology, and there is a lot to learn here. Knowledge of its reproductive cycle (annual, perennial, biennial) is essential to knowing when and under what conditions it will go to seed. Likewise, growers must understand pollination. If the plant is an inbreeder (self-pollinating, usually with both male and female flowers on the same plant), such as tomatoes and beans, life is easier. If the plant is an outbreeder (needs another plant to be pollinated, different male and female plants), the best results will come from growing LOTS of plants and keeping only the best to avoid "inbreeding depression," where subsequent generations lose their vitality. With outbreeders, such as sunflowers and corn, big plots

of plants will allow the wind to help in pollination. Outbreeder farmers need to be particularly aware of what strains the neighbors are growing, because the wind, insects, or birds can carry pollen from miles away, creating hybrid seeds

(on an inbreeder, male flowers bloom earlier than females), distance (1 mile for squash), creating barriers (rows of tall plants like corn or amaranth, actual walls), bagging one or more flowers, and alternate caging of plants.

It's also important to consider growing conditions. Letting plants grow long enough to go to seed means they may be living in the same soil for two to three months longer than they would if their fruits or vegetables were harvested. Thinking about soil quality and crop rotation helps with soil regeneration and minimizes disease transmission. Keeping the portions of the plants that are bearing seeds off the ground with good air flow reduces excess moisture that can lead to fungus or mold.

When it's time to harvest the seeds, selectivity is key! Only the biggest seeds from the healthiest plants that produced fruits or vegetables with desired characteristics should be saved, and even they should be checked for mold or deformities.

Travis then described seed drying techniques, demonstrating how to

See Seeds, page 17



—photo by Deborah Winter

Travis Dodson explains how to safely save seeds during his Sustainable Saturday talk at the Kohala Intergenerational Center.

that were not planned at all!

Travis described several ways to avoid unwanted cross-pollination, such as could occur between hot and sweet peppers. These include timing

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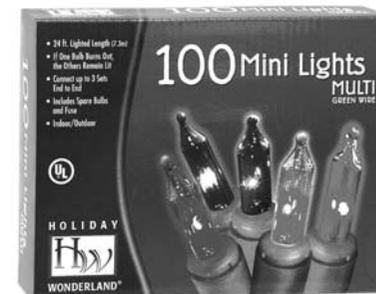

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Chris' Corner

Basketball Clinic and Inspirational Coaches' Luncheon Slated

By Chris Brown

"Be more concerned with your character than your reputation, because your character is what you really are, while your reputation is merely what others think you are." - John Wooden.

"It's easy to have faith in yourself and have discipline when you are a winner, when you're number one. What you got to have is faith and discipline when you're not a winner." - Vince Lombardi.

"A coach is someone who can give correction without causing resentment." - John Wooden.

"Each group and each youngster is different. As a leader or coach, you get to know what they need." - Mike Krzyzewski

All of the above quotes are attributed to people involved in "successful" coaching experiences. It makes you aware of the impact that any coach of any sport or event can have on a child's life.

As noted in last month's Kohala Mountain News, there will be a basketball clinic for Kohala keiki ages 7 to 14 on Saturday, December 7, at Kamehameha Park Gymnasium from 8:30 a.m. until 5 p.m. There will also be a luncheon on that day for anyone interested in coaching. That means coaches in the past, present or future. There will be guest speakers who are guaranteed to be inspirational.

The lunch begins at the Kohala Intergenerational Center at the Kamehameha Park Complex at 11:30 a.m. Members of KCAA have been contacting people regarding luncheon attendance. If you would like to attend but have not been contacted, you are welcome to notify me at 884-5122. To make sure enough lunches are ordered, you have until Sunday, December 1, to let me know. For those who are able to attend, the luncheon promises to be most worthwhile.



Sustainable Kohala Presents

Free Sustainable Saturday Series, 2013

December Event:

Sustainability Initiatives at the State and County Levels

*Talk Story with State Senator Josh Green
and County Council Representative Margaret Wille*

*Saturday, Dec 14, 2 - 4 p.m.
Kohala Intergenerational Center, Kapa`au*

Come learn from and ask your representatives about sustainability projects they are addressing

Check out FoodHubKohala.org

Co-sponsored by North Kohala Eat Locally Grown



Kohala Chiropractic Welcomes Dr. Roberts

Kohala Chiropractic announces the retirement of Dr. Frederick Kennedy and welcomes Dr. Jonny Roberts, Jr., to the North Kohala community.

Dr. Kennedy has been caring for the people of Kohala for the past four years and now passes his practice on to a new chiropractor. Dr. Jonny, his wife Heidi, and their daughter Gwendolyn are relocating to Hawi from New Orleans, LA. Having visited the Hawaiian Islands several times, Dr. Jonny and Heidi remember the Big Island as a special place. When the opportunity arose to succeed Dr. Kennedy, they felt it was too good to pass up. Kohala appealed to their desire to find a place where they could not only provide Gwendolyn with an amazing childhood, but feed their interests in sustainable living and agriculture.

"While we will miss our home in New Orleans, things have changed dramatically since Hurricane Katrina," said Dr. Jonny. "We decided to find a place to live that fit our lifestyle more closely. We also wanted to give our daughter an unforgettable childhood. I loved being raised on the bayou, but the hunting

camp where I spent all of my free time as a child was destroyed and the leases in the area were canceled. The group that owns the property has decided not to lease again. This was a place that was in my family for three generations and now is lost.

"The rural nature of Kohala really appealed to me. It really reminds me of spending summers with my grandparents at our camp. Even the floor plan of many houses with a lanai is similar. We had a screened porch that wrapped all the way around the main living area. The screens were necessary, though, as the mosquitoes would carry you away otherwise. My childhood was just great, and that is something we want for our daughter. We really feel like there would be no better place in the world to raise our daughter than in rural Kohala," explained Dr. Jonny.

Chiropractic can improve overall health as well as help with back and neck pain, headaches and other ailments. Dr. Jonny has experience working with women during pregnancy, infants and children of all ages. For more information or to schedule an appointment call 938-3888.

The public is invited to **Kohala Chiropractic** on Saturday, December 7, from 1-5 p.m. for food, fun, and a blessing of the practice at 3 p.m. The office is located at 55-3321 Akoni Pule Highway, just west of Hawi and makai of the road.

Seeds continued from page 16

harvest and prepare papaya seeds for drying. Larger seeds (e.g. pumpkins) can be spread out in a layer one seed deep on a baking sheet and dried in a 100-degree oven over 24 hours. Plants with teeny seeds, such as edible amaranth or basil, can be dried in a cheese-cloth bag (anything with good air flow), then shaken to release the seeds. Paper bags also provide sufficient air flow. With the amount of humidity in most of Kohala, drying seeds using commercially available (and reusable) silica gel is even better. This nifty stuff is layered on the bottom of a favorite air-tight plastic container with a couple of layers of seeds above, and then a packet of indicator gel on top which turns green when it has absorbed the moisture.

Storing seeds is the last challenge. They need to go into air tight containers (e.g. Mason jars) and kept cool and in the dark. They do relatively well in the humidifier drawer of a refrigerator, but without somewhat sophisticated climate and light control, seeds will deteriorate within a year or so around here. Sharing them via the seed exchange will ensure they go to good use!

Starting in January, Travis will have a display in the Kohala library. He'll have instructions there for how to deposit and withdraw seeds from our new seed bank. Many thanks to Hap Tallman at Heartwood for donating a beautiful koa seed-storage chest, and to Southern Exposure Seed Company for donating their seeds to get the seed exchange started.



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"I am lucky to have you in my life."
Janet G.
11/7/2013

APRIL

Kohala Pool Turns Out Champion Swimmers and Lifeguards

Liquid Aloha Aquatics to State Champs

On December 19 to 22, swimmers throughout the State of Hawai'i will descend upon Kona's Kailua Community Aquatic Center pool to compete in the USA Swimming Age Group Championships. Representing Kohala will be Kassie Kometani, Marvelanne Clark, Sydney Wiernicki, Jake Maki, and recent novice champion Kyle Weyrick. Kyle qualified for three State events at his first USA meet, and, along with other members of the Liquid Aloha Aquatics swim team, will probably qualify for more events, having three meets to go before the championships.

Mahalo to the Kohala community for their support of the team's fundraising efforts, allowing them to offset expenses to compete on the championship level.

Lifeguard Class at Kohala Pool

Six participants recently completed

the Lifeguard training class at the Kohala pool, which met each evening from October 28 to November 8. Each participant had to successfully pass a swim test, written exams, and a water rescue skills test before being certified in Lifeguard, First Aid, CPR and AED skills.

Head lifeguard Jeff Coakley comments, "After undergoing rigorous training I am confident we have added six more individuals that have been trained in rescue skills that will be community assets. The more people we train in lifeguard skills can only benefit us as a community, especially with recent rescues at Pololu Valley. Tommy Gomes, who performed a rescue at Pololu Valley while surfing, attributes his ability to save someone to the lifeguard training course he took at Kohala pool."

The training helps, and it works.

Kohala's newly certified lifeguards display safety gear with a smile.

L-R: Nakoa Sutton, Kekai Coakley, Spencer Haight, Lisa Wyman and Kapiolani Nahuina. Missing from photo: Joshua Nearman.



—photo courtesy of Jeff Coakley

Kohala Seniors Win in Spooktacular Ground Golf Tourney

By Vivian Moku

Full of enthusiasm, anticipation and competitive spirits, the Kohala Senior ground golf teams, composed of about 21 members, boarded on two vans and jaunted over to Makaeo Playing Field in Kona on October 25 to participate in the annual Spooktacular Ground Golf Tourney.

They were even more elated when they boarded the vans home to Kohala. They did sportingly well! Here are the results:

Coming in first place was Team One: George Rivera, Lawrence Pasco, Alfonso Mitchell, Max Guitang and Mino Nakasato.

Team Two earned third place: Lucy Pasco, Elaine Kawai, Mamie Bramlett, Rose Rosimo, and Margaret Couttie.

Winner of the Longest Putt: Male was Louie Troche while Agnes Kaholo won the Hole-in-One.

In the scariest costume competition, Bobby Glory (Wild Man) and Lorraine



—photo by Terry Terada

Golfers enjoy a relaxing moment to smile for the camera. Left to right are Kelly Hudik, Tito Pasco, Alfonso Mitchell, Max Guitang, George Rivera and Mino Nakasato.

Glory (Bewitchingly Attractive Witch) won second place.

For the first time ever, Kohala entered four teams, with Team Three composed of Bobby and Lorraine Glory, Lee Rivera, Patsy Pasco and Harry Cabrera. Louie Troche, Agnes Kaholo, Mamo Shontell, Carla Orellana and Dwight Bunn comprised Team Four.

Congratulations to all winners and members for your participation in the annual Spooktacular Halloween Ground Golf Tourney!

Kokolulu Joins National #GivingTuesday Movement

Kokolulu Farm and Cancer Retreats has joined #GivingTuesday, a first-of-its-kind effort to harness the collective power of a unique blend of partners—charities, families, businesses and individuals—to transform how people approach the giving season.

Coinciding with Thanksgiving and the kickoff of the holiday shopping season, #GivingTuesday will inspire people to take collaborative action to improve local communities, give back in better, smarter ways to causes they support, and help create a better world.

Taking place December 3—the Tuesday after Thanksgiving—#GivingTuesday will harness the power of social media to

create a national movement around the holidays dedicated to giving, similar to how Black Friday and Cyber Monday have become days that today are synonymous with holiday shopping.

Kokolulu Farm and Cancer Retreats joined #GivingTuesday because it believes that we need to support the causes we all believe in, thus building a stronger community, county, state, and country. We support a focus on making a positive difference in the lives of those we care about.

For more information visit Giving Tuesday's web site: <http://community.givingtuesday.org/News>, or Kokolulu's website: <http://Kokolulu.org>, or call Kokolulu at 889-9893.

Sexual Assault Help Available 24/7

Did you know there is a 24-hour crisis line available for victims of sexual assault?

Sexual assault comes in many forms. It happens to young and old; rich and poor; straight and gay; family members; neighbors; co-workers; and other loved ones. If you feel you have been assaulted, call the sexual assault crisis line: 935-0677.

Remember: Sexual assault is never the victim's fault! If your friend or loved one has been assaulted it is your job to help them! Call 935-0677, available 24 hours per day.

The YMCA of Hawaii is available provide services for victims, family

members and significant others to work through the trauma of sexual assault. These services include free confidential counseling; crisis intervention; emotional and moral support; support during the medical exam and the legal process; assistance in whether to file a police report; therapeutic services; community awareness workshops; and community prevention education.

We are planning to hold educational and awareness classes in Kohala in the near future. Please contact Lani Bowman at 889-5852 or The YWCA's Sexual Assault Support Services at 334-1624 ext. 301.

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Mahalo Nui to all our donors and supporters of our 4th Annual On Line Auction! It was great success thanks to all who participated.

We have recently sponsored the following projects:

- Halau Hula Mana'olana O'Kohala, led by Hope Keawe
- Hula Halau O Kukui Aloha O Kohala led by Leia Lawrence
- Regenerative Organic Agriculture, led by Gail Byrne Baber

You can support our projects and the Center with a tax-deductible donation to the NKCRC, P.O. Box 519, Hawi, HI 96719 • 889-5523
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A great way to love Kohala!

Birth of Endangered Hawaiian Monk Seal Prompts Early Closure of Keōkea Beach Park

North Kohala's Keōkea Beach Park is being closed at 7:30 p.m. nightly to protect an endangered Hawaiian monk seal and its mother.

The National Oceanic and Atmospheric Administration (NOAA) asked the Department of Parks and Recreation to implement the early closure after the new pup was born at the park.

Both NOAA and the Department of Parks and Recreation ask the public to keep their distance from the Hawaiian monk seals, protected under both federal and state laws. Anyone who intentionally harasses, harms or kills a Hawaiian monk seal could be fined up to \$50,000 and ordered to serve a five-year prison sentence.

New permits for use of Keōkea Beach Park's pavilions will list a 7 p.m. closing time to give patrons enough time to vacate. The park will continue to be closed at 7:30 p.m. until further notice.

The Department of Parks and Recreation apologizes for any inconvenience the shortened hours may cause and thanks park users and the general public for understanding the need to protect one of Hawaii's most unique and loved animals.

For more information please contact Jason Armstrong, Public Information Officer, at 345-9105, or jarmstrong@co.hawaii.hi.us.



—photo by Eila Algood
A newborn Hawaiian monk seal pup and its mother rest on the rocky shoreline at Keokea Beach Park.

'A Year to Live' Circle Forming in Kohala

How would acting as if you have a terminal illness change your day to day priorities and practices? A learning community is convening in North Kohala, starting in January, to live with that question throughout 2014.

Using Stephen Levine's book "A Year to Live" as a starting point, members of the group will examine respective relationships with death through thoughts, feelings, sensations and beliefs using reading, journaling, music, guided visualizations, and spiritual and physical practices. Examples of practical opportunities include but are not limited to: moving through the stages of death (denial and isolation, anger, bargaining, depression, and acceptance); reviewing and sharing life's joys and regrets; considering healing broken relationships with family and former friends; self-forgiveness; completing advanced medical

directives; reviewing and/or completing wills; talking with family/friends about those and other plans/requests; and writing an obituary, epitaph, and memorial service program.

This non-religious learning circle will be limited to 16 members. Using principles of circle practice the group will employ confidentiality to co-create safety and encourage authenticity. Technology will be utilized to allow participation when participants travel. The circle will meet twice a month for 2 ½ hours per session; facilitators are Kapa'au residents Bobbi Bryant and Stephen Shrader.

For dates, times, and locations of free informational meetings planned to explain more about the circle, email ayeartolivenorthkohala@gmail.com with "information request" in the subject line.

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KOHALA CALENDAR

December

- 1 Sun 10:30 am, Metaphysical Church "The Meaning of Christ," Kohala Yoga, 54-3877 Akoni Pule Hwy, Rev. Lee, 889-5505.
- 1 Sun 11 am-2 pm, Live music, Rob Decker, Kohala Coffee Mill.
- 2 Mon 2 pm & 6 pm, Holiday jewelry class w/ Sid Nakamoto, free, North Kohala library, call to register, 889-6655.
- 2 Mon 6-7 pm, CDP Growth Management Subcmte. Mtg., public invited, old Bank of Hawaii bldg., Kapa'au.
- 2 Mon 7 pm, Al-Anon mtg., every Monday, lower level, Walker Hall, St. Augustine's, Laura, 884-5833.
- 3 Tue 5 pm, CDP Parks, Water & Roads Subcmte, public welcome, KIC picnic area, Kamehameha Park, andi@hawaii.rr.com.
- 4 Wed 4:30-6:30 pm, CDP Public Access Subcmte. Mtg., Senior Center, Ted, 889-5801.
- 5 Thu 6-9 pm, Green Drinks Hawi, Kava Kafe, organic networking & pupus, Forrest, 987-2365.
- 6 Fri 10 am, Preschool Story Time series, ages 2-5, every Fri., North Kohala library, 889-6655.
- 6 Fri 5 pm, Feast of St. Nicholas, all children welcome, free, pizza dinner to follow, St. Augustine's Church, RSVP Kathy, 889-5801.
- 7 Sat 8:30 am-12:30 pm, Learn Hawaiian style dry-stack techniques & restore historic rock walls at Bond Homestead, lunch provided, 530496`Iole Rd, 889-5151.
- 8 Sun 11 am-2 pm, Live music, David Gomes & Wendy Hindley, Kohala Coffee Mill.
- 9 Mon 4-5 pm, Youth basketball signups for play Jan-March, boys & girls ages 9-14, free, includes shirt, Hisaoka Gym, Tom 345-0706.
- 9 Mon Holiday music concert featuring recorder, guitar & piano, free, North Kohala library, 889-6655.
- 10 Tue 11 am, Adult book discussion of Wendell Berry, North Kohala library, 889-6655.
- 11 Wed 8 am, No. Kohala Merchants Association Mtg., Resource Center, public invited, Richard, 889-1112.
- 11 Wed 10 am, Homeschool Wednesday for ages 6-12, free, North Kohala library, 889-6655.
- 11 Wed 5-6:15 pm, CDP Power, Viewplanes & Erosion Control subcmte. mtg, public welcome, Senior Ctr, Susan, 882-7611.
- 12 Thu 4-5 pm, Youth basketball signups for play Jan-March, boys & girls ages 9-14, free, includes shirt, Hisaoka Gym, Tom 345-0706.
- 15 Sun 10:30 am, Metaphysical Church "Gold, Frankincense & Myrrh of the Magi," Kohala Yoga, 54-3877 Akoni Pule Hwy, Rev. Lee, 889-5505.
- 15 Sun 11 am-2 pm, Live music, Pau Hana Pickers, Kohala Coffee Mill.
- 15 Sun 5 pm, All-church Christmas gathering, potluck & bring an unwrapped gift for a child if you can, St. Damien Hall, free.
- 17 Tue 11 am, The Whole Life Book Club discussion of "The Bowl of Light" by Henry Wesselman, North Kohala library, 889-6655.
- 18 Wed 8:30 am-noon, `Iole's 2013 Open House, coffee, tea & fun activities, Bond Homestead, 53-496 `Iole Rd., free, 889-5151.
- 18 Wed 4-5 pm, Youth basketball signups for play Jan-March, boys & girls ages 9-14, free, includes shirt, Hisaoka Gym, Tom 345-0706.
- 18 Wed 4:30 pm, KMS SCC mtg., library, parents & community welcome, 889-7119.
- 19 Thu 1:30-2:30 pm, Kohala Hospital Auxiliary Mtg., Hospital Pavilion, new members welcome, Dixie, 889-5730.
- 21 Sat 8-11 am, Sacred Heart Community Food Basket pick-up, Fr. Schmidt Hall, Hawi.
- 21 Sat 9 am-1 pm, Treasures Helping-Hand Store, Assembly of God, Hawi Rd., free meal: 10 am-1 pm, 889-5177.
- 21 Sat 10:30 am-1 pm, Kohala Christmas Angels' event, "We Are the World," visit Santa, free gift for keiki, register at 10:30 am, ages 0-10, free, Kamehameha Park, Traci, 889-1989.
- 21 Sat 4:30-6:30 pm, Free Grindz--Hot Meal, under the Hawi Banyans, bring a friend, Kohala Baptist Church, Sondra, 889-5416.
- 22 Sun 9 am, Children's Pageant, St. Augustine's Church, all welcome.
- 22 Sun 11 am-2 pm, Live music, Coco & Linda, Kohala Coffee Mill.
- 23 Mon 9-11 am, Sacred Heart Community Food Basket pick-up, Fr. Schmidt Hall, Hawi.
- 23 Mon 6:30 pm, Family fun night: stories, crafts, refreshments, free, North Kohala library, 889-6655.
- 24 Tue 6 pm, Christmas Eve candlelight service, light meal at 6 pm, program at 7 pm, all welcome, free, under the Hawi banyans.
- 24 Tue 10:30 pm, Christmas Eve Carols w/ Eucharistic service at 11 pm, all welcome, St. Augustine's Church, Kapa'au.
- 28 Sat 11 am-12:30 pm, Free Community Meal, St. Augustine's Walker Hall, Thrift Store open 10 am-12:30 pm.
- 29 Sun 11 am-2 pm, Live music, Mikey Hooser, Kohala Coffee Mill.

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

Elements + Senses Music and Art Center Opens in Kohala

By Maureen Combes

One beautiful Kohala day in February 2013, Lydia Zuniga's laptop was stolen. She got to thinking: the youth of Kohala need something productive to do or they are going to get into trouble. She knew they needed to interact positively with their peers and the community rather than retreat into electronics like video games and television, or venture into the more dangerous territory of alcohol, drugs, and crime.



Music-loving teen boys focus intently on their instruments during the DJ class.

Zuniga doesn't stop at thinking, though; she's a doer. The native Mexican works as a hairdresser, but with a background in managing timeshares, running restaurants, and modeling, Zuniga's abundant networking skills pour forth no matter what her position.

Loving the music scene here, she thought it would be great to get youth and the local musicians who would like to teach them together. Thus were the humble beginnings of a great vision, now known as Elements + Senses Music & Art Center.

Inspired by the vision, local educator Amber Rinker joined Zuniga a few months later as a business partner. A certified teacher in Austin, TX, Rinker substituted at Kohala Montessori and public schools until the birth of her latest child.



Lovely young ladies practice grace and poise during the modeling class.

Soon thereafter she was afforded the opportunity to join in the vision of the Center.

The women now pour their energy into creating an environment where students and mentors come together to share in their journey of learning and passion to create. Inspired by the aloha spirit, the Center is a safe place for keiki and younger generations to enrich themselves with art, culture, and plain old fun. Participants are encouraged to open their senses, use them to play with elements of life and create fusion with Mother Earth. The Center's core philosophy focuses on bringing indigenous cultural values of caring for each other, the land, and the sea together with expression and pleasure in music, food, and art. Tutus and youth alike are welcome to share the experience.

The Center has no religious or institutional affiliation and is open to all in the community. Current classes include instruction in Spanish; painting and art crafting; carpentry, drumming and rhythm; ukulele; baking and cooking; gardening; yoga; electronic music making; modeling; photography; fire spinning; and how to be a DJ. Both natural visionaries, Zuniga and Rinker have even more and bigger plans on

the drawing board.

Enthusiastic reception from the community inspires the women to continue through the growing pains. Kids who had troubling attitudes when they started classes are already showing signs of change, having been welcomed into a safe space where they can express themselves and accomplish something positive and tangible. Parents have volunteered tremendous gratitude for the gift provided by this program.

The Center runs on a shoestring budget, and although the suggested



—photos courtesy of Lydia Zuniga

Local keiki show off their homemade egg-carton rockets after Spanish class with Lydia Zuniga.

art supplies, musical equipment, gas for the fire spinners, or simply cash. Grant proposals are in the works, as are plans for a fundraiser, Malama e ke Kai, on December 15th. This beach clean-up will focus on Kauhola Point, bringing the community together to beautify and protect one of its cherished natural resources.

For more information on classes, beach clean-up, or how you can support the Center, contact Zuniga (808-313-9468) or Rinker (808-938-8551), or check their Facebook page "Elements + Senses Music & Art Center."

Who would have thought a stolen laptop would turn into such a gift?



Fire spinning mentor entralls his student audience while demonstrating safe technique.

donation is \$5 per class no one is ever turned away for lack of funds. Of course, donations from the community are always welcome, whether they be

St. Augustine's Celebrates Feast of Saint Nicholas

By Kathy Matsuda

On Friday, December 6, St. Augustine's Episcopal Church will celebrate the Feast of St. Nicholas with a visit by St. Nicholas at 5 p.m. Children will follow St. Nicholas to James Walker Hall where they will make ornaments for the Jesse Tree. Pizza dinner will follow; all children are welcome. Please RSVP to Kathy Matsuda by December 1 at 889-

5801 or leave a message in the church office at 889-5390.

Jesse Tree is a tree with roots deep into the past that finger through the stories of the Old Testament, back to the very beginning...with branches that stretch so high and wide you can see the whole grand panorama of God's story, from the very first blink of the first star over Eden to the blinding light over Bethlehem.

CSC CAFE
Local Food

Open daily
6:00 am – 9:00 pm
Take-out
889-0208

Yay!! Happy Hour @ **bamboo**
Tuesday, Wednesday, Thursday
4:00 - 6:00

Pupus \$4.00
Kona Beer-Battered Crispy Onion Rings
Crispy Chicken Wings
Polenta with Creamy Pesto
Mac Nut Caesar
Edamame
Risotto of the Day
Kalua Pork Quesadilla

SUCK 'EM UP!
Well Drinks \$4.50
Domestic Beer \$2.50
Imported Beer \$3.00
Kona Draft Beers \$3.75

889-5555

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

Ohana Lim Style Cafe
Local Cuisine
Served with Aloha
Full menu, including fresh fish daily
Open daily at 11:00
Closed Sundays and Sat. evenings

**Prime Rib and Seafood
Dinner Specials**
Every Friday Night — Only \$20.95
Across from Kamehameha Park
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