

Vol.15, No. 02

February 26, 2016

A Lesson in Winning

Story and photo by Jeffrey Coakley
 "The Kohala High School Swim Team is not about winning... It's about doing your best." -- Kaliko Dela Cruz, 2016

Approximately 3 years ago, Elijah Kaliko Dela Cruz was looking forward to signing up with the high school paddling and/or swim team at the Kohala pool. However, while at the pool, he started to experience a weakening on the left side of his body. As I was the lifeguard on duty, I immediately called 911.

Upon examination, Kaliko was flown to O`ahu and diagnosed with cerebral aneurism with a little more than 50 percent chance of survival. A vessel in his brain was leaking blood. Two weeks later, he returned home, confined to a wheelchair. For three years, Kaliko struggled to rehab the left side of his body, and his efforts were rewarded with the ability to walk again, but with limited mobility. Although he had made tremendous progress, he was afraid he still would

not be able to fulfill his goal of swimming on the high school team, as he had desired years ago. Undaunted, he kept working at improving his mobility. When asked what inspired him to not give up, he said that he told himself, "You are only limited by your mind.... Push yourself... Be determined!" Swimming is ranked as the number two most difficult sport, with gymnastics being number one. Swimming requires coordinating every muscle in your body to swim efficiently and effectively. The biggest obstacle is learning how to breathe...as you can't breathe underwater and survive. That's what makes it so tough. Some of the swimmers on the high school team had asked me if it would be okay if Kaliko could swim on the team. "No problem, as we take anybody," was my answer. With Kaliko, it was a learning process for him, the team, and the coaches.

As coaches, Elysia Yamamoto and I had to learn how to prepare



Elijah "Kaliko" Dela Cruz

Lion Dance Celebrates Chinese New Year

By Tom Morse

On February 7 dancers performed the traditional Lion Dance to celebrate Chinese New Year. The dance is thought to bring good luck, as the lion is an auspicious animal in Chinese lore.

In Chinese astrology, 2016 is a year of the Fire Monkey, one of the five Monkey signs (the others being Wood, Water, Gold and Earth Monkeys). Children born under this sign are said to be ambitious and adventurous, but irritable.



him to become conditioned and learn breathing techniques, along with swim, dive and turn skills. It was not an easy process for him with his limited mobility, but he was a hard worker and his teammates constantly encouraged him and assisted with simple tasks like helping him put on his goggles, put on his swim cap and climb out of the pool. These tasks are easy to do with two hands, but difficult with just one good hand. As the weeks passed, Kaliko showed tremendous improvement. Saturday, February 6, 2016 was the high school finals, where only the top eight swimmers would vie for the championship as well as the relay teams. This would be Kohala's moment to win a coveted medal, as the boys team had not done so for three years.

The day before, the powerful Kamehameha team was disqualified and that moved Kohala from

the number five position into the number four slot. I knew we could easily beat Keaau and win a medal in the 200 free relay event as only the top three teams would be awarded a medal.

However, that meant putting in another and faster swimmer than Kaliko. I then consulted with the woman's coach, Elysia Yamamoto, for her advice on whether we should swim Kaliko or go with Baba Kaholo on the relay team. I also took the opportunity to poll the members of the team and asked them what they thought about me not swimming Kaliko on the relay team.

Coach Eylsia and the rest of the team felt Kaliko should swim on the relay team, and I was reminded by the swimmers that there was not an "I" in the word TEAM. Then Baba stepped forward and

See Win, Page 2

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Win, continued from Page 1 said he would give up his position on the relay team to give Kaliko the opportunity to swim in the finals.

Still, as coach of the men's team, I had a difficult decision to make. Swim Baba and win a BIIF medal or swim Kaliko and give him the opportunity to compete in the finals with his mother looking on in the stands, but not win a team medal. The 200 freestyle relay event was called and the teams of HPA, Waiakea, Keaau and Kohala came marching out from the ready room accompanied by some heavy metal music to pump up the crowd and swimmers.

Marching in line with the other swimmers, was Kaliko Dela Cruz. The relay start went as expected, with HPA and Waiakea battling for first. Ford Clark was our lead off swimmer and he quickly moved into the third position beating out the Keaau swimmer.

Isaiah was next up and extended our slight lead, followed by Jayven, who widened

that lead and we were in a solid third position to win a medal. As Jayven approached the wall Kaliko got up on the block locking his left hand with his right to strengthen it and dove into the pool for his last swim of his high school career with his teammates cheering him on.

We all knew the Keaau swimmer would overtake him but it was worth the sacrifice of not winning a medal just to watch this courageous young man who a few years ago had survived from a cerebral aneurism.

As Kaliko swam with all his might, kicking with his right leg and stroking with this right arm as best as he could, he was soon overtaken by the Keaau swimmer. Kaliko had once responded, when asked what he thought of the Kohala High Swim Team, "The Kohala High Swim Team is not about winning... It's about doing your best." Kaliko did his best with all that he had: physically, mentally and

emotionally. As a coach, I could not have asked him to do any more than what he had done all season long... Doing his best. It was a great testament to his team members who were willing to forego victory in order for one of their teammates to have a lasting memory of swimming in the BIIF Championship Meet. It was also touching to watch Ford, Jayven, Isaiah and Baba always on hand to help Kaliko climb out of the pool, due to his physical restrictions. In the end, it left everyone with a wonderful feeling of winning... maybe not a medal, but with a winning spirit.

As a coach, I can be forgetful at times that one of our purposes in life is to be of service to others. Kaliko gave all of us that opportunity.

We all learned a lesson that day... A Lesson in Winning. In a competition, there are winners and there are losers. Sometimes we only focus on winning and fear losing. Some do anything to

win. We have seen great athletes fall because they have compromised their values for the glory of winning. That day, Kaliko won our hearts and showed us the joy of a winning spirit. Now for the Rest of the Story! As we all looked at the timing board to check the winning time, we found that Waiakea was disqualified for a swimmer leaving the block too early. That meant Kohala High had now moved from fourth to the third position, winning a bronze medal. We had won a medal after all! I guess God works and rewards us in mysterious ways.

On behalf of the Kohala High School Swim Team, we thank all those who assisted with our fundraisers which helped offset our team costs, making this 2016 swim season a memorable one. Also, a special mahalo to our main cook, "Uncle Francis" and to all who purchased our laulau and pork adobo plates.

Mahalo, Kohala!

Kealoha Sugiyama Elected 2016 Kohala Senior Club President.

"I'm back," says Kealoha Sugiyama, who was the Kohala Senior Club's president back in 2011 and 2012. When he was sworn in, Kealoha announced to the membership that to kick off the first club meeting, he was going to throw a New Year's party. The

place was decorated with balloons and the party program consisted of singing and Hawaiian, Japanese, Filipino and exotic dancing.

The fun part was when Kealoha announced an open bar and rolled out a table with multiple wine bottles as well as vodka, gin and

tequila. The club officers served the various choices of cocktails to the members and toasts were shouted out to acknowledge all the different nationalities present.

Upon sipping their choice drink, the seniors realized that their "wine" was really punch and the "vodka, gin and tequila" was just plain water. Lol.

For the year 2016, President Kealoha has a theme for the Senior Club: "Healthy, Happy Mind, Body and Spirit". He came up with this idea because so many seniors are plagued with health issues. He wants to prevent any more problems, so he has a three-pronged strategy.

First, he plans to keep the members actively engaged with games, which stimulate the mind ("Healthy, Happy Mind").

Second, once a month the club members will go to Kamehameha Park for physical movements, exercise and outdoor activities. Kealoha would also like the seniors to participate in the nutrition program meals ("Healthy, Happy Body").

Third, he wants to post visual images of beauty and tranquility, and positive statements - and, of course, tell jokes for laughter. He wants to declare the Senior Center a complaint free zone ("Healthy, Happy Spirit").

With these three intentions, Kealoha is certain that by year's end the members of the Kohala Senior Club will have and enjoy a Healthy, Happy

Mind, Body and Spirit.

Anyone aged 55 years or older is welcome to join the club, which meets each Monday at 9:00 a.m. at the old Courthouse behind the King Kamehameha Statue.

Come and enjoy our special activities:

- February 8: Chinese New Year (Year of the Monkey)
 - February 29: Valentine's Day
 - March 14: St Patrick's Day cultural event, including food and entertainment
 - March 28: Easter activities
- Come join the fun!



Photo by Lani Eugenio

Kealoha Sugiyama is returning to his role as president of the Kohala Senior Club. He has a plan to implement his theme for 2016, which is Healthy, Happy Mind, Body and Spirit.

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Kohala Senior Citizens Celebrate Chinese New Year

Photos and captions by Lani Eugenio



Educator, administrator and author, Puanani Woo spoke about the significance of words and foods used during the New Year celebration.



Lana Lewis delighted the Seniors with readings of their fortunes for this year, the Year of the Fire Monkey.



The Lion dances around the firecracker to bring good luck to the club and its members.



The Senior Citizen Board prepared a delicious meal of char siu chicken, fried rice, soy beans and almond cookies. The Organization of Chinese Women donated the noodles for long life.

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First Electric Vehicle Charging Station to Open in Kohala

An electric vehicle charging station for public use will be located in the carport of the Hawai'i Palm Properties office at 54-3848 Akoni Pule Highway, Kapa'au. Elaine Christianson, owner of Hawai'i Palm Properties, Inc. said,

"This is a great service for the island, enabling people from other districts to come experience beautiful Kohala, while supporting our businesses."

Holly and Eila Algood, who share a passion for environmentally friendly living and working, own the building. Holly is the host of Eco Talk on local KNKR radio station. She did a show on electric vehicles in September during Electric Vehicle week, during which she interviewed Noel Norin, president of Big Island Electric Vehicle Association (BIEVA), and Cody Osborne, the association's secretary.

They invited Eila and Holly to attend the gathering at the Mauna Lani shops during National Electric Drive Week in September to showcase their ELF (solar electric pedal powered trike).

During that week, Eila and Holly saw a variety of electric cars by different makers and spoke with their owners. "We were very excited and began talking about how we could take action to expand the EV experience here on our island," said Eila. When Holly

mentioned she wanted to put an EV charging station at the Hawai'i Palm office building, Noel Norin and Cody Osborne provided encouragement, resources and inspiration.

After Rick Castro, BIEVA vice president, called Holly, she was able to easily make a decision about purchasing a level 2 charging station. David Bliss of Charge Bliss also provided a lot of information for how to expand to a larger, higher-powered station in the future.

The EV Hawai'i app shows 22 charging locations across the island, with none located anywhere in North Hawai'i.

The closest one to North Hawai'i is at Mauna Kea Resort, and in East Hawai'i, the closest one is in Hilo!

Holly said, "According to a Hawaii Natural Energy Institute report (found at <http://evtc.fsec.ucf.edu/publications/documents/HNEI-05-15.pdf>), there was a 46 percent increase in registered EVs from 2014 to 2015. The trend is obvious, so it seemed logical to see if we could install an EV charging station. Our hope is that other commercial locations will follow our lead, placing them in many locations across Kohala."

Here is a chart showing the ownership of EV's in Hawai'i by county:

REGISTERED ELECTRIC VEHICLES AND PUBLICLY AVAILABLE CHARGING STATIONS IN HAWAII				
COUNTY	ELECTRIC VEHICLES	LEVEL 2 CHARGING PORTS*	LEVEL 3 CHARGING PORTS**	TOTAL PORTS
Oahu	2824	244	6	250
Maui	633	68	22	90
Hawaii	164	51	2	53
Kauai	129	32	1	33
Total Statewide	3750	395	31	426

* Level 2 charging is at 240 volts. All EVs are equipped for this type of charging. A charger can have one or more ports. The number of ports depends on how many vehicles each charger can service at one time. One port can service one vehicle.

** Level 3, also known as fast charging, can provide an 80 percent charge for some vehicles in less than 30 minutes, depending on the vehicle and charger specifications. Not all vehicles can use fast charging.

Photo courtesy of <http://files.hawaii.gov/dbedt/annuals/2015/2015-erc.pdf>

Kapa'au resident Jan Asch recently acquired an electric vehicle and said, "I was so happy to hear that we can finally boast a level 2 charging station here in North Kohala.

EV owners from other parts of the island will now be able to visit, charge up their electric car in Kapa'au and get home again, no problem.

As an owner of an electric car, I am so aware of the importance of community involvement in establishing fast charging stations everywhere on the island to the future success of EV's.

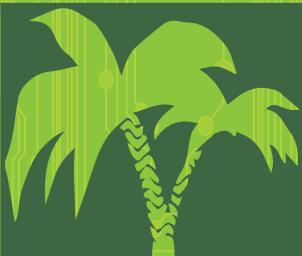
The more charging stations we have, the more people will want to go electric, and that can only be good for our air quality, and move us closer to more energy independence. My hope is that a small business in Waimea will be inspired to follow suit and install a charging station there as well.

I'd like to see charging stations cropping up in every community to enable electric car owners with limited range easy access to the entire island."

Did you know there are Green Driver State Incentives in Hawai'i for EV's? They are regularly updated on the Department of Motor Vehicle website: (<http://www.dmv.org/hi-hawaii/green-driver-state-incentives.php>), including some free parking at state and county parking lots, free metered parking, charging rate discounts available through HELCO, auto insurance discounts and federal tax credits.

The current income tax credits are as much as \$7,500 for a new vehicle (source: <https://www.fueleconomy.gov/feg/taxevb.shtml>)

For more information about the new EV charging station, you can contact Holly at 808-557-0354.



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Another way to support Kohala Hospital:
see our recently updated website
www.kohalahospitalcharitablefoundation.org

Letters

Keep Recycling HI5 Containers, Clothing and Housewares

Aloha Reduce/Reuse/Recyclers,
Even though our Recycle Shed has been recently demolished, our community HI5 donation program still continues! Please leave your donated cans and bottles at the same site for collection.

WasteStream's current volunteers will continue to collect and cash in your donation to help groups like the Boy and Girl Scouts and Taiko drummers. They've averaged 200 dollars in monthly income

from trash for the last 10 years. Mama's House, next to Minnie's Restaurant in Kapa'au, has agreed to accept clothing and some household items for now.

We are currently discussing possible new construction plans and sites with the County legislators and administration to replace this vital community resource.

Mahalo,
Catherine Morgan and Charles L'Heureux

Kohala Elementary Truly Pono

Dear Editor,

I'd like to extend my deepest appreciation and gratitude to Principal Danny Garcia, Vice-Principal Bruce Kawachika, Mrs. Annette Pippin, staff, teachers and students of Kohala Elementary School for giving me the opportunity to work at KES as an Educational Assistant. I also want to thank Ms. Ele Laszlo for hiring me 17 years ago as an employee of this great school. Upon

retiring, I thank you for trusting me to work with the children of Kohala all these years, and from them, I have been taught to be more understanding, patient, compassionate and loving. All of you will always have a special place in my heart. As Mr. Garcia asks, "Who will be Pono today?" We can truly answer, "I will be Pono today!"

With much love and aloha,
Mrs. Udell Colleado

High School Drug Addiction

Dear Kohala Community,

My Name is Aukea. I'm in the seventh grade at Kohala Middle School. I will be talking about drug addiction. Specifically high school drug addiction. I read about how high schoolers are dying of overdoses. It starts when high school athletes get hurt and go to their doctors. Then, doctors prescribe them painkillers. This gets them hooked on the painkillers. When

they run out of painkillers, they get hooked on more dangerous drugs like heroin. They continue to get even more addicted and their bodies can't handle the drugs, and they die from an overdose.

In conclusion, even the drugs you think can't hurt you really jack up your life, so be careful to who you prescribe drugs to.

Sincerely,
Aukea Ka`aekuahiwi

Status Update for Pesticide Mixing Site Cleanup

[Note from the editor: This official update letter was written to the public on February 2, 2016, before the beginning of site preparation work. However, since this is a monthly publication, the dates cited have already passed and site cleanup is in progress.]

To the North Kohala Community:

This is a status update for the Soil Cleanup Project of the former Kohala Sugar Company Pesticide Mixing Site. Pearl Contracting, Inc. of Kamuela, Hawai'i has been awarded the contract to carry out the cleanup project. They are scheduled to start site preparation work on Friday, February 5, 2016, when they will begin mobilizing equipment, land clearing, construction of a temporary access road and erection of a dust fence. The site preparation phase of the work is expected to last approximately two (2) weeks. Soil excavation and hauling of the contaminated soil is tentatively scheduled to begin on Monday, February 22, 2016, and is expected to be completed in approximately three (3) weeks. No hauling will occur during the public school Spring Break, which is scheduled from March 16-18, 2016. Once all of the contaminated soil is removed, site restoration and demobilization activities will take approximately two (2) additional weeks to complete.

We are asking for your patience and understanding during this

construction time period and will make every effort to minimize impacts to the community. Dust control measures will be implemented along with measures to contain the contaminated soil while being transported from the site to the West Hawai'i Landfill. The soil transported in dump trucks will be wetted down and the entire load covered with tarps to prevent exposure to dust. Trucks will travel from the bottom of Kumakua Street up to Akoni Pule Highway. Work will be performed Monday through Friday, except holidays, between 7 a.m. and 4:30 p.m.

There will be a full-time on-site environmental specialist (Erin Petrosian of Advanced Compliance Solutions Inc. - ACSI) who will oversee the cleanup project to ensure that the contractor is performing the work in compliance with the work plans and regulations. Erin will make a house-to-house visit with the residents of the Kumakua Subdivision prior to the start of construction to provide information regarding the soil cleanup project, as well as answer questions that the residents may have. The Hawai'i Department of Health (HDOH) will also provide oversight of the cleanup project.

Background information regarding previous site investigations, the response options considered and the removal action selected (includ-

DENGUE FEVER

Dear Editor,

My name is Clyson Marquez. I am a 7th grade student at Kohala Middle School. The reason for writing to you is to discuss Dengue Fever. I feel this topic is extremely important and that it is my responsibility to share as much information as possible to educate the public and prevent the spread of Dengue Fever!

The reason I feel this way is because Dengue Fever is a public health threat for which there is no cure. Dengue Fever is not lethal and most of the symptoms generally last about a week. At this time, there are no vaccines for Dengue Fever. Since it is a virus, antibiotics would be useless in fighting the virus. Usually people infected with the disease recover fully, unless complications occur.

The symptoms of Dengue Fever are characterized by the sudden onset of a fever that may last from five to seven days with intense headache, joint and muscle pain and a rash. The rash develops on the feet or on the legs three to four days after the beginning of the fever. The hemorrhagic form of Dengue Fever is more serious and is associated with loss of appetite, vomiting, high fever and abdominal pain. This form of Dengue Fever can lead to shock and bleeding and can be fatal.

My recommendations are to remove water from coolers and other small containers at least once a week, use aerosol during day time to prevent the bites of mosquitoes, not wear clothes that expose arms and legs and use mosquito nets or mosquito repellents while sleeping during day time.

Thank you for your time and consideration. I hope this is informative and helps keep people in our community from getting Dengue Fever. Please share this important information with our community.

Sincerely,
Clyson Marquez

Reference: http://doh.dc.gov/sites/default/files/dc/sites/doh/publication/attachments/Dengue_Fever.pdf

ing dust control measures being utilized) are available for review at the North Kohala Public Library (during library hours, ask at the Reference Desk). Questions regarding the cleanup project may be directed to Brian Nishimura, representing Hawai'i Island Community Development Corporation (HICDC) at (808) 896-0593 or nishimura.brian@gmail.com; or John Peard, HDOH Hazard Evaluation and Emergency Response (HEER) Office, at (808) 933-9921 or randall.peard@doh.hawaii.gov. You may also access the cleanup project site documents on the HDOH HEER office website at <http://hawaii.gov/doh/heer> in the "What's New" section of the homepage (see entry for November, 2015).

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Executive Director
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Future KMN Deadlines

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

March Deadlines:
Ads & News: 03/11/2016
Publication date: 03/25/16

April Deadlines:
Ads & News: 04/08/16
Publication date: 04/22/16

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

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HI House of Representatives Update

The Case for Medical Marijuana this Session

One of the hot topics that will be discussed in this year's legislative session is how to improve and change the law that was enacted last year. Representative Cindy Evans, and other members of the House, are asking for amendments to current law.

"Last year, when medical marijuana dispensary became law, we knew that there was more work to be done," said Representative Evans. "This year, we will continue to address concerns and challenges to implementation."

Here are the House bills for the proposed changes to current law: HB 2710, HB 2709, HB 2708, HB 2707, HB 2635, HB 2621, HB 2534, HB 2455, HB 2222, HB 1992, HB 1889, HB 1829, HB 1808, HB 1680

and HB 1677.

You may have other areas of concern or interest. Now is the time to get involved in this year's legislative session. For the most up-to-date information on all the bills that are currently being discussed this session visit <http://www.capitol.hawaii.gov>. On the left of the screen, click the "Keyword" box to search all the bills that were submitted this session. A list of bills will populate with the keyword(s) you have provided.



Courtesy of the Office of Cindy Evans

Representative Cindy Evans

To receive hearing notices via email go to <http://www.capitol.hawaii.gov>. Click on "Sign In" and enter your email address and

password. If you have not created an account, you can create an account here. Next, click on the orange "Hearing Notifications" icon located in the center of the screen. To receive hearing notifications for specific bills or resolutions enter the bill number (e.g. "HB123") in the column on the left and click "Add." You can do this for

any number of bills. To receive hearing notices for a specific committee go to the column on the right that lists the committees and check off the ones that you're interested in.

To submit testimony for a bill, scroll to the bottom of a hearing page for instructions.

You may submit testimony online, by fax or in person. If you are unavailable to submit testimony contact the chair of the committee to give your support or opposition for a bill.

For additional assistance on accessing the Capitol website contact the Public Access Room at 808-587-0748.

Sincerely,
Representative Cindy Evans

Kohala Wellness Champions Share Knowledge

Food is Medicine

Dr. Richard Liebmann and Natalie Young of Lokahi Garden Sanctuary have been teaching and living an organic, sustainable lifestyle ever since subdividing and planting their farm, Lokahi Garden Sanctuary, in North Kohala. With sweeping views out toward Maui, delicious fresh fruits and vegetables, and leading edge educational programs with farm stay options, Lokahi Garden Sanctuary was an early adopter of all things 'sustainable'. You may be familiar with their exceptional asparagus, kale and chard, citrus fruit, ginger or turmeric featured each week at the Hawi Farmer's Market, and recently they've added healthy tonics and herbal teas to their line of medicinal foods and practices.

If you'd be interested in seeing their green living values in action, and learn about the medicinal and culinary foods on their farm, a special 'Picnic in the Garden' is being hosted at the Lokahi Garden Sanctuary by the Good Medicine program on March 6. This relaxing day will include food-as-medicine

talk story with a guided stroll through the herb garden, veggie plots and fruit orchards. Richard is a retired doctor of Naturopathy, developer of a line of herbal supplements. Perhaps because he is a past president of United Plant Savers, the farm has exotic trees from around the world that you may never have seen in person. These specimens are also featured on the tour.

Natalie is a retired social worker with a massage, exercise and wellness practice in Kohala. She is developing the herb garden on the farm and manufacturing the health tonics and fresh herbal teas. Together, they've developed the Sanctuary and served as part of the leadership of Sustainable Kohala.

What is more fun than a farm tour? Lunch on the farm!

This picnic event is being catered by Chef Stephen Rouelle whose Under the Bodhi Tree fresh food restaurant is the talk of the north and west side of the island. Its innovative menu of largely plant based foods, with vegetarian and vegan entrees, will sur-

prise and delight. This new casual café is drawing customers from the island or just visiting, all eager to enjoy the interesting flavor combinations and fresh take on local produce. Located in the Mauna Lani Shops and catering up and down the Kohala-Kona Coast, Chef Stephen worked for years as a respected restaurant chef. He changed his own health and well-being by switching to a plant-based diet, and later decided to open his own healthy foods eatery in Kohala.

Picnic in the Garden is an affordable farm-to-fork dining experience in a casual setting, using fruit and vegetables from the Lokahi farm. Tickets are \$20 per person, \$15 for children 12 under. Families are welcome. Purchase tickets online at www.oneisland.org or at the Lokahi farmers market booth. The event will be held from 11 a.m. to 2 p.m. on Sunday, March 6, and is hosted by the Same Canoe Local Food Challenge with support from the USDA. Learn more about Lokahi at www.lokahigardensanctuary.com and Under the Bodhi Tree at

www.underthebodhi.net.

Living Longer, Living Better

Last month the Good Medicine program hosted the first 'Living Longer, Living Better' program at the Kohala library, which brought together a circle of Kohala's leading food, health and nutrition leaders, including Joel and Michele Levey, Bobbi Bryant, Hana Roberts ND, Donna Maltz, Chris Kelly, Jan Roberts, Hawai'i Blue Zones and others championing health and longevity in Kohala.

This month, to follow up, the community is invited to 'walk the talk' and attend the March 6 Picnic in the Garden. Then on Monday, March 21 – the Spring Equinox – a thought-provoking presentation on 'Exploring the Microbiome' will be given by Stacey Shepard (MS Oriental Medicine, LAc) at the Kohala Library from 6 to 8 p.m.

What is the microbiome? Stacey will help us understand the interconnectedness of our digestive system (stomach and gut) and its relationship to inflammation, the levels of hormones like serotonin, and other important health indicators that are influenced directly by the health of our intestinal microbiome. Recent scientific research has revealed that many of our chronic illness are traced to imbalances in the microbiome system. Arthritis, skin disease, thyroid problems, fatigue and depression are all impacted by the state of our gut. Good news is that there are fermented foods and probiotics that can help improve and even repair our microbiome to help clear up chronic health issues, improve mood and mental health, and improve our strength and stamina. The presentation is free to the public.

Learn more about Stacey's work as one of only two GAPS certified practitioners in Hawai'i at acupuncturekona.com.



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County Council Update

From the Desk of District 9 Councilwoman Margaret Wille

Fred Cachola Honored: At the January 22 Council meeting Fred Cachola was honored by the Council for his lifelong service to his community. "Those who know and describe Fred Cachola would say he has demonstrated the deepest sense of kuleana to his Hawaiian heritage and community and that he has always showed foresight fostering the cultural, historical and natural resources of Hawai'i Island. As the song 'Ahi Wela' depicts, Fred is the Fire of Love for Hawai'i." He is a living treasure.

the Elderly Services Building (Old Bank of Hawaii Building) is moving ahead and expected to be completed in the next couple months. Same with the Courthouse building – basic improvements are now completed. Moving on to one of my top priorities:

Phase 2 of the Roots Skatepark at King Kamehameha Park. The Parks & Rec Director said he is now meeting with representatives of the skatepark project to determine the design, and then it will go out to bid. Out of my District 9 Con-

are that Styrofoam is harmful to the environment – especially to marine birds and some fish – and is also a risk to human health as a carcinogen. The cons are that many vendors and some restaurant owners find Styrofoam the most convenient food container. For those interested, check with my office as to the status of this legislation.

Upcoming Legislation: On March 1 there will be numerous bills and communications of interest:

1. Dengue Fever Update (D.

ter Amendment (M. Wille): Would increase the length of Councilmembers terms from two years to four years.

6. Redistricting Deviation Bill (M. Wille): Would increase the allowable population deviation in drawing up the Council District boundaries - in order to prevent communities from having to be split up between districts.

7. CDP Action Committee Membership Tenure Bills (M. Wille): (1) Would increase the allowable number of terms for Action Com-



Courtesy of the Office of Margaret Wille

Councilwoman Margaret Wille, accompanied by Councilmembers Aaron Chung, Karen Eoff, Dru Kanuha, and Maile David, honored North Kohala resident Fred Cachola for his lifelong service to his community.

Park Improvements: This past week I met with the Director of the Parks & Recreation Department, Clayton Honma, to find out why the delay on various Park projects underway in North and South Kohala. In sum, he said the County is now subject to a hiring freeze and the Department is stretched very thin. He stressed the improvements at Kamehameha Park – which include the lights at the ball park – have gone out to bid, but he could not promise how soon that project will be completed. Fixing up

tingency Funds I made the skatepark the top priority, awarding this project a total of \$70,000 for labor costs, and secured a commitment from the Parks & Rec Department to provide the materials. We need to keep pushing to get this Phase 2 done now!

Bill 140: On February 16 the Council took up my Styrofoam Ban Bill (Bill 140) to reduce the use of polystyrene ("Styrofoam") for food container use. The ban would go into effect after a two-year transition period. The pros of this legislation



Courtesy of Kohala Mountain News

Councilmember Margaret Wille joins Cherry Pie Bake-Off judges (left to right) Bill Shontell, Aaron Spielman and Wally Lau in front of the judging booth. Wille sponsors the contest between North Kohala Senior Clubs at the annual Waimea Cherry Blossom Festival.

Kanuha)

2. Rapid Ohia Death Update (D. Kanuha)

3. Legislative Auditor Charter Amendment (M. Wille): Would delete the requirement that the Auditor advise the County in advance which Departments and Agencies will be audited in the coming year.

4. Boards and Commissions Confirmation Charter Amendment (M.Wille): Would require all proposed nominees appointed by the mayor to a board or commission also be subject to confirmation by the County Council.

5. Councilmember Term Char-

mittee members; (2) Would allow Councilmembers to appoint Action Committee members in the event the Mayor neglects to do after a three month vacancy, subject to full Council approval.

All Charter Amendments that receive a favorable vote by the Council, still go to the voters in November for approval.

For more information or to receive the District 9 email newsletter call 808-887-2043 or email Margaret.Wille@hawaiicounty.gov

With much aloha,
Margaret Wille
Councilmember for District 9
(North and South Kohala)



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Korean Students Visit Kohala for Cultural Exchange

Story by Leslie Nugent
 Building on North Kohala's history of rich cultural diversity, 20 high school aged youth from Gokseong County, South Korea were welcomed to Kohala for a cultural exchange program in January. The five-day immersion was held at the Makapala Retreat Center and hosted by David and Carol Fuertes of the non-profit Kahua Pa'a Mua.

The origin of this exchange program was founded on the development of a "sister city" relationship between Hawai'i County and Gokseong County in South Korea. These two counties were brought together by Master Han-Kyu Cho, founder of the Korean Natural Farming Institute and worldwide leader and educator of Natural Farming. The relationship was further developed by Mayor Billy

Kohala's

cultivate healthy living soils, nutrient rich foods, and no-smell,

tour farms practicing this methodology. This past November, 15

give the students a cultural experience they would never forget.



Students from the Gokseong South Korea visiting for a cultural exchange program pose with their Kohala-based instructors outside the Makapala Retreat Center.

Photo by Crystal Gudino

Going back to the values, David Fuertes shared that Kohala was always willing to share the many talents it has, and accepted the challenge.

no-flies piggeries and chicken coops. This system of farming has been studied, practiced, and implemented in Hawai'i for the past eight years. Master Cho has made multiple trips to the island to teach and to work with farmers in applying Natural Farming methodologies on their farms,

Natural Farmers from Hawai'i, including Kohala farmers Chris Trump and David Fuertes, traveled to study in Korea.

While on this most recent trip, the Mayor of Gokseong County and Hawai'i Councilman Fresh Onishi initiated and coordinated 20 students from Gokseong to par-

While the students were visiting Kohala they had a full schedule and curriculum that was all founded in aloha. Day 1 started with building foundation, representing different cultures and countries, personalities and characteristics. The students and staff came together to make a lei. Each individual contributing



Photo by Crystal Gudino

Visiting Korean students work together to make a lei.



Photo by Crystal Gudino

Students dance hula with Kumu Kealoha Sugiyama.

Kenoi and former County Councilman Donald Ikeda.

Natural Farming systems use indigenous microorganisms to

most recently in early January 2016. In addition, Hawai'i farmers have made multiple trips to Korea to study with Master Cho and

participate in a cultural exchange in Hawai'i. While coordinating their visit, Councilman Onishi asked if Kohala could share its talents and

their mana to this lei represented them coming together as 'ohana. Throughout the week this lei was

See Korean, Page 9



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Korean, continued from Page 8 they symbol of unity and if ever there was disagreement they pointed back to the lei and were reminded of their commitment. The students were then able to make their own leather belts with

ing, and they had so much fun! Another big highlight was preparing for a luau. Students were led by John Hirota and Bobby Domingo in preparing an imu, making laulau, and accomplishing all the other tasks associated

ishments. It was evident how excited and grateful these students were for the opportunity to learn and experience the aloha of Kohala. Their love and endearment for "Papa" David Fuertes was palpable; his generous and

ural Farming technologies." In addition to all the amazing teachers, there was a whole team supporting the students during their stay in Kohala, making sure they had all their needs met and feeding them delicious meals.



Photo by Crystal Gudino

Students learn ukulele from Nino Ka'ai



Photo by Crystal Gudino

Students work with David Fuertes to prepare an imu.

Hawaiian saddlemaking instructors Kamalanai Manatan and Bronson Fuertes, Jr.

Students studied hula with Kumu Kealoha Sugiyama, where they not only learned how to dance, but were gifted the deep meaning and understanding of their hula. Kumu Kealoha infused a wonderful meaning for his students while they learned to dance "E Huli Makou". In life we will kaholo (travel). We need to huli (turn right and left) and see how other people are doing things. Imua (we are moving forward), I hope, and even though we are moving forward it is important to turn and see where we come from and pat ourselves on the back for all our progress. In addition to learning how to dance, students learned to sing and play "E Huli" on the ukulele with instruction from one of Kohala's great musicians, Nino Ka'ai.

Steve Nakamura led students in swim lessons at the Kohala pool and in a fishing tournament at Mahukona. For many of the students it was their first time fish-

with preparing a luau. For their luau, students harvested and prepared kalo from Palili O Kohala, a Natural Farming Learning Laboratory.

The five-day cultural exchange culminated in a ho'ike celebration at the Makapala Retreat Center. Students prepared lei, presented their hula, sang and played ukulele, displayed their leather belts, and served the community the delicious luau feast they prepared. Students and community members were treated to a special hula performance by Kumu Kealoha and members of Na Kupuna O Kohala. Another highlight of the ho'ike was a special opportunity for guests to see a traditional Korean dress modeled by one of the students. Auntie Jean Matsuda received a beautiful Korean dress as a gift from her daughter-in-law. She had never had a chance to wear it, or see it worn, and this was the perfect opportunity to see it modeled beautifully.

The visiting students received certificates and special awards based on their individual accom-

plishments. It was evident how open heart made them feel so welcome and accepted, even so far from their home. The final send-off for these students was at Mahukona, where one student swam out and offered the lei they had created together on their first day, while the other students chanted E Ho Mai from the shore. This cultural exchange is certainly something these students will always remember, and it is a testament to the power of love and aloha to break down barriers, including language and culture, that may divide us.

Looking towards the future, some students want to come back to Hawai'i to be educated, and some of our own students might go to participate in a cultural exchange in Korea someday. David Fuertes shared that, "For these kids, and for any of our kids, it's about honoring our past and embracing our future. It's important to know where we come from, not to dwell on our past, but to look at other ways in which we can grow, through sharing culture, technology, and Nat-

Special thanks go out to Joe and Connie Chun, Joyce Hamada, Sharon and Brian Plutschach, and videographer Crystal Gudino. Big Mahalo to Makapala Retreat Center, Hapuna Prince Hotel, Hilton Waikoloa, Kohala Middle School, and A Arakaki for the donation of necessary supplies.

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Same Canoe has brought over \$16,000 in grant funds directly to North Hawaii households, farmers, market vendors, grocers, restaurants, instructors, health and food champions - all helping to make Kohala a happy and healthy place to live. Plus over \$18,000 in matching contributions.

Grand Total invested in Kohala: \$34,000!

Picnic in the Garden at Lokahi Garden Sanctuary, Sunday, March 6th, 11-2, \$20 per person, with special guest Chef Stephen Rouelle

Living Longer, Living Better II: Healthy Microbiomes Monday, March 21st, 6-8 At Kohala Library with Stacey Shepard

www.oneisland.org

The Kohala Elementary School Garden: An Important Resource

By Maylan Ackerman

The Kohala Elementary School Garden is an absolute sanctuary for keiki.

It has become a thriving hub for fun outdoor education where students can put their hands in the soil and learn about their per-

green waste that the kids learn to use for their soil. This teaches them about the concept of recycling and reusing in nature. For their starts, there is a brand new greenhouse nursery put together by the Lions Club members, and beside that a newly renovated

Through hands-on learning and working with each other as a team, students observe the important social principles of respect for one's self and other living organisms, accountability of self and others, safety, and protocol for beginning a task and

it into a positive one. She explains to them that all of the plants are affected by the energy that each person is bringing in and will grow according to how they are treated.

With the good energy put into their work, the kids associate gar-



Photos courtesy of Kohala Elementary School

The sun sets on the Kohala Elementary School garden

sonal connection with cycles of the natural world.

Three years ago, Principal Danny Garcia of Kohala Elementary School teamed up with FoodCorps' Nancy Redfeather, Andrea Snow and other service members and began putting the foundations into place. FoodCorps' vision is "creating a future in which all our nation's children—regardless of class, race or geography—know what healthy food is, care where it comes from and eat it every day. Through their work, future generations will grow up to lead healthier and more productive lives." Together, they put a teaching curriculum into place so the kids could be in the garden on a consistent basis.

Kayla Sinotte has been the garden teacher for two years now through FoodCorps and has transformed the space into a beautiful and organized learning experience. With the help of community volunteers, she has turned what used to be a small fenced in area into a significantly larger space with many vegetable garden beds and fruit trees.

In three wooden crates there is a composting system for food and

outdoor classroom fully equipped with gardening tools and learning materials. Together, Kayla and the kids have planted multiple varieties of kalo, kale, lettuce, carrots, tomatoes, cucumbers, beans, herbs and flowers, just to name a few.

Each grade has their own plot and as a class they learn to be responsible for maintaining it. Each class also focuses on specific topics that work with their classroom curriculum. The first grade focuses on seeds and seed saving; the second grade on nutrition; the third grade on compost, vermicast (earthworm compost) and soil; the fourth grade on native Hawaiian plants; and the fifth grade on more experimental work, like looking into how plants grow under stressful and non-stressful conditions. Students get to choose what type of plants they want in their plot and from there learn about the life cycles of each one. Other topics that are taught are companion planting, how to weed and water properly, pruning of trees, why the plant is healthy for your body and, best of all, what the plant tastes like when it's time to harvest.



Garden Coordinator Kayla Sinotte helps young students plant in a freshly prepared bed.

completing it. One of the most rewarding things Kayla did over the course of her service was to take a Hawaiian Studies class, which helped her understand the community better. Here she learned about Hawaiian protocol and began to teach it to students and bring the concepts into the garden. Whenever they enter they ask permission as a class either by a Hawaiian chant or being silent and checking in with their emotions. If it is a negative emotion then they are encouraged to turn

dening with a fun and sensory experience, switching perception of gardening from negative to positive.

This is a place for kids to come and be who they are when they shine the brightest. Kayla says that, "By the end of the year, even the kids who were most reluctant to get their hands dirty became the kids asking for the hardest, dirtiest job there was." Not only that, the biggest troublemakers and students doing poorly academi-

See Garden, Page 11

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Garden, continued from Page 10 cally became the greatest leaders and role models for others. For some, being in the garden really brings out a side that maybe they can't show in the classroom.

To complete the food web,

forward to being there and having a role to play in its progress.

This garden needs to continue to be a resource. Families, friends and others who can help must come together to make this happen. The program that Garcia

Resource Center if you would like to make a tax-exempt donation.

Mahalo and thank you for all of your support!



Thriving mammoth sunflowers dwarf both children and adults in the garden.



Youthful hands show tiny newly-sprouted plants, or "starts".

the students also get to participate in the local food movement. Recently, Kayla and the kids have started harvesting and selling their vegetables and herbs to a few cafes in town. It is just the beginning and hopefully will catch on and more places will want to support this movement. The kids are getting to see the environmental, social and economic process, from planting a seed to putting the harvest on a plate.

As positive as this has become, Kohala Elementary may not be able to hire another teacher this year unless there is outside community support, due to a lack of funds. This will greatly impact the student's because so many look

and FoodCorps has put together represents the sustainable community that we want to see thrive for the present and future generations of this town. One where the keiki can share their wisdom with their `ohana and from that create a ripple that will eventually grow to the whole world. A small investment towards this garden means that you are contributing to more healthy education for our keiki!

There will be an exciting fundraiser in the very near future to help fund the school garden.

Kohala Elementary School garden is partnered with the Kohala Resource Center. Donations can be made to the school directly or you can go through the



Students hide amongst the foliage to take notes.

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WEEKLY EVENTS IN MARCH 2016

MONDAY			
7PM		AL-ANON MEETING WITH LAURA	LOWER LEVEL, WALKER HALL, ST. AUGUSTINE'S 884-5833
9AM		KOHALA SENIOR CLUB MEETINGS - AGE REQUIREMENT 55 PLUS	OLD COURTHOUSE
5:30PM	6PM	INSANITY CLASSES WITH ROSS PAGAT	SOLID ROCK NORTH CHURCH 989-0966
TUESDAY			
8AM	9:30 AM	HATHA YOGA WITH MORGAN CASSIDY	IN THE WHITE TENT, 53-496 IOLE RD 889-5151
9AM	10:30AM	SITTING MEDITATION WITH JOHN	MEDITATION HALE, 53-3988 AKONI PULE HWY 889-5151
WEDNESDAY			
7PM		ALCOHOLICS ANONYMOUS	WYLIE HALL, IOLE ROAD, KALAHIKIOLA CHURCH 889-6703
THURSDAY			
8AM	9:30AM	VINYASA FLOW YOGA, WITH MAYA PARISH	IN THE WHITE TENT, 53-496 IOLE RD 889-5151
5:30PM	6PM	INSANITY CLASSES WITH ROSS PAGAT	KAMEHAMEHA PARK COMPLEX 989-0966
7PM	8PM	NARCOTICS ANONYMOUS - LIVING CLEAN - BOOK STUDY, DISCUSSION	CLAY HOUSE (BEHIND THE HUB)
FRIDAY			
10AM		PRESCHOOL STORY TIME FOR AGES 2-5 (MARCH 18: EASTER EGG HUNT)	NORTH KOHALA LIBRARY 889-6655
SUNDAY			
6PM	7:30PM	CELEBRATE RECOVERY - HOSTED BY ADAM & MELINDA ANAKALEA	SOLID ROCK NORTH CHURCH 640-8590

EMAIL WEEKLY CALENDAR LISTINGS TO KMNCALNDAR@HOTMAIL.COM

PAJAMA FUN AT THE LIBRARY

March of the Stuffed Animals Pajama Story Time is coming to North Kohala Public Library on March 14 at 6:30 p.m. for children ages 2-5 and their families.

Bring your favorite stuffed animal and come dressed in your P.J.'s for an evening of fun. We will listen to stories, solve puzzles and play games. The stories and games presented will introduce preschoolers to bedtime math, which can help to stimulate early learning skills, such as listening, talking, writing and playing. All children who attend will receive stickers and games to bring home.

For more information, call Leilani Silver at North Kohala Public Library at 889-6655. Please call three weeks in advance to request a sign language interpreter or other special accommodation.

ANNUAL LIBRARY BOOK, A/V MEDIA AND BAKED GOODS SALE COMING SOON

The Friends of North Kohala Public Library will hold its annual spring book and bake sale from 8:30 a.m. to 1:00 p.m. on Saturday, March 19, at the Kohala High School cafeteria.

All books will be sold for one dollar or less. Buyers also have the option of filling a reusable grocery bag with books for seven dollars. Please bring your own bags.

True bargain-hunters will want to be on hand from noon until 1 p.m., when the remaining books will be given to good homes for free.

The Friends are asking for volunteers to help with the sale, and for donations of books, CDs, DVDs and baked goods. Volunteers are needed to help with setting up the sale beginning at 4 p.m. on Friday, March 18, as well as to help clear the remaining books following the sale on Saturday afternoon.

Books, CDs and DVDs in good condition may be dropped off at North Kohala Public Library until March 18. Baked goods can be delivered directly to the school cafeteria on the day of the sale.

Donations are tax deductible. Library staff can provide receipts for tax purposes when the materials are delivered to the library. Proceeds from the annual sale provide funding for library programs and materials.

Call the library at 889-6655 for additional information or to sign on as a volunteer.

NEW WRITERS' GROUP WELCOMES ALL LEVELS

A new writers' group forming at the North Kohala Public Library will hold its next meeting at 10 a.m. on Tuesday, March 15.

Monthly meetings will continue from 10 a.m. to noon on the third Tuesday of each month.

Facilitator Eila Algood will moderate the meetings to give the participants a chance to practice writing, discuss writing skills, share their work, enjoy useful feedback and share the joys and frustrations of the writing life. Algood, a poet and writer herself, has participated in other writing groups. She counts herself among the many writers who find value in the support of a writers' network.

Anyone interested in writing is invited to the monthly meetings, from beginning writer to published author—the timid and the brave; the serious writer and the amateur scribbler; the prolific producer and, especially, the blocked.

Writers are invited to bring samples of their work if they care to share; however, this is not necessary.

All are welcome to listen, to learn, and to be inspired. Algood asks that everyone bring a pen and paper for writing.

For additional information on the writers' group at North Kohala Public Library, contact Janet Lam at 889 6655.

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FILM CELEBRATES CREATIVITY IN THE FACE OF TRAGEDY

North Kohala Public Library will show the documentary film, *Beats of the Antonov*, at 6:30p.m. on Monday, March 28.

This is the final presentation in the winter series of three documentary films in collaboration with POV, the award-winning independent non-fiction film series on PBS.

"Beats of the Antonov" explores how music binds a community in the war-ravaged Sudan region, where people celebrate their survival and battle to maintain their heritage, even as bombs drop all around them. The film received the Grolsch People's Choice Documentary Award at the 2014 Toronto International Film Festival.

Additional information on each of this film can be found at the PBS/POV website: www.pbs.org/pov.

For additional information on the film presentations at North Kohala Public Library, contact Janet Lam at 889 6655.

Library Offers Food Fermenting Workshop

Story by Anne Fojtasek

How often do people visit the North Kohala Public Library to watch someone chopping vegetables? On Monday, February 1, about 30 people gathered at the library to see what Anna Peach could do with her food processor, and also to hear her ideas on fermenting foods, especially squash.

When growing things in a garden, "There comes a point when you have to ask, what do I do with it?" Ms. Peach says. Gardeners know the dilemma of dealing with an excess of veggies—quite often one particular crop—but even people who don't garden may find fermentation to be a useful method for dealing with a whole spectrum of foods. "Take what you have in abundance and use as much of it as works for you," is Anna's advice.

Not familiar with the joys of fermenting? Just think how many fermented products we all use, perhaps without even considering that they are fermented: pickles, sauerkraut, poi (sometimes), sour-dough bread, kimchi, tempeh, kombucha and yogurt, to name a few. From the well-known items, one can branch out to dozens of combinations designed to please the taste buds and, yes, to use up whatever produce is swamping the kitchen.

Keep it simple, Anna says. Use sea salt rather than iodized salt, or substitute seaweed, a natural source of salty flavor. Consider adding black peppercorns, hot peppers, caraway or fennel seeds, dill, onions, garlic, chia seeds, "whatever you like!"

Experiment not only with vegetables and seasonings but also with textures. Anna feeds

pipinola, also known as chayote (a type of squash), through her food processor this evening, but she points out that other types of vegetables can be used in much the same way. Pipinola holds its crunch better than, for example, zucchini. "This is my meditation," she says as she works.

She advises using a ceramic

jar. If not, add a little water. Let the jars sit for a week or ten days and then refrigerate, when the finished product is pleasantly sour. The warmer the room, the faster the fermentation will happen.

Ms. Peach has chosen to focus on squash this evening because, as she points out, squash is used in cultures around the world. It

our gardens. Anna grows squash and other veggies on the wet side of Waimea and got started experimenting with fermentation to deal with her abundant crops.

Why bother to ferment? Fermenting is more than a handy way to process a variety of foods. The lactobacillus bacteria added by the fermentation process is "so good for the gut." The unique flavors also add pizzazz to meals.

"What if mold develops on the top of the jar?" someone in the audience asks. No problem, Anna says, just scoop off the mold and a little extra and the rest "will be fine."

People who ferment in a large crock, used for products like sauerkraut, often put a plate on top of the kraut and weigh it down to hold everything under the liquid. Anything exposed to the air above can mold, but the part under the liquid does not.

Anna finishes her presentation by handing out samples of pipinola fermented with carrot, pumpkin, garlic, chia seeds, chili pepper and seaweed. Tasty! She also shows a collection of books on fermentation found in the Kohala library. Fermentation offers an easy, economical and fun way to preserve food, and the tools for learning how to do it are close at hand.



Photo by: Ananda Fojtasek

Dill pickles are one of many fermented foods that are delicious and easy to produce at home.

bowl rather than a metal one and a spatula or wooden spoon—or hands!—can replace metal utensils. A food processor is a useful tool, but hand chopping or grating will work just as well. Wash the jars in hot, soapy water but don't sterilize them before packing in the shredded produce. Liquid naturally released by the veggies as they are cut and then pressed tightly into jars should rise to cover the contents of each

is also one of those vegetables we often seem to generate in excess in

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Visiting Veterans Experience Hawai`i Island Hunting at its Best

Story and photos by Rande Golden

A special week-long outdoor adventure on Hawai`i Island was experienced at the end of January by two deserving veterans along with a professional hunting guide, all due to a non-profit organization called "Wishes for Warriors" and the

nonprofit was perfect: "Because they gave it all...we are giving it back." Mike started collaborating with their staff to host some veterans interested in hunting in Hawai`i... not a hard sell. He and his wife Maile went to work weaving an action-packed week filled with hunting, fishing and

day of their trip found them hunting in Waikoloa with Mike's friend Ricky Ferreira Jr., an avid bow hunter. Wes was successful in getting a goat that afternoon.

On Tuesday the men went hunting locally in a few places where Mike has permission from landowners. They saw a

dent. They also honored Captain Billy Ross, a friend who passed away recently. A big mahalo goes out to Kaiwi Joe for making these arrangements.

On Thursday, Alex, Wes, and Matt spent the day hunting in the Kohala Mountains with three members of Malama Pono



Veteran Wes Miller proudly displays the goat he caught.



Kohala resident Mike Hawkins with visitors: veteran Alex Lauser, hunting guide Matthew McGrew, and veteran Wesley Miller.

Hawkins `ohana from North Kohala.

Mike Hawkins, who is an avid bow hunter, wanted to help some wounded warriors enjoy the experiences he has when he hunts. Bringing home food for his family and being outdoors is always positive for him, so he wanted to share this with men who have given a lot for their country.

He connected with the Wishes for Warriors organization via social media. The motto for this

enjoying the beauty and people of this place.

Alex Lauser (age 23) from Virginia and Wesley (Wes) Miller (age 34) from South Dakota were the two veterans who were sponsored by Wishes for Warriors. Their volunteer professional hunting guide was Matthew McGrew from California.

The three came to Kohala late Sunday night, which provided a greatly appreciated discount rate for these veterans. The first

lot of action but didn't catch that day.

The group was able to experience deep-sea fishing on Wednesday due to the generosity of Hawkins' friend Captain David Crawford, who runs the Kona Blue, a large charter boat out of Honokohau Harbor. Alex landed a mahi-mahi, which was a special treat that night. The men performed a short ceremony, tossing ti lei in honor of the 12 Marines who died in a recent O`ahu helicopter acci-

Ke Kuahiwi A Me Ke Moana, Kohala's hunting club. President Wendell Fernandez, vice president and veteran Robert Medeiros, and member Kalani Fernandez felt honored to take this group hunting, and they were able to catch a nice big sow. Thanks to Justin Freitas at Holo-holo for making smoked meat and sausage with this pig, which was mailed to the veterans. Verna Fernandez stated, "At the end of the day we had a cook-

See Hunt, Page 15

The Kohala Community Athletic Association (KCAA) would like to thank the following sponsors for their generous support for our after-school sports programs for the children of Kohala in 2015

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Hunt, continued from Page 14 out. They shared their stories and how much fun they had, and they all would like to come back again." She added that they enjoyed these young men and thanked Mike Hawkins for sharing this experience. These club members are greatly appreciated and thanked for their time and hospitality.

Friday brought another day of hunting with Ricky Ferreira Jr. along with a celebration pa`ina at Keokea Beach Park for anyone who helped with this trip, hosted by the Hawkins family and friends. A thank you goes out to Leia Lawrence and members of Hula Hālau o Kukui Aloha 'O Kohala for sharing hula that evening.

For their final day here on Saturday, Alex, who is a surfer, experienced Hawaiian waves in Kona with professional surfers CJ Kanuha and Shane Dorian. CJ was extremely generous with his time as well as sharing many gifts, demonstrating true aloha to these veterans.

When Alex was asked how he liked Hawai'i, he said he loved it. "I'm so blown away at the hospitality. I've never been so far from home but felt so at home," he shared. His wife

hooked him up with Wishes for Warriors as a surprise. Alex loves the spirit here and can't wait to come back. This was his first time to Hawai'i as well as his first time hunting.

Wesley also was a first time visitor to Hawai'i, who shared, "I never met people so nice!" He's a hunter at home in South Dakota, and when asked how this compared, he said he wasn't walking through a foot of snow, which was great. "I couldn't ask for a better trip," Wes added.

Professional guide Matthew McGrew had visited Maui once, but this was his first time on Hawai'i Island. He was very appreciative of how he felt here, like he was with a close knit family. "It felt like a big hug when I came, and I had a feeling of being at home," Matthew shared.

He thought the people, food and atmosphere were the best. Matthew volunteers his time as a hunting guide with Wishes for Warriors, as he is close friend of the founder.

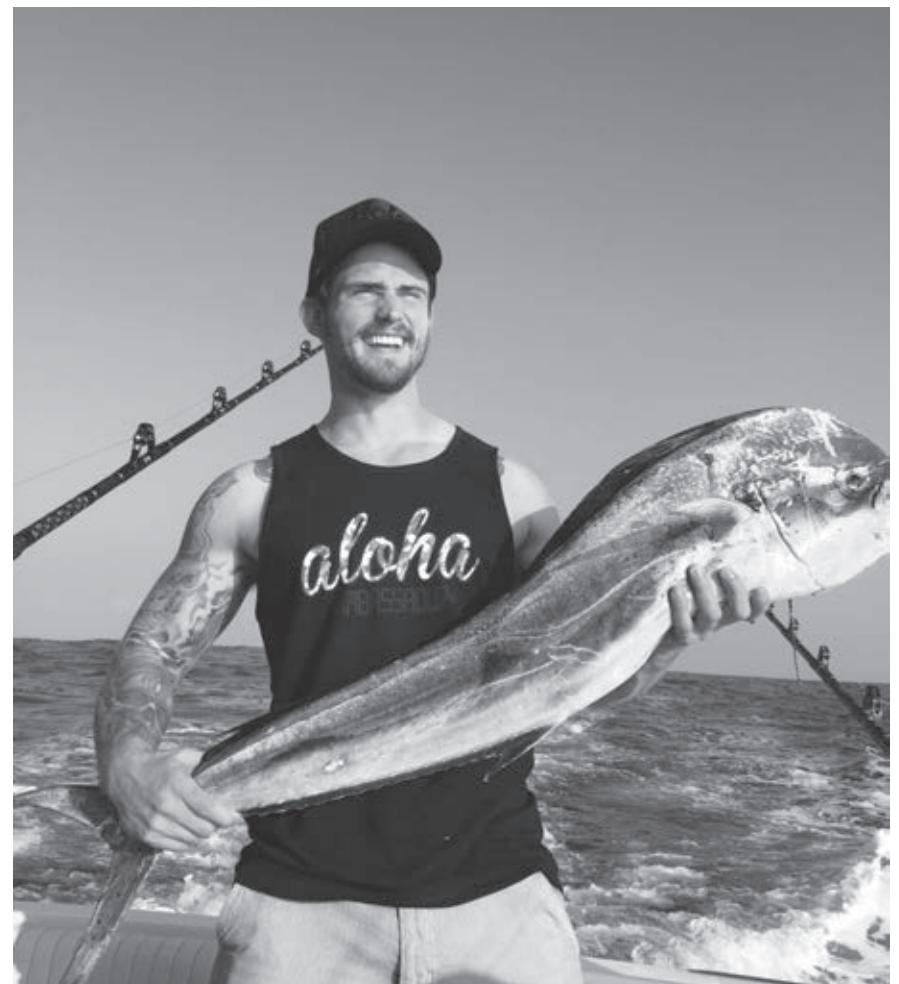
Wishes for Warriors Corp. is a 100% non-profit organization dedicated to helping combat-wounded veterans. This veteran-run, volunteer-operated organization helps return hope

and passion to lives of combat wounded heroes through therapeutic outdoor adventures. The president and founder is Bryan Marshall, a retired U.S. Marine who served for eight years. After meeting many amazing men and women during his time of service, he decided to dedicate his life to helping disabled veterans live out their dreams. For more information about this organization, visit their web page at www.wishesforwarriorscorp.com or their Facebook page, Wishes For Warriors.

Mike thanks everyone who helped make this wish come true for these deserving veterans, including his wife Maile and

the hunters and fishermen who provided great memories. He also thanks the businesses that donated money and supplies, including Holo Hawai'i and Big Island Outfitters, who gave gift boxes to the visiting vets.

Also appreciated is the Hawkins family extended `ohana, who provided food and supplies, helped at the pa`ina, made lei, did paperwork and shared time with the visitors, adding to the aloha that Alex, Wes and Matthew felt. Mahalo to Mike and Maile Hawkins for doing this. The community is richer for the dream of one avid hunter wanting to do some good for others.



Alex Lauser lifts the mahi-mahi he landed for a photo.



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KOHALA MONTHLY CALENDAR MARCH 2016

DAY	START	END	EVENT	DESCRIPTION	VENUE	PHONE	
1	TUE	2:30PM	AFERSCHOOL ACTIVITIES	ELEMENTARY & MIDDLE SCHOOL - LEGO BUILDING	NORTH KOHALA LIBRARY	889-6655	
2	WED	1:30PM	AFERSCHOOL ACTIVITIES	ELEMENTARY & MIDDLE SCHOOL - GAMES	NORTH KOHALA LIBRARY	889-6655	
6	SUN	11AM	2PM	PICNIC IN THE GARDEN	CHEF STEPHEN ROUELLE - WWW.ONEISLAND.ORG	LOKAHI GARDEN SANCTUARY	
7	MON	2&6PM	SIMPLE JEWELRY CRAFT	WITH SID NAKAMOTO	NORTH KOHALA LIBRARY	889-6655	
7	MON	5PM	NKCDP AC MEETING	NORTH KOHALA COMMUNITY DEVELOPMENT PLAN ACTION COMMITTEE	KOHALA SENIOR CENTER	323-4770	
7	MON	5:30PM	7:30PM	KOHALA PARENT SUPPORT GROUP MEETING	THE COTTAGE @ THE HUB	895-3578	
8	TUE	11AM	ADULT READING DISCUSSION	"PLANTATION BOY," BY MILTON MURAYAMA	NORTH KOHALA LIBRARY	889-6655	
8	TUE	2:30PM	AFERSCHOOL ACTIVITIES	ELEMENTARY & MIDDLE SCHOOL - STOP MOTION VIDEO PRODUCTION	NORTH KOHALA LIBRARY	889-6655	
8	TUE	6PM	HAWAII FARMERS UNION UNITED	6PM POTLUCK, 7PM PRESENTATION. FOR EVERYONE INTERESTED IN GOOD FOOD, NOT JUST FARMERS	KOHALA VILLAGE INN BARN	889-5715	
9	WED	1:30PM	AFERSCHOOL ACTIVITIES	ELEMENTARY & MIDDLE SCHOOL - LEGO BUILDING	NORTH KOHALA LIBRARY	889-6655	
9	WED	3:30PM	6:30PM	HAWAII HEALTH SYSTEMS CORPORATION BOARD OF DIRECTORS	OPEN PUBLIC MEETING AT KONA COMMUNITY HOSPITAL	CONFERENCE ROOM 2	322-6970
14	MON	4PM	ADULT & TEEN POETRY GROUP		NORTH KOHALA LIBRARY	889-6655	
14	MON	6:30PM	PAJAMA STORY TIME	FOR CHILDREN AGES 2-5 AND THEIR CAREGIVERS	NORTH KOHALA LIBRARY	889-6655	
15	TUE	10AM	ADULT & TEEN WRITER'S GROUP		NORTH KOHALA LIBRARY	889-6655	
15	TUE	2:30PM	AFERSCHOOL ACTIVITIES	ELEMENTARY & MIDDLE SCHOOL - GAMES	NORTH KOHALA LIBRARY	889-6655	
16	WED	10AM	1PM	COMMUNITY COOPERATIVE ASSOCIATION	KOHALA DITCH MEETING	SURETY - HAWI	987-1239
19	SAT	8:30AM	1PM	FRIENDS OF THE LIBRARY ANNUAL BOOK AND BAKE SALE		KOHALA HIGH SCHOOL CAFETERIA	
21	MON	6PM	8PM	HEALTHY MICROBIOMES	PRESENTED BY ONE ISLAND	NORTH KOHALA LIBRARY	889-6655
26	SAT	10AM	12PM	THRIFT SHOP	AT ST. AUGUSTINE CHURCH	NEXT TO WALKER HALL	889-5390
26	SAT	11AM	12:30PM	COMMUNITY MEAL	AT ST. AUGUSTINE CHURCH	WALKER HALL	889-5390
28	MON	6:30PM	PBS DOCUMENTARY FILM	BEATS OF THE ANTONOV		NORTH KOHALA LIBRARY	889-6655
29	TUE	5PM	6PM	CDP SUBCOMMITTEE	POWER, VIEWPLANES, & EROSION CONTROL, CONTACT SUSAN FISCHER	OLD COURTHOUSE (SENIOR CENTER)	882-7611
30	WED	4PM	5:30PM	RESTORATIVE YOGA THERAPY CLASS	WITH CARLA ORELLANA, CERTIFIED YOGA THERAPIST, BY DONATION	THE HUB	889-5151
30	WED	5PM	PARKS, WATER & ROADS SUBCOMMITTEE	MONTHLY MEETING		OLD COURTHOUSE (SENIOR CENTER)	882-7611

EMAIL CALENDAR LISTINGS TO KMNCALENDAR@HOTMAIL.COM

Scholarship Available to KHS Seniors

Dear Editor:

We would like to tell the community about a local opportunity for a college scholarship.

The three of us started the Manuel Family Scholarship in 2014 to thank our parents, Romualdo and Martina Manuel, for giving us the gift of education.

Our parents were immigrants from the Philippines who came to Hawai'i with very little. They worked hard and saved so they could send the three of us to college. And they did.

We have an obligation to pay

it forward to help others who are also pursuing their dreams of higher education.

The scholarship will be awarded to one or two graduating seniors of at least 50% Filipino descent planning to enroll in any two or four year institution of higher learning.

The Manuel Family Scholarship Fund will award up to two scholarships to Kohala High School seniors in the amount of five hundred to one thousand dollars each.

The scholarship is administered by Kohala High School

and can be used for educational expenses such as tuition, books, fees, supplies, room and board.

Selection criteria include academic achievement (minimum 3.0 GPA); educational and career goals; personal strengths, including maturity, motivation, and potential to succeed; honors; and financial need.

The application includes essays, letters of recommendation, transcripts of grades and an optional video essay.

Applications are available from Kohala High School Counselor Melody Nietfeld, with

a deadline for submission of March 1.

This is the third year that we have offered the scholarship, and we hope to offer it for many years to come.

Any questions regarding the scholarship can be sent to ManuelFamilyScholarship@gmail.com.

Sincerely,

Roger Manuel, Valedictorian, KHS Class of 1993

Jocelyn Manuel, Valedictorian, KHS Class of 1989

Ronald Manuel, Salutatorian, KHS Class of 1987



PUBLIC NOTICE

The Hawaii Health Systems Corporation West Hawaii Regional Board of Directors will be having its next meeting open to the public:

Wednesday, March 9, 2016
3:30 p.m. to 6:30 p.m.
Kona Community Hospital's Conference Room 2

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

*Any questions, please contact 322-6970
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The Kohala Community Athletic Association would like to thank the following volunteer coaches for a successful 2015 in our after-school sports programs for the children of Kohala.

T-BALL/ COACH-PITCH PONO NAKAMURA ANDREW MILLER REEVE CAZIMERO BEAU CAZIMERO MAHI VAEFAGA JOEY GILTNER KIWINI VIERNES VERN KARRATTI NOA YAMAMOTO NINO KA'I SA'O VAEFAGA	BIDDY BASKETBALL ALEXANDRA DOUGLAS SHANDELL UBRIGLEIME CHAI WILSON JOEY GILTNER KELBY KAAEKUAAHIWI TRYSTON COROTAN ALSTON VIERNES REEVE CAZIMERO BEAU CAZIMERO RYAN BAUTISTA KALEI EMELIANO NOHEA LEE KEONE EMELIANO	VOLLEYBALL KRISTLE GIRON RENEE GONSALVES SHARMIN GIRON KAMALANI AKINA BERTA GARCIA
BOYS BASKETBALL LAWRENCE KAUKA BRONSON FUERTES DUNCAN ANDERSON HANA ANDERSON KALEI EMELIANO REEVE CAZIMERO PAUL ANTONIO	 <p style="text-align: center;">Dedicated to building a better Kohala through youth sports</p>	GIRLS BASKETBALL ROBERT HALBRITTER TRAVIS VAN ZANDT PAUL ANTONIO DUNCAN ANDERSON JACOB HOOK KELBY KAAEKUAAHIWI
FLAG FOOTBALL MAHI VAEFAGA EDWIN VALENZUELA ANDREW MILLER NOA YAMAMOTO OLIKO COOKMAN ARIC HOSHIDA		

Kohala Ditch Update

The committee formed for the development of the organizational structure of the CCA (Community Cooperative Association) that will govern the Kohala Ditch is meeting on March 16, 2016 at the Surety Kohala office in Hawi.

The meeting will begin at 10 a.m. and end at 1 p.m.

The users, a representative from Kamehameha Schools and a representative from Surety are beginning the process of establishing the rules and regulations for the CCA. These rules must satisfy the CCA requirements of the State, as well as provide the governance for the users of the Kohala Ditch system.

All users interested in helping with this task are welcome to attend.

Please contact Kije Hazelwood at kijehaze@gmail.com or 808-987-1239 if you'd like to participate.

There is a lot of work to be done. Meetings will last three hours and be held approximately every six weeks.

There will also be a lot of reading, thinking and some communication between meetings. It is anticipated that this process will take at least two years to complete, so there is a commitment. If you haven't attended the previous meetings, you will need to do some catch-up reading of the State requirements and review the analysis that the committee has already gone through. Contact Kije if you think you'd like to join the group and help put the Kohala Ditch on a solid foundation for the future.

Local Farmers Union Chapter is about Much More than Just Farming

The Kohala chapter of the Hawai'i Farmers Union United (HFUU) had an amazing first year with many great speakers.

In January, elections were held and we have a new set of officers—Nate Hayward, president; Jana Bogs, vice-president; Jim Land, sec-

retary; and Howie Simon, treasurer.



Photo by: Jana Bogs

While groundhogs on the mainland were trying to decide if there was going to be six more weeks of cold weather, fields in North Kohala were busily springing forth with glorious new life. This is a yellow-flowering, mixed cover crop on a local organically-managed field

varieties of fruits! In November, Dr. Jana Bogs shared insights into growing foods for maximum nutrition, flavor, yield and shelf-life—all without the use of toxic chemicals. She explained how growing excellent quality foods starts with a comprehensive soil

analysis. December's speaker was Dr. Ashley Lukens from the Hawai'i Center for Food Safety, who shared the dangers of numerous agricultural chemicals used in our islands. She presented data on how pesticides are undermining our children's health and intelligence. January's meeting included a presentation

on agricultural land trusts by Gail Byrne Baber, followed by dancing to the beat of the Aikane Family Band. Watch for quarterly updates of our happenings in this newspaper, and come have fun with us at our meetings, which are for anyone interested in good food, not

just farmers! The three pillars of the National Farmers Union, of which we are a local chapter, are community, education and legislation.

We meet the second Tuesday of each month at the Kohala Village HUB Barn.

We always start with a delicious potluck at 6 p.m., followed by a presentation at 7 p.m.

retary; and Howie Simon, treasurer.

Since our last update to this newspaper, we've had an interesting set of speakers. In October Joseph Simcox, a world-traveling fruit explorer, gave us a glimpse into his exciting life and shared photos of some of his delicious discoveries. He explained there are 10,000

analysis.

December's speaker was Dr. Ashley Lukens from the Hawai'i Center for Food Safety, who shared the dangers of numerous agricultural chemicals used in our islands. She presented data on how pesticides are undermining our children's health and intelligence. January's meeting included a presentation

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Kokoiki Road

Service: Sunday 9:00 AM

Adult Bible Study: Monday 6:30 PM
 Prayer Meeting: Friday 6:30 PM
 Pastor Ilima Moihā
www.gospelofsalvationkohala.org

Kohala Baptist Church

Across from Makapala Retreat

Sunday Services 9 am

Adult Bible Study/Kids on Mission 10:15 am

Worship Service/Sunday School

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www.kohalabaptist.net

Sacred Heart Catholic Church
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 Sunday 7 a.m. • 9:30 am

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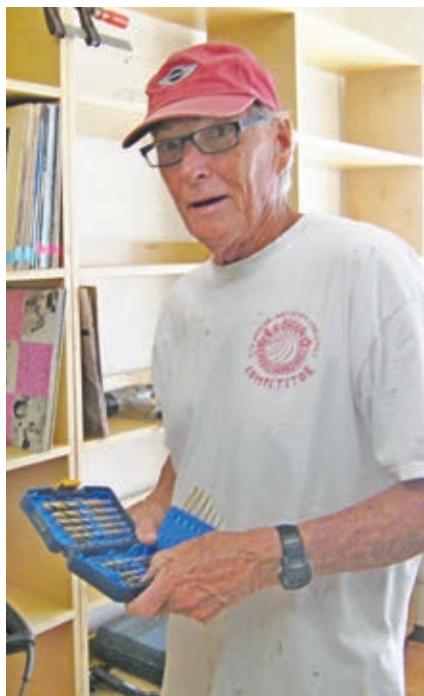
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	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7AM	Funkle Greg's Sunday Morning Mess	Uncle David's Big Show	Cosmic Cowgirl	Uncle David's Big Show	Cosmic Cowgirl	Working Hard or Hardly Working	Those Were Da Days
8AM							
9AM	Funkle Greg's Sunday Morning Mess Encore	Women's Voices	Your Kohala Connection	Women's Voices	Eco Talk	New Show! Into the Library	Live Music Showcase
10AM							
11AM	Those Were Da Days Encore	Working Hard or Hardly Working Encore	Your Kohala Connection Encore	Eco Talk Encore	Uncle David Encore	Cosmic Cowgirl Encore	Kohala Kine Sport Show
12PM							
1PM	Live Music Showcase Encore	Into the Library Encore	New Show! Michael's Mix	New Show! Tales from the Dead	New Show! Michael's Mix	Dug Inn Your Ear	Deez Rootz
2PM							
3PM	Kohala Kine Sport Show Encore						
4PM	Deez Rootz Encore	Dug Inn Your Ear	Mike on the Mike (Kohala HS Senior)	Dug Inn Your Ear	Surfing Cowboy	Dug Inn Your Ear	Hawaiian Time
5PM			The Winddown (HPA Junior)				
6PM	Hawaiian Time Encore	Hawaiian Time Encore	New Day and Time! Riding Home	Hawaiian Time Encore	New Day and Time! Riding Home	Hawaiian Time Encore	Encore Presentation
7PM							

Volunteers Dig into Projects on KNKR Work Day

Photos by Bob Martin



Jared Eaton installed new shelving in the music room.



Karl Toubman installed new lighting.



Debbie Winkler reporting for duty.

Kathie Babben

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Kohala Kowbotics Ropes In State Championship Award

Photo and caption by Fern White



On February 6 at the Hawai'i Convention Center in Honolulu, the Kohala Kowbotics won the Think Award at the Hawai'i State VEX Robotics Championships. Thirty nine VEXiq middle school teams competed for the award, which goes to the team that best uses thinking processes and applies programming to have its robot effectively complete tasks.

KCAA Boys Basketball Takes to the Court

Story and photo by Tom Morse
The KCAA (Kohala Community Athletic Association) Boys Basketball season is under way with 47 players on five Kohala teams participating in three age groups. The 14-and-under group will be playing teams from

Waikoloa, Parker School, H.P.A (Hawai'i Preparatory Academy), Honoka'a, and Paauilo in February and March.

The 12-and-under and 10-and-under groups will be playing against teams from Waimea and Honoka'a.



10-and-under age group players on the 2016 Kohala Community Athletic Association (KCAA) Boys Basketball team.

Back row (left to right): Coaches Thomas Thornton, Fred Figueroa, Ryan Bautista

Middle row: Makai Pang, Landon Kauka, Luke Hendricks, Ethan Tomas
Front row: Joshua Silva, Trevor Figueora, Ryzen Cazimero-Bautista, Kayzen Ittner, Layden Kauka

Kohala High School Honor Roll Members

Congratulations to the following Kohala High School students who attained a minimum 3.5 G.P.A. for the second quarter, earning a spot on the Honor Roll.

Seniors:

Alejandro-Cazimero, Kiana; Apostadiro, Mina; Bartolome, Gabrielle; Bartolome, Michael; Cubangbang, Patricia; Juan, Melody; Kawaaauhau, Kuhao; Kumai-Isabel, Dayton; Lewis, Jonah; Lewis, Leila; Moreno, Isaiah; O'Donnell, Christopher; Paro, Kainan; Sahagun, Melanie; Salvador-Racoma, Austin; Santiago, Tayvon; Sol, Kyrach; Yamasaki, Aisha; Zbytovsky, Yuki.

Juniors:

Adams, Tanya; Apostadiro, James; Boyle, Gabriella; Hageraats, Valerie; Hart-Gilhuis, Teshna; Keawe, Jaycie; Lewis, Stephanie; Yamasaki, Deysha; Yamura, Patricia.

Sophomores:

Agbayani, Camylle; Alonzo-Carvalho, Jadelyn; Anderson, Maya; Book, Chyenne; Canniff, Miranda; Carpio, Kiele; Castillo, Nicole; Emeliano, Johnnette; Fuertes, Cheyenne; Giron, J Sean; Hooton, Reece; Isabel, Kiera; Matsu, Zazttaney; Ramos, Angelu; Tabiolo, Anaiyah-Lee; Yokoyama-Bumanglag, Chella

Freshmen:

Bartsch, Mya; Botelho, Donna; Fuertes, Shania; Gusman, Kamaile; Hoopai, Dawstin; Imai, Cheylin; Kekoa, Mikayla; Kokal, Angelique; Osaki, Chayden; Pasco, Mekaila; Tomas, Gabrielle

Hunter Education Class Available for Kohala Community

A Hunter Education Program conducted by Department of Land and Natural Resources (DLNR) will be sponsored in Kohala.

Interested people please call Verna Fernandez at 756-5607. Dates are yet to be determined and the class is limited to 40 people. Having a class in Kohala means not having to drive to Hilo or Waimea. Participants must be 10 years old or older. A minor child needs signed parental permission form, a copy of their

birth certificate and a responsible adult to be with them. The class will be held for three nights and participants must attend all sessions.

A list of potential participants will be compiled and a date and time for classes will be determined by DLNR's availability. Classes fill up quickly.

A description of the class can be found at <http://dlnr.hawaii.gov/huntered/>. Please call Verna at 756-5607 for further details or to reserve a spot.

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KCAA T-Ball/Coach-Pitch Baseball Underway

Story and photos by Tom Morse
Twelve volunteer coaches are guiding seventy-six Kohala youth again this year to learn the sport of baseball. Games will be played on two fields at Kamehameha Park every day Monday through Thursday for six weeks straight.

The eight teams are grouped into two divisions and play two different styles. Ages five and six player hit the ball off a tee; ages seven and eight players hit pitches thrown by their own coaches.

Kohala Community Athletic

Association (KCAA) provides after-school sports for Kohala youth at no charge. Uniforms for baseball are provided by Takata Store. Equipment and other costs have been covered by donations from the community through the support of the North Kohala Community Resource Center.

The Kohala Community Athletic Association, an all-volunteer program, is in its thirty-sixth year of operation. Baseball is one of seven KCAA sports programs provided each year.



T-ball players jump into action with an infield grounder.



The Kohala Cannons, a coach-pitch team.

Standing (left to right): James-Conrad Ka`ai, Wyatt Rabang, Elijah Parayno.

Kneeling (left to right): Coach Keone Mackillop, Lincoln Payne, Mathias Payne, Solomon Mackillop, Railey Alvarez.



The Kohala Cubs, a coach-pitch team.

Standing (left to right): Coach Pono Nakamura, Orion Dorrance, Kaimana Nakamura, Isaiah Solomon, Royden Tabiolo, Coach Andrew Miller.

Kneeling (left to right): Roman Miller, Micah Durlinger, Tyler Sullivan, Sammy Emeliano.

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