

Vol.15, No. 08

August 26, 2016

Kohala Wins the Senior Softball State Championship

In 1975, a group of Kohala seniors formed a kupuna softball team, which has been in existence ever since.

Also in that year, the state began an annual tournament, with the site rotating between O`ahu, Kaua`i, Maui and the Big Island. The tournament is organized into eight divisions based on team records during the year from playing on each team's home island.

This year's Kohala team won the A division for the first time in its forty-one year history.

Bill Graham tells us what happened:

On August 4, the Kohala senior softball team won the state championship held on the island of Kaua`i. Sixty three teams participated from around the state and the top eight were placed in the A division, including Kohala. Fifteen players and our coach, along with some of our wives and boosters, traveled to Kaua`i, where we stayed in Kapa`a and played ball down in Hanapepe.

Our first game was against an O`ahu team and we came out on the short end of an 8-5 score. Our



Courtesy of Bill Graham

Kupuna Softball team Kohala is the winner of the 2016 Hawai`i State Championship Tournament.

*Kneeling (left to right): Samson Cazimero, Jr, Mike Felig, Randy Cazimero
Hands on knees (left to right): Buff Willard, Terry Salboro, Chuck Haupert,
Stan Rocha*

Standing (left to right): Harry Soares (Equipment), Momi Soares (Coach), Gary Tocatlian, Harvey Carvalho, Wayne Yoneda, Gloria Martin (Scorekeeper), Bill Graham, Mel Ako, Richard Liebmann, John Enloe

hitting and fielding were generally good, but our hard-hit balls seemed to go right at their fielders, whereas theirs found gaps.

In the second game we played the top Maui team and really hit well for a 16-4 win. That got us pumped up for the third game,

against Kona Gold, who were the current state champions. We had a nail biter against the Kona team, but were able to pull out a 5-3 win without having to bat in the bottom of the last inning.

On the last day we were matched against the top Kaua`i

team, who had won all three of their games in the tournament. In fact, they hadn't lost a game all year.

We fell behind 5-0 in the first inning, but their nerves got to them and some fielding errors helped us tie up the game in the second.

After that our defense stayed strong and our hitting really clicked. We wound up winning 21-7 and the championship was ours.

Congratulations are due to our first year coach, Momi Soares. We were also appreciative of the support given by dozens of players from other Big Island teams who came to root us on in the championship game.

Everybody contributed, but I think our infield was truly outstanding. They managed to turn nine double plays that I can remember over the four games. From first to third they were, Harvey Carvalho, Terry Salboro, Stanford Rocha and Junior Cazimero. In the first game Wayne Yoneda played third while Junior pitched.

Another standout was Mel Ako, who pitched the three winning games. By the scores you can see just how effective he was.

Shigeru Oshita – A Nisei Soldier

Story by Suzanne Sasaki

Mr. Shigeru Oshita, who will celebrate his 99th birthday on September 27, is a Nisei, a second-generation American of Japanese ancestry whose parents, Masaichi and Kazuyo Oshita, emigrated from Hiroshima, Japan to Hawai`i at about 1908. Masaichi was a carpenter, initially arrived in Honolulu, moved to Waimea on the big island and finally settled in Kohala working for the Union Mill and Kohala sugar plantations.

The family grew to include 11 children and Shigeru, the fourth child, graduated from Kohala High School in 1936. He went to work at the Kohala Sugar Company as a warehouseman for four years, but on November 7, 1940 was drafted into the National Guard. He was sent to Honolulu for training, then to Waimea at the military base camp there. His National Guard duty was only

See Oshita, Page 3



Photos courtesy of Oshita family
Shigeru Oshita in army uniform in a 1944 portrait.



Shigeru Oshita with wife Jane and children Dennis, Aileen and Andrew.



Shigeru Oshita with wife Jane, daughter Aileen and husband Michael Jervis, and son Andrew.

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Community Photo



Cattle grazing near a Kohala pu`u.

By Tom Morse

Oshita, continued from Page 1 supposed to last for one year, ending on December 31, 1941, but then on December 7, 1941, war broke out.

The National Guard did not know what to do with their American-Japanese soldiers at the Waimea training camp. Their weapons were taken away, and they were sent to stay at the Pahala High School gym for over a year. They did some community guard duties, but without being issued any weapons.

The group was then sent to Schofield military base on O`ahu and it seemed like the military and the nation still did not know what to do with them.

Mr. Oshita said all kinds of rumors circulated, including some which said they were going to be shipped out and sunk in the Pacific Ocean, never to return home again.

Thankfully, these rumors proved false and the group soon found itself shipped instead to a military base in Oregon near the Columbia River. From there, they went by train to Camp McCoy in Wisconsin, where they stayed for one year, again performing unarmed guard duty, and then spent another year at Camp Selby in Mississippi. In Wisconsin, Mr. Oshita said the Hawai`i soldiers were treated well, with community individuals inviting soldiers into their homes for meals and holiday celebrations. Missis-

sippi provided Mr. Oshita's first experience with segregation. The Hawai`i soldiers did not know which facilities to use - "White only" or "Colored Only" - until their officers told them to use any facility, so that is what they did. Some of their segregation experiences were disturbing, but on the



Shigeru Oshita with daughter Aileen.

whole Mr. Oshita felt the Hawai`i soldiers were well treated, as there were always individuals who focused on them as soldiers, and recognized and honored them as such, rather than focusing on their having a different skin color.

Mr. Oshita eventually got sent to North Africa, Italy and France. By then, as one of the original members of the 100th Battalion, he saw hard combat in several areas, most notably in France, where the 100th was sent to rescue the Texas Lost Battalion with devastating loss of life. The 100th lost 800 men

over five days to eventually rescue 211 members of the Lost Battalion. Exploits like this made the 100th Infantry Battalion the most decorated unit in U.S. military history, given its size and length of service. Mr. Oshita's Bronze Star was among the 18,000 individual decorations and 9,486 Purple Hearts

earned by the Battalion. Luckily, he was not injured, but can still recall today escaping bomb and gunfire blasts by mere minutes, talking to a soldier, turning around and having that soldier blasted to death. These memories are still difficult to confront today.

In 1944, Japan surrendered and the war ended. Mr. Oshita, along with other Kohala soldiers like Waichi Hiraoka, returned home. His sergeant tried to persuade him to make the military his career, but Mr. Oshita was determined to come home to Kohala.

The war and military serviced provided an eye-opening experience for a young man from Kohala. Shigeru Oshita traveled by buses, trains, ships and airplanes to other states and nations. He experienced extremes in weather from snow to blazing heat, dust and mud.

He experienced segregation, and wondered at the different treatment of black soldiers, but also saw that many individuals could look beyond skin color and treat them with honor and compassion for being soldiers in defense of their country. He made friends from many places, but also saw friends mercilessly killed in combat.

Mr. Oshita met a variety of people - fellow soldiers, villagers and townspeople and of course young ladies at USO (United Service Organization) and other social functions. At one of these social functions on O`ahu he met Miss Jane Harada, whom he courted for two years and eventually brought home to Kohala as his bride. They have now been married for almost 70 years and their three children have provided them with six grandchildren.

Mr. Oshita displayed his Bronze Star medal, but said the main prize he gained during the war was finding and bringing Mrs. Oshita home to Kohala. (Note: Mrs. Oshita said she has had no regrets in leaving her city life behind to come to Kohala.)

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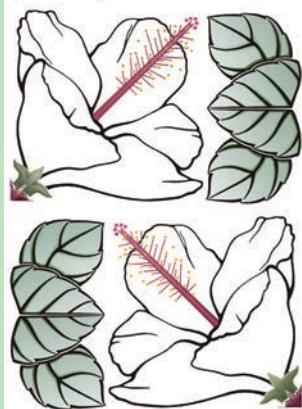
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Food for Thought: Real Food. Real Farmers

By Marcy Montgomery
 Local Food. It is a movement growing across the United States and Hawai'i, inspired by various motivations. Some want to protect the heritage of small farms and regional cuisine, or to preserve the beauty of traditional rural landscapes that are vanishing under development pressures. Others are concerned with food equity, getting fresh healthy food in the hands of all neighborhoods, not just as specialty crops for the small clusters of the local food elite. Others work to engage young farmers to ensure there are future farmers. And the 'real farmer' heroes work the land quietly and steadily, day in and out, bringing delicious produce to our markets and restaurants. Together, they are all part of transforming the food system.

Here in Kohala, there has long been plenty of talk about growing more local food. Some may want to preserve the agricultural heart of Kohala as a legacy, others may be motivated by today's pressing issues of food sovereignty and food security.

In 2014, the non-profit Kohala Foodshed project began taking a hard look at the food system gaps in Kohala, separating the dreams from the reality. Conducting local food surveys at farmers' markets, meeting with restaurants, farmers and grocers, and community leaders, the project found clear

indicators that, in spite of the best intentions to grow the local food system, Kohala had not seen any significant growth in production and is, in fact, in danger of losing farmers nearing retirement. In contrast to the admirable goal of reaching 50 percent local food security



Photo by Nayara Toscano
 A young boy with abundant fresh, colorful produce displayed at the farmers market.

documented in the Community Development Plan, the district remains over 90 percent dependent on imported foods, which often have minimized nutritional value.

What are the barriers inhibiting change?

Scaling up Production First
 To increase local food security Kohala needs to increase the acres

under cultivation. Simply put, we need real farmers growing real food. More acres. More food.

Time has shown we can hold all the monthly meetings, discussions and forums we want, lauding the 'idea' of local food, but until we have real farmers on the land – with water, capital and housing access – there can be no significant increase in local food production. These are the facts of the situation.

Can you think of a 10-acre production farm in Kohala brimming with produce? More likely, the multiple 1-2 acre farms plots serving as highly valued market gardens may total a little over 10 acres all combined. We lack the scale of production to even begin to shift our local food economy.

Scaling up Demand
 When you ask the real Kohala

farmers – the ones actively growing food for market and who have more available land – why they are not growing more food, their first response is often the lack of consumer demand as the main contributor to remaining small and not scaling up production. From a farmers' point of view, they are running a business and there is no logic in taking on the financial risk to grow 'more' until the market is primed and ready to buy it. We also need to scale up consumer demand. More buyers. More demand.

While small-scale homesteading, home gardens, nursery operations and landscape businesses may be viable forms of agricultural enterprises, they are not directly contributing to solving the larger scale food system problem of increasing production or generating new buyers. We need to develop and hold a bigger vision.

The obvious conclusion is that Kohala needs real farmers growing real food. And we need more buyers that value and purchase local foods. This is not the first time these needs have been identified, but the passage of time with no measurable change reframes the urgency of solving these challenges.

So how do we solve this conundrum?

The Kohala Foodshed project's findings suggest that step number one is to create a strong and per-

See Food, Page 4

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Food, continued from Page 3
 sistent land and water access initiative that attracts real farmers to our community. We need long term, low cost ag leases, low cost ditch water with reliable conveyance, and incentives for farmers to really farm – like affordable housing. Training new farmers, of any age, and supporting experienced farmers is the best means of sharing the knowledge and skills needed to transform our food system and scale up production.

There are inspiring, innovative models operating in other counties in the US and abroad that we can learn from and adapt to our local needs. Rural communities everywhere do share similar challenges in reclaiming their food systems. Those making real measurable changes have a pragmatic plan, not just numbers and ideas, potlucks and film nights, but the determined fortitude to really go after making change happen, together. Change is hard work, but it CAN happen.

Kohala has thousands of acres of underutilized ag lands, abundant potential water, and is a prime location for agriculture incubator projects. The first step is embracing the goal of supporting real farmers growing real food by joining forces to launch the scale-up initiative. Kohala will need land owners, water operators, and philanthropists to work together to help make this happen. Otherwise the dream

will remain just that, a dream, for another generation or more.

Second, while this required ag infrastructure is being built out, we need to leverage techniques that motivate the majority of Kohala residents to buy more local food. If 2,000 of the 6,000-plus residents purchased \$100 a month in local



Photo courtesy of Lokahi Garden Sanctuary
 A vibrantly colorful salad of fresh vegetables and edible nasturtium blossoms harvested from Lokahi Garden Sanctuary promises abundant nutritional value along with plenty of visual appeal.

food, we would immediately have a \$200,000 a month local food economy. Add restaurant purchases to that and we could be buying a quarter million dollars a month from local farms. Annually, that would be a \$3 million dollar local ag economy right here in Kohala.

This goal must move from being

a catchy concept, appealing to an affluent food elite, to become a well-integrated, ongoing, boots-on-the-ground, shovels-in-hand campaign to ensure food equity for all members of our community. And this is starting to happen. From Kohala Elementary School's Discovery Garden to the new subscriber-supported C S A S (Community Supported Agriculture programs) and having S N A P EBT (food stamps) available at the Hawi Farmers' Market, we are seeing the building

blocks of a new local food system. Everyone benefits by gaining access to fresher, healthier, disease preventing local foods.

Let's be honest, local food is higher quality and often costs more to buy because it costs more to produce. The higher quality may come with a higher price up-front, yet

the long term health savings and chronic disease reversal evidence make the higher up-front costs a great savings if you value your health and wellbeing over your lifetime. For every 50 cents or a dollar more we pay for organic local food today, we will save many times that in future health costs. The body of scientific evidence of food's impact on our health, and proven abilities for reversing disease, concludes food is, indeed, medicine and a powerful tool for living longer, better.

But what about members of our community who feel they can't afford healthy foods? Who live on very modest fixed incomes or must rely on EBT to have enough food each month? What about households who bring extended family members into their homes, trying to feed many people on modest earnings? How can we make fresh, nutritious, local food available fairly, for everyone?

The Kohala Foodshed project invites you to watch for potential answers in the continuation of this story in the coming months. Feedback is welcome at kohalafoodshed@gmail.com.

We intend to report on dynamic food security project methods reshaping the future of American food, agriculture and health, and highlight accomplishments here in Hawai i. Let's glean good ideas for Kohala and make change happen.



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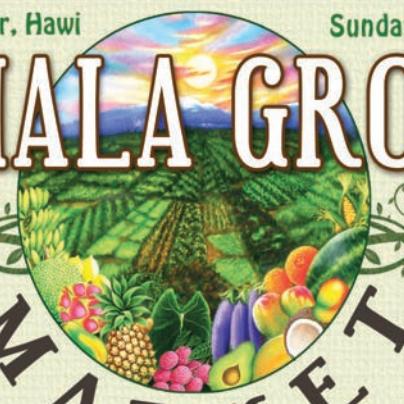
With much aloha, Margaret Wille, Councilmember for District 9



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Letters

Scoop the Poop!

Please! If you own a dog and love it enough to take it out on walks, then love it enough to pick up after it as well! I just got reprimanded from a neighbor because I let my dogs "do their business" in her yard. My dogs did not, but somebody else's dog did! I totally get her frustration and that is why I am asking my fellow dog owners and dog lovers to always carry your poop bags on leash with your dog. Nobody wants to mow into it, step in it or have to scoop up dog-doo that did not come from our own pooch!

Mahalo,
Darlene Scanella
Kapa`au

Kohala Residents Can Help Solve the Mystery of "Fire Ant" Eye

Of all the ecosystems found on our diverse Big Island, Kohala has many advantages. Being higher, drier and/or cooler than the more tropical Hilo and Puna environments, there are consequently fewer of the tropical problems of those areas. But while it may feel like a different world living in Kohala than in Puna, Kohala is not completely immune from the issues plaguing other parts of the island.

In fact, Kohala residents may not know that East Hawai'i is experiencing an epidemic of eye disease in dogs and cats. Throughout lower Puna, more than 50% of all dogs and cats are affected, with one or both eyes becoming cloudy, causing partial blindness. Horses and birds can also get this eye disease.

Veterinarians think it's Florida Spots, or Florida Keratopathy, a problem in tropical and sub-tropical climates. The cause, however, is unknown and there is no treatment or cure.

If you have a pet in Puna, chances are that it will develop this disease. Every Puna cat or dog has more than a 50/50 chance of developing eye cloudiness and blindness.

And the problem is spreading to Hilo and around the island... coincidentally along with the Little Fire Ant (LFA). And Kohala is in its path.

In fact, some researchers, including those at the Hawai'i Ant Lab, see a direct correlation between the appearance of the LFA and the incidence of this eye disease in other parts of the world. And many Puna residents have also made that connection, which is why we call this eye condition "Fire Ant" Eye.

Puna veterinarians agree it's caused by the LFA. However, some veterinarians do not agree that the LFA is involved. Some even question whether this is Florida Spots, since that is usually less severe and less common than what Puna animals are experiencing.

Current research suggests that this clouding of the cornea is caused by a slow growing bacterial infection, possibly caused by initial irritation from LFA venom. If so, we could possibly treat this condition with antibiotics once we discover the causative organism.

The good news for Kohala residents is that the little fire ant is currently rare in Kohala, especially

in drier areas. But the ants can be found in irrigated areas and are regularly arriving in Kohala along with infested plant material and as hitchhikers on cars and trucks coming from infested areas. It's only a matter of time.

However, the current low population of LFA in Kohala and low incidence of Fire Ant Eye offers a research opportunity.

We are looking for Kohala residents with pets who have little fire ants on their property. Do your pets have cloudy eyes? We also want to know if any Kohala pets have cloudy eyes but do not live near little fire ants.

If your dog or cat has eye cloudiness, please go to our website (www.FireAntEye.org) and complete the brief Pet Survey. You can also see images of pets' eyes there for comparison.

In addition, we are also working with Puna veterinarians and a mainland veterinary eye pathology laboratory to get a better diagnosis of this disease, so we can begin looking for a way to prevent and treat it.

Mahalo for your kokua,
Sydney Ross Singer
Director, Good Shepherd Foundation

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.

September Deadlines:
Ads & News: 9/9/2016
Publication date: 9/23/16

October Deadlines:
Ads & News: 10/14/16
Publication date: 10/28/16



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

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Current Circulation 4,000

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

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Kohala Mountain News
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Letters from Mr. Anderson's Kohala Middle School Class

The following letters were written at the end of 2015 by Mr. Duncan's seventh grade class. The students are now in eighth grade.

Be a Leader Instead of Worrying About Being "Cool"

Dear Editor,

I am Pilila'i Kaai, a current 7th grade student at Kohala Middle School. Here in Kohala we have a problem that may only be something small to some adults but is something very big to the students of today. It's the problem with students trying to fit in and be "cool".

I just want to let you know that

you can make the difference. Be a leader not a follower! Trying to get acceptance from others could lead to choices that will not help you in the long run. For example, you could get peer pressured into things like smoking, drinking, drugs, wrong relationships, etc.

So let's stop it! Let's be the leaders that can be the cool

ones that do the RIGHT things! Because, honestly, the ones that get you into the wrong things aren't worth the acceptance and are far from "cool". The world needs to change and it starts with us! Be the leader today and see the change tomorrow!

Thank you for your time,
Pilila'i Kaai

Sharks in Hawai'i

I'm writing about the vicious, scary animal you don't want to be by. When sharks are hungry they just want a meal to eat. When there are good things there are always bad things.

If there are more honus that means more and more sharks are coming to shore. Sharks are my

worst animals in Hawai'i. I love the ocean, to go surf dive. More and more sharks are hungry. There are more sharks in Hawai'i. There were eight shark attacks in Hawai'i in 2015.

Here are my safety tips. If you are going in the water, don't go alone. Don't go when there is

murky water, dirty water, rainy and dark. A guy created a bracelet that beeps and scares away sharks. If you are swimming, surfing, diving, be safe and look around before you go in. There are more and more sharks.

Be safe.
Moses Emeliano

Letters from Mr. Anderson's Kohala Middle School Class

The following letters were written at the end of 2015 by Mr. Duncan's seventh grade class. The students are now in eighth grade.

Smoking Causes Lots of Problems

Dear Editor,
SMOKING KILLS!
 Hi my name is Keoni and I am a 7th grade student at Kohala Middle School. I want people to stop smoking because they are wasting their money. And another reason could be that that they die faster and some chemical in the cigarette could cause people to get

lung diseases, such as emphysema and bronchitis. Another disease is heart disease, and heart disease is really bad because it can stop your heart and lead you to death.

And last, but not least, another risk for pregnant woman is they could also get pregnancy-related problems.

Another thing is that when

the adults are smoking in front of children, they are showing bad examples.

And if we can get more adults to stop smoking we can turn them into better role models.

Another thing is when the adults blow out the smoke and their little child gets beamed with that smoke and inhales it that can

make them very sick. The best thing to get people's attention to stop smoking is to put out more fliers and more commercials and that could make those smokers finally open their eyes and change their personalities.

Thank you for your time!
 Sincerely,
 Keoni Barco

Be Kind to Animals

Dear Editor,
 Do you own a dog? If yes or no, don't abuse it.
 Aloha, my name is Jordan Ayoso and I will be talking about animal abuse. The main animal

to get abused is dogs. Dogs are very good pets. So why abuse them? Just to see dogs getting abused makes me want to cry. When dogs get abused, they might get cuts or break their

bones and suffer and die. Most people abuse their dogs for silly reasons. But why? Dogs don't do anything to us. I want to see better results than before. Kohala should be a place where there is

no cruelty, to not just dogs but to other animals, too. So that is my report about animal abuse.
 Thank you for your time!
 Sincerely,
 Jordan Ayoso

County Council Update

From the Desk of District 9 Councilwoman Margaret Wille

THE FUTURE OF SOLID WASTE: On August 16, the Council's Environmental Management Committee heard my Resolution 570-16. This Resolution urges the County's director of the Department of Environmental Management to request proposals for a comprehensive island-wide solid waste program in anticipation of the closure of the South Hilo Sanitary Landfill, expected within the next 36 months.

The goal is to move forward in search of a sustainable solid waste disposal program compatible with the County's Zero Waste Policy and the department's enhanced mulch and compost program: not burn solid waste, but aim to recycle and reuse more than 80 percent of solid waste, resulting in a reduction of the total current tipping fees.

This resolution may be discussed further at one of the Council's September meetings but, in any event, I will update on the status of Resolution 570-16 in my next newsletter.

REAL PROPERTY TAX FINANCE COMMITTEE WORKSHOP: Tuesday, September 6: Council Chambers Kona, exact time to be determined (no vote at this meeting).

On September 6, following the Council Committee meetings, the Council will meet and hear from those interested in the future of

the Agricultural Use Assessment Program relating to property valuation of agriculturally zoned land that is (or should be) being used for commercial agriculture.

This program costs the County close to \$40 million – nearly one-tenth of our County budget. Therefore the outcome of the pending legislation will have an

impact on the County budget and the relative amount of taxes to be paid by those in the program and, on the other hand, by those who are not in the program.

The current Ag Use Dedication Program has a year to year "non-dedicated" use category and a ten year "dedicated" category, both affording a substantial reduction in taxes, whereby the value calculation of the property is based on its agricultural use, rather than on its market value.

The overall aim of the program is to provide a significant tax break on property engaged in bona fide agricultural operations. As would be expected, almost all taxpayers who are in the program are in the year to year program rather than the 10 year program, with its substantially significant commitment and only slightly better tax break.

Ag Dedication Bill 218 (M. Wille): This bill would modify (reduce) the amount of the tax break and manner of calculation for those in the program on a
See Wille, Page 7



Photo courtesy of Margaret Wille
 Councilmember Wille with Blue Zones leaders Carol Ignacio (left) and Dena Smith-Ellis (right) at the July 30 Kohala Blue Zones Celebration.

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Wille continued from Page 6 year-to-year basis, without requiring any commitment beyond the current year. The bill would also add a new three-year, dedicated program that would retain the current, substantial tax-valuation reduction with validation of engagement in commercial agriculture.

Some of the questions to be considered are: What should be the percentage reduction in market value for those who seek to stay in the more lax non-dedicated use program? What allowance should be given to those who are not currently engaged in agriculture, but who intend to be, on this property in the future? And what about those agriculturally zoned subdivision communities with common land that is used for pasturing cows and horses, where many residents currently in the non-dedicated program may not qualify for the three-year dedicated program.

Ag Dedication Bill 219 (G. Ilagan): This bill makes minor changes to the current non-dedicated ag use assessment program. It clarifies administrative mat-

ters and by increases inspection demands on the real property tax division for those engaged in the non-dedicated use program.

All taxpayers will be affected by this legislation.

GENERAL PLAN PUBLIC INPUT FORUM

On Thursday, August 25, the Planning Department hosted a General Plan Public Input Forum in Kona. The purpose of the public input forum was to get community feedback on alternative "scenarios" for future patterns of growth and development on Hawai'i Island. If you did not attend the August 25 forum and want to get involved in these general plan update discussions, feel free to contact my office or you may contact the planning department directly.

CURRENT STATUS OF NORTH KOHALA COMMUNITY DEVELOPMENT PLAN (NKCDP) ACTION COMMITTEE

Please let me know if you have applied to the NKCDP Action Committee over the past year and did not get a response, or received a response that there are no vacancies on the committee.

There appears to be a grave disconnect with the mayor's office, as the mayor's representative has been advising applicants that there are no vacancies on the committee, when in fact there are two seats that have been vacant for a considerable period of time.

Updates:

The Planning Director advised that the CDP Committees will soon be back to a month-to-month meeting schedule, rather than the current every-other-month schedule. The next meeting of the Action Committee is scheduled for September 12. Consider supporting this committee by attending the Action Committee meetings and perhaps joining one of its subcommittees.

Reminder that the County's Parks and Recreation Department is working with the NKCDP Subcommittee on Parks, Water, Roads in its determination of what trees at Kamehameha Park need to be removed to prevent damage to the pool and its drainage system caused by debris from trees in the vicinity of the pool.

THE NEW BUS ROUTE FROM KOHALA TO WAIMEA -

The bus leaves Makapala at 9 a.m. and Kapa`au at 9:30 a.m. on Mondays, Wednesdays and Saturdays. After more than an hour-long stay in Waimea, it returns to Kapa`au at 1:10 p.m. and Makapala at 1:35 p.m. We need to use this bus. If ridership stays low, we will lose this new route. Consider taking a trip to Waimea every Wednesday. Invite your friends. Or how about planning a Saturday trip to Spencer Park and picnic or swim there for two hours before the return bus brings you back to Kohala. Enjoy the trip!

UPDATE ON PHASE II OF ROOTS SKATE PARK: The plans for the skate park expansion have now been reviewed by the Parks & Recreation Department and as soon as the architect makes a few changes, the project will go out to bid and we can move forward to construction. Funding has been secured.

Contact my office for more information or to get on my newsletter email list: 887-2043.

With much aloha,
Margaret Wille
Councilmember, District 9

Local Plant Experts Share Their Mana`o

Each month the Kohala chapter of the Hawai'i Farmers Union United (HFUU) continues to offer potluck fellowship and knowledgeable speakers on ag-related subjects. These presentations have inspired many members to plant new crops, try new propagation techniques and experiment with soil fertility improvement methods. HFUU is working at the local, state and national levels to increase local food production and to create and sustain prosperous agricultural communities through cooperation, education and legislation.

At our June meeting, Brad Belmarez, owner of Hawi's own Aikane Nursery, shared about his passion for Hawaiian native plants. Brad gave a beautiful and informative presentation on some of the native plants already growing in our area and how we can incorporate them into our landscapes. It was very empowering

to learn how we can propagate natives in our own gardens. He demonstrated how rubbing the bright blue fruits of the uki uki, or Hawaiian lily, together with perlite (the white rocks in potting soil) helps separate the tiny seeds for proper germination. Brad also brought up the importance of never returning native plants you have grown in your garden back into the wild because the act of us cultivating those plants interferes with their evolved adaptations to those particular wild areas.

On July 12, Anna Peach gave a presentation about her system for growing pumpkins and marketing them. She explained her methods of building fertile soil, studying the genetics to allow her to breed for certain desirable traits and selling her crop at top prices. She has shown it's possible to run a profitable farm business on one quarter acre of poor soil if one goes about

it carefully and creatively. Anna's passion for her work was obvious and everyone in attendance left inspired.

On August 10, the HFUU presented a political forum to discuss agriculture in North Kohala. Candidates for state representative and county council seats participated in a discussion with the community. Many good ideas and strategies were presented to address community concerns about the county spraying glyphosate in parks and along the roadsides. Candidates also presented their plans for supporting diversified agriculture in our district and fielded questions from the community. The evening was rounded out with great acoustic music by the band Hualalai.

More presentations are planned for the remainder of the year. Chapter meetings are held on the second Tuesday of every

month at the HUB barn behind the Kohala Village Inn. A hearty potluck dinner focused on local foods starts at 6 p.m. followed by a presentation at 7 p.m. Everyone is welcome. Learn more about the Hawai'i Farmers Union United at hfuhi.org.



Photo by Charla Photography
Anna Peach of Squash and Awe in Kamuela peeks through tall grass and squash vines.



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The Coconut Revolution Just Got Smaller

Story by Tim Head

Sometimes it takes time for good ideas to germinate and catch on. Kohala's Coconut Revolution seems to be such a case. An appeal went out a few years ago to plant coconuts. The response was heartwarming.

Soon after, Bill Wong became a coconut champion when he planted one hundred cocos in Halaula. A half-dozen small groves also sprouted up in the district.

But the "revolution" didn't take off as much as was hoped. Some

close to villages in maritime Southeast Asia and the Pacific and grown mainly for fresh, pure drinking water. Coco water, protected inside the shell, is an excellent drink for humans – filled with nutritious vitamins and minerals. Spoon meat, the soft custard-like

from your landlord to plant.

In a recent Philadelphia speech Hillary Clinton urged Americans "to plant a garden that you may never see". This means make a positive contribution to your country that may not mature during your lifetime. Consider



Photos by Carolyn Mondress

Samoan dwarf coconut palm

A big crowd came to a presentation at the Kohala Intergenerational Center, where lots of health information, photographic slides, demonstrations, creative dances and coconut snacks were enjoyed by all.



Orange Malayaan hybrid coconut palm

coconut growers turned their attention to a smaller alternative, dwarf coconuts (sometimes called low-bearing coconuts). Dwarfs eliminate many of the concerns people have about tall coconuts.

For thousands of years, dwarf coconuts have been cultivated

immature kernel inside the nut, is a longtime island taste favorite.

If you ever think about food self-sufficiency and sustainability, consider planting some dwarfs. In a half-dozen years after planting, coco water will be reachable and free. If you rent, get permission

leaving this kind of renewable food source for future generations of the Kohala community.

The Revolution continues.

For more information about low-bearing coconuts, contact Tim Head in Makapala at 884-5134.



Big Island Dwarf coconut palm

Ten Reasons to Plant Dwarf Coconut Palms

Story by Tim Head

1. Bear nuts in four to six years; palms live up to 75 years.
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or on a short ladder.

7. Versatile: kernel can be shredded and pressed to make oil or mixed with water to make coconut milk.
8. Grows well from sea level to 1,000 feet elevation. In higher locations, growth slows down.
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Seniors Celebrate Christmas in July

By Kealoha Sugiyama, Senior Club President

The Kohala Senior Club is on summer break and only meets once a month for the months of July and August. On the July 25 meeting, I decided that our theme would be Christmas in July. On the fourth Monday of each month, we celebrate the seniors' birthdays and play bingo.

For Christmas, no matter which month, you need the bright decoration lights, with a reindeer and perhaps a snowman. With the help of Renee (nutrition site manager), we had huge blow-ups of a snowman, Santa and a reindeer. She also brought a four-foot Christmas tree to place on the table and 500 feet of Christmas lights. Kalani joined us and we decorated two additional six-foot Christmas trees to be placed on the floor. It took the three of us four hours to decorate the entire Senior Center. Being that bingo was being played on that day, we wrapped up all the bingo prizes in Christmas paper and rib-

bons and placed them under the three Christmas trees. The place looked fabulous and we all hoped that when the seniors entered the Senior Center they would become as little children and stare in awe.

A few days before our meeting I got word from the mayor's office that they were sending Augie T to speak to the Kohala Seniors.

Having that information, I got a Santa Claus outfit in the hopes that Augie would be the surprise Santa for that day.

On that Monday meeting, the Seniors were surprised with the theme and all the extensive Christmas decorations throughout. Kalani also got together some of the senior uku-

the nutrition side of the building. I then informed him that we were celebrating Christmas in July and asked if he would wear the Santa suit and be the surprise Santa Claus from the North Pole. He agreed, and when he was dressed I led him to the door between the nutrition site and the Senior Hall. I interrupted the bingo game and

announced that Santa had arrived! I wanted everyone to welcome him by singing "Here comes Santa Claus".

As we sang, Augie T in the Santa Claus outfit and a robust "Ho, ho, ho!" entered the Senior Hall. There was dead silence from the seniors and they were wondering who is this short, small and brown skinned Santa? Augie T immediately began with his jokes and through all the laughter, the Seniors finally realized that Santa was Augie T, the comedian, here in Kohala. For the next 45 minutes there was so much loud laughter coming from the Senior Center. Yes,



Comedian Augie T takes a "selfie" with the Kohala Senior Club at their Christmas in July meeting

Photo by Augie T

lele players to sing Christmas carols and had the membership join in. We honored the July birthday seniors and began the bingo game. With all that activity keeping the seniors occupied, I waited outside of the building for the arrival of Augie T. As he arrived, I greeted and escorted him into

a great day was had by all and a great surprise ending for Christmas in July.

FYI: for the August 22 senior meeting, the theme is Senior Summer Olympics and we will be meeting at Kamehameha Park KIC building at 9:00 a.m. for another fun event.

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A Lifetime of Creativity ~ Rebecca Rocha's Legacy

Story by Randee Golden

When you sit in Stan and Sonia Rocha's home in North Kohala, there are creative reflections everywhere of Stan's mother, Rebecca Rocha. You see many things that she made: a Japanese doll in kimono, a patchwork quilt covering a futon, her artwork on the wall and ceramics painted by this talented woman.

What you don't initially see are the dozens of holokū stored away that were created over 40-plus years by this talented seamstress. These exquisitely made one-of-a-kind dresses document a part of Hawaiian history and culture that began when the missionaries arrived and the holokū became a new style of dress for Native Hawaiian women.

Rebecca Samons was born in Honolulu in 1932. Her maternal grandmother was a Quinn from Kohala, so she visited family in the district while growing up. After she met her husband, Kohala resident George Rocha, this place became her home, where she raised six children while keeping busy with her passion for creating.

Stan remembers his mother always being active and that she was into surfing and diving, along with creating things. Besides sewing, she painted, knitted and baked. Stan laughed when he shared that she made Portuguese sweetbread in an old pink baby porcelain bathtub. They still have the tub. Sonia added that she misses eating that bread, and her mother-in-law's bagels.

There was always a sewing room or area in Rebecca Rocha's

home where she made clothes for her entire family as well as special orders from community members. "She kept six kids well dressed," Stan commented. "She could sew anything, including jeans, sailor pants, tank tops and shorts for her five boys. She even made boxer shorts out of Calrose rice bags. The only thing we bought was

socks," he added. She made all her daughter's clothes, from birth till she went to school.

What stands out the most from the many expressions of art produced by Mrs. Rocha is her collection of holokū, a classic style of dress created after the first missionary wives came to Hawai'i in the 1820s. During this time, the

made of fine fabrics and adorned with beautiful trims, lace, buttons, bustles and trains.

Rebecca Rocha's collection of over 40 outfits includes all kinds of holokū, from very fancy velvet and silk gowns with trains to a two-piece outfit fit for a princess on a horseback ride in the mid-1800s. When asked what



Photo Courtesy of the Rocha family

Outfit trimmed in peacock feathers created in the early 1990's by Rebecca Rocha



Photo courtesy of Stan Rocha

Stan Rocha and his mom, Rebecca Rocha, on her 70th birthday in 2002

monarchy women had acquired bolts of fabric from trading with ships from the Far East. When they saw the western style of dress on the missionary women, they

motivated his mom's creations, Stan shared there were different inspirations, including his grandmother who attended holokū balls. Some women would come with a specific idea of the dress they wanted to wear. Mrs. Rocha had a good eye for matching designs to a woman's shape and her style was quite frank when it came to giving advice.

Hilo was where Mrs. Rocha bought some of her beautiful fabrics and trims at Helen's Fabrics. Stan remembers his mom going on "Rocha's Bus", a black stretch limousine that made daily runs to Hilo and was operated by his Uncle Jack. Nakahara Store also provided fabric and sewing supplies in former days, when they had non-food items next door to

desired the same and they already had fabric to use.

The holokū steadily evolved throughout the decades in style, depending on its use. Some dresses simplified to holomu or mu'u mu'u for daily use, while others were designed more elaborately for special occasions. The more elegant, formal holokū were

See Rocha, Page 11



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Rocha, continued from Page 10 their current store.

Besides drafting her own patterns and creating a wide variety of holokū, Mrs. Rocha also made hats, parasols, purses, gloves and other adornments to complete an

the unique dress Jenny wanted to wear at her cowboy-themed wedding. The dress included a special bodice, lots of beadwork and hand stitching, and a tea-length hem. "I wore white shoes and nylons at the church, but when

serve fabric and thread as well as make sure things would last. "My mom did not waste anything and she paid great attention to detail," Stan shared.

He also mentioned that his late brother Robert followed in his mom's footsteps, as he had liked to create lei, flower arrangements and other art forms.

During a short period late in life, Mrs. Rocha lived in Hilo, but she returned to Kohala after experiencing a fall. While she was

in Kohala Hospital recuperating for a few months, staff members who worked with her were gifted patchwork quilts as an expression of appreciation.

This creative lady was 80 years old when she passed on June 16, 2012. Even though her physical presence is gone, her creative legacy lives on as a continuous reminder of the strong force of energy displayed by this talented woman. May her story motivate us all to create!



Photo courtesy of Jenny Stevens

Custom wedding dress created by Mrs. Rocha for Jenny Stevens

outfit. When she needed to work on a design, she sometimes would hijack one of her slim sons to become a "live mannequin." Stan admitted they all tried to leave the house when they thought that might happen.

Jenny Stevens is one of the lucky community members who owns a Rebecca Rocha original wedding dress, made in 1993. She shared her story of hearing about Mrs. Rocha through her future father-in-law and that she developed a relationship with Mrs. Rocha as they collaborated on designing

we got to the reception at Keokea, I changed into my white wedding boots!" Jenny recalled. She appreciated the skill that this seamstress demonstrated as she created a one-of-a-kind wedding gown that perfectly suited this bride.

When asked if others in the family sewed, Stan mentioned that a sister-in-law made custom clothing. Sonia shared that her mother-in-law didn't push, but she did encourage others to create and would teach if you were interested. Sonia and Stan added that their mom also taught how to con-



Photo Courtesy of the Rocha family

1991 Waikoloa Holoku Ball; This holoku has red pleats covering the back and train. Woman is unidentified; escort is Leonard Shim, Jr.



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Kohala Gateball Club

Story and photos by Tom Morse

Formed in 1997, the Kohala Gateball Club boasts more than thirty members. The sport was invented in Japan in 1947. Similar to croquet, it is played on a somewhat smaller court. Two five-player teams compete in a game with a thirty minute time limit. The playing field is 55 feet by 60 feet. Team members practice every Monday morning. The County recently completed a dedicated pavilion for the sport at Kamehameha Park at a cost of \$165,000. Team members maintain the playing field directly behind the pavilion.

On the Big Island there are teams in Hilo as well as Kohala. Meets, which consist of eight to twelve games, are held three to four times per year in alternating locations. The Elderly Activities Division of the Department Parks and Recreation for the County provides bus transportation.

Club dues are \$25/year.

Visitors and prospective members are welcome to participate in the Monday practices. New members are welcome. For more information contact Lucy Pasco at 896-9798 or George Rivera at 889-5398.

WEEKLY EVENTS IN SEPTEMBER 2016

MON	9AM		KOHALA SENIOR CLUB MEETINGS - AGE REQUIREMENT 55 PLUS	OLD COURTHOUSE	895-2094
	5:30PM	6PM	INSANITY CLASSES WITH ROSS PAGAT	SOLID ROCK NORTH CHURCH	989-0966
	7PM		AL-ANON MEETING WITH LAURA	KOHALA MISSION SCHOOL CAFETERIA	
	7PM	8PM	NARCOTICS ANONYMOUS - LIVING CLEAN - DISCUSSION	CLAY HOUSE (BEHIND THE HUB)	
TUES	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
	10AM	3PM	HAWI FARMERS' MARKET		
WED	12:15PM	1PM	LUNCH BUNCH, BRING A BAG LUNCH AND LISTEN TO STORIES, AGES 6-12 - JUL 6 & 13	NORTH KOHALA LIBRARY	889-6655
	2PM		AFTERSCHOOL ACTIVITY CLUB AGES 6+		
			9/7 - GAMES, 9/14 - MOVIE: ZOOTOPIA, 9/21 - DRAMA, 9/28 - LEGO'S	NORTH KOHALA LIBRARY	889-6655
	6PM	07:30PM	SEIBUKAN KARATE ACADEMY	HISAOKA GYM	
THURS	7PM		ALCOHOLICS ANONYMOUS	WYLIE HALL, `IOLE ROAD, KALAHIKIOLA CHURCH	889-6703
	8AM	9:30AM	VINYASA FLOW YOGA, WITH MAYA PARISH	IN THE WHITE TENT, 53-496 `IOLE RD	889-5151
	3:30PM		NA `IMI IKE; HAWAIIAN LANGUAGE STUDY GROUP	NORTH KOHALA LIBRARY	889-6655
	5:30PM	6PM	INSANITY CLASSES WITH ROSS PAGAT	KAMEHAMEHA PARK COMPLEX	989-0966
FRI	6PM		TABLE TENNIS/PING PONG	INTERGENERATIONAL CENTER	889-1099
	7PM	8PM	NARCOTICS ANONYMOUS - 12 STEPS & TRADITIONS	CLAY HOUSE (BEHIND THE HUB)	
	10AM		PRESCHOOL STORY TIME FOR AGES 2-5	NORTH KOHALA LIBRARY	889-6655
SUN	10AM	11AM	SEIBUKAN KARATE ACADEMY	HAWI FARMERS MARKET (IF SUNNY)	
	6PM	7:30PM	CELEBRATE RECOVERY - HOSTED BY ADAM & MELINDA ANAKALEA	SOLID ROCK NORTH CHURCH	640-8590

EMAIL WEEKLY CALENDAR LISTINGS TO KMNCALENDAR@HOTMAIL.COM



Standing, left to right: Lana Lewis, Kathleen Donovan, Lucy Pasco, Kalani Heinicke, Robert Glory, Coert Olmstead, Elaine Kawai, Collins Kahalo
Kneeling: George Rivera, Eileen Ohta



A new pavilion for the Kohala Gateball Park was recently constructed at Kamehameha Park.

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September is National Recovery Month September 24 is Families in Recovery Day

By Lynn Fraher

If someone is struggling, they usually don't struggle alone. When a family member has a mental and/or substance use disorder, the effects are also felt by family and friends who may experience feelings of abandonment, anxiety, fear, anger, concern, embarrassment or guilt.

Some may wish to ignore or cut ties with a person, but more often than not, 'ohana are not ready to go to that extreme. Hamakua-Kohala Health (HKH) can help individuals and 'ohana find encouragement and hope, learn to recognize the signs of a problem and guide those in need to appropriate treatment and recovery support services, like those available at HKH.

We're on this Journey Together: Awareness and Support are Key

National Recovery Month and Families in Recovery Day are annual events to recognize and celebrate the gains made by brave people who have attained recovery from substance use and mental health disorders. Let's spread the message that behavioral health is essential to health and one's overall wellness and that prevention works, treatment

is effective and people recover!

HKH providers collaborate to provide whole-person oriented healthcare services and education and offer integrated treatment for tobacco and e-cig control and prevention, behavioral health and substance abuse concerns:

Behavioral Health

Clinical Psychologist Dr. Carol Blum moved to Hawai'i Island in 2015 to make Kapa'au her home. Her psychology practice includes a wide variety of services offered to children, adolescents and adults.

Did you know?

- In Hawai'i, about 3.5% of all adults have serious mental illness and about 9.1% of all youths have had at least one major depressive episode

- In 2015, suicide surpassed traffic fatalities as the number one cause of death by injury in Hawai'i and Hawai'i Island has the highest death by suicide rate in the state

Let us work with you on stress management, anxiety, depression, trauma, family health and well-being including parenting skills and relationship support, marital and family communication problems, significant life

changes or disruptions, grief and loss, physical health maintenance, chronic pain support and other topics.

Substance Abuse Outpatient Treatment Program

Certified Substance Abuse Counselor Candace Kauahi provides services for adolescents and adults in an intensive outpatient program setting. She also believes strongly in educating the entire 'ohana.

Did you know?

- Meth - Crystal methamphetamine ("ice") is the primary drug threat in Hawai'i and Hawai'i has the highest per capita ice use in the nation

- Marijuana is Hawai'i's second most significant drug threat, is increasingly used among our keiki and is frequently found in public schools (grades 6-12)

- Hydrocodone is one of the most abused pharmaceutical drugs in Hawai'i. It and other opioid drugs are derived from the opium poppy and contributed to 35% of drug overdose deaths in Hawai'i in 2015

- Alcohol/Drug abuse - in Hawai'i about 8.7% of all individuals 12 and older are dependent on or abuse alcohol and drugs

The good news is, according to the Center on the Family at the DOH, more than half of the adults and adolescents who participated in a substance abuse treatment program and who completed a six-month follow-up survey have remained clean!

Tobacco and e-cig Cessation Program

Kathy Akioka, HKH's Certified Tobacco Treatment Specialist, provides ongoing counseling and support and offers free nicotine replacement items such as patches, gum and lozenges for as long as a participant needs the services.

Did you know?

- Smoking kills more people than alcohol, AIDS, car crashes,

illegal drugs, murders and suicides combined. Thousands more die from other tobacco-related causes - such as fires caused by smoking and smokeless tobacco use

- About 25% of Hawai'i high school students use e-cigs. Tobacco and e-cig use is started and established primarily during adolescence

- Nearly nine out of 10 cigarette smokers first tried smoking by age 18

The Tobacco Cessation program is available to everyone in our community (18+) and the participant does NOT need to be a patient of HKH to receive services and nicotine replacement therapy items. Please call Kathy Akioka directly at 808-937-9979, for appointments at both Hamakua Health Center and Kohala Family Health Center.

Visit our website at hamakua-health.org to learn more about our services:

Back to School preventative exams, immunizations (including for human papilloma virus vaccine for preteens, girls and boys, to reduce later cancer risks), sports physicals, pre-school tuberculosis testing and health screen, behavioral health counseling, breast and cervical cancer control program, care coordination, chronic pain management, family planning, free health insurance sign-up, pediatrics, prescription drug discount program, sliding fee scale that provides services regardless of ability to pay for healthcare and prescription medicines, substance abuse counseling, tobacco and e-cig cessation program, ultrasound services and more.

Call for appointments at either location:

Kohala Family Health Center:
53-3925 Akoni Pule Highway,
Kapa'au - 889-6236

Hamakua Health Center:
45-549 Plumeria Street,
Honoka'a - 775-7204



Join the Voices for Recovery: Our Families, Our Stories, Our Recovery!

September is National Recovery Month
and Families in Recovery Day is September 24

Let's recognize and celebrate the gains made by brave people who have attained recovery from substance use and mental health disorders.

Let's spread the message that behavioral health is essential to health and one's overall wellness and that prevention works, treatment is effective and people recover!

Malama Ola Kino Kou - To Your Good Health

HKH providers collaborate to provide whole-person oriented healthcare services and education and offer integrated treatment. Ongoing counseling and support is essential to health and one's overall wellness.

Our Extensive Healthcare Services Include:

- Behavioral Health Counseling - Clinical Psychologists are here for you
- Substance Abuse Counseling - A Certified Substance Abuse Counselor (CSAC) will work with you to create a substance abuse treatment program
- Chronic Pain Management
- Tobacco and e-cig Cessation Program - A Tobacco Treatment Specialist will help you create your Personal Treatment Plan. FREE Nicotine Replacement Therapy items such as patches, gum and lozenges are available.

You can do it! Call for appointments at either location:
Kohala Family Health Center: 53-3925 Akoni Pule Highway,
Kapa'au - 889-6236
Hamakua Health Center: 45-549 Plumeria Street,
Honoka'a - 775-7204

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Lions Club Inducts Leaders, Supports Local Programs

The Kohala Lions Club had a busy August meeting.

The local service club inducted the executive team for the 2016-17 year: Ed Broussard, President; Chris Brown, Vice President; John Winter, Recording Secretary; Christi Morgan, Correspondence Secretary; Deborah Winter, Lions Club International Secretary, Aaron Sienkiewicz,

Treasurer; Jon Adams, Lion Tamer; Derek Obina, Tail Twister and Dixie Adams, Board member.

The club also approved six donations in their bi-annual community giving program. Awards were given to Kohala Hospital Auxiliary, Kohala Back to School Supplies Project, KHS Project Grad 2017, Keiki Yoga Kohala, Kohala Archery Club and

Ryukyukoku Matsuri Daiko Taiko Drumming for a total of \$1,800.

The Lions motto is "We Serve," which they do through annual keiki vision checks, Sight is Beautiful contest, and Flag Day program at Kohala Elementary School; highway road cleanup along Akoni Pule Highway; sponsorship of Kohala High School Leos Club; Pololu trail

cleanup and other service projects in the community. They are also regular participants in the annual Kamehameha Day parade.

The Kohala Lions Club recently started a Facebook page. "Like" and follow them at www.facebook.com.

For more information about the Lions Club, call Chris Brown at 884-5122.



Photo by Steve Hoffmann
Kohala Lions Club executive team includes, from left, Jon Adams, Aaron Sienkiewicz, Chris Brown, John Winter, Christi Morgan, Derek Obina, Dixie Adams, Ed Broussard and (not pictured) Deborah Winter.

A Storyteller's Story: Tribute to Kindy Sproat

[Editor's note: This story was previously printed in the Kohala Mountain News and is brought back as part of a legacy series.]

Should auld acquaintance be forgot, and never brought to mind? Many across the nation ring in each New Year with the traditional New Year's Eve melody, Auld Lang Syne. The song just wasn't the same this year for many who lost cherished friend, Kindy Sproat, on December 14, 2009.

Kindy was 78 years old. Few know the old songs like these, but Uncle Kindy did, and he had a story for everyone. With his broad smile and a twinkle in his eyes, he'd tell you to "sit down and stay a while...."

Thirty years ago, a young Kindy rang in the year of 1969 from a hilltop in Vietnam, in the midst of a war. "We were on alert," said Kindy. "I had all these kids—17, 18, and 19-year-old boys—out there in trenches, in a bunker with a machine gun, one man per bunker, right in enemy territory. I was a tech sergeant, and I had to patrol all this. The mood was heavy, really, really heavy. We wished everybody a happy New Year. Then I got my ukulele out of

the bag, and I played Auld Lang Syne. While I was singing, the guys grabbed their microphones from their Jeeps and put them right in front of me, and that went right into the big headquarters underground. They keyed it up, and I didn't care. I gave it my all. I sang my heart out. I never sang it like that before, and I don't think I'll ever sing it like that again."

A storyteller, musician, mule man, historian, and "ambassador of Hawai'i," his own story began in 1930 when Clyde Halema'uma'u Sproat was born to parents Beatrice and William "Bill" Sproat.

Kindy talked about his birth: "Well, my mom said she just stayed in the valley until it was time. You see, my mom was a nurse. So she knew when it was time, so she had everything prepared and came out... came out and had the baby. And after—well about three days later—we went back in the valley of Honokane Iki, our home. And then I stayed and never came back until I was five years old."

Kindy was the fifth of seven Sproat children. He was uncertain how the name Kindy originated but recalled roll calls in school when he refused to answer to the name Clyde. "I said, 'My name's Kindy.' Ho! The teacher was so mad, 'Your name is Clyde!' But I said, 'No, it's not. It's Kindy.'" Kindy got his middle name from Halema'uma'u crater at Kilauea which began erupting on the day he was born. "He was Hawaiian, through and through," said his wife, Cheryl.

Kindy's roots in the North Kohala valleys run deep, with an ancestral heritage of Hawaiian feather cape makers and canoe builders. His father was part of the second generation in a family of ditch tenders for the Kohala ditch. Kindy described a childhood of "living off the land" much like his peers at that time.

"Usually right after school we cook taro. We prepared everything ready for the taro. When we come home from school all we do is light the match and boil it. And we prepared that taro, hemo

[peel] the skin, pound the poi. And then there were days when we, on weekends, maybe hunted pig. Ho! My dad would tell me 'head um off, go get in front of that guy.' Boy, I was a scrawny little thing, and he told me to get in front that boar twice my height! But, I tell you, when we would sit, with our feet under the dinner table, whoa! I felt proud that I helped prepare that."

His candid descriptions capture Kohala's past and a way of community that still persists. "Was funny when we'd see all whites in a classroom on the TV program. At that time was either all white or all black [classrooms], you know. But, before there was no television. So we didn't know any different! In class, had a Japanese guy in front of me, maybe a haole guy in back of me. We sat down and ate our lunch together. We just talk story. Pidgin's a great language cause it got all of the kids talking story and telling tales and everything, which we could never do if they can't know the

See Sproat, Page 15



Daisy C. Luke
April 25, 1934 – July 26, 2016
Resident of Hawi, Hawai'i

Daisy C. Luke, a resident of Hawi, HI passed away on Tuesday, July 26, 2016, in Walnut Creek, CA. She was a native of Kohala, HI, aged 82 years old. Daisy was the 13th child of 17 born to her late parents, Tam Shu Ching and Kui Len Ching. She was a business owner who loved spending time with her family and friends, gardening, and cooking. She was a member of St. Augustine's Episcopal Church in Kapa'au, HI. Daisy was the beloved mother of Corey H. W. Luke and Penny H. L. (Charlie) Luke Velasquez; dear sister of Bernice Lee, Sylvia Ching, Eleanor Yu, and Warren Ching; and their families. She was the loving grandmother of Alana and Christian. She was preceded in death by her beloved husband Lawrence K. L. Luke.

Memorial Services were held on Saturday, August 20, 2016, 10:30 am at St. Augustine's Episcopal Church, 54-3801 Akoni Pule Highway, Kapa'au, HI (808) 889-5390.

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Kohala's Cosmic Cowgirl

Sproat, continued from Page 14 other guys' language."

At home, music was a way of life as the Sproat family gathered on the lauhala-covered porch nearly every evening. "When we were singing on that porch, I always felt we were singing for the sun before it went over the pali. The sun made our day, and if we sang really good, the sun would come a little earlier and stay late." Kindy recalled.

He couldn't get enough of the "old-timers' songs," seeking them out wherever they played. "I'd watch them under the hau tree by the local saloon after hours or go up the mountain with my dad to a round-up with the paniolos."

In 1948 Kindy graduated from Kohala High School. "He was especially proud of that," his wife emphasized. He was drafted into the army in 1953, beginning 20 years of military service. When he enlisted in the air force in 1955, Kindy landed in Japan with his 'ukulele in hand.

"That thing went everywhere with me," Kindy said. "Mostly, that's all I needed to get by." When he left his post in Japan, Japanese people and fellow comrades came in droves to bid him farewell. "Ho! There were so many people that came out that the commanding officer said, 'Hey, who's this guy? He famous?'" He wasn't, at least not in the way he'd later become, but his personality won hearts wherever he went.

Kindy spent many years on O'ahu, where he married and adopted his son, Irwin. By 1976, after that marriage ended, he went to stay with his brother Buzzy to work on the Moloka'i Mule Ride. There he met the woman he called, "the love of his life," Cheryl. She became his wife, and they were married 32 years. In 1979 they returned to Kohala. "This was always home," Kindy said.

With Cheryl by his side, he graciously accepted the music career that he was destined for. The path led to him to national folk festivals across the country, Carnegie Hall, and to the 200-year

celebration of the Statue of Liberty. His falsetto singing and repertoire of over 400 songs earned him hundreds of invitations; yet it was his joy in sharing his music and stories that captivated thousands.

In 1988 Kindy received the National Heritage Fellowship award, an honor bestowed on only twelve traditional folk artists each year. An annual falsetto contest on the Big Island was also appropriately named after him.

Cheryl Sproat recalled recording Kindy's first CD. "We wanted to keep his stories in with the songs," she explained. "When they said, 'No can,' we just created our own record label and did it anyway—Kindy's way."

Uncle Kindy's way was to gladly share his knowledge and to live out his own advice. "You no get nothing nice for say no go say 'um,'" Kindy laughed. "To fight and disagree in the family, it's only wasting your time, wasting your energy. I mean, you can waste it fighting and arguing and all that junk, but this valuable time you have on earth is so short. Be mellow. And be righteous and forgiving, that's it."

Even near the end, through bouts of what he called "puka brain" and long after he lost his ability to play the 'ukulele, Kindy always had a story on his lips and a song in his heart.

At the service held for Kindy on December 27th, friends and family talked about his love for music—but mostly of his love for people. "If you were an acquaintance, you were a friend," a close friend said. With family extending out to 19 great-grandchildren and a community made so much richer by his presence, surely this auld acquaintance will never be forgot and will always be brought to mind.

Many of the quotes in this article are from transcripts of interviews conducted by Faye Mitchell of Living Journals. Other quotes and facts were derived from the eulogy of Kindy's service, written by Nani Svendsen and Violet Hussey Oliva and presented by grandson Isaac Sproat.

Story by Eila Algood
In 2012, Cecily DeVille's 25-year-old daughter was living on Hawai'i Island and told her mom to buy a one-way airplane ticket from her lifetime home of Austin, Texas, which she did. In the spring of 2015, a friend asked Cecily to go with him to KNKR when they were scouting for DJs.



Photo by Cecily DeVille

Although she had done some ads in small town radio and was a guest on a radio show in Austin,

she had never been behind the controls, driving her own show. Once she visited the station, she became excited and pursued creating a program focused on the mixed genres of Americana music, stemming from the Southern US and Gulf Coast regions.

The inspiration for her unique and deliberate song choices is the music that was played at the Armadillo World Headquarters of Austin in the 1970's by artists such as Frank Zappa, Ray Charles, The Clash and ZZ Top, as well as the artists who influenced them. The name for the show, Cosmic Cowgirl, was inspired by the song "Cosmic Cowboy" by country music artist Michael Martin Murphey. Cecily was one of the first shows to go on air at KNKR one year ago July and has been going strong ever since. Be transported to another place and time. Tune in to Cosmic Cowgirl on Kohala's only radio station: KNKR, 96.1 FM, Tuesdays 7 a.m. to 10 a.m. & Thursdays 7 a.m. to 11 a.m.

Discover Feng Shui for Harmony and Prosperity

The North Kohala Public Library in Kapa'au will host author Clear Englebert for a one-hour feng shui talk on Monday, October 3, starting at 6:30 p.m. This free event will focus on his new book, "Feng Shui for Love & Money."

The talk will address various aspects of feng shui concerned with harmony and prosperity. Englebert will explain how to use and enhance the two powerful back corners of a space, the Relationship Corner in the far right and the Wealth Corner in the far left. There will be time for questions and comments.

Clear Englebert has practiced and taught feng shui in Hawai'i and California since 1995. A rec-

ognized feng shui expert with six published books to his credit, he has been featured on television programs and in print media. His books, which include Feng Shui for Hawai'i and Feng Shui for Hawai'i Gardens, are available in five languages.

"Feng Shui for Love & Money," as well as Englebert's previous books, will be available for sale with the profits going to the Friends of the Library.

Call the North Kohala Public Library at 889-6655 or visit www.funghway.com for more information.

Contact the library three weeks in advance if a sign language interpreter or other special accommodation is required.

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KOHALA MONTHLY CALENDAR SEPTEMBER 2016

DAY	DAY	START	END	EVENT	DESCRIPTION	VENUE	PHONE
5	MON	5:30 PM	7:30PM	KOHALA PARENT SUPPORT GROUP	MEETING	THE COTTAGE @ THE HUB	895-3578
5	MON	6PM	7PM	GROWTH MANAGEMENT SUBCOMMITTEE	MEETING	BANK OF HAWAII BUILDING	
7	WED	4:30 PM		COMMUNITY ACCESS GROUP	MEETING	SENIOR CENTER	
12	MON	3PM	4:30PM	NORTH KOHALA PARENT SUPPORT GROUP	SUPPORTED BY N. HAWAII COMMUNITY CHILDREN'S COUNCIL	KING KAMEHAMEHA PARK	989-4894
12	MON	5PM		NKCDP AC MEETING	NORTH KOHALA COMMUNITY DEVELOPMENT PLAN ACTION COMMITTEE	KOHALA SENIOR CENTER	323-4770
12	MON	6:30 PM		CAPTAIN GEORGE VANCOUVER	HAWAII HISTORY LECTURE BY BOYD BOND	NORTH KOHALA LIBRARY	889-6655
13	TUE	11AM		ADULT READING DISCUSSION	ISABEL ALLENDE : HOUSE OF THE SPIRITS	NORTH KOHALA LIBRARY	889-6655
13	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
13	TUE	6:30 PM	8PM	NORTH KOHALA COMMUNITY ASSOCIATION	MEETING, CONTACT JEFF COAKLEY	KHS CAFETERIA	443-8687
17	SAT			FREE GRINDZ HOT MEAL	KOHALA BAPTIST CHURCH	BANYAN TREE	
19	MON	1:30 PM		FOOD AS MEDICINE	BY RICHARD LIEBMANN ND	NORTH KOHALA LIBRARY	889-6655
20	TUE	10AM		ADULT & TEEN WRITER'S GROUP		NORTH KOHALA LIBRARY	889-6655
21	WED	5:30 PM		AGRICULTURE SUBCOMMITTEE	MEETING	SENIOR CENTER	
24	SAT	10AM	12PM	THRIFT SHOP	AT ST. AUGUSTINE CHURCH	NEXT TO WALKER HALL	889-5390
24	SAT	11AM	12:20PM	COMMUNITY MEAL	AT ST. AUGUSTINE CHURCH	WALKER HALL	889-5390
26	MON	6PM		TEEN NIGHT—BOOK AND FILM	"PERKS OF BEING A WALLFLOWER"—NEW!	NORTH KOHALA LIBRARY	889-6655
27	WED	4PM	5:30PM	RESTORATIVE YOGA THERAPY CLASS	WITH CARLA ORELLANA, CERTIFIED YOGA THERAPIST, BY DONATION	THE HUB	889-5151
27	TUE	5PM	6PM	GDP SUBCOMMITTEE	POWER, VIEWPLANES, & EROSION CONTROL, CONTACT SUSAN FISCHER	OLD COURTHOUSE	882-7611
28	WED	5PM		PARKS, WATER & ROADS SUBCOMMITTEE	MONTHLY MEETING	OLD COURTHOUSE	882-7611

EMAIL CALENDAR LISTINGS TO KMNCALNDAR@HOTMAIL.COM

Kohala Churches

Kohala SDA Church
 WHERE FRIENDSHIP MEETS FELLOWSHIP
 Saturday Services:
 Sabbath School: 9:30 AM
 Divine Service: 10:45 AM
 Potluck-Fellowship Lunch every Sabbath
 55-3361 Akoni Pule Highway, Hawi HI
 (808)889-5646
kohala.adventistfaith.org

Kalahikiola Congregational Church
 Service every Sunday Morning at 9:30 followed by pupus & fellowship
 Prayer time Tuesdays at 11:30
 Iole road of Akoni Pule Hwy. in Kapa'au 1/4 mile past the statue
www.kalahikiolacongregationalchurch.com
889-6703

Gospel of Salvation Kohala
 Kokoiki Road
 Service: Sunday 9:00 AM
 Adult Bible Study: Monday 6:30 PM
 Prayer Meeting: Friday 6:30 PM
 Pastor Ilima Moihua
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
 Pastor Steven E. Hedlund (808)889-5416
www.kohalabaptist.net

Sacred Heart Catholic Church
 Hawi, Hawai'i - The Welcoming Church
 Masses: Saturday 5 pm
 Sunday 7 a.m. - 9:30 am
 Weekday Mass: Monday - Friday at 7 am
 Adoration: 1st Friday 6:30 - 7:30 pm
 Rev Elias Escanilla
 Deacon Thomas Adams
 Telephone 889-6436

St. Augustine's Episcopal Church
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 Sunday Services:
 No 7:00 am service in June and July
 9:00 a.m. - Holy Communion
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 4th Saturday: 10:00 - 12:00
 Free Community Meal:
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www.staugustineskohala.com

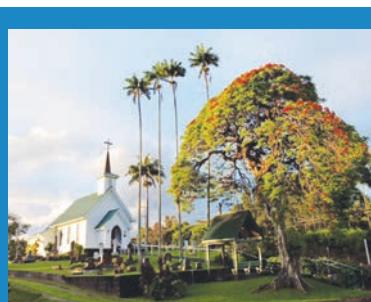
Medicinal Plants, Superfoods and Tonics at the Library

Naturopathic physician Richard Liebmann will offer a presentation on growing medicinal foods and herbs at 6:30 p.m. on Monday, September 19, at the North Kohala Public Library. Liebmann, owner of the Lokahi Garden Sanctuary, will share information on superfoods and tonics that are making a difference in the health and well-being of residents in Kohala. Using the phytonutrients in local plants, Liebmann treats chronic

illnesses such as diabetes, high blood pressure and fatigue disorders.

The Good Medicine Series at North Kohala Public Library is sponsored by the Same Canoe Local Food Challenge.

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



St. Augustine's Church Annual Bazaar
 Saturday, September 17th
 8:30 a.m. - 1:00 p.m.
 James Walker Hall
 Open at 9:00 a.m.

Silent Auction, Guided Tours, Entertainment, Ethnic Foods and Baked Goods
Outdoor BBQ: Hamburgers, Hot Dogs, BBQ Sticks, Christmas Items, Crafts, Thrift Shop, White Elephant, Blue Zones Booth, Boutique, Fruits, Vegetables and Plant Sale
Questions - call Kathy Matsuda at 889-5801

Kohala High School 2016 Fall Sports Schedule

MONTH	DATE	DAY	TIME		OPPONENT	BUS
FOOTBALL						
SEPT	3	SAT	2PM	@	Ka`u	8:30AM
SEPT	10	SAT	1PM	@	Pahoa	9AM
SEPT	24	SAT	1PM	vs	Ka`u	
OCT	1	SAT	1PM	vs	Pahoa	
OCT	8	SAT	2PM	@	Ka`u	8:30AM
OCT	22	SAT	2PM	vs	Pahoa	
OCT	29	SAT	2PM	8 Man Championships (if needed)		
GIRLS VOLLEYBALL						
AUG	18	THUR	6PM	vs	Keaau	
AUG	20	SAT	10AM	@	Makua Lani	8AM
AUG	24	WED	6PM	@	Kealakehe	4PM
AUG	26	FRI	6PM	@	HAAS	2:30PM
AUG	30	TUE	6PM	vs	Kamehameha	
SEPT	3	SAT	10AM	@	CLA	7AM
SEPT	6	TUE	6PM	@	Hilo	3PM
SEPT	9	FRI	6PM	vs	Parker	
SEPT	15	THUR	6PM	vs	Ka`u	
SEPT	17	SAT	10AM	vs	St. Joseph	
SEPT	21	WED	6PM	@	Waiakea	3PM
SEPT	28	WED	6PM	vs	Ehunui	
SEPT	30	FRI	6PM	vs	Laupahoehoe	
OCT	4	TUE	6PM	vs	Konawaena	
OCT	8	SAT	10AM	vs	Pahoa	
OCT	11	TUE	6PM	@	Hawaii Prep	4PM
OCT	14	FRI	6PM	@	Honokaa	3:30PM
OCT	18	TUE	6PM	BIIF Playoffs (@ Higher Seed)		
OCT	20, 22	THUR ,SAT	TBA	BIIF Tournament (@ Kealakehe)		
OCT	26-29	WED - SAT	TBA	HHSAA @ Oahu		
CROSS COUNTRY						
AUG	20	SAT	10AM	@	CLA	
AUG	27	SAT	10AM	@	Hawaii Prep	
SEPT	3	SAT	10AM	@	Kealakehe	
SEPT	10	SAT	2PM	@	Kamehameha	
SEPT	17	SAT	3PM	@	Keaau	
SEPT	24	SAT	10AM	@	Hawaii Prep	
OCT	1	SAT	3PM	@	Waiakea	
OCT	8	SAT	10AM	@	Keaau	
OCT	21	FRI	2PM	BIIF Champs @ HPA		

Origins of Hawaiian Cattle and Opposition to Annexation to Be Discussed

North Kohala Public Library in Kapa`au will present the second in a series of three "talk story" sessions on Hawai`i's History with North Kohala historian Boyd D. Bond at 6:30 p.m. on Monday, September 12.

In this one-hour lecture, Bond will discuss "George Vancouver and his four voyages to Hawai`i." Captain George Vancouver, a British officer in the Royal Navy, forever changed the landscape of Hawai`i with his gift of cattle to King Kamehameha I.

For the final program on Monday, October 10, Bond will discuss "Ku E Petitions: Early Hawaiian opposition to annexation."

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

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

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



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Movement, Drumming, and Horses = An Active Summer Camp at the HUB

Thirty seven Kohala youth, ages 8 to 13, spent two weeks in July at the Kohala Village HUB



Photo by Lehua Ah Sam
Master drum and dance teacher Gabriel Fara Tolno from Guinea, West Africa

ment and afternoons learning about horses and paniolo culture. With its start on Monday, July 11, the ten-day camp culminated on Friday, July 22, when the youth shared what they learned with family and friends.

During the morning, camp participants were broken into smaller groups, with half starting with yoga and West African dance from Guinea, while the remaining

helped the youngsters learn how to do stretches and poses along with breathing techniques that supported their movement. They also learned some of the philosophy of this practice. During their ho'ike, or presentation, on the final day of camp, the youth demonstrated their abilities to do a variety of basic movements.

Kohala resident Michal Anna Carrillo, director of Lava Roots

for many years. Michal has worked with students in Kohala schools in the past and her enthusiasm helped motivate the participants to lose their inhibitions and try something new.

According to Michal, "Camp Holo Jam was great fun! Through dance, drumming and yoga, the students expanded their focus, discipline, self-esteem and knowingness of themselves. Growth took place and the exposure to arts and culture is just so valuable for our Kohala kids. I am grateful to the HUB for creating these opportunities for Kohala youth. I look forward to more!"

Teaching the other half in the morning was Gabriel Fara Tolno, a well-known master drummer and dancer. Born in Guinea, West Africa, Fara spent his youth in the village of Kissidugu and Guinea's capital city, Conakry. For the past 18 years he has been based out of Colorado as he studies and travels extensively, performing and teaching both drumming and dance. He is working with Michal and others to build a school in his home village of Kissidugu, aimed to educate and perpetuate his culture.

Over a dozen drums were made available for the participants to learn on. Fara filled the **See Drum, Page 19**



Photo by Randee Golden
Youth at Camp Holo Jam learning how to care for a horse from Shay Van Zandt

experiencing Camp Holo Jam, which featured mornings filled with culture, music and move-

youth learned about drumming and Guinea culture.

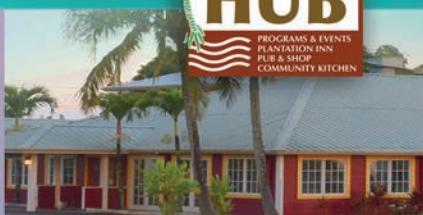
Yoga Teacher Mary Flemming

Dance Company, then taught participants West African dance, which she has studied and taught

In the heart of historic Hawi Town is a community-based hub for education and gathering. The Kohala Village HUB works to feed Hawai'i food, arts, culture, and ecology to enrich the lives and wellbeing of rural North Kohala.



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Drum, continued from Page 18
HUB barn with different rhythms and sounds that vibrated right through the body. The kids were able to learn about Fara's culture

work. Another was a full moon celebration dance. One piece that was drummed was a metaphor of how to deal with frustration and anger. One youth stated, "Drum-

I'm so glad the opportunity is offered for these youth to have access to different cultures and knowledge that will help them have a better tomorrow."

After a lunch break, the campers shifted their focus to horsemanship, where they learned skills of riding as well as how to care for horses. Shay Van Zandt, who runs Kohala's 4H Riding Club, led these activities. She was supported by a group of volunteers who helped her teach about riding, caring for horses and the paniolo lifestyle.

They trucked in horses, set up a riding ring and taught in the field behind the HUB barn. Mahalo to Shay's helpers, who included Jonathan and Victoria Brooke, Rebecca Jankowsky, Lachell Crabbe, Renee Perez and Micah Hood.

When participants were asked how they felt about their afternoon experience, Kalia replied, "I love Aunty Shay and the horses". "I was afraid of the horses and now I love to ride horses," Sheldon shared. Raizen added, "I learned a lot about horses and I heard the heartbeat of Kai."

"The values that Shay and her equestrian programs bring to Kohala youth are appreciated, as

they ensure that another generation will uphold our Kohala country ways," shared Lehua Ah Sam, executive director of Kohala Village HUB. "The HUB would also like to thank Michal for providing international exposure with Uncle Fara. The Lava Roots programs broaden the cultural horizons of our community and the seamless marriage of these two programs in this camp created magic," she added.

Lehua also expressed, "These camps are so important for us at the HUB. Beyond the two weeks of culture and activities, we know that while here, these keiki are well fed in mind, body and soul. Our village makes sure that each child knows from the moment they arrive till they leave that someone cares and this is huge for some kids."

The Kohala Village HUB is dedicated to collaborating with others to create positive experiences for Kohala's youngsters. Camp Holo Jam was partially sponsored by the Kohala School's 21st Century grant, which covered half the cost for DOE students. This is just one more example of what's to come as the Kohala Village HUB continues to create their youth enrichment programs.



Photo by Lehua Ah Sam

Participants demonstrated their knowledge of yoga at the last day ho'ike, or presentation.

as well as basic drumming and the meaning of each piece.

During their ho'ike, Fara shared the name of each selection the kids performed, along with the meaning or purpose of the musical piece.

One was to give mana to the earth, helping farmers do their

ming has let out all my stress."

Fara shared that the reward at the end is the kids beginning to open their hearts and learn a new culture that is different. He stated, "They learn to connect with themselves, their body and friends." Fara added, "It was a transformational experience for these kids.

Gym and Pool Closed Three Months for Repairs

The floor at the gym is being replaced. The work is scheduled to be complete on October 31.

The closure necessitated the cancellation of KCAA's Bidy Basketball program.

The roof is being repaired at the pool. Work is scheduled to be completed on November 14.



Photos by Tom Morse

Workers make progress on fixing the roof over the staff office at Kohala Pool.



Bleachers at Hisaoka Gym in Kamehameha Park are removed so the floor can be replaced.

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KNKR 96.1FM KOHALA RADIO SCHEDULE

	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							
10AM	New! House Calls (Dr. Call in Show)	Women's Voices	Da Kine /Open Time Slot	Women's Voices	Eco Talk	Into the Library	Kohala Kine Sport Show
11AM	Those Were Da Days encore						
12PM	Eco Talk Encore						
1PM	Goldstar Listening Library Encore	Revolution Radio	Michael's Music Mix	Tales from the Dead	Michael's Music Mix	Deez Rootz Encore	Deez Rootz
2PM							
3PM							
4PM	Deez Rootz encore	Dug Inn Your Ear	NEW! The Vinyl Beat	Dug Inn Your Ear	Surfing Cowboy	Dug Inn Your Ear	Hawaiian Time
5PM							
6PM							
7PM	Hawaiian Time Encore	Open Time Slot	Open Time Slot	NEW! Free Form Radio (DJP)	Riding Home	Upcoming: Kohala Breeze	Open Time Slot
8PM							
9PM							



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