

Kohala Mountain News

10th Anniversary Edition

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January 27, 2017

Rally for Respect Shines the Light of Aloha on Kohala



Photo by Mike Frailey

Community members gathered at the Rally for Respect to affirm their commitment to respect and safeguard their neighbors. The recent election cycle spurred discord amongst neighbors, friends and family, which the rally was intended to soothe and dissipate.

"I was just minding my own business," Jeff Coakley said, "when someone put a mic in my hands and told me I'd be leading this event." On that note, he launched the Rally for Respect on Sunday afternoon, January 15, on the county-owned lot between the banyans and Highway 270. About 60 people gathered to enjoy sharing the Aloha spirit.

Pastor Ilima Moiha spoke of meeting with people from various churches and realizing, "how important it is to have respect for one another." The lovely flow of the original island language rolled off her tongue as she read the Lord's

Prayer in Hawaiian.

The hula halau Na Kapuna O Kohala danced to two songs, their graceful gestures calling to mind the wind and the rain even as a gentle rain fell over the group. One of the dancers, Faye Yates, told of being raised in Kohala, speaking Hawaiian learned from her grandparents. "Kohala was a wonderful place for children to grow up. We knew everybody; everybody was family." Though she described herself as a "ha'ole girl," she had Chinese aunts and uncles, and Portuguese relatives who married into the family. Sometimes it was

hard to remember who was a blood relation, she said.

Lani Bowman pointed out the importance of healthy social connections for the wellbeing of individuals and communities. And she reminded us that aloha is "not just tolerance but true acceptance of each other."

At the end, we joined hands to "pledge to safeguard our neighbors' rights to respect and safety." Pastor Steve Hedlund affirmed that even in a world where intolerance and prejudice are too often the norm, we can still cultivate the true aloha spirit here.

We consider Kohala a special place, where *community* means something close to what most people call *family*. The Rally for Respect gave us all a chance to reflect on how lucky we are to live in this environment, where we can disagree and yet have respect and appreciation for each other.

The Rally for Respect was the brainchild of Valerie Barnes, and its creation was facilitated by a steering committee that included Jeff Coakley, Toni Withington, Leslie Patton, Lani Bowman, Deborah Winter and Pastor Steven Hedlund.

Uh-Oh, Here We Go Again!



Photo courtesy of Kohala Mountain News

Shown here, the crew includes, but is not limited to: (front, l-r) Faye Mitchell, Joel Kennedy, Daz Alpert and Susan Paulsen; (back) Alan Axelrod, Nelson Denman, Anne Fojtasek, Jim Sargent, Peter Beemer, Bob Martin, Rosaline Maxx and Jeffrey Ross. Not shown: Tim Head, Audrey Veloria, Robin Mullin, Jonathon Gaines and Andrea Dean.

The following appeared in the January 23, 2007 issue of the Kohala Mountain News. It was written by Jim Sargent, one of the ten contributing editors at that time.

There are two sure ways to court imminent disaster – open a restau-

rant or start a newspaper. Somehow I've managed to get myself entangled in both. My friends look at me as if I've lost my mind completely.

At least no one can accuse me of starting this newspaper alone since

See Uh-Oh Page 2

A Story Years in the Making...

The following story was originally printed in the April 23, 2007 issue of the Kohala Mountain News.

Once there was a roving reporter who lived near the end of the road. One day he met an old man who told him a story about some boys who had a very dangerous encounter with a wild pig in the mountains. But the reporter was busy with other stories at the time and said to himself, "I will talk to this old man again later." The old man died before the reporter spoke to him

again. But the story continued to run through the reporter's mind and would not go away. So seven years later he decided to find others who could confirm and add to the story. He searched through the whole realm and could find no one who remembered the tale. Then he found the old man's brother who lived in a cabin at the end of the road. He had been present that day long ago in the mountains...

To read Tim Head's story about the Boy Scouts and the Boar turn to page 13.

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Uh-Oh, continued from Page 1

my list of accomplices is formidable. Anne Fojtasek is as excited as anyone. "I love layout," is her motto. Bob Martin produced a complete budget in less than an hour and wrote one of our front-page stories. Rosaline Maxx set us up with our printers. Joel Kennedy helped us get organized in addition to writing and editing. Andrea Dean helped

with research and logistics. Tim Head wrote a couple of great feature stories. Peter Beemer is using his camera to give us focus. Daz Alpert updated the CDP. Alan Axelrod found out about Kohala's doctors, while Audrey Veloria knows almost all the news in Kohala. Susan Paulson is carrying out a calendar. Even our county councilman, Pete Hoffman, joined the fun. In total we have

about 20 enthusiastic volunteers. None of us is getting paid. We're involved because we believe that North Kohala needs its own newspaper. Our community is ripe with information waiting to be shared. By publishing news in a timely way, we hope The Kohala Mountain News will make North Kohala a livelier, stronger community.

But newspapers are hard work.

Each edition requires planning, writing, selling ads, editing, proofing, layouts, printing and many other non-glamorous tasks. If you want to help in any way – from supplying news tips to advertising – we'd love to have you. Think of this as your paper. It needs kokua to survive, so please feel free to contribute what you can – even if it's just feedback on how we're doing.

Invasive Species Panel Shares Information with Kohala

Like tax returns and root canals, invasive species are something we'd rather not have to think about. But think about them we must, in order to find the best way to deal with a sticky issue.

On January 9, the North Kohala Library gave members of the community an opportunity to talk with Scott Enright, who chairs the State Department of Agriculture, about invasive species that might present a threat to Kohala if we don't take action to keep them out. Department of Agriculture Entomologist Rob Curtiss and the Big Island Invasive Species Committee (BIISC) Communications Director Franny Brewer joined the panel to answer questions and contribute information about coqui frogs, fire ants and 'ohi'a fungus. Representative Cindy Evans chaired the panel and introduced the other participants.

Unlike many communities on the Big Island, Kohala already has a resource for combating coqui frogs, the North Kohala Coqui Coalition. Fire ants haven't yet moved into our district in a big way, but they are here; apparently fire ants have been spotted locally in several locations. The 'ohi'a fungus listed on the flyers advertising the library meeting didn't generate much interest, but people did want to talk about another invasive species that raises quite a bit more alarm: the parasite that causes rat lung disease.

Scott Enright said that the Department of Agriculture spends about \$5 million per year to deal with invasive species in the state of Hawai'i. He then acknowledged that in order to stay on top of the issue, the department would need to spend about \$50 million per year—which is not likely to happen. Part of the value of meetings like the current forum is that they give community members a chance to

voice their concerns and let elected officials know the extent of the problem that already exists with invasive species, which can help generate more funds to deal with the issue. Government can help, he said, but it's up to individual communities to take care of their own problems because those differ from one region to the next.

Franny Brewer said that the BIISC has been trying different approaches to get people involved in helping to identify areas where invasive species are concentrated and to spread the word about how to deal with them. Like coqui frogs,



Hawai'i State Representative Cindy Evans, far left, chats with (left to right) Franny Brewer of the Big Island Invasive Species Committee, and Rob Curtiss and Scott Enright from the Department of Agriculture about various pests that could become a big problem in Kohala.

fire ants can hide on the plants that people buy in other parts of the island, as well as on cars, busses, building materials or anything that moves around, and then be transferred to their new home in Kohala. She recommended isolating any newly purchased plants with peanut butter sticks to attract the ants; peanut butter is a good bait for this type of pest. She passed out peanut butter sticks to the audience, explaining that the bait can also be used to attract ants in landscape

areas: around rock walls or trees, compost piles, debris piles and potted plants. The most effective way of convincing vendors not to carry plants with pests on them—coquis or fire ants—is to let them know you won't buy more plants from them if you find any pests on plants they sell.

Place the sticks about every ten feet in a landscape area. Extra sticks can be made by smearing creamy peanut butter on chopsticks, coffee stirrers or any such item. Rob Curtiss said he recommends "the cheap stuff," which works better than the higher quality natural peanut butter

Once you have a confirmed identification, there are products that can be mixed with bait and put out to kill fire ants on your property. The BIISC website, biisc.org, lists several such products along with tips for finding, identifying and baiting fire ants and other pests.

The three invasive species experts emphasized that education is a key point in dealing with pests, but "the education is never-ending."

New types of pests move into an area, conditions change, new people move in, and the need for more information goes on. Rep. Evans asked if an area in Kohala could be surveyed for fire ants, with the opportunity for community members to observe the process and learn how to do it. The three panelists agreed that such a workshop is a possibility.

But the best line of defense for Kohala, they emphasized, is for individuals to organize groups similar to the Coqui Coalition. A rat lung task force has been started in other parts of the island, Enright said, and is "starting to get some traction." A fire ant task force would be a useful tool in Kohala to help get on top of any invasions before Kohala develops a big problem. People willing to be part of such a group can call the BIISC or contact KMN to express their interest.

Bottom line: we're on our own. The Department of Agriculture and the BIISC can help by providing useful information about invasive species. And we can help them by letting them know what we need. But the heavy lifting of educating ourselves and forming task force groups falls to the people with the most at stake, the members of our community who don't want to let an invasive species gain a foothold in Kohala



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Serving Community in Quiet Ways

This Keiki 'o Ka 'Aina Will be Missed

By Randee Golden

North Kohala has lost one of its special hometown sons when Hilton Mansfield Nalani Cabrera, age 43, took his final breath on the morning of December 24 and joined his 'ohana who have passed before him. Most of us knew him as Nalani, a person with many talents and skills. Few knew of all he did for others and this community in his "under the radar" style.

Nalani was born in Kohala Hospital on December 26, 1972 to parents Mary and Harry Cabrera. He was the oldest of their three children, who include sister Cheryl and brother Elton. Nalani was educated in Kohala schools and graduated in 1990. During high school, he worked at the Mauna Lani Hotel as well as Kohala Nursery.

A person who loved his Hawaiian culture, Nalani and his sister started dancing with Kumu Sugse Soares while in elementary school. "We danced for about 10 years," Cheryl recollected. She then laughed as she recalled how kolohe (rascal) her brother was during those days.

Nalani resided in North Kohala most of his life, with a few years spent in Kona after high school. During this time he shared his love for hula and his culture by dancing on a tourist boat.

When Nalani returned to Kohala, he joined his sister to dance for Halau 'o Ha'alelea a few years

after Kumu Raylene Kawaiie'a started her Kohala halau in 1994. His passion for dancing and innate talent as a dancer was evident and he quickly rose to performer status. As his experience deepened, Kumu selected Nalani as one of only two 'alaka'i, a special position of support for Kumu and the Halau. Nalani taught classes when needed and he also helped create lei and implements used by the

community celebration. He was also by Kumu Raylene's side for many years as she taught Kohala and Kona middle and high school students some dances to participate at an annual hula festival on O'ahu.

Nalani also supported the senior hula dancers of Na Kupuna 'O Kohala who were taught by Kumu Raylene at this time. When she was unable to be at their classes on a regular basis, Nalani would come

class with a little pep talk. Together, he would say, we will get there together. He stressed the connection between us as hula dancers, as kupuna of Kohala and as the fortunate ones who were being led by Kumu," Susanne stated. She also added that his dancing was exquisite and that his humility and powerful grace stood out for her.

One year while Nalani taught most of the Kupuna classes, he led the seniors in visits to all the nursing homes on the island. He would drive the Senior Van for the group and at each facility they would chant, sing, dance and greet each resident with a hug and kiss. They commented that it was wonderful for everyone, Nalani loved these trips and that it was a great gift to the communities they visited. After Kumu's passing in 2012, Nalani made a beautiful kupe'e and opihi shell lei for each senior dancer as a parting gift in her honor.

"He did everything perfect," stated Mary, Nalani's mother. She talked about how Nalani was even more demanding from his father when he coached him the year he was the male soloist in the annual Kupuna Hula Festival. Watching son walk father up on stage during the competition made everyone in the halau proud.

Besides being a vibrant dancer, Nalani was a highly skilled crafts-

See Serving Page 4



Photo courtesy of Cabrera Family
Nalani Cabrera (right), with siblings Cheryl and Elton, at a high school May Day when Nalani helped with this celebration.

dancers. He supported everything that Kumu wanted to do, whether it was dancing for Pele at Volcano, doing a cultural exchange in Montana, planting ancient gourds at the Halau or participating in a local

teach. Raylene would choreograph a dance and then Nalani would be the one to help the Kupuna learn it. Susanne Holland shared her recollection of Nalani as a teacher and dancer. "He would often start the

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Serving, continued from Page 3

person and lei maker. He created beautiful work out of shells, seeds, nuts and all kinds of plants and flowers. One time Nalani created a beautiful lei po'o (head lei) out of a strange material. When asked what he used, it was a seasonal flower from a weed in the grass. He was extremely exact about his lei, cutting each leaf the same length and making patterns that were precise. The end product was exquisite, making requests for his lei a regular occurrence.

His work with plants extended to the garden, where he created magic due to his close connection with the 'aina and powerful work ethic. After fixing up a yard on Akoni Pule highway, people began asking who did the planting and then requested that he work for them. He believed it was important to do everything to the best of his ability and he set a very high standard for himself.

His family's yard is an example of this attention to detail, as he created a beautifully designed and productive garden filled with natives, lei plants and food. The last project that Nalani started and his parents finished was planting kalo their son had propagated for his family.

Nalani's talents with plants also manifested in uniquely designed funeral wreaths as well as party decorations. Longtime partner, friend and supporter Mark Kimbell remembers how he would be asked to make two wreaths for someone,

but if he had extra supplies he would make a third one as a gift, because he never wasted materials.



Nalani and his sister Cheryl dancing after Statue was repainted.

Mark shared that each design was created with lots of love from this artisan.

Besides his passion for hula and creative arts, Nalani was also deeply connected to Kamehameha.

Since Sharon Hayden took over coordinating support for the Statue in 2000, Nalani became a valuable

Wharton in 2002, Nalani worked side by side up on the scaffolding as his assistant, helping remove the 23 layers of old paint, repair any damaged metal and then repaint the statue as the community requested. According to Sharon, "Glenn was impressed with Nalani's reverence and dedication to the Mo'i and this famous sculpture." She added, "Much of Nalani's work was done in silence. His care of the Statue grounds where he planted natives and his contributions to the annual Kamehameha Day celebration leave a large space to fill."

Nalani roped off the konane stones near the Statue for protection when he saw people climbing upon them and he also made the beautiful lei draping poles used on June 11, two actions that exemplify his quiet contributions.

A Celebration of Life for Nalani will be held on Saturday, February 11, at Keokea Beach Park and the public is invited. Visitation will start at 9:00 a.m. 'Ohana members Brad and Keahi Fernandez, ministers with The Abundant Life Ministries, will conduct the service, which begins at 11:00 a.m.

Though many of us will definitely miss this son of Kohala, we will remember his legacy of deep love for his culture, home, family and friends and how he quietly gave back to so many in our community. Mahalo for all your genuine caring and support, Nalani! We will remember your silent service to Kohala.

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Letters

Mahalo for Supporting the Food Basket

Happy New Year! On behalf of Partners In Development Foundation's Ka Hana No'eu Photography/Videography mentorship, I want to say much mahalo to Blue Dragon Farm and Kohala Village HUB for inviting our mentorship to hold photo booths at their holiday events. The photo booths are

for people to select from and donate to our community service project without our mentees. Hokani Maria (9th grade KHS student), Summer Coito (9th grade KHS student), Clyson Marquez (8th grade KMS

student) and Jake Maki (7th grade KMS student). They all did a professional and awesome job with making our projects successful. Jake Maki expressed his feelings about the photo booths saying, "The best part of this community project was being able to communicate with people in our community. I enjoyed it because I got to help people through photography. I was able to use my creativity and feel that people were happy with the service I provided." Jill Maki, Jake's mother and owner of MakiSun Boutique in Hawi, said, "I am very proud that Jake was able to connect to the community in that way and capture those special family moments on

film. I am also super proud that he put in the time and hard work in such a professional manner and got a sense of what it's like to be a working photographer. It helped him gain experience, professionalism, creativity and independence."

As the mentor of the Ka Hana No'eu photography and videog-



Photo by Mike Frailey

Rev. Elias Escanilla (left) and Lee Rivera accept donations from Hokani Maria and Clyson Marquez (right) of Ka Hana No'eu.

Missing are Summer Coito (mentee), Lorraine Glory (The Food Basket) and Leeana Runningbear (Running Images and Designs).

community service projects our mentorship developed as a way to give back to the community. In December, the photography mentorship at Ka Hana No'eu raised \$250 to donate to The Food Basket at Sacred Heart Church in Hawi.

Much mahalo to community members who supported our efforts by participating in the fun and allowing us to capture treasured family memories. Also, our mentorship extends a huge thank you to Leeana Runningbear of Runningbear Images and Designs and her brother, Wyatt Runningbear, for volunteering their time at the photo booths. Leeana's creativity to create the amazing holiday card templates

student) and Jake Maki (7th grade KMS student). They all did a professional and awesome job with making our projects successful. Jake Maki expressed his feelings about the photo booths saying, "The best part of this community project was being able to communicate with people in our community. I enjoyed it because I got to help people through photography. I was able to use my creativity and feel that people were happy with the service I provided." Jill Maki, Jake's mother and owner of MakiSun Boutique in Hawi, said, "I am very proud that Jake was able to connect to the community in that way and capture those special family moments on

raphy mentorship, I could not be more pleased with the contribution our mentees put into this project. It was amazing to see the community contribution and collaboration. My wish is that everyone have a wonderful and happy 2017.

Please feel free to email me at itsmike2012@gmail.com or contact the Ka Hana No'eu office in the cottage across from the elementary school if you have a child enrolled at Kohala High School who is interested in photography and videography. Ka Hana No'eu mentorships are now accepting new mentees for our next school year programs.

Mike Frailey
Ka Hana No'eu Mentor

County Council Update

From the Desk of District 9 Councilmember Tim Richards

Aloha and Happy New Year! I believe establishing personal connections with other elected officials early on is our road to success. Using a foundation and spirit of Aloha with the intended goal of creating a connection for working together towards the overall goal of a great Hawai'i and specifically a great North and South Kohala, I truly believe we can better solve our problems. This first full month of having the honor to sit as your elected Councilman has provided just that - connections made with a foundation based upon the Aloha Spirit.

It has been a tremendous opportunity for me to listen to some of the needs and concerns of our communities. I have had conversations with numerous county and state policymakers as we work towards 'bridge-building' for the betterment of North and South Kohala. This bridge-building opportunity will continue as I am eager to continue to learn the concerns and goals of our residents and determine how we can collectively work together to pro-

vide solutions and/or support going forward.

It has been a pleasure meeting with some of the many com-



Photo courtesy of Tim Richards
Councilmember Tim Richards represents North Kohala as part of Hawai'i County Council District 9.

munity groups within District 9 and the various County of Hawai'i department directors. Discussions with a few of our state and federal legislators have been ongoing as well. Some of these conversations were had with the late State House Representative Clift Tsuji and State House Representatives Cindy Evans, Nicole Lowen, Mark Nakashima, Richard Onishi and Joy San Buenaventura, as well as State Senators Lorraine Inouye and Clarence Nishihara. A meeting was also held with Senator Brian Schatz as well as a brief conversation with Senator Mazie Hirono.

It is critical to me to establish/re-establish these relationships in order to better represent and serve the people of District 9.

I look forward to meeting more of you and learning more about you and the heartbeat of this amazing district as we continue to build the bridge of connectivity and collaboration in 2017 and beyond.

Aloha,
Tim Richards
County Council Member
District 9

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.

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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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Kohala Ditch Co-op Clarifies Misconceptions

By Kije Hazelwood

The organizing committee for the Kohala Ditch User Cooperative met on January 11 to continue its work of developing Articles of Incorporation and Bylaws for governing the cooperative. The group continues to be focused on making agricultural (ag) water available to as many users in Kohala as inexpensively and reliably as possible, and providing a structure to continue operations of the Kohala Ditch.

Toni Withington joined the meeting-in-progress to fill in the committee members on the objectives of the Community Development Plan and the position of the Department of Water Supply regarding agricultural water in North Kohala. There was a lengthy discussion of what involvement, if any, the ditch co-op would have in the development or

use of ag water other than the ditch water. The group was concerned that some of the common misperceptions regarding the ditch and its water should be cleared up. First, there is no "promise" of ditch water. There never has been and, due to the nature of the ditch, there never will be. If water is flowing and the ditch infrastructure is sound, there is water available to those using it for agricultural purposes.

There are, however, no guarantees of water supply and user groups must ensure that their infrastructure meets the requirements for transport of water from the ditch to their individual end users. The requirements for those user groups are precisely what the ditch organizing committee is developing now.

Another misconception is that

the ditch is capturing water from streams other than the Honokane and diminishing the flow in those streams. When the ditch was repaired following the October 2006 earthquake, the design was premised on using only Honokane and leaving the other streams untapped. Some of those streams were also changed during the earthquake (and subsequent two-year drought) and may now have different flow rates. Even given these restricted sources, the ditch currently provides sufficient water for current users and is able to accommodate additional users as they become eligible.

Toni described the study that will be conducted by the State of Hawai'i Department of Land and Natural Resources (DLNR) to determine alternative sources of water

available for ag in North Kohala. That study will locate any available water sources and then make recommendations regarding their use. These may or may not involve the ditch and the organizing committee looks forward to reviewing the findings and suggestions when they become available. The decision to become involved with any water sources other than the regular ditch flow will be left to the member co-op's Board of Directors and will be determined by their alliance with the co-op's stated mission: Supply inexpensive, reliable water for agriculture in perpetuity for as many users as possible.

There was consensus that the operation of the ditch, by whatever entity, must be kept local and user-governed in order to best serve the ag community in North Kohala.

Action Committee Hears Kamehameha Homeland Preservation Bid

Despite the lack of a quorum, the Action Committee of the North Kohala Community Development Plan (NKCDP) learned that one of its subcommittees has taken action to move forward the purchase of north coastal lands between Light-house and Kapanāia Bay using the County's Open Space Fund.

The Community Access Group delivered a letter to Mayor Harry Kim on January 6, asking him to authorize the finance department to enter into negotiations with the land owners of eight parcels of land that have been on the County's priority list for public purchase for as long as seven years. The 222 acres span two and a half miles of coastline, all of which is associated with the homelands of Kamehameha I.

Discussion of the purchases was on the agenda of the Action Committee's meeting of January 9, but only four committee members showed up. Lacking one more member to make a quorum, Chairman John Winter declared that the group could not conduct business nor discuss any of the items on the three-page agenda. But because the meeting had been properly announced, members of the public were allowed to speak on agenda

items.

Toni Withington, speaking for the Community Access Group, displayed a map of the two projects, Hapu'u to Kapanāia Cultural Corridor and Halelua, and shared the letter to the mayor, which was delivered to Barbara Kossow, deputy managing director for West Hawai'i. The NKCDP cites the land as highest priority of public access and calls on the county to preserve Kohala's legacy as the home of Kamehameha I. It also encourages the use of the county's 2% Land Fund to acquire important coastal lands.

Since the passage of county council resolutions directing the county to enter negotiations with the private owners of the land in December 2015, the owners, who have agreed to sell the land, have patiently waited for the former mayor to act, said Withington. Community groups have already worked to preserve 29 acres of land at Kauhola Point and 48 acres at Niuli'i at no cost to the county. Purchase of Kamehameha's lands would conserve almost all of a four-mile stretch of coast.

Halelua was listed as the top priority for purchase on the 2014 list of the Public Access, Open Space and Natural Resources Commission

(PONC). Hapu'u to Kapanāia Cultural Corridor was priority one in 2015, and both are in the top four of the current list.

David Tarnas also spoke during the public time, encouraging the action committee and the planning department to schedule a demonstration in Kohala of new software the county has implemented that allows planners to put in possible growth parameters to see what the impact would be on the community. It can predict trends and costs of improvements up to the year 2040.

The lack of a quorum was a disappointment to the audience of about a dozen people, including the new Planning Director Michael Yee and new County Councilmember Tim Richards.

"This inability to hold a proper meeting is symptomatic of the previous mayor's office's poor handling of the process of appointing new members to the Action Committee," said Winter. The committee currently has two vacancies in its nine-member lineup even though several applications were submitted months ago. Three members are serving beyond their appointed terms. "This is exacerbated by the planning department forcing

us to meet bimonthly rather than monthly. As it is, we will not meet for four months," Winter added.

The four committee members attending were Winter, Faye Yates, Lani Eugenio and Richard Elliott. Missing the meeting were Ben Ney, Lehua Ah Sam and Jack Hoyt.

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North Coast Land and Mahukona Ranked for Preservation by Open Space Fund

By Toni Withington

Six Kohala coastal land preservation projects once again scored high on the County's annual priority list for public purchase this month. Mayor Harry Kim issued his report prepared by the Public Access, Open Space and Natural Resources Commission (PONC) with three of the top four places taken by two and one half miles of shoreline between Lighthouse and Kapanāia Bay and one and one half miles of coast between Mahukona and Kapa`a parks.

Hapu`u to Kapanāia Cultural Corridor, 172 acres, was named Priority 2 on the list and adjoining Halelua, 50 acres, was named Priority 4. Both are part of a seven-year-long effort by five Kohala community groups to preserve the Kula Iwi O Kamehameha, the homelands of Kamehameha I.

Purchase of these lands would provide "access to a premier subsistence fishing and shoreline gathering area for Kohala" and be "a prime location for providing educational and cultural programs focused on the Kamehameha I era and early kula gulch settlements," the report says.

The land at Mahukona, once slated for resort development, made its seventh appearance on the annual list, this time at Priority 3. The 434 acres includes all the land between the County parks from the Akoni Pule Highway to the ocean. The North Kohala Community Development Plan calls for the purchase of important coastal land, naming Mahukona specifically. Once owned by Surety Kohala, the title is now held by Mahukona LLC, which is looking to sell the property.

"Expansion and enhancement of the two County beach park facilities would protect important ocean access, expand recreational opportunities for hiking, picnicking and camping, provide areas for subsistence fishing and shoreline gathering, protect natural, cultural and historic resources, and provide open space protection of the shoreline," the report says.

The land contains "significant and high concentration of cultural

and historic sites."

The project named as number one priority is Amy Greenwell Ethnobotanical Gardens. It would involve a conservation easement on 8.6 acres of land in five parcels located in South Kona.

Besides the projects in the top four, three other North Kohala project, all on the leeward coast, also made the list.

Priority 7 is 35 acres of land at Lamaloloa, adjoining the south border of Lapakahi State Historical Park. The land, stretching from the highway to the ocean, has been on the list for four years. It is surrounded by State land.

Keawenui project, named Priority 8, includes 166 acres and several coves. It has been on the PONC list for nine years. Though access is limited, it was once a popular fishing and camping site.

Kukuipahu-Haena Corridor includes multiple undeveloped lots totaling 1,450 acres between Kapa`a Park and the Ranches at Puakea subdivision. It makes its ninth appearance on the list at Priority 9. The former Parker Ranch land is now owned by Kukuipahu Makai LLC. The area is "full of intact historic sites including villages and shrines that have yet to be interpreted," according to the report.

The groups that annually nominate the lands are Kamakani O Kohala Ohana, Malama Kohala Kahakai, Malama Na Wahi Pana O Kohala, Maika'i Kamakani O Kohala and the Kohala Historic and Preservation Committee.

The mayor's annual priority list names important lands that become eligible for public purchase using the county's Open Space Fund, which is created by setting aside 2% of all property tax collected by the County. North Kohala has benefited from four purchases using portions of the fund and three others that were on the priority list, but used other funding sources. Many of the purchases made using the Open Space Fund are done in partnership with other funding sources such as the State Legacy Land Fund.

The Open Space Fund currently has \$10.5 million available.

Farmers Discuss Beneficial Microbes for Soil and Sustenance

This month's Farmers Union meeting, Donna Maltz shared everything microbe, from the Soil to the Soul. Donna is well known for her expertise in fermentation and understanding of the benefits of soil fertility.

As always the meeting started out with a delicious potluck dinner featuring the many flavors of Kohala. The conversations were active and the atmosphere full of healthy Microbes.

Those attending the meeting were delighted by Donna serving up samples of assorted fermented vegetable and beverages including three different flavors of an effervescent apple cider detox drink: Hawaiian chile and cinnamon, Hawaiian vanilla, and one with twists of lemons and yacon.

The base recipe is prepared with organic apple cider vinegar, local turmeric, ginger, honey, and freshly squeezed lemon and tangerine juices. The tasty cocktails and fermented vegetables were well-received, as was the potent content Maltz presented on the benefits of microbes after the meal.

Participants engaged with questions, which she answered with great enthusiasm.

Donna started the presentation by sharing her story how microbes changed her life. After years of running a natural foods bakery and cafe in Alaska, she found herself fat, sick and uncomfortable in her body, mind and soul. She had a wake-up call in 2002 at her annual check-up, where she stepped on the scale and weighed in at 204 pounds, and was diagnosed with IBS, or Irritable Bowel Syndrome.

Donna decided it was time for a big change, did some research and came up with a plan: eat whole foods, exercise, eliminate processed foods, reduce all forms of sugar and add in microbe-rich fermented foods.

She started making traditional sauerkraut and yogurt, and eventually branched out into making other fermented products such as kombucha, beet kvass, assorted fermented vegetables, vinegar, Moroccan lemons, spirits and cleaning products. Most all of the products

were available for participants to see and taste. Maltz shared how all the ingredients she used grew right here in Kohala, and honored the farmers in the HBU Barn responsible for the bounty.

Donna then got into the nitty gritty details of the microscopic, potent microbes that she attributed to tip the scale and her health in the right direction.

Some of the key takeaways from the presentation:

What you eat, how you think and how you live changes the makeup of the bacteria in your gut and on the earth.

Microbes are microscopic microorganisms that play a vital role in our health. They include bacteria, archaea, fungi and protists that can cause disease or healthy fermentation.

The oldest form of life on Earth, microbes are everywhere - in the air we breathe, the ground we walk on and the foods we eat. Without them, we cannot digest food, plants cannot grow, garbage won't decay and there would be a lot less oxygen to breathe.

The human body contains trillions of microorganisms, outnumbering human cells 10 to one. These vital microorganisms make up only about three percent of our body's mass, and about three pounds of them are in our guts.

Our gut, often referred to as the second brain, is linked to our mental health. Gut bacteria produce neurotransmitters that affect the health of your brain and mental well-being.

Donna passed around three bags with the different phase of digested compost and asked participants to compare the well-digested compost to the newly decomposing organic matter. She explained how the relationship of our digestive system is like decaying matter, both full of trillions of microbes. There are more microbes in a teaspoon of healthy soil than there are people on the earth.

When chemicals blast the earth, just like when you ingest processed junk foods with too much sugar, the results are sickness! Eat healthy, living food grown in healthy soil and your microbes will thrive.

Dead food and chemicals invite nasty bacteria that harbor disease in our bodies and the earth.

Donna closed the presentation on specific ways to restore and improve gut health.

- Add fermented foods to your diet
- Eat mostly fruit and vegetables - organic, of course
- Reduce your stress
- Reduce or eliminate processed sugar and processed foods
- Stay healthy, avoid antibiotics if possible
- Avoid any antibacterial products, such as hand soaps, cleaning products, cosmetics and anything containing the chemical triclosan, which can be found in clothing, kitchenware, furniture and toys to prevent bacterial contamination
- Spend time in nature and get your hands in the soil



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Seniors Visit Mauna Lani Christmas Trees

Story by Kealoha Sugiyama

Kohala Senior members of the Hawai'i County Nutrition Program took a trip to the Mauna Lani Bay resort to see the Festival of Trees, followed with a lunch at Spencer Beach Park. There were so many beautifully decorated trees, but we liked the Veterans' Christmas tree the best and decided to have our picture taken in front of it.

If you are a senior citizen 60 years of age or older, come join us. We meet Monday through Friday from 8:00 a.m. till 11:00 a.m. We have wonderful fellowship, games, crafts, ukulele classes and a hot meal to enjoy. We are located at the Senior Citizen Building in Kapa'au. We are planning an exciting program for 2017.



Members of the Nutrition Program enjoy the Christmas trees display at the Mauna Lani Bay resort. Photo by Renee Gonsalves

Call for Applications to the Manuel Family Scholarship

The Manuel Family Scholarship is putting a call out for applications from graduating seniors of Kohala High School (KHS) for its annual scholarship award. Romualdo and Martina Manuel, longtime residents of Kohala, had three children - Ron, Jocelyn and Roger - who all graduated with honors from KHS and subsequently attended mainland colleges.

The children started the scholarship in honor of their father Romualdo, who has passed, and their mother, Martina, who still lives in Kohala. Now in its fourth year, the scholarship fund seeks to help students achieve their dream of going to college. Jocelyn says, "The three of us were fortunate to get financial support for college from many sources. We want to give back to our community and help Kohala students go to college."

The Manuel Family Scholarship is open to all graduating seniors of KHS with at least a 3.0 GPA who are enrolling full-time as a freshman at

a two- or four-year college or university in 2017-18. Preference will be given to students who demonstrate financial need. Applications are due on April 1, 2017. Scholarships are in the amount of \$500 - \$1000.

The Manuel children started a second scholarship, the Ho'omau Award, with the help of Dr. Lori Ann Kim of Waimea, daughter of Brian and Marion Kim of Kohala. Ho'omau means to persevere, and the teacher-nominated award is given to students who have overcome hardships to achieve their goal of attending college. For applications to the Manuel Family Scholarship, please see the KHS counselor or email manuelfamilyscholarship@gmail.com. The Manuel children have also set up a fundraising website for those who want to support the effort to send more Kohala kids to college. Please kokua and make a tax-deductible donation at gofundme.com/manuelfamilyscholarship.

Any amount, no matter how small, is greatly appreciated.

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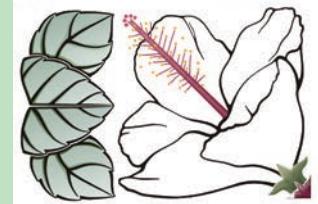
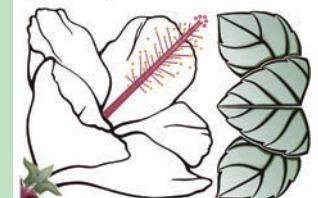
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KCA to Discuss Mahukona Fishery

By Jeff Coakley

Mahukona Harbor attracts many residents and visitors alike who come to swim in the pristine waters or just to sit and watch the sunset, or maybe do some night pole-fishing.

With this in mind the harbor also is a haven for many juvenile fish species who feed in the shallows along with adult species of nenu, maiko and uhu. The uhu is a fish species which was once plentiful, but has seen a sharp decline in numbers in recent years. Some attribute the decline to overfishing, spear fishing using scuba gear or night fishing for uhu, while they are sleeping.

With this in mind, some people have suggested that maybe a small pu'uhonua, or fish sanctuary, should be created within the harbor to protect the fish from spear fishing only. Also, others have wondered and questioned why Lapakahi State Park is still closed to spear fishing when the Kohala community was told it would only be closed for short period of time. It's been closed for almost 40 years.

This and other topics will be discussed at the upcoming KCA (Kohala Community Association) meeting to be held at the Kohala Intergenerational Center on February 7 at 6:30 p.m.

- Topics to be discussed:
1. Self-Governing Pu'uhonua for Mahukona Boat Harbor
 2. Lapakahi State Park
 3. Blue Zones Project

Plantation Life, WWII and Kamehameha IV Talk Story

North Kohala Public Library in Kapa'au will present a series of three "talk story" sessions on Hawai'i's history with North Kohala historian, Boyd D. Bond, in February, March and April, 2017.

The first session, at 6:30 p.m. on Monday, February 6, will focus on "Growing up with sugar: Family life on a plantation." As Bond says, "I will be discussing plantation life in general interspersed with stories from my own family, as well as the heritage of the families who worked for Kohala Sugar Company."

In the second presentation, held Monday, March 14, Bond will describe "Daily life in World War II"

from the perspective of Hawai'i's civilian community as well as the military presence.

For the final program, to be held Monday, April 11, Bond will discuss "Kamehameha IV: Alexander Liholiho and Queen Emma".

Each hour long presentation will begin at 6:30 p.m.

Boyd Bond's knowledge of Hawai'i's history stems from his academic studies and from a lifetime spent in Hawai'i as a 6th generation descendant 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 BA in Hawaiian History from the University of Hawai'i at Manoa and went on to earn a masters degree in education.

Call the North Kohala Public Library at 889-6655 for more information. Program schedule is subject to change.

Contact the library 15 days in advance if a sign language interpreter or other special accommodation is required.

Lions Club Accepting Requests for Support

The Kohala Lions Club is accepting applications from community groups to receive financial support from the club. Applicants must serve the Kohala community with preference given to groups that serve youth or the needy. Applicants must use the application form, which can be requested by email or hard copy. Completed applications will be considered by the Lions with awards announced in March.

To request an electronic application, email msolis1@hawaii.rr.com; to request a hard copy, call Chris at 884-5122. Applications may also be picked up at North Kohala Community Resource Center. All completed applications must be postmarked

no later than February 28, 2017.

Applications are considered twice a year – in winter and summer. Emergency giving is also considered in times of personal and community crisis on a case-by-case basis. In addition to its support for community groups and emergency needs, the Lions also provide an annual scholarship to a graduating senior from Kohala High School Leos Club.

The Kohala Lions Club has a long history of supporting other projects that benefit the Kohala community with funds raised from two annual events: the Mother's Day Pancake Breakfast and the Rummage, Bake and Steak Sale. The Lions are cur-

rently seeking donations of gently used items for their upcoming Rummage Sale on March 11. To arrange for pickup, call Chris at 884-5122.

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.

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



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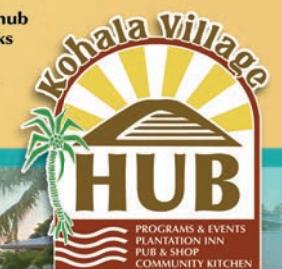
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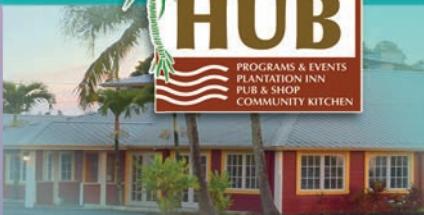
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Why We Need This Newspaper

This editorial appeared (with no byline) in the January 10, 2007 issue of the Kohala Mountain News.

Many of us have talked about reviving our local North Kohala newspaper for some time now. The earthquake, with its silent aftermath, cemented this need in my mind. Those of us who live in Hawi and Kapaau were getting news of local destruction from faraway places. Worst of all, it wasn't that accurate.

The extensive damage that closed the elementary school was loose gutters. Articles in the Oahu newspapers downplaying the extent of the damage had no basis in fact.

Who in our community knows the fate of the Hisaoka Gym, the bleachers or the pavilion at Keokea Park?

When's the next meeting about the ditch?

What has been the effect on local businesses and employment?

While we may have a clue, it's not because we read about it in a newspaper that really understood Kohala. More important than news of the earthquake is the ongoing story of Kohala – the reunions, the stories of our elders, the joyous, sad and historic events that fade silently into the night.

That's why The Kohala Mountain News is being reborn. It has a proud history of being more than just a local newspaper. It provided a means to document the history and culture of North Kohala. It allowed the stories and wisdom of our kupuna to be preserved. It was a means for us to share our knowledge with one another and to become aware of the important issues affecting our community.

With your support we can produce a quality newspaper that will enhance our daily lives. In these fast paced, media driven times, I long for a quiet moment reading a story that reminds me of how lucky I am to live here. My guess is that most of you do, too.

History of Kohala Newspapers

By Tom Morse

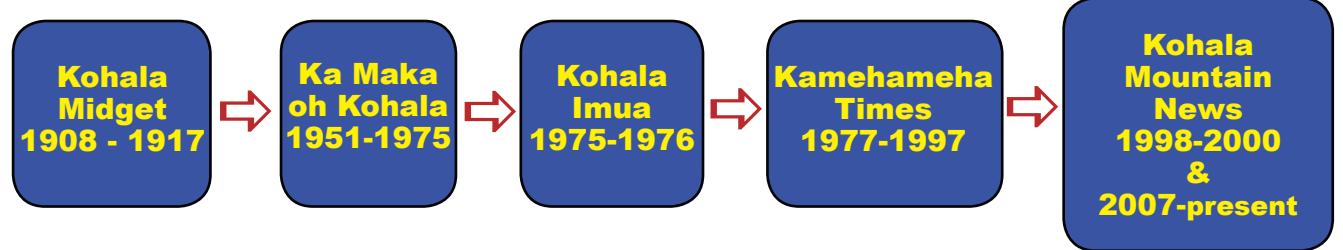
From 1908 to 1917 the Reverend John F. Cowan published the Kohala Midget. Over time, the paper developed an island-wide distribution. For the next thirty-four years Kohala had no newspaper. From 1951-on Kohala always has had a newspaper (except 2001-2006). In 1951 the Kohala Sugar

Company began publication of Ka Maka oh Kohala, or Eye of Kohala. It survived until the closing of the mills in 1975.

That twenty-four year run made it the longest continuous newspaper in Kohala history.

Kohala Imua was published by the Kohala Federal Credit Union for two years beginning in 1975.

The Kamehameha Times began in 1977, initially published by the Kohala Parent Teacher Student Association under the direction of Eli Laszlo. From 1979 to 1997 it was published by volunteers from the Kohala community. The Kohala Mountain News made its debut in 1998, ran until 2000, and then was resurrected in 2007.



History of the Kohala Mountain News

Story and graphic by Tom Morse

The Kohala Mountain News operated as a monthly newspaper serving the North Kohala Community from 1997 through 2001. It closed down due to the declining health and subsequent death of the newspaper's Publisher and Editor, Char Donat.

Up until 2007, our rural community was left without a way to effectively report and communicate local news. In October of 2006, Hawai'i Island was hit by 6.7 and 6.0 magnitude earthquakes, with the North Kohala community being close to the epicenter and among the hardest hit.

The need for a community newspaper became immediate as elected officials, FEMA (Federal Emergency Management Agency) and non-profits were trying to communicate important information to the community about the safety of public facilities, public services, meetings and available help. In response, the Kohala Mountain News was re-organized and re-launched as a monthly paper in January of 2007 by Anne Fojtasek, the paper's former layout editor; Bob Martin, founder of the North Kohala Community Resource Center; Joel Kennedy, a retired communications

executive; and Jim Sargent, a local businessman.

The paper has published a monthly edition continuously since its revival in January of 2007. The first two editions were only eight pages, but the paper grew to twenty pages by August 2008, buoyed by election articles and ads.

The Kohala Mountain News has always been provided free of charge via post office boxes to all Kohala residents and businesses. The expense of writing, printing and distributing the paper has been covered by ad revenue from Kohala businesses and organizations. Ad prices established at inception remain unchanged to this day. The paper established a website, kohalamountainnews.com, in January of 2011. All editions since that date are available to the public on the website. The paper switched from black and white to color in September of 2014.

Stories in 2007 included:

- Earthquake repairs to the Kohala Ditch and the Hisaoka Gym
- Closing of the Union Market
- Jim Sargent named Citizen of the Year by the North Kohala Merchants Association
- Reopening of Luke's Restaurant

- Establishment of the New Moon Foundation at Iole

- Completion by volunteers of the outdoor basketball court at Kamehameha Park

- Concept of a radio station for Kohala

- Fundraiser at Luke's for the fledgling Kohala Mountain News

- Both Kohala wells broken, resulting in no water October 5-8

Our Publishers have been:

- Jim Sargent : 2007
- Bob Martin : 2008-2010
- Tom Morse : 2011 to present

Our Managing Editors have been:

- Joel Kennedy : 2007
- Katie Ankner : 2008-2010
- Megan Solis : 2011- 2013
- Maureen Garry : 2014 to present

Our Layout Editors have been:

- Anne Fojtasek : 2007- 2014
- Annalene Williams : 2015 to present

Our Bookkeepers have been:

- Deborah Sheeks : 2007
- Hana Anderson : 2008-2014
- Malia De La Cruz : 2015 to present

Our Distribution Managers have always been:

- Jenna and Jay Vega : 2007 to present

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Kohala Mountain News Staff

Tom Morse

Tom Morse, Publisher, joined the staff of the Kohala Mountain News in 2009, assisting Bob Martin and Joel Kennedy in running the paper. With Bob's and Joel's retirement from the paper the following year, Tom assumed the management role.

He and his wife, Cindy, have lived in Hawi for eleven years, moving here from California after his retirement. He was a volunteer board member and C.F.O for the Hawai'i Wildlife Center for four years during the fund-raising phase, prior to the Center's opening.

Tom was an avid softball player, playing at different times for the Kohala team and then Local Boyz.

He has been President of the Kohala Community Athletic Association for the last ten years, promoting after-school sports programs for the youth of Kohala.



Photo courtesy of Tom Morse
Publisher Tom Morse

Maureen Garry

Maureen Garry is the Managing Editor for the Kohala Mountain News. She joined the paper in late 2013, taking over the reins from then-editor Megan Solis.

Maureen and her family moved to Hawai'i from the San Francisco Bay Area in 2011, following her career in cardiovascular medical device research. At that time, she began homeschooling her two teenage sons, becoming a nationally certified writing instructor to teach writing skills to junior- and senior-high Kohala homeschoolers.

A proponent of organic agriculture, one of Maureen's favorite Kohala hangouts is the Saturday Farmers' Market. She left her large garden in Kohala when she moved to Waikoloa, but visits the market and catches up with the locals when she is in town.

When not editing the paper, Maureen runs her own business as a certified nutritionist and trainer, teaching brain and body fitness for women.



Photo courtesy of Maureen Garry
Managing Editor Maureen Garry

Annalene Williams

Annalene Williams is the Layout and Calendar editor for Kohala Mountain News.

Originally from South Africa, she dropped out of college, where she was studying life sciences, to pursue a career in the music industry. That career came to an end when the record label she was working for was hit in 2010 by the shockwave of the 2008 financial crisis. She traded the African continent for traveling and teaching English in Southeast Asia, ultimately settling in North Kohala in 2012.

Annalene currently volunteers at KNKR radio as a member of the Core Management and Programming group and is the radio station's web designer and music director. She also works for Kema Kama Properties and runs a small business with her husband.



Photo courtesy of Annalene Williams
Layout Editor Annalene Williams

Malia Dela Cruz

Malia Dela Cruz is a Kohala native and keeps busy with her bookkeeping business, which she has successfully run for over 12 years. She finds that each client has his or her own unique needs, which keeps it challenging, yet rewarding. She especially enjoys the friendships she has made with her clients and believes that relationships are the heart of every business. "I'm honored to be part of a wonderful team at Kohala Mountain News that strives to deliver the community the latest news and keeps people connected, even those outside of Kohala who have roots here."

Beyond Malia's business, she enjoys spending time with her family, going on scenic walks, meeting up with friends, and joining her monthly support group meetings for families with special needs children. She lives in Kapa'au with her husband, Eugene, and sons Pohai, Kanoa and Kamakoa.



Photo courtesy of Malia Dela Cruz
Bookkeeper Malia Dela Cruz



Photo courtesy of Jenna Vega
Distributors Jay and Jenna Vega

Jay and Jenna Vega

Jay and Jenna Vega are the distribution team for Kohala Mountain News. Jay is the muscle, Jenna is the brains (and beauty!) behind the scenes. Jay is a native to North Kohala and Jenna moved from Florida to Kohala in 2004. After marriage they traveled around the world doing nonprofit work until settling back in Kohala in 2009. Jay is an associate pastor at Kalahikiola Church and heads up their youth group. Jenna has her own photography business and is an ambassador for a fair trade jewelry and accessory line that helps provide dignified work for artisans in vulnerable areas of the world. Their children – Legacy, a four-year-old boy, and Eminence, a one-year-old girl – continue to keep their arms (and hearts!) full.



Photo courtesy of Kohala Mountain News
Anne Fojtasek has retired from the Kohala Mountain News, but was with the paper during its years of publication from 1997 until her retirement in 2015.

Anne Fojtasek

Anne Fojtasek was with the Kohala Mountain News from its inception in 1997 until her retirement in 2015. Anne served mainly as the layout editor, although she had short stints as stand-in managing editor and designed many of the ads. She also assisted in editing copy. She and Charlotte "Char" Donat, Bob Martin, Leslie Patton and Audrey Veloria started the paper, whose first issue was simply the front and back covers of the Takata store's advertising booklet. Anne continues to contribute to the paper to this day with ad hoc stories and photos.

Consistent Community Writers Appreciated

The Kohala Mountain News has no reporting staff and, therefore, each month relies on the community to send in most of the content that will appear in print. Writing stories, taking photos and sending everything in by the deadline takes time and effort. The staff of the News would like to acknowledge and say "Mahalo!" to our most consistent and prolific contributors. They make the paper the meaty and informative read it proves to be month after month.

The most frequent contributors include Lehua Ah Sam, Eila Algood, Holly Algood, Hana Anderson, Lisa Andrews, Valerie Barnes, Gail Baber, Jamie Eversweet Belmarez, Jana Bogs, Boyd Bond, Cheryl Cabrera, Elaine Christianson, Frank Cipriani, Jeff Coakley, Lani Eugenio, Traci Figueroa, Anne Fojtasek, Lynn Fraher, Mike Frailey, Carol Fuertes, Giovanna Ghirardi, Rande Golden, Renee Gonsalves, Kije Hazelwood, Tim Head, Janet Lam, Bob Martin, Marieke McArthur, Marcy Montgomery, Helen Nahoopii, Melody Nietfeld, Leslie Nugent, Christine Richardson, Beth Robinson, Leilani Silver, Megan Solis, Kealoha Sugiyama, Kim Takata, Tommy Tinker, Lynda Wallach, Fern White, Margaret Wille, Deborah Winter, John Winter and Toni Withington.

WEEKLY EVENTS IN FEBRUARY 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	10AM	3PM	HAWI FARMERS' MARKET		
WED	9AM		YOGA CLASS WITH JAMIE EVERSWEET BELMAREZ	KOHALA YOGA COMMUNITY CENTER	756-3919
	2PM		AFTERSCHOOL ACTIVITY CLUB - FEB 1: VALENTINE CRAFTS FEB 15: Wii GAMES FEB 22: LEGO BUILDING	NORTH KOHALA LIBRARY	889-6655
	6PM	7:30PM	SEIBUKAN KARATE ACADEMY	HISAOKA GYM	
	7PM		ALCOHOLICS ANONYMOUS	WYLIE HALL, 'OLE ROAD, KALAHIKIOLA CHURCH	889-6703
THURS	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
	6PM		TABLE TENNIS/ PING PONG	INTERGENERATIONAL CENTER	889-1099
	7PM	8PM	NARCOTICS ANONYMOUS - 12 STEPS & TRADITIONS	CLAY HOUSE (BEHIND THE HUB)	
FRI	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

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Rite of Passage on Kaimu Trail A True Story

By Tim Head

Nearly sixty years ago, when an unarmed troop of ten Boy Scouts came face to face with a large wild boar on a narrow path deep in the Kohala Mountains, everyone was frozen in terror.

The journey into the rugged mountains was part of a merit badge test put together by their scoutmaster, himself an Eagle Scout and a skilled woodsman who knew the terrain well. The plan was to take the scouts into tropical wilderness - nearly to the rim of distant Waimanu valley - and live off the land for a few days.

They set out on foot from the Pololu lookout, each carrying a full pack filled with tents, sleeping bags, clothes, but no weapons. This was an adventure, not a pig hunt. After two nights of camping and fishing for prawns in the streams, they passed Awini and Kaukini cabins, and then Waikoloa gulch, which marked the end of the ditch trail system. From there on, headed for Waimanu and Waipio valleys, the trail became a narrow footpath.

The scoutmaster told the boys they might have to brave dangers. Part of the test. In addition to slippery footing and steep palis, there were wild animals. He reminded them that feral cattle roamed the mountains. The traditional "fight or flight" response often would not work. Best to step off the trail,

make yourself small and let the beast pass. Wild boars were even more lethal and numerous. Slashed by razor sharp boar tusks, a hiker could quickly bleed to death.

When they reached Kaimu gulch they saw a narrow path winding down the mountain. One of the boys said, "I sure hope we don't



Illustration by Jim Channon

meet any wild boars." Perhaps it was a premonition. A few moments later their dog sounded the alarm. A 200-pound boar emerged from under a hapu log, stepped onto the path and started up directly toward them. The troop froze in fear and dread. After a moment's hesitation, the animal charged.

The scoutmaster was bringing up the rear and was not in sight.

The path was no more than two feet wide. There was nowhere to "step off the trail". No trees to climb. Sheer cliffs soared above and below. As the boar continued his terrifying approach, an older brother (who had come along to help out) shouted from behind, "Everyone sit down!"

With barely an instant to react or think, the boy in the front of the single line of hikers, turned around and sat down. His expedition backpack faced the boar. The other boys grabbed hold of him as the boar arrived. WHAM! The pig crashed into the scout, slashing his pack. To their credit, no one tried to escape. All hands were outstretched to provide support and solidarity.

The boar shook his head and stepped back a few steps, then charged again. WHAM! Again the scouts reached beneath their fear to find strength, determination and courage to hold their ground - and to avoid getting knocked off the sheer cliff - just inches away. After this second unsuccessful charge, the boar retreated a few yards down the path, as if to consider his options. Everyone was hoping that he would

just leave.

During this brief break, a large pack was handed forward. The first boy in line had just put on the additional padding when the call rang out "Here he comes again!" The horrified scouts braced for a third assault. WHAM!! The teenagers were like a rock. This time the pig did not leave. He stood with his nose near the expedition pack, looking for a way to get around the troop.

At this moment Older Brother worked his way forward, holding a guava walking stick. He leaned over the scouts in front, found the animal nearly on the edge and gave him a sharp shove with the stick. The pig stepped back and vanished without a sound down a four-hundred-foot pali.

The scouts picked themselves up from the trail and dusted off their fear. The first boy, whose pack was nearly demolished by the boar's sharp tusks, miraculously escaped without a scratch. He looked at his comrades, grinned and said, "Well, I think we've earned our merit badges." The scouts exchanged exuberant laughter and sighs of relief. They had passed the test. They had faced the dragon and survived.

Older Brother put it plainly. "Sometimes in life the best choice is not to charge forward or not to run away, but to just sit down."

See Rite Page 14

THE COQUI CORNER

With the lack of funding for the Coalition to continue its work, our community responded by donating nearly \$24,000 in November and December.

With these resources we have organized four eradication teams to control coquis in different neighborhoods, with special emphasis on the Keokea Gulch and surrounding area.



- 1) Keokea, Niulii, Makapala
- 2) Pratt Road, Union Mill
- 3) Transfer Station
- 4) Kapiko Estates, Hawi Hill



Thank You Kohala for your commitment to Keep Kohala Coqui Free
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Rite, continued from Page 13

Continuing down the path they came to a suspension bridge across a chasm. There were a few redwood planks missing. No pig would venture onto such a bridge. For the boar, the trail had become a dead end. Perhaps that is why the animal was so desperate to push the scouts out of his way. It was his only option.

What happened that day was much more than a hair-raising scrape with a wild beast in the woods. Consider the elements of a classic rite of passage. The narrow path can be seen as a "threshold of passage" where the youngsters entered a dangerous wilderness empty handed - without the advantage of human weapons technology. Then came the three challenges by the beast, which were overcome by the collective "brave heart" of the troop that manifested the archetype of the maturing male, who stepped forward to dispatch the obstacle from their path. Having passed through such a profound experience, the teenage boys earned much more than a merit badge. They emerged from those mountains as young men - forever changed and bonded for life.

Reporter's Postscript

The "scoutmaster" in this story was Bill Sproat, water luna for the Kohala Ditch in 1949. The "older brother" was Bill's second son, Dale, home on leave from the Navy. Dale's two younger brothers, Kamaka and Kindy, were also among the ten scouts. Two others were Wallace Ching and a scout remembered only as Paiasu. The names of the remaining scouts have faded from memory, including the "lead boy" whose pack absorbed the boar's three charges.

Dale Sproat first told me this tale seven years ago when I was doing research for some stories on pig hunting in Kohala. I asked him who else was there. He responded, "My Alzheimer's... can't remember. All dead now."

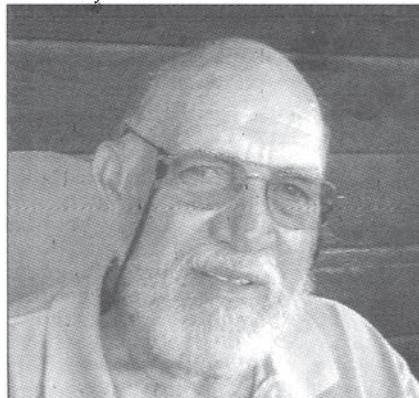
When the Kohala Mountain News discontinued publication in 2001, I stopped writing. With the reemergence of this newspaper, I decided to pursue what had become for me a compelling story. In the meantime, Dale had died, and so had Kamaka and Wallace. I found

no one among the old timers in Kohala who remembered the tale. Sometimes a reporter follows a trail to a dead end. Maybe I had a fragment, not a story. And I needed another eyewitness account to call it a true story.

Very near my house the old government road stops at the Pololu lookout - a dead end. Perched above the parking lot overlooking the valley and the windward coastline is a dwelling - the home of Kindy and Cheryl Sproat. I had been postponing an interview with Kindy because he has been in poor health lately, and I didn't want to disturb him. But the clock was ticking. With the story pumping through my veins, I ended up on his porch unannounced and was graciously welcomed.

For anyone seeking factual information about a long ago event, there are three words that make the search worthwhile. In response to my first question Kindy said, "I was there." Much of the detail of this story comes from Kindy and closely matches what his older brother Dale told me in 1999.

Some people may have difficulty enjoying stories that end with the violent death of something or someone. Clyde "Kindy" Halemaumau Sproat has survived many bloody encounters with pigs during his seventy-six years. Sitting on his porch in 2007, in the sunset of his life, he thought about that day more than a half a century ago when the pig went over the pali. Holding an old guava hiking stick in his hands, Kindy looked out over the ridges towards Honokane Iki where he was born. In an expression of empathy he said, "The boar seemed like he was just as scared as we were."



Kohala Mountain News file photo Kindy Sproat

Hamakua-Kohala Health Celebrates its 10 Year Anniversary in Kohala

By Lynn Fraher

In 2016, Hamakua-Kohala Health (HKH) celebrated 50 years of being here for you and your 'ohana in Hamakua, and 10 years in Kohala. By the mid '90s the last Hamakua area sugar plantation closed and there was a question of who would take care of the health of our community, so the Hamakua Health Center took over for the Hamakua area plantation Infirmary and has been providing excellent healthcare ever since. Hamakua-Kohala Health even won three awards last year!

The HKH team is doing everything possible to be here for you for another 50 years. Last fall we conducted an important community survey and, as always, are responding to the medical needs of our community and providing requested services.

One of the ways we can provide good care is through our membership in the 340B Drug Pricing Program whereby we obtain discounted prices on covered medications to provide qualifying patients

with affordable prescription drugs. It allows Hamakua-Kohala Health to stretch limited federal resources. All the drug savings is rolled back into the clinics and is used to help provide comprehensive primary and preventative healthcare regardless of the patient's ability to pay or health insurance status.

Hamakua-Kohala Health has outgrown the space available at the clinics in Hamakua and Kohala and is in need of funds to rebuild our clinics and cover the increasing costs of operations. Your support is key to helping us expand and serve you better.

Can you help us help you?

Please donate online on our website at hamakua-health.org via the "Ways to Give" tab; via secure PayPal, ATM or credit card checkout; or simply mail a check payable to: Hamakua-Kohala Health, Attention: Irene Carpenter, CEO; 45-549 Plumeria Street, Honokaa, HI 96727. Your donation is tax deductible and a receipt will be provided.

Thank you for joining with us to accomplish great things!

February is Heart Health Month

How many times have you been told high cholesterol is bad for your health? How about that HDL is the good cholesterol, and LDL is the bad cholesterol? How many of you have been prescribed a statin but feel worse after taking it, versus not taking a cholesterol lowering drug at all? There is much research (and plain common sense) to support that what we were told may not have been entirely truthful, but instead only reflective of the medical doctors' understanding at that time.

Boston Heart Diagnostics, a specialized lab located in, you guessed it, Boston, MA, has put together a series of state-of-the-art lab tests to help set the record straight. This test is a comprehensive cardiovascular risk panel testing the size and characteristics of your LDLs, HDLs, level of inflammation in your body, kidney function, fatty acids and, most importantly, genetics. The other cardiovascular risk

factor tested in depth is diabetes, meaning the blood sugar levels and their impact on the body, especially the kidneys. Boston Heart Diagnostics has the capability of catching early stage diabetes before too much damage is done.

Sounds expensive, right? And it is! Luckily, the company president has worked with local insurance companies to offer a full comprehensive panel without exceeding \$100.

Dr. Ardolf, ND, is offering her location as a one-morning-only draw station for all interested on Monday, February 13, from 7:00 a.m. to 9:30 a.m. Just call the office to schedule your quick appointment. You pay nothing for this service. We will package and send off your blood for analysis and call you upon receipt of the results. Results return in approximately two weeks.

The Boston Heart test is one of many ways to get healthy, and most importantly, stay healthy!

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 Date: **Monday, February 13, 2017**
 Time: **7 - 9:30 am** **bostonheart diagnostics®**
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 A state of the art cardiovascular risk panel test
 Where: **Dr. Ardolf & Associate office,**
 Akoni Pule Hwy on the corner next to the entrance to the park
 Free. No draw fee. Cost of test varies based on insurance provider.
 To schedule your appointment or learn more please call
(808) 498-4018.

Senior Citizen News



Roann Okamura swears in the 2017 Kohala Senior Citizen officers as 2016 Past President Kealoha Sugiyama looks on.

Story and photos by Lani Eugenio
 On January 9, Roann Okamura, Operations Director of the Elderly Affairs Division, swore in the new officers of the Kohala Senior Citizen Club.
 She met with the membership to explain their role as overseers of the

buildings and organizations for the elderly that come under the County. She also cleared up protocol matters and concerns of who can use the buildings.
 Seniors 55 years and older are welcome to join the club. Meetings are on Mondays from 9:00 a.m. to

10:30 a.m. and dues are \$25 per year. A snack or lunch (\$2.50 school lunch) is served after the meeting. Guest speakers share their interests with the group, and excursions and other fun activities are planned throughout the year, culminating with a Christmas party at the end.

The Kohala Senior Citizens is not about "old" people. It's about those who want to continue being part of society, keeping up with community events and thoughts, and promoting an active mind, a healthy body and a positive attitude. Come join us!



February is American Heart Month

Let's Work Together to Raise Awareness

Caring for Your 'Ohana, Caring for You

About Heart Disease
 Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease.

The good news? - Heart disease can often be prevented when people make healthy choices and manage their health conditions.

Encourage your 'ohana to make small changes:

- Watch your weight and use spices to season food instead of salt
- Quit smoking and stay away from secondhand smoke
- Control your cholesterol and blood pressure
- If you drink alcohol, drink only in moderation
- Get active and eat healthy - Motivate teachers and administrators to make physical activity a part of the school day. This can help students start good habits early.
- Ask your doctor about ways to prevent heart disease
- HKH is a Hypertension Control Champion and recognized by the CDC for achieving blood pressure control for at least 70% of our adult patients with hypertension!

*Thank you for joining with us to accomplish great things!
 Call for appointments at either location:
 Honoka'a: 45-549 Plumeria St - 775-7204
 Kapa'au: 53-3925 Akoni Pule Hwy - 889-6236*

**Visit our website at hamakua-health.org to learn more about our team's services.
 Like us on Facebook.**

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KOHALA MONTHLY CALENDAR FEBRUARY 2017

	DAY	START	END	EVENT	DESCRIPTION	VENUE	PHONE
1	WED	4 PM		COMMUNITY ACCESS GROUP	MEETING	SENIOR CENTER	
3	FRI	4PM	7PM	KHS FIRST FRIDAYS	CRAFT AND LOCAL FOOD VENDORS	KHS	889-7117
4	SAT	2PM	4PM	FREE COOKING CLASSES	PLEASE SIGN UP BY EMAILING winterd@whitman.edu	HUB BARN	889-0404
6	MON	6 PM	7 PM	GROWTH MANAGEMENT SUBCOMMITTEE	MEETING	BANK OF HAWAII BUILDING	
6	MON	6:30 PM		HAWAIIAN HISTORY TALK	BY BOYD BOND, "GROWING UP WITH SUGAR"	NORTH KOHALA LIBRARY	889-6655
7	TUE	6:30 PM	8 PM	NORTH KOHALA COMMUNITY ASSOCIATION	MEETING, CONTACT JEFF COAKLEY	KOHALA INTERGENERATIONAL CENTER	443-8687
13	MON	2 PM		SIMPLE JEWELRY CRAFT	WITH SID NAKAMOTO, (ADVANCE REGISTRATION)	NORTH KOHALA LIBRARY	889-6655
13	MON	3 PM	5PM	NORTH KOHALA PARENT SUPPORT GROUP	SUPPORTED BY N. HAWAII COMMUNITY CHILDREN'S COUNCIL	KINGS VIEW CAFE	989-4894
13	MON	6 PM		SIMPLE JEWELRY CRAFT	WITH SID NAKAMOTO, (ADVANCE REGISTRATION)	NORTH KOHALA LIBRARY	889-6655
14	TUE	11 AM		ADULT READING DISCUSSION	"HISTORY OF LOVE," BY NICOLE KRAUSS	NORTH KOHALA LIBRARY	889-6655
14	TUE	6 PM		HAWAII FARMERS UNION UNITED	6PM POTLUCK, 7PM PRESENTATION. FOR EVERYONE INTERESTED IN GOOD FOOD, NOT JUST FARMERS	KOHALA VILLAGE INN BARN	889-5715
15	WED	5:30 PM		AGRICULTURE SUBCOMMITTEE	MEETING	SENIOR CENTER	
18	SAT			FREE GRINDZ HOT MEAL	KOHALA BAPTIST CHURCH	BANYAN TREE	
21	TUE	10 AM		ADULT & TEEN WRITER'S GROUP		NORTH KOHALA LIBRARY	889-6655
22	WED	4 PM	5:30 PM	RESTORATIVE YOGA THERAPY CLASS	WITH CARLA ORELLANA, CERTIFIED YOGA THERAPIST, BY DONATION	THE HUB	889-5151
22	WED	5 PM		PARKS, WATER & ROADS SUBCOMITTEE	MONTHLY MEETING	OLD COURTHOUSE	882-7611
25	SAT	10 AM	12 PM	THRIFT SHOP	AT ST. AUGUSTINE CHURCH	NEXT TO WALKER HALL	889-5390
25	SAT	11 AM	12:20 PM	COMMUNITY MEAL	AT ST. AUGUSTINE CHURCH	WALKER HALL	889-5390
27	MON	6 PM		TEEN NIGHT:	JEWELRY CRAFT WITH SID AND GAIL	NORTH KOHALA LIBRARY	889-6655
28	TUE	5 PM	6PM	CDP SUBCOMMITTEE	POWER, VIEWPLANES, & EROSION CONTROL, CONTACT SUSAN FISCHER	OLD COURTHOUSE	882-7611

EMAIL CALENDAR LISTINGS TO KOHALACALENDAR@GMAIL.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 Ilma Moiha
www.gospelofsalvationkohala.org

Kohala Baptist Church

Across from Makapala Retreat
 'Come to Me, all you who labor and are heavy laden, and I will give you rest.'
 (Matthew 11:28)
 Sunday Services
 Adult Bible Study/Kids on Mission 9 am
 Worship Service/Sunday School (for children of all ages) 10:30 am
 Pastor Steven E. Hedlund (808)889-5416
 Follow us on Kohala Baptist Church

Sacred Heart Catholic Church

Hawi, Hawaii • 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

Kapa'au, North Kohala
 Sunday Services:
 7am - Holy Eucharist (quiet Mass)
 9am - Holy Eucharist
 Children's Sunday School & Fellowship Brunch
 Thrift Shop Hours:
 Weds: 12 - 3:30pm • Thurs: 4 - 6pm
 4th Saturday: 10am - 12pm
 Free Community Meal:
 4th Saturday of each month: 11am - 12:30pm
 Vicar Diana Akiyama
www.staugustineskohala.com • 808 889 5390

Wreath Class Produces Beautiful Creations



Photo courtesy of Kohala Village HUB
 On of December 15, Luke's Room at Kohala Village HUB was filled with a wide variety of foliage and supplies gathered for a wreath-making class. Audrey Veloria, veteran teacher and highly experienced wreath and lei maker, demonstrated different methods of design and construction. Each participant went home with a unique, beautiful creation as well as knowledge that will help perpetuate this art. Class fees help support sponsorships for youth wanting to participant in HUB programs.

Third Annual Luau Celebrates Kohala's Cowboy Culture

By Randee Golden

The sky lifted and the relentless rains let up on the afternoon of Sunday, December 18, long enough for the 250 participants at the Kohala Village HUB's 3rd Annual Christmas Luau to enjoy the festivities of the evening. This holiday event is offered each year at the HUB Barn to provide a chance for community members to celebrate together, showcase HUB programs and help organizations and groups raise funds to support their activities.

Many people donate their time and labor to create this special luau and their efforts are appreciated. Decorations for the event were provided by Clayton Yamamoto, Jr., who did the table centerpieces and stage and Sarah Doyle from "Inspired by the Sun", who donated some herb wreaths. Tani Waipa volunteered to be the Emcee for the evening and she also provided beautiful Hawaiian and Christmas music with musicians Duane and Kona Bob at the beginning of the evening. Kohala High School junior Chyenne Book, daughter of Maile and Michael Hawkins, also sang Christmas songs for the audience.

The Kohala 4H Club was a primary partner who prepared the Hawaiian food and also set up a roping station so people could experience this skill. Kekama Man-

antan and youth in his leatherworking class through Ka Hana No'eau demonstrated how they cut and tooled small leather items, which were also offered for a donation.

Mahalo to David Ebrahimi, who helped bring Santa for a visit. Also appreciated are Mike Frailey, Leanna Runningbear and Jake Maki, who took pictures of participants with Santa in exchange for canned food as well as monetary donations, collected for our Food Basket. There was also a silent auction organized by members of Hula Halau Mana'olana 'O Kohala, which offered bidding on a wide variety of items and activities donated by local businesses.

Entertainment was provided by Michal Carrillo and her Hip Hop Youth class, Carla Orellana's Belly Dancing students and Delphina Dorrance's Keiki Ballet class. Joanie Collins also led her Youth Ballet students in some dances.

The evening ended with a lively concert by North Shore Live, featuring their wide repertoire of country music. This favorite local band got the dance floor hopping and filled with people young and old, all with a smile on their face. The break in the rain, good people, good food and enjoyable entertainment created another memorable night at the HUB Barn.



Photo by Ginger Gohier

Youth Ballet students demonstrated skills to the gathered crowd at the Kohala Village HUB 3rd Annual Christmas Luau.

KES Students Enjoy Gifts from Seniors

Story by Kealoha Sugiyama

Members of the Kohala Senior Club, Senior Nutrition Program and the Halau Hula Na Kupuna O Kohala joined together and adopted the Kohala Elementary School fifth graders for Christmas. They brought bags full of Christmas gifts for the students.



Photo by Renee Gonsalves

Students Visit Makali'i in Dry Dock

Story and photos by Rose Mae Waterson

Through the support and funding from the North Kohala Student Cultural Enrichment Program (NKSCEP), Kohala Elementary School 5th graders experienced a special time at the Mahukona Warehouse where the Makali'i, the third Hawaiian voyaging canoe (following Hokule'a and Hawai'iloa), is undergoing extensive dry dock maintenance and modifications so she can sail for another 20 years.

After many centuries of no voyaging canoes in Hawai'i, brothers Clay and Shorty Bertelmann led the team of fellow sailors and canoe builders Billy Richards, Tiger Espere, Chadd Ka'onohi Pais-hon and Clay's daughter, Pomai Bertelmann, in the construction of Hawai'i Island's first voyaging canoe, the Makali'i. Twenty

two years ago, on February 4, 1995, the double-hulled Makali'i was launched at Kawaihae on her maiden voyage, which took her to Taputapuatea, Ra'aitea, Tahiti Nui and Nukuhiva in the Marquesas Islands. The Makali'i, named after the star cluster Pleiades, has sailed extensively throughout the Hawaiian Islands, as well as to the Marshall Islands, Micronesia, Guam and Saipan.

The fifth grade students and their teachers, Ms. Tyler, Ms. Rufo and Ms. Bautista, were given hands on educational experience under the direction of host Chadd Pais-hon. Students rotated from learning the history of Mau Loa, sanding hau for upright stanchions and a tour of the Makali'i. After lunch they transitioned to Ho'ea Moku in Hawi, where gardens are being planted to provide food for voyages.



The Makali'i in dry dock for repairs.



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Kohala Lions Club



Need to declutter?

Kohala Lions Club will gratefully accept your gently used items for their Rummage Sale on March 11. Call 884-5122 for pick up.

Steak Tickets on Sale!

Buy your tickets early for the Lions Club Steak Sale - \$20 for four 8 oz. frozen steaks and/or \$10 for a steak plate. Purchase from any Lion, stop by Mother's Antiques, or call 884-5122

Lions Club Rummage, Bake and Steak Sale - March 11!

Kohala High School 2017 Homecoming Court



Photo by Margaret Hoy

The Kohala High School 2017 Homecoming Court is comprised of (left to right) Junior Female Attendant Camylle Jayde Agbayani, Senior Male attendant Mycah Gonsalves, Senior Female Attendant Tanya Adams, King Kobie Kaholooa-Aguilar, Queen Karly Ann Kapeliela, Sophomore Male Attendant Logan Thornton, Sophomore Female Attendant Sadey Alip, Freshmen Male Attendant Brycen Roxburgh, Freshmen Female Attendant Danika Cazimero-Roxburgh. Not pictured: Junior Male Attendant Kaaalii Lewis.

Dr. Lori Ann Kim Scholarship Deadline February 17

A new means of financial assistance for college study, the Dr. Lori Ann Kim Scholarship, is being offered through Kamehameha Schools. Preference is given to students of North Kohala, with at least a 3.0 grade point average interested in pursuing study in STEM (Science, Technology, Engineering or Math) majors. The scholarship will be awarded to a graduating senior in perpetuity.

Students can go to www.pauahi.org/scholarships for further information on eligibility requirements and documentation.

The application process closes February 17, 2017.

Students Perform Great Works at Poetry Out Loud Contest



Photo courtesy of Fern White

Participants, organizers and judges gather after the Poetry Out Loud competition at Kohala High School. Teshna Hart-Gilhuis will advance to the State Finals, for the second year running, in Honolulu on February 12.

On December 16, three Kohala High School (KHS) students competed in the school's Poetry Out Loud contest, a national recitation contest created by the National Endowment for the Arts and the Poetry Foundation which encourages students to learn about great poetry through memorization and recitation. The winner of the contest will advance to the State Finals in Honolulu on February 12. The state champion will receive \$200 and an all-expenses-paid trip with an adult chaperone to the National Finals April 25-26 in Washington, D.C., where \$50,000 in awards and school sti-

pends will be distributed.

The program began in 2005, with the goals of helping students master public speaking skills, build self-confidence, and learn about literary history and contemporary life. Over the years it has reached more than 3 million students from 10,000 schools in every state, Washington, D.C., the U.S. Virgin Islands and Puerto Rico.

In Hawai'i, the competition is administered by the Hawai'i State Foundation on Culture and the Arts. Kohala High teachers Fern White and Miriah Petrucci organized the KHS competition again this year. Shelby Greene served as

Accuracy Judge, while Sam Peterson, Michael Foley and Maureen Garry served as Recital Judges. Ms. White's Speech resource students served as helpers and a judge. Congratulations to the following students:

- First Place: Teshna Hart-Gilhuis
- Runner-Up: Sadey Alip
- Third: Kamaile Gusman

Of particular pride is the fact that Kohala High was the only public school to be ranked among the top three schools in the state in three of the last four years, and Kohala is only public Big Island school even participating in the competition.

Teen Jewelry at Kohala Library

North Kohala Public Library is hosting a special jewelry-making class just for teens, ages 13-19. On Monday, February 27, at 6 p.m. jewelry artists Sid Nakamoto and Gail Ching-Lee will demonstrate techniques for simple and beautiful jewelry design. Materials will be provided for participants to create their own jewelry piece. Space is limited, so please call the library in advance to register.

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

Share a Smile!

Looking for friendly visitors for several residents at Kohala Hospital.

Please call Sadie at 889-7918 or Michelle at 889-7913 if you are interested.

Mahalo to all of the groups and individuals who made the holidays so special for our residents.

Skydive Today!



We are skydiving every morning at Upolu Airport, the most beautiful airport in the Hawaiian Islands! No experience needed with our skilled instructors offering tandem skydives. The whales are here, let's watch them from our parachutes!

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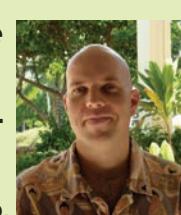
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Science Fair Highlights Curiosity and Scientific Ingenuity

On December 15, students of all ages in North Kohala displayed their innovative ideas, knowledge and products to the community at the first Kohala Innovation Science Showcase (KISS). The first place winners in each level were:

- Elementary School:
Aadyn Bolson for "Ocean Motion in a Bottle"
- Middle School:
Nicholas Tyler for "Will an Egg Bounce?"
- High School:
Naomi Ney and Bohdi Amar for "Bacterial Transformation with Green Fluorescent Protein"



Photos courtesy of Hana Anderson
Aadyn Bolson won First Place in the Kohala Innovation Science Showcase Elementary School category.



Nicholas Tyler won First Place in the Kohala Innovation Science Showcase Middle School category.



Naomi Ney and Bohdi Amar (not shown) won First Place in the Kohala Innovation Science Showcase High School category.

Paniolo Li'i Shine at VEX IQ Tournament

Story by Fern White

On December 17, VEX IQ Paniolo Li'i Kohala Kowbotics competed at the TMT Big Island VEX IQ West Hawai'i Tournament at Konawaena Elementary in Kealekekua.

Team 2460P came home with their second championship win, their fifth award for the season. Team 2460R won their first Excellence award and Mentor Cheryl Cabrera was awarded the VEX IQ Mentor of the Year, West Hawai'i.

Paniolo Li'i are from grades 6-8 and meet at least twice weekly with the high school VEX Kowbotics teams.

In addition, each VEX IQ team conducts a theme-related STEM research project and creates prototypes related to their research and testing. Adult mentors, experienced VEX-EDR high school students and the VEX IQ students work together to design, build and program robots.

KHS 8-Man Football & Girls V-Ball Teams Earn BIIF All Stars!

In a very competitive year with the resurgence of Pahoia as a legitimate threat to the defense of the Cowboys' 2015 crown, the Kohala Cowboys placed four seniors and one junior on the 2016 All-BIIF 8-Man Football team. Garnering those honors were senior running back Kobie Kaholoa'a-Aguilar and senior wide receiver Owen Kaawa-Culp on offense; and senior defensive lineman DJ Victor-Gusman,

to the state championship tournament for the first time in years, three Kohala Cowgirls earned honors on the 2016 BIIF Division II All Star team! Representing the Cowgirls on the first team was Kohala's excellent outside hitter, sophomore Shania Fuertes. Shania stood out as a dominant force for the Cowgirls with her steady play this season. She was the Cowgirls' go-to hitter all season and her achievement of



Girls Volleyball All Stars (left to right) Shania Fuertes, Mikayla Kekoa and C.J. Agbayani

senior defensive back Stylez Alvarez and junior linebacker Jsean Giron on defense. These five players, among others, provided guidance and leadership all season long, taking the Cowboys to the BIIF Championship game in Ka'u. The Cowboys, directed by Head Coach Reggie Tolentino, Team Manager Aunty Coco Tolentino, and Assistant Coaches Chad Atkins, Dom Accorda and Jay Blanco, entertained Kohala High School's football fans with exciting highlights in the air and on the ground all season long! Congratulations to our Cowboys!

first team honors should be of no surprise to Cowgirl fans! Voted in as BIIF Division II Honorable Mention were sophomore middle blocker Mikayla Kekoa and junior setter Camylle Agbayani. Mikayla paid dividends for the Cowgirls at middle blocker after returning from club softball, and Camylle, the solid all-around athlete, complimented the talent that will take the program to higher heights next season. Congratulations to the Kohala Cowgirls and their coaches, Nick Lorenzo, U'i Lorenzo, and Aunty Hinano Lewis for another excellent season in the books.

Making their return trip

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 2016

- Takata Store**
- Hawaii Community Federal Credit Union**
- Surety Kohala Corp**
- Kohala Pacific Realty**
- Kohala Zipline**

NORTH KOHALA COMMUNITY RESOURCE CENTER

◇ As we enter our 15th year, we extend our warmest Mahalo to the Kohala community for your continued support of our organization and our sponsored projects. We couldn't do our work without you!

◇ The Kohala Welcome Center needs weekend guides to greet visitors and share their love for Kohala. Call the Center for more details!

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

Upcoming Kohala Sporting Events

Kupuna Softball Starting Up in January

The Kohala Kupuna and the Kohala Local Boyz will be playing on a softball field near you! The Kohala Kupuna will be starting the 2017 season as the defending State Kupuna Softball Champions of Division A, the top division in the state, on Saturday, January 28, and Saturday, February 4, at 10 a.m. at the main diamond in Kamehameha Park. Kohala will be facing two perennial Division A powers in the Kona Legends and Hilo Pomaka'i on those respective dates, followed by a road trip to Hilo to play the Punatics on Saturday, February 11. The Local Boyz will be starting their season with an away game on Saturday, February 4, when they face the Waiakea Seniors. The Local Boyz will be back at home on February 11 to host Ku'ikahi at Veterans Field at 10 a.m. Go get 'em Local Boyz!

We at KMN want to take time out to recognize the loss of four Kupuna Softball players in just one month's time. Those former players are Local Boyz and Kohala Kupuna players Francis McGough, John "Buff" Willard, Andrew Perez and Terrence "Kake" Pule. All winners in our hearts...you all made Kohala proud! You will all be missed!

Kā Moku O Keawe Makahiki in

Waimea

On Saturday, January 21, Kohala Elementary and Halaula Middle School students will be participating in Ka Moku O Keawe Makahiki games in Waimea from 7 a.m. to 5 p.m. at Waimea Park. It will be a community event including Hale 'Āina-Healthy Food Booths, Hale Ola-Health and Wellness, Culture Tents and the Ho'okūkū Kahalui-



Coach Shannon Pasco warms up the T-ball team.

Photo by Donovan Aiona

Makahiki Games Championship all being done on the grounds at Waimea Park. The Makahiki Games will be divided into Nā Pā'ani No'Eau (The Skill Games) and Nā Pā'ani Ikaika (The Strength Games). To represent both Kohala Elementary and Halaula Middle, students competed in a Makahiki on both campuses to determine each school's representatives. Good Luck!

KCAA T-Ball, Coach-Pitch and Boy's Basketball

It's that time again! Take out those brand new mitts, baseballs

and bats and get out to Veterans Field to help your keiki get interested in KCAA T-Ball and Coach Pitch Baseball. Historically, T-Ball in Kohala got its start in the '70s when coaches took their T-Ball teams to tournaments around the island. Kohala's teams participated in the Papa'aloa, Honoka'a, Waimea and the "Big" Hilo tournament at Hilo's newly created Walter Victor

that lead up to games in early January. Coaches go over basic fundamentals like: base running, fielding grounders, catching fly balls, throwing to each other and hitting the ball off of the tee or from the pitches of their coach. Most games last two to three innings with a snack time fellowship following the game. Sportsmanship is also a requirement as these coaches are training our keiki to represent Kohala in whatever sport they play.

When people enter the park, one will see parents "warming up" with their child's team, tutu bringing the after game snacks and coaches talking story and laughing about the quirky things that happen

during their games. Parents come with lots of respect and pride seeing their children take the field playing KCAA Sports. You can watch Coach Pitch and T-Ball in January and February at Veteran's C and D fields every Monday through Thursday starting at 4 p.m.

Mahalo to the volunteer coaches who are making this season possible: (T-Ball) Ryan Kreps, Bennett Dorrance, Blaine Wong and Shannon Pasco; (Coach Pitch) Pono Nakamura, Keone Mackillop and Shon Van Zandt.

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