

Vol.16, No. 03

March 24, 2017

## Defend The Sacred - Hawai'i Stands With Standing Rock

Over two hundred people attended "Defend The Sacred," a peaceful and positive gathering held in the Hawi community open space on Friday, March 10. Organized by North Kohala residents and Rally for Common Ground, the

from event attendees, Coco Phresh team, Kava Kafe, Kohala Coffee Mill and Sushi Rock benefit two organizations: "Honor The Earth," a Native advocacy group based on the mainland, and "Ohua," currently working on a lo'i restoration



Photo by: Heather Brovsky  
Pua Case (speaking), Kalani Flores (left) and Kumu Hula Leia Lawrence (back) stand up for sacred sites and sacred waters from Hawai'i to Standing Rock. The trio spoke at Defend The Sacred, a community gathering in Hawi intended to demonstrate solidarity with those protecting Mother Earth and indigenous rights.

event demonstrated solidarity with the Standing Rock Sioux, Native Nations and all those protecting Mother Earth and indigenous rights.

March 10 marked a call to action by indigenous leaders. Thousands participated in a march on Washington D.C. and thousands more joined sister events organized across the globe.

The Hawi event, emceed by musician and activist Hualalai, was an opportunity for individuals and groups to unite around shared efforts toward clean air, clean water and protection of sacred sites in Hawai'i and beyond. Residents from North Kohala, Waimea, Hamakua Coast, Kealahou, Pahoia and Na'alehu made the journey to participate. Solidarity sign-waving elicited enthusiastic support through shakas, cheers and honking horns from passers-by. Blessings, oli, speakers, music, hula and resource tables were offered by those working to protect the environment, support indigenous rights and share Hawaiian culture.

A teepee was built with bamboo poles from North Kohala and canvas from Standing Rock's Sacred Stone camp, creating a material and metaphorical bridge from Hawai'i Island to North Dakota. Donations

project in Niuli'i.

Hula Halau Na Kupuna O Kohala and O Kukui Aloha O Kohala offered beautiful performances, sharing their grace and dedication to cultural practice with the crowd. Conscious music with a message of civic engagement and environmental responsibility was shared by Tiana & Off The Grid, Ka'ahale and Hualalai. Presenters included Pua Case and Kalani Flores, Lisa Colombe, Kumu Hula Leia Lawrence, Cab Baber, Deborah Winter, Joshua Lanakila Mangauil, Michal Carillo, Margaret Wille, Tim Vanderveer, Sa'o Vaefaga, Dash Kuhr, Pablo Beimler and David Rodman.

Defend The Sacred organizers, Devin Longfellow, Maya Parish, Kelly Hyde, Mark LeRoy, Anita Miceli, Haley Graham, Tonya Coulter, Kelly Hart and Mahina Lee, extend heartfelt gratitude to all who helped set up, run, document and break down the event.

Rally for Common Ground is a registered Indivisible group, holding weekly meetings in North Kohala focused on community efforts for justice, resilience and stewardship. To learn more and get involved, email united4cg@gmail.com and like "Rally for Common Ground" on Facebook.

## Kohala High Freshman, Hokani Maria, Receives Dreamstarter Grant

Story and photo by Donovan Aiona

On March 1, Native American Olympian Billy Mills and Running Strong for American Indian/Hawaiian Youth named Kohala High freshman Hokani Maria as the recipient of the 2017 Dreamstarter

grant for American Indian Youth.

It is such an honor for Hokani to be the first Native Hawaiian to be awarded this grant. Running Strong for American Indian/Hawaiian

See Hokani, Page 2



"Aunty Amoo" Johnelle Ching-Kainoa and KHS Freshman Hokani Maria minutes after receiving the Dreamstarter Grant for Native American students on the morning of March 01, 2017.

## Help Clean Our Coastline

On Tuesday, March 28, from 9:00 a.m. - 11:00 a.m., Hawai'i Wildlife Fund, Red Bull and Sustainable Coastlines Hawaii (SCH) are teaming up for hiking cleanup event at Pololu Valley. This is the first event in this five-island cleanup series around the state hosted by Red Bull and SCH.

Red Bull Athlete Kai Lenny will be crossing each major channel of the main Hawaiian Islands with stops at cleanups of the islands dirtiest beaches to rally support towards coastal stewardship. Raising awareness about the plight of windward beaches worldwide can help stop the flow of plastics entering the ocean

and encourage people to reduce their usage of single-use plastics, like foam to-go ware containers. Join us as we tackle the state in this unprecedented adventure. No reservation is required, just show up and sign-in at the trailhead at 9 a.m.

Local non-profit organization, Hawai'i Wildlife Fund, will provide feed bags, gloves, and some buckets. Please bring study footwear for the steep trail, sunscreen (oxybenzone free), hats, sunglasses, and a refillable water bottle.

For more information contact kahakai.cleanups@gmail.com or go to the Facebook page "SCH State-wide Cleanup with Kai Lenny - Pololu Valley".

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**Hokani continued from Page 1**

Youth launched the Dreamstarter program three years ago to celebrate the 50th anniversary of Billy Mills' historic Olympic gold medal win in 1964 at the Tokyo Olympics. Each Dreamstarter recipient gets a \$10,000 grant and partners with a mentor organization on a project inspired by dreams for local communities. This year, the theme was education. In April, Hokani and his mentor and Program Director of Kohala Unupa'a, Amoo Ching-Kainoa, will be travelling to the Dreamstarter Academy in Washing-

ton, D.C. They will attend a week-long workshop to learn about the Running Strong charity that works with Native communities to create healthier, happier and more hopeful futures for American Indian/Hawaiian youth.

Hokani's Dreamstarter Project is named "He Wa'a Ko Kohala" meaning "A canoe for Kohala." Hokani has been working closely with Ching-Kainoa to meet this goal. Additionally, they will have the assistance of Hinano Solomon Lewis. They will seek the knowledge of canoe building and history

from kupuna of Kohala and various canoe crew members from our community.

Being a vital part of the life for Native Hawaiians, the intention is to educate Kohala's keiki and 'ohana in the construction of a traditional three-man Hawaiian canoe. Building a community canoe is the perfect platform to engage learners in math and science. In addition, the Kohala Unupa'a program, 'ohana, kupuna and Hokani will continually conduct educational workshops on the building, history and best practices of caring for the

canoe and the ocean starting this summer. They hope to cultivate a strong sense of past, present and future by maintaining practices that perpetuate their Hawaiian heritage. The finished canoe will be utilized for the Na Kilo Aina-Caretakers of our Land and Ocean Program.

Kohala Unupa'a will hold Community/'Ohana Workshops for anyone who wants to come and learn to build and be a part of the first canoe built by Kohala for Kohala. Please follow Hokani's Facebook page, Dreamstarter 2017-Hokani Maria.

## Update on Little Fire Ants in Kohala

By the LFA Survey Group

The purpose of this notice is to establish a more accurate and current listing of where the outbreaks of the little fire ant (LFA) are in North Kohala (NK), to provide treatment status, to keep the public informed and to provide more specific precautions and links to treatment information.

The tropical keratopathy, which has caused blindness in thousands of Puna residents' pets, is directly linked to the areas in Puna where the LFA infestations have started to approach full saturation (20,000 ants, including 30-70 queens, per square meter). LFAs are considered one of the worst, most destructive invasive species in the world, leaving untold damage in their wake.

Heavy infestations leave the land barren, void of any other animal and virtually uninhabitable. It is a slow moving epidemic UNTIL the LFAs start to reach heavy infestations, at which point eradication becomes very difficult, if not impossible. We're not currently aware of any pets contracting tropical keratopathy in NK as the outbreaks in NK are still relatively small, with the potential to be eradicated IF a concerted baiting sequence is followed until eradication!

### Currently located outbreaks

Niuli'i: Keokea Beach Park and three adjacent properties along Poni Poni Road are currently being treated, Makapala: location(s) are currently unknown, Ho'ea Road: unconfirmed reports of the old green waste site, approximately eight tenths of a mile below the

highway.

Anyone with direct knowledge of additional information on the above LFA outbreaks or any new LFA outbreaks in NK, is encouraged to contact us at KohalaLFA@gmail.com. Please include accurate directions to the infestation area, approximate size of the area, when it was discovered, method of determining presence of LFAs, if it is being treated, and any additional information about the infestation or any known cases of pets or livestock contracting tropical keratopathy here. Vacant land infestations are of greatest concern since they are most likely to go untreated and eventually will become heavily established, dooming NK to continuous little fire ant destruction.

### Precautions

The best prevention measure is not to go into the areas with LFA infestations, especially do not take your pet into those areas.

If you have to go into or get plants, soil, building materials, etc. from an LFA infested area, test the items with peanut butter sticks and treat the product with the proper treatment before bringing the items home. If possible, run your vehicle through a car wash before leaving Hilo if you've been in an LFA infested area for any significant time. Test the items again when you get home and retreat as needed. Wash clothes if exposed to the LFAs. One of the first places the LFAs will invade is your house if you bring them back in/on your vehicle, plants, lumber, etc.

Never get green waste mulch

from the east side. There is green waste mulch available on the west side and it is pretty safe, but it's still a good idea to test with the peanut butter sticks.

Test with peanut butter sticks any plants, soil, lumber you get delivered, especially if it's coming from the east side. If LFAs are found, treat immediately with a contact kill pesticide listed on the Hawai'i Ant Lab (HAL) website ([www.littlefireants.com](http://www.littlefireants.com)), and continue to test with peanut butter sticks until you're sure no LFAs survived. The HAL website has baiting and other useful information.

Many websites describe how to do the peanut butter sticks. A good rule of thumb is if the ants are very small, red-orange and slow moving, they should be bagged in a zip lock bag, frozen, and sent to Rob Curtiss, DoA Pest Control Branch, P.O. Box 26, Captain Cook HI 96704, for positive identification while you start initial treatments.

You can ID them instantly by letting a few crawl across the back of your hand and squeezing them against your skin, if you're willing to endure the painful stings, but they should still be sent in to get a positive ID while you're treating them.

LFAs that are found to be established must be baited on an accurate 6-week repetitive baiting cycle, per HAL instructions. It is our understanding from discussions with Ant Lab scientists that making the gel bait, using "Provaunt" as the active ingredient, is the preferred option, since it is much faster acting

than the "Tango" (days as opposed to many months). This will knock down the majority of the stinging ants quickly while still being effective in killing the queens.

It still requires an extended time period (several months) to target full eradication, but there will be far, far fewer LFAs to sting and cause damage during that process. Learn and understand all the HAL baiting information completely and preferably take one of the free HAL training sessions before starting.

The formation of an LFA response team, similar to the Coqui Coalition, is essential to keep NK from eventually being destroyed by this epidemic. The Coqui Coalition has proven through their vital long term committed efforts that quick response eradication is possible, as they have kept coqui frogs from becoming established in NK.

There are two bills, HB 481 (formation of the State Invasive Species Authority) and HB 1006 (for ongoing important research), which have passed the House and are moving to the Senate for consideration. Contact your Senator regarding the importance of this issue.

The main reference and invaluable resource for anyone interested in further information is a study published in the March 2015 issue of Ecological Economics. It can be found at

[www.researchgate.net/profile/Donna\\_Lee6/publication/272156720\\_Taking\\_the\\_Sting\\_out\\_of\\_Little\\_Fire\\_Ant\\_in\\_Hawaii/links/55a686f908ae51639c572b45.pdf?origin=publication\\_list](http://www.researchgate.net/profile/Donna_Lee6/publication/272156720_Taking_the_Sting_out_of_Little_Fire_Ant_in_Hawaii/links/55a686f908ae51639c572b45.pdf?origin=publication_list)



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## North Coast Shoreline Access Trail Near Kapa'au Open

By Toni Withington

Recent action by the County Council opened up two new shoreline access easements that create public roads and trails on a two-mile, cliff-lined stretch of the coast makai of Kapa'au town. The two segments hook up with three other segments of trails and roads on private land that had previously been accepted by the County. The trail dips into and climbs out of four gulches – Hanaula, Kapa'au, Pali Akamo'a and Wainaia – and is steep in many places. The views from along the cliff tops are very dramatic.

The trails can be reached by unpaved roads at Honopueo (Hawai'i Island Retreat) and Halaula (Lighthouse). Parking is available at both ends. The coastal trail is open to the public from sunrise to sunset.

The adjacent map shows the approximate location of the trail. The road and trail indicated by a dotted yellow line is over property owned by New Moon Foundation. Court documents grant future access over this area, but it has not yet been officially established by the County. The Foundation has graciously allowed provisional use of the road, parking lot and trail. The western access road at Union Mill has a parking lot on the west side of Hawai'i Island Retreat.

Getting the access agreements between owners and the County accepted as legal has been the

task of the North Kohala Community Access Group, a subcommittee of the Action Committee



Map courtesy of John Winter

*A continuous two-mile stretch of coastal trail between Hawai'i Island Retreat and Kauhola Point (Lighthouse) is now accessible to the public. Due to recent action by the County Council, multiple easements needed to connect previously approved trail segments have been opened for public access.*

of the North Kohala Community Development Plan (NKCDP). In this area there are five agreements negotiated by the Planning Department and the Access Group, with the New Moon agreement still pending. The Access Group has been working for eight years, meeting every month, on access issues in the district. In the NKCDP, Priority No. 1 for access is identified as the coast between Ainakea and Kapanai.

The agreements approved by the Council in February are for a trail over land owned by the Anderson Trust makai of Ainakea subdivision and the road to the former sugar mill at Halaula, also called Lighthouse Road, owned by Surety Kohala Corporation.

The trails were constructed to Na Ala Hele Trail and Access Program standards by the land owners prior to acceptance. Through the easements the County officially takes over the role of maintaining the trails, but has no staff or budget to do so. This means the job of keeping the trails clear and passable falls to the users of the trails and the various groups in Kohala that have done trail clearing in the past.

Besides pedestrian use during daylight hours, the trails can be used for night fishing by those who are actively engaged in fishing. Overnight camping is not allowed.

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## The Future of Health in Kohala: Challenges

A lively Health Roundtable convened at the North Kohala Public Library on March 13 and brought forth many needs, challenges, and both planned and potential improvements in our local health care system. Pressing challenges identified as the greatest barriers to improving health care included difficulty in attracting and retaining doctors, the absence of mid-level health care workers at the registered nurse, nurse practitioner and physician's assistant levels, the high cost and lack of capital available to help doctors set up private practices, and the lack of patient access to/participation in primary and preventative health care.

Representatives from Kohala Hospital (Carmen Rice, MPH), Hamakua-Kohala Health (Milton Cortez), Dr. Ardolf and Associates (Deborah Ardolf, ND) Hawai'i Blue Zones (Sue De La Cruz), North Hawai'i Hospice (Katherine Werner,

MHA) and the Same Canoe "Food is Good Medicine" Project (Marcy Montgomery) were the speakers. The audience included representatives from Kokolulu Retreat; the Kohala Hospital Board and Auxiliary; the Hamakua-Kohala Clinic Board and staff; the Hawai'i Public Health Institute; Hawai'i Blue Zones Project; retired nurses, social workers and doctors; and members of the public.

Hosted by Stephen Shrader of One Island Sustainable Living, the six roundtable speakers were asked to address four questions and discuss their responses, while also receiving community input. This month's article covers responses to question one:

What are current challenges to improving health care in North Kohala?

The reality of improving health care in Kohala requires our community to address a serious problem:

North Kohala lacks an adequate number of local doctors, nurses and health care providers.

In discussing this challenge, four specific factors were identified: the lack of available rental or affordable housing for purchase in Kohala, the low numbers of islanders pursuing nursing degrees, difficulty in finding a match with health professionals who appreciate the nature of rural living, and the fact that Hawai'i does not provide start-up capital or low-cost loan options to help new practices get established.

These barriers directly impact our community's ability to attract and retain doctors, nurses, dentists and medical staff.

While the Hamakua-Kohala Clinic has primary care doctors and dentists calling to inquire about filling open positions at the local clinic and for the dental bus, they note that without affordable housing, relocating to Kohala is not feasible

for potential candidates. Likewise, the Kohala Hospital also faces serious housing challenges in attracting long-term, as well as short-term, visiting practitioners, which are essential staff for both the emergency and long-term care services the hospital provides. Adding to both the housing challenge and the lack of available nurses, Dr. Ardolf noted from her first-hand experience in establishing a local private practice that she has as yet been unable to find a rental home and shares in the difficulty of finding available and qualified nurses to help grow her business.

Forthcoming articles will cover other challenges (access, transportation, cultural barriers and education) and solutions that are in place and on the horizon, including developing a Wellness Campus that provides innovative housing options for professionals, patients and interns-in-training.

## 'This Changes Everything' Highlights Environmental Solutions

North Kohala Public Library will present the environmental documentary film "This Changes Everything" at 6 p.m. on Monday, April 3. This special film showing is possible through the cooperation of the Sierra Club.

Directed by Avi Lewis and inspired by Naomi Klein's international non-fiction bestseller, the film

presents seven powerful portraits of communities on the front lines—from Montana's Powder River Basin to the Alberta Tar Sands, from the coast of South India to Beijing and beyond.

Interwoven with these stories of struggle is Klein's narration, connecting the carbon in the air with the economic system that put it

there. Throughout the film, Klein builds to her most controversial and exciting idea: "...that we can seize the existential crisis of climate change to transform our failed economic system into something radically better."

Filmed over 211 shoot days in nine countries and five continents over four years, "This Changes

Everything" is an epic attempt to re-imagine the vast challenge of climate change.

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.

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Letters

Community Appreciation - Mahalo and Much Aloha!

Gayle Harper and family would like to sincerely thank friends in the community and on the Island for the abundance of prayers, calls, cards, texts, emails, Facebook messages, gifts and also presence at the January 29 memorial service for Erik Collins (11-19-1973 to 1-22-2017). Your concern, love and support during this time has been and is greatly appreciated.

Erik once lived in the Seattle area, as well as in eastern Washington State, where his loss is also greatly felt. We are overwhelmed by the

love of so many who knew and loved him. We would like to share a remembrance written by a friend. Perhaps some may resonate with these words:

"One day, a guy came out of the gulch and he changed our lives for the better. A heart that could not sit still, one open to every stranger and new ideas. That guy shared experiences and dreams and possibilities with us and those close to him. We would go arm chair exploring through time and space, creating and delving deep without limits or hindrance. We eventually all went our separate ways

and years passed. Then just this past month we were reunited again. So briefly. Yet in a few hours I saw how his travels had not satisfied his true yearnings. They were so much bigger than this humble human body could know. He spoke again of more, abilities and visions we each grow in private gardens so the world won't steal them. The look in his eyes made me joyful again. Ageless again. I think he'd like me saying this. He's now all over the place. Yes, I can hear him laughing. Aloha, Erik."

Gayle Harper and Family

King Kamehameha Statue Update

Aloha! The regular schedule of maintenance for the Original Statue of Kamehameha in Kapa'au is performed twice a year. We assess and record any deterioration or concerns with the condition of the Statue. It has been 16 years since the original conservation was conducted by Glenn Wharton, a world renowned conservator. Twenty-three layers of paint were removed and the sculpture was repainted with great care and direction from our kupuna.

We are proud and grateful to be a sponsored project of the North Kohala Community Resource Center. This enables us to seek grant money and offer a tax deduction for donations to our efforts. This past fall, NKCRC helped us secure a grant from the Atherton Foundation which brought in a new team of professionals to assess the current status and give us their recommendations.

Regular wear and tear is expected with the constant exposure to UV rays and the intense winds and rains of Kohala to this fully exposed sculpture. We were fortunate to have Christina Varvi, Senior



Photo by Sharon Hayden  
Christina Varvi inspects the statue of King Kamehameha the Great for damages.

Conservator with Rosa Lowinger and Associates, a well-respected Conservation company for Art and Architecture, work with us this past December. She spent two full days on the statue, taking photos, samples and performing a thorough inspection

and assessment and providing extensive documentation.

The conservator's recommendation is that it is time to paint the statue again.

So this is where you, the community, come in! The estimated cost will be \$40,000. We are planning an extensive year of fundraising including major grants and events. There will be several activities in the coming months and we humbly ask for your support. You can help in so many ways: volunteer for the restoration crew or help to run a summertime fundraiser. You can make a tax deductible cash donation the North Kohala Community Resource Center (NKCRC) at Box 519, Hawi, HI 96719 and designate the Statue Project. Mahalo to the community of Kohala, as always, for your unwavering support in the care of this most important public sculpture of Kamehameha the Great. Please contact Sharon Hayden at 889-0169 or via email at sharonhayden10@gmail.com.

Mahalo,  
Kamehameha Statue Maintenance Project

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.

**April deadlines:**  
Ads and News: 4/14/17  
Publication date: 4/28/17

**May deadlines:**  
Ads and News: 5/12/17  
Publication date: 5/26/17

Kohala Mountain News

www.kohalamountainnews.com

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

EDITORIAL STAFF

**Tom Morse**  
Publisher/Ad Sales Manager  
345-0706/ltmorse@aol.com

**Maureen Garry**  
Managing Editor  
494-4237/kmneditor@hotmail.com

**Annalene Williams**  
Layout & Calendar Editor  
936-0456/kohalacalendar@gmail.com

**Malia Dela Cruz**  
Bookkeeper  
895-3578/mdelacruz13@hotmail.com

March Contributors:

Donovan Aiona, Merrilee Carpenter, Adrienne Cherry, Udell Colleado, Judy Donovan, David Ebrahimi, Lani Eugenio, Cindy Evans, Lynn Fraher, Brooklyn Geiger, Randee Golden, David Gomes, Renee Gonsalves, Gayle Harper, Sharon Hayden, Kohala Hospital, Laurie Koustik, Janet Lam, Megan Lamson, April Lee, Caryl Leitner, Elodia LeMay, Little Fire Ant Survey Group, Jake Maki, Christopher Michaelis, Marcy Montgomery, Maya Parish, Tim Richards, Megan Solis, Kealoha Sugiyama, Lynda Wallach, Napua Walker, Deborah Winter, John Winter, Toni Withington

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

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Stop Over-fishing to Save Wildlife

Dear Kohala,  
Hi my name is Jake Maki. I am a seventh-grader at Kohala Middle School. I want to tell you about a serious problem in Hawai'i. This problem is over-fishing. Have you ever been snorkeling and not seen any fish? This is because the fish are dying out. Over-fishing is when fish are rapidly getting caught before they are able to reproduce. Even babies are being caught for food. We need all the help we can get. Please help save Hawai'i's wildlife. You can help by telling your family and friends that they should catch-and-release. When you reel in small fish, let them go! Catch only what you can eat and spear only the fish you want! Leave the rest!

Thank you for your time,  
Jake

Cafeteria Food is Ono!

WOW. Lau lau and poi, too. The members of the Nutrition Senior Program in Kohala get their Monday through Friday meals from the Kohala High School cafeteria and have noticed a significant difference in the food menu and preparation. There's no canned or frozen food. Everything is FRESH and delicious, delicious, delicious. I know there's more work in the preparations by the cafeteria staff, but the taste difference of each meal is ono noticeable.

Please stay with this wonderful pilot meal program.  
Sincerely,  
Kealoha Sugiyama  
President, Nutrition Senior Program

Video Game Addiction Causes Trouble

Dear Editor,

My name is Brooklyn Geiger. I'm a seventh grader at Kohala Middle School. Video game addiction is bad for people of all ages.

Why are video games bad? They can cause muscle pain when kids are completely absorbed by the screen. Obesity is also a factor in this. Another negative consequence would have to be bad grades. This is caused by going directly on their device and saying "I'll do my homework later." By "later" they would probably be up late and getting a lack of sleep. Finally, video game addiction could ruin your relationship with your family, friends, teachers, etc. A crazy example of this was these parents who had a digital child and were raising him to their expectations. Then they had a real-life child. Since they were so happy with their digital child, the real one died from neglect.

I would like to see people be less addicted and not make the same mistake these people did. You can still play video games, just not all the time.

Sincerely,  
Brooklyn Geiger

## HI State House of Representatives Update

### Funding Education

We have reached the half way point for this 2017 legislative session. The House sent 367 bills over to the Senate. In return, the House received 384 bills from the Senate; three of those bills seek to help with the funding of public schools.

Senate Bill 500 Senate Draft 2 (SB 500 SD2) establishes the R.E.A.C.H. (resources for enrichment, athletics, culture and health) program in the Department of Education's community engagement office to provide standardized framework for after-school programs in public middle and intermediate schools. According to

the Afterschool Alliance, 54,000 children are left alone and unsupervised until their parents return home from work.

Senate Bill 683 Senate Draft 2 (SB 683 SD2) seeks to amend the Constitution of the State of Hawai'i to help provide funding to public schools. To accomplish this, the amendment authorizes the legislature to establish a surcharge on residential investment properties and visitor accommodations. Monies collected from this surcharge will be deposited into an educational special fund. This surcharge will aid in recruiting and retaining public school teachers;

lowering public school class sizes; improving special education staffing and resources; and offering additional instruction in career and technical education, visual arts, music, theatre, dance, Hawaiian and Polynesian studies, and Hawaiian language.

The solution to funding our public schools and funding qualified teachers is to increase spending on education. Our children deserve the best education that will help them become competitive in the global workforce; however, we must find a balance. Increasing revenue will be difficult, due to the aging of our population and its demand for more access to

health care and caregiving. In addition, the State of Hawai'i has seen an increase in unfunded pension liabilities and health care benefit liabilities, due to the retiring of baby boomers.

These three bills will have a direct impact on your pocketbook. Please share your thoughts and concerns about these by calling my office at (808) 586-8510 or by emailing me at [repevans@capitol.hawaii.gov](mailto:repevans@capitol.hawaii.gov). I also encourage you to visit [www.captiol.hawaii.gov](http://www.captiol.hawaii.gov) to view, track and submit testimony for other bills.

Cindy Evans  
Representative, District 7  
Hawai'i State House of Representatives

## County Council Update

From the Desk of District 9 Councilmember Tim Richards

Aloha!

Recently an issue came before our County Council concerning polystyrene foam, commonly referred to as 'Styrofoam'. A concern was raised with some mistakenly believing I was not supporting the ban on polystyrene foam. I want to assure you that I am very much an environmentalist and deeply concerned about our island and county's future. Hawai'i has been my family's home for many generations and I want its success for generations to come.

Though I completely agree with the intent of Bill 13, I am troubled with the language in which the bill was originally written. My concern is that we will do a little something that may grab headlines but has very little effect on the intent of removing Styrofoam from our environment.

The way the original bill has been presented, it primarily eliminates the Styrofoam food containers in our county. It affects retail packaging in the grocery store as well; however, it does not prohibit importation of anything packaged outside our county with Styrofoam. Very conceivably, something could be packaged on O'ahu and shipped to us in Styrofoam.

Another aspect is the packaging of durable goods with Styrofoam. Again coming from outside of the county, we have no jurisdiction. Yet, all the Styrofoam still ends up in our landfills. From an environmental management perspective, this is a large concern. What is the percent-

age of this as a whole? By using this ban as written how much will it truly impact the removal of Styrofoam? A good decision on this ban needs to consider this. Currently, we have no information on this and Bill 13 does not address this.

Solid waste management as a whole needs to be considered.

Managing the Big Island is more like managing a small continent rather than a county somewhere on the mainland. Flows need to be managed; food, imports, exports, garbage, etc. The concept of using biodegradable disposable containers is great, but unless we are geared to deal with them they will still end up in our landfill. The tonnage going into these landfills doesn't vary. I was given one reference that a West Coast city who implemented a Styrofoam ban saw an increase of solid waste going into their landfills. Is this accurate? It certainly needs investigation. Bill 13 as originally written also references the ban in conjunction with a functional composting facility. We do not have that and in the recent news it does not appear that will be forthcoming in the near future. Again, where does that leave us?

One of the arguments in the past against the ban of Styrofoam has been cost. I have spoken to constituents who use Styrofoam in the retail sales - pick up lunch, case ready packaging in grocery stores, etc. Though this a concern, is not really a driver. It more comes down to a competitive edge in their marketing as opposed

to packaging coming from outside of the county. Depending on the price point of what they are selling, non-Styrofoam packaging may or may not affect that price point. All of them support the intent of the ban; it is the application of how we get there that is more of the concern.

Maui County is also considering similar legislation; however, as I understand it, they have tabled any decision until more information can be gathered. I believe that is a wise decision.

There also appears to be some procedural concerns in passing this bill as originally written. There is a process in place that does not appear to have been followed, yet simple enough to correct if we take care of it now. As we have seen in our state legislation, following the process is important.

On a final note, I am troubled by the exemptions potentially allowed by the original writing of Bill 13. As an example and as I understand, the county government itself and its facility users could potentially exempt itself from this ban. That bothers me. If the County wants to implement such a ban, we must be the guiding example.

To summarize, I do support the intent of the bill in the removal of Styrofoam from our use. I believe that this bill should have been held in committee to allow us to finish doing our homework. To borrow from another council member's statement, "good information will help us

make good decisions". Being held in committee a little longer would have allowed us to make better decisions.

I am not against the bill's intent; I am actually not convinced that the bill as originally written might go far enough. Making a token statement of concern is newsworthy, but does it truly help us solve our problems of solid waste management for our island? Good environmental policy also pays attention to fiscal responsibility. A complete understanding of the economic impact for any decision is critical. Struggling economies pay very little heed to environmental impact. I firmly believe we are better than that and we can make this work for everyone if we consider all stakeholders concerns.

I also do not support the concept that poor legislation is better than no legislation, that we can go back later and "fix" it by putting another Band-Aid on it. The legislative process is costly and we need to be mindful of that. I have submitted amendments to Bill 13 and it is hopeful that the Council can have such reviewed and addressed by publication of this article.

I hope this sheds some light on my position on the original submission of Bill 13 and explains my thought process and vote. For all of my decisions, I weigh the cultural, environmental and economic impact on our county. Doing anything less I believe is short sighted.

Aloha,  
Tim Richards  
Councilmember, District 9

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**THE COQUI CORNER**

Despite the wet weather, volunteers continue the eradication efforts in Niulii, Keokea Gulch, Kapiko Estates, and Pratt Road. The Coqui Hotline was down for about a week, but the answering machine has been replaced and is now in great working order! As the temperature heats up, we expect the coqui calling to do the same.




**Keep Kohala Coqui Free!**

**Report Coquis to the Hotline: 889-1777**

Many thanks to all who have donated to the Coqui Coalition! It is your donations that keeps us going!

## Grant Received for Research and Demonstration Garden

Nutrition Farming for Hawai'i, a project of the North Kohala Community Resource Center, received a grant to establish a research and demonstration garden at the Hawai'i Institute of Pacific Agriculture (HIP Ag). Project Leader Dr. Jana Bogs is focusing on increasing food nutrient content, starting with the soil. Soil mineral and microbial analyses will be used to determine inputs needed for balancing the soil. Plant tissue analysis will be used to determine foliar nutritional sprays needed to enhance plant health and nutrition. Though not certified organic, the garden will be managed with "the ecological spirit of organic methods." This growing technique is referred to as "Nutrition Grown."

Nutrition Grown™ is a trademarked term and is defined as foods



Photo by: Jana Bogs

The Nutrition Farming for Hawai'i project site will showcase a research and demonstration garden. The project includes soil analysis and spraying of crops with foliar nutrients to maximize their nutritional value.

are foods cultivated to maximize nutrient content, using methods that work with nature instead of against it. The plan is to produce a variety of Nutrition Grown vegetable crops, which will be analyzed for food nutrient content. The nutrient levels in the produce will be compared to values in the USDA food nutrient database. Previous trials of Nutrition Grown produce in other locations show greatly increased food nutrient content, with some minerals, such as calcium and zinc, doubling, tripling or more, compared to standard USDA values.

HIP Ag has a long history of community educational outreach. The Nutrition Farming for Hawai'i garden project is part of the continuing outreach to educate members of our community and beyond.

## NKCDP Action Committee Meeting

On Monday, March 13, the North Kohala Community Development Plan Action Committee (NKCDP AC) met at their new space in the Old Judiciary Building behind the Senior Center in Kapa'au. It was the first meeting of the AC in four months. The members emphasized to Michael Yee, the new Planning Director, how the current policy of bi-monthly meetings, as well as the administration's delay in approving new AC members, was hindering the committee from accomplishing its goals in a timely fashion.

The Public Access subcommittee, frustrated with the delay when the AC was not able to hold an official meeting in January due to the lack of a quorum, delivered a letter directly to Mayor Harry Kim requesting that he authorize the finance department to be allowed to enter into negotiations with landowners regarding the purchase of the parcels of land comprising Halelua and the Hapu'u to Kapanai Cultural Corridor. Toni Withington, after presenting the letter to the AC, reported on the other work of the Public Access Subcommittee. Among their many projects is working with community groups and representatives of the police regarding several issues

involving Pololu, including trail improvements, relieving congestion at the lookout parking area and communication in the case of an emergency, such as a tsunami.

John Winter said that the Water, Parks and Roads subcommittee has also been meeting with people and groups about Pololu, discussing such items as the trails, signage and luas. He also said that the process to improve communication between the Friends of Mahukona, Kapa'a, Kamehameha and Keokea Parks and the Department of Parks and Recreation is going well, and the subcommittee will be meeting with the new director to ensure that it continues. The effort to make Pratt Road an emergency bypass continues. Finally, he reported that State Senator Lorraine Inouye has set aside 1.5 million dollars for a feasibility study for a plan that would integrate the ditch, some tunnels and some of the upper reservoirs into an integrated agricultural water system with a robust delivery system.

Toni Withington reported that the Power, View Planes and Erosion Control subcommittee is addressing the question of how to improve the view planes from Pololu lookout.

She said the erosion control efforts at Upolu Airport have been very successful, and that the high school students who worked on that project have been sharing the knowledge they gained with students from Kamehameha Schools.

Jack Hoyt, from the Affordable Housing subcommittee, told of the ongoing problem of finding people who are willing to sell their land at a price that would make affordable housing possible, though he is talking to two landowners who may be interested.

John Winter was re-elected AC chair and Faye Yates was re-elected AC vice-chair.

Finally, Michael Yee spoke at length to committee of his commitment to the CDP process and to helping to insure that policies are not in place that hinder the AC from doing its job. He also voiced his commitment to public access, historical preservation and to being a voice for everyone in the community, including those who are unable to attend meetings.

The next meeting of the NKCDP AC will be on Monday, May 8, at 5:00 p.m. in the Old Judiciary Building in Kapa'au. Members of the community are urged to attend.

## Explore the reign of Kamehameha IV and Queen Emma

North Kohala Public Library in Kapa'au will present "Kamehameha IV: Alexander Liholiho and Queen Emma" a "talk story" session with North Kohala historian, Boyd D. Bond, at 6:30 p.m. on Monday, April 10.

Boyd Bond's knowledge of Hawai'i's history stems from his academic studies and from a lifetime spent in Hawai'i as a sixth-generation 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.

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## North Kohala CERT and Ham Radio Operators – You Can Learn ‘How To’ in a Disaster - FREE

If you are aware North Kohala may not always be paradise, we invite you to train for free – or almost free – to be prepared in emergencies and learn how to operate a ham radio.

From the comfort of your home computer you can get FREE learning exercises to prepare for, respond to, and recover from a variety of natural disasters (hurricanes, floods, earthquakes and more) via Formidable Footprint - A National Community/ Neighborhood Exercise Series at [www.drc-group.com/project/footprint.html](http://www.drc-group.com/project/footprint.html). This Disaster Resistant Communities Group was established to provide a host of disaster planning and preparedness, response, recovery and mitigation services to local, regional, state and national agencies and departments, as well as you the individual and community and faith based organizations. They

have a Just in Time Disaster Training Library, too.

The next FREE West Hawai'i Community Emergency Response Team (CERT) training is offered at the West Hawai'i Civic Center in Kona on four consecutive Saturdays: May 6, 13, 20 and 27. The local North Kohala CERT (NK CERT) has manned first aid stations, has been the eyes and communicators to civil defense in storms many times. Getting your license to operate a ham radio (that can now be purchased for under \$50) requires a \$15 exam fee (gets you three tries at passing!) and possibly the cost of the text for class. The next series of FREE weekly ham radio tech license classes in Kona starts June 1. Classes are held Thursdays at 6:30 p.m., with the exam given on July 6, the sixth class night. The assistance to all local hams by the Kohala Hamakua Radio

Club should be mentioned. Norm Kohler is a knowledgeable and dedicated member, Eric Grabowski has been instrumental in operations and John Buck teaches Communication to CERTs. Dale Cox has assisted many races over the years that ride through the five-mile-long cell dead zone by organizing hams to relay info about a downed cyclist. They are all volunteers. We will owe them even more in a disaster! NK CERT has received a donated 20-foot high-frequency antenna by Steve Sears and his 'ohana. If you would like to help North Kohala CERT to get it installed and assist in procuring ham radio supplies, please make your generous donation out to North Kohala Community Resource Center with NK CERT in the memo line. Don't hesitate to email any questions to the treasurer at [April@KRE2.com](mailto:April@KRE2.com) or the president

at [WinterJ@whitman.edu](mailto:WinterJ@whitman.edu). We hope you avail yourselves of life-saving information.



*Photo by April Lee*

*Norm Kohler is a member of the North Kohala Community Emergency Response Team (CERT) and Kohala Hamakua Radio Club.*

## Big, Expansive Show

Story by Eila Algood

To hear local musicians, new artists, new music and a variety of genres, Uncle David's Big Show is a radio show to tune into. The show's deejay David Ebrahimi said, "It's all about bringing diverse music to the community." Having grown up in California and Iran, he had a uniquely varied introduction to music, beginning with his mom who learned and sang in Farsi.

David has lived in Kohala with his wife, Kathie Babben, for ten years. They visited his sister Lisa many times prior to taking the leap from California, where his awareness of community radio had blossomed.



*Photo courtesy of David Ebrahimi  
David Ebrahimi hosts Uncle David's Big Show on KNKR 96.1 FM.*

"There were a lot of college and community radio stations in the Bay Area and I came to know many of the DJs," says David.

David is a founding member of KNKR, having first discussed the idea with Bob Martin three and a half years ago. With the addition of other people, the core group spent two years planning and raising money to start the radio station. Within that plan was the involvement of Kohala High and Middle Schools. Although David had no on-air radio experience, as a music lover he was filled with enthusiasm and so he signed up for Monday and Wednesday morning slots. I've

come to know him as the smiling positive person who greets me as I arrive to do Women's Voices after his show.

"I want to make the morning easy for listeners," says David, which is exactly what he does with his varied playlist – using vinyl records of old time jazz legends like Ella Fitzgerald, digital tunes of upbeat pop favorites like Meghan Trainor and CDs of international stars like Angelique Kidjo.

Tune in on Monday and Wednesday mornings between 7 a.m. – 10 a.m. to hear Uncle David's Big Show on 96.1 FM or, if you're out of town, stream on [KNKR.org](http://KNKR.org).

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## April Brings Lots to Do In Hawi

April will be a busy month at the Kohala Village HUB, as a variety of events are planned to celebrate culture, art and holidays. With the HUB's goal to provide enriching activities and educational opportunities to the Kohala community, events for children and adults alike are planned.

**HOLOKU PAGAENT & LU'AU:** Festivities will be kicked off on Saturday, April 1, with the second Kohala Holoku Pageant and Lu'au in the HUB Barn from 4:00 - 8:00 p.m. The organizers encourage anyone with their own holoku to please bring or wear it to share with the community. Creations by Rebecca Rocha will be featured again. Attendees will also be able to enjoy music and a special slide show by Gordon Kainoa about holoku. Your \$15 donation includes a Hawaiian plate, also available as take-out. This is a fundraiser for Na Kupuna 'O Kohala and the Kamehameha Day Committee. Members of these groups, and the Kohala Village HUB front desk, have tickets. The HUB is helping sponsor this event through their non-profit organization FEED Hawai'i. Call Kau'i Nakamura at 333-0628 for further information.

**EASTER CRAFTS:** On Saturday, April 8, families are invited to an Easter Arts and Crafts Workshop, to be held in Luke's Room from 9:00 to 11:00 a.m. This event is part of a series of fun holiday-themed activities held throughout

the year, where parents and kids can enjoy time together to make special crafts, watch holiday-themed videos, meet with others in the community and eat snacks the kids usually create. This event is free for our Kohala community.

**ART SHOW:** On April 20, Luke's Room at the HUB PUB will be transformed into an art exhibit featuring the work of Alvita Soleil. This talented artist also practices Chinese Medicine and believes in the healing properties of art. On her website she shares, "Creativity is our birth right. I believe all of us are creative beings with stories to tell, emotions to express and gifts to share."

**EARTH DAY RECYCLED CRAFTS:** On Saturday, April 22, the HUB will begin its celebration of Earth Day with three special events. From 9:00 to 11:00 a.m. a free family crafts workshop using recycled materials will happen in Luke's Room. Kids of all ages are encouraged to come and get creative.

**ARTIST'S RECEPTION:** A Meet and Greet Reception for Alvita Soleil will take place on April 22 from 6:30 p.m. to 8:00 p.m., when people can come meet this talented artist and enjoy the items on display.

**CONCERT:** An Earth Day Concert will also take place on Saturday, April 22 in the HUB Barn from 7:00 to 9:00 p.m. "The Good Tree" reggae band, with members from

all over the island, will provide entertainment. Donations at the door and for refreshments will help FEED Hawai'i's ability to support our local artists and programs like these for Kohala.

**KANIKAPILA:** Another night of music will be held on Sunday, April 30, featuring North Shore Live, accompanied by Na Kupuna 'O Kohala sharing hula. This event runs from 7:00 to 9:00 p.m. and

will be live-streamed on Kanikapilalive.com. Food and drinks will be available for a donation and funds received will go to support FEED Hawai'i's Community Programs.

For more information about these events, check the HUB's website at [www.kohalavillagehub.com](http://www.kohalavillagehub.com), call 'Ekela Kahuanui, Program and Events Manager, at 889-0404, ex. 104, or email [programs@kohalavillagehub.com](mailto:programs@kohalavillagehub.com).

## Kohala Hospital Celebrates Milestone Events in April



Kohala Hospital's centennial celebration and new Emergency Department (ED) blessing will both be held on Thursday, April 13. Hospital administrators are looking forward to commemorating these milestones with staff, leadership, the Kohala Hospital Charitable Foundation (KHCF) board members, volunteers and community.

The one-day event will begin at 10:00 a.m. with a reception to celebrate the hospital's 100th year, immediately followed by a blessing of the new Emergency Department by Aunty Ilima Moiha.

Also on April 13, from 2:00

p.m. - 4:00 p.m., community members are invited to view the new department. Hospital administrators and staff will be on hand to give tours of the new ED, including a triage area, a centralized nursing station and all new exam rooms with technology upgrades.

Highlighting the centennial's theme, "Bridging Old and New," hospital Administrator Gino Amar said, "By observing these events concurrently, Kohala Hospital is honoring our past and also transitioning into the future by modernizing the type of healthcare we're able to provide to our community."

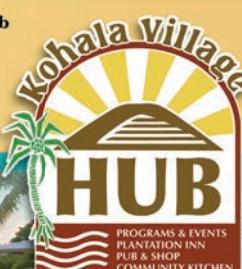
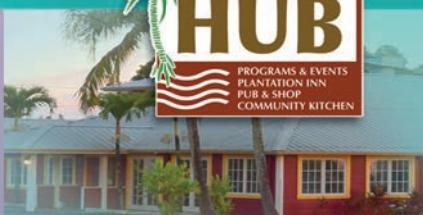
**In the heart of historic Hawi Town is a community-based hub for education and gathering. The Kohala Village HUB works to feed Hawai'i food, arts, culture, and ecology. The HUB strives to enrich the lives and wellbeing of everyone in rural North Kohala through its diverse offerings:**

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**In Gratitude... Kohala Hospital**

Over the years, Kohala Hospital has received many donations from the Kohala Hospital Charitable Foundation (KHCF). In the past two years alone, their contributions have totaled an amazing \$285,000!

Kohala Hospital is also blessed to be supported by the Kohala Hospital Auxiliary. They help sponsor visits by our residents to the Kahilu Theatre. They have also awarded two community members with scholarships for continuing healthcare education.

We are so fortunate to be supported by the KHCF Board and donors as well as our Auxiliary. They are committed to improving the quality of medical care available to our patients, residents and North Kohala community.

As Administrator of Kohala Hospital, I want to express a heart-felt "thank you" to the Kohala Hospital Charitable Foundation and the Kohala Hospital Auxiliary for their ongoing support and passion.

Mahlo nui,  
Gino Amar






Kohala Hospital Charitable Foundation recently donated technology and equipment (from left to right): Hot Food Cart, Portable X-Ray Machine, Hill-Rom Bed, Long-term Care Bed

Kohala Hospital \* 54-383 Hospital Rd., Kapaau, HI \* (808) 889-6211 \* [www.koh.hhsc.org](http://www.koh.hhsc.org)

## Kohala School Retirees Share Thoughts



Photo courtesy of Caryl Leitner  
Caryl Leitner is retired from teaching at Kohala High School.

### Caryl Leitner

*Are you originally from Kohala? If not, how long have you lived here?*

I am originally from Arizona. My husband and children moved to the Big Island in 1989 and we have lived in Waimea since 1990.

*When did you decide to become an educator?*

I have worked with youth most of my life. Teaching youth skills started in high school and continued on through college. When we moved here is when I decided to be an educator as a career and a calling.

I have always considered myself to be a dream builder. In that process I have encouraged young adults to be risk takers; to be willing to express their hopes, dreams and desires. I have always encouraged my students to dream big, dream huge because if they are willing to shoot to the highest standard, if they don't succeed there will be many other opportunities that will await them.

*Which grades did you teach primarily?*

I have worked with children from three years of age to 19 years of age. As part of the DOE, I taught students from 13 to 18, in other words, 9th to 12th grades.

*What do you consider to be your greatest successes at Kohala High School?*

I have seen a need for 16 and 17 year olds to reconnect with their youth and give back to society/community. Therefore, 16 years ago I reached out to Mrs. Noreen Hagio and, with her encouragement, "Amigos" was created. It took us

2.5 years to formulate the correct amount of time to spend together. My second-year Spanish students were given the task of creating original stories that were appropriate for seven and eight year olds. The format for the stories was books that each student needed to illustrate, then read to Mrs. Hagio's class in both Spanish and English. Only Spanish was allowed in the books.

Over the years, most of my students looked forward to the project, and all their former elementary teachers looked forward to seeing what their former students created. After the books were read, Mrs. Hagio would put them in the elementary school teachers' lounge for a short time, allowing the teachers to see each of the creations each year.

Another success was helping to set a trend of students traveling abroad. Mrs. Evelyn Jittu took two or three students to Japan the year before I took nine students to Costa Rica (2008). Once Jessica Brown was part of the faculty she led the trend with a few trips to different countries. I believe Miriah Petruzzi and Jessica are taking a group to Peru. There is no better learning experience that exploring someplace new.

*What were your greatest challenges?*

The additional paperwork created by federal government and the DOE that had very little to do with the actual growth and development of young adults.

*What are your memories of teaching at Kohala and what will you miss the most?*

I will miss the students, listening to their perspectives. I say to them dream big dreams, huge ones... they are just dreams until you select one or two. Once you choose, set goals, work toward those goals by way of smaller goals and steps. Don't give up! The reward isn't in dreaming or setting goals, it is in reaching those goals and dreams. That is what high school is trying to develop in you, the skills and tools you need to complete whatever you start. Keep growing and learning; it is a lifelong process.

*How has your school changed during your tenure?*

In 1991 we used books, and students wrote essays on paper. Today all information is on the Internet, and we must teach students to discern what is accurate, factual and

non-biased. Instead of using paper and pen, students write essays on computers and share them via Google docs.

*What are your plans for retirement?*

I had to retire early due to health issues. I am under doctor's care and I am currently trying to rebuild my health. I had enough sick leave for at least another, quarter but I didn't want my students to have a chopped up quarter or year. I remember my fourth grade class; we never met the teacher, we had substitutes all year.

*Anything else that you would want to tell the community?*

I have enjoyed my time at Kohala. I want to say thank you to all the parents and community members who have supported me over the years.



Photo courtesy of Elodia LeMay  
Elodia LeMay is retired from teaching at Kohala Elementary School.

### Elodia LeMay

*Are you originally from Kohala? If not, how long have you lived here?*

I am not from Hawaii, but grew up in Seattle, Washington. I have lived in Kohala since the early 1990's. I taught at Honoka'a Elementary and two years teaching abroad in Bolivia before transferring to Kohala Elementary in 2002.

*When did you decide to become an educator?*

I decided to become an educator probably my junior year in college. My first love had been anthropology, sociology, Jane Goodall, etc. However, wandering around Africa seemed scenic and alluring, but at the same time it seemed too

lonely. I also had planned to be a school librarian and have a Library Science minor. But after teaching for a year I decided I preferred the classroom. I also returned to university to earn a degree in English as a Second Language (ESL), 12 years later, while still on the mainland.

*What do you consider to be your greatest challenges and successes at Kohala Elementary School?*

My greatest challenges and successes were learning to wear all the different hats and juggle them. You need to work with the kids, their parents, the other teachers, the support staff, union work, and the administration. And then doing all this in a timely way. Deadlines! It's important to keep the focus on the student and what is best for them. That's your job, after all.

*What are your memories of teaching at Kohala and what will you miss the most?*

What I miss most are the students, the special classroom projects and the random, unexpected learning that came with them. I miss that heady feeling of making a difference and doing something meaningful.

*What are your plans for retirement?*

Now that I am retired I still search for activities that make my life meaningful. I volunteer at the hospital, and enjoy going on outings with the staff and patients. I also volunteer at Kuhilu Theatre in Waimea. I enjoy seeing the shows and making new friends. I also attend the Book Group at our public library. Lots of great discussions. I've also volunteered at The Wildlife Center in Kohala.

I've travelled quite a bit in the last year, a passion of mine. I went to Cuba in February 2016 on a historical walking tour. I lived a month in Mexico close to my sister's home in October 2015. I went to Nova Scotia and a Celtic Music Festival through the month of October 2016.

I've helped to renovate my rental between March and August 2016. The skills I learned there are helping and inspiring me to re-do things in my own home.

Even though I probably sound busy, I find myself still searching for other ways to 'give back' to a community that I love. Maybe this is an attribute of an educator...the 'giving syndrome' and wanting to feel my

See School, Page 11

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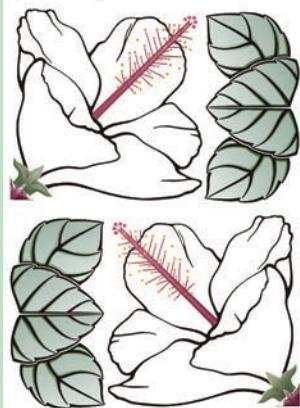
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**School, continued from Page 10**  
work is meaningful and purposeful.



Photo courtesy of Merrilee Carpenter  
**Merrilee Carpenter is retired from teaching at Kohala Elementary School.**

**Merrilee Carpenter**

*Are you originally from Kohala? If not, how long have you lived here?*

Originally from California, my husband Steve and I have lived in Kohala for the past thirty five years.

*When did you decide to become an educator?*

From the ages of 15 to 17 years, I taught an afterschool program at my former elementary school. After that experience, I decided to become a teacher. Upon graduation from the University of California at Irvine with a bachelor's degree, our family moved to Hawai'i and I earned a teaching certification from the University of Hawai'i at Hilo. Later, I went on to receive a Masters in Reading and Literacy from Walden University.

*Which grades did you teach primarily?*

For twenty five years I worked as a first grade teacher at Kohala Elementary. It has been the privilege of my life.

*What do you consider to be your greatest successes at Kohala Elementary?*

The greatest successes were partnerships with colleagues, parents, and students. We were 'ohana for each new school year. Together, through cooperation, planning, patience, practice, and perseverance, the children developed the academic and social skills needed for the next grade.

*What were your greatest challenges?*

Teaching first grade is like conducting a chorus. As conductor, the teacher needs to know the music (the curriculum and grade level benchmarks) and each unique voice (individual strengths and challenges of students). The teacher-conductor

must provide opportunity for each voice to shine and develop as well as bring all voices together as one, singing with confidence and enthusiasm! At the same time, keep all in tune, dispel stage fright, please the audience, and track notes hit or missed. It's hard work.

*What are your memories of teaching at Kohala and what will you miss the most?*

I'll miss the camaraderie of the school community, the excitement of each year and getting to know the uniqueness of each student. I'll miss singing songs together, the unexpected moments, and hearing the funny and honest things children say. Most of all, I'll miss that light in the children's eyes when they grasp a concept with confidence.

*How has your school changed during your tenure there?*

When I first started teaching the elementary, middle, and high school were all on the same campus and under one administration. Now we have the middle school at Halaula, and all three schools have their own administrative leaders.

*What are your plans for retirement?*

My plans for retirement are to be grateful every day, spend time with my family, work in the garden and harvest and process the abundance of macadamia nuts and fruits the land provides us. I'm reading good books, learning new skills, exercising, and just taking my time.

*Anything else that you would want to tell the community?*

I'm so thankful to be part of Kohala and happy to see the HUB, the school gardens, and the new STEM building at the high school, as examples of the community connecting us with new learning and friendship opportunities.

**Udell Colleado**

*Are you originally from Kohala? If not, how long have you lived here?*

I was born and raised on the island of Oahu. At a very young age, my goal was to become a nurse so I could make people well and happy. After high school graduation and no money for college, I was fortunate to get a job at the Queen's Medical Center as a central supply aide. Years later, I got married and had three sons. Then, in 1987, my husband's job took us to the Big Island. We settled in Hawi,



Photo courtesy of Udell Colleado  
**Udell Colleado is retired from her position as a Special Education Department (SPED) Educational Assistant at Kohala Elementary school on December 31, 2015.**

North Kohala, and fell in love with this beautiful 'aina.

While in Kohala, I was able to continue in the medical field as a medical receptionist, a hospital kitchen aide and a medical assistant.

*When did you decide to become an educator?*

In 1998 I applied for other jobs in Kohala and the hotel industry, but I was not hired. Through a friend I was able to work at Kohala High School as a classroom cleaner, custodian and kitchen helper.

Then I went to Kohala Elementary School as a room cleaner, and applied for an A+ position. I wasn't hired for it, but instead I accepted a position to work one-on-one with a student, and that led me to working in the SPED program (Special Education Department) for about the next 17 years as an Educational Assistant.

I learned a lot about the education system – the challenges; the rewards; the love you expand by working closely with caring principals, teachers and staff who care for each child; getting out of our comfort zone into the growth zone for our children. It was here that I found my niche, nursing and education, both working to make us better and knowing that we can achieve the goals we set out to accomplish.

Leaving KES was very emotional. The decision came when I was asked to care for my 88 year old mother. I'm learning that patience is

a true virtue, but in my experiences in life, they all have one thing in common, and that is making everyone better with love.

I'm thankful that the people in Kohala has accepted me and my family into their 'ohana. I thank them for nursing us all these years with their kindness and aloha



Photo courtesy of Napua Walker  
**Napua Walker is a retired Kohala Elementary School Educational Assistant. She worked with pre-kindergarten classes from 1998 until her retirement on December 31, 2016.**

**Napua Walker**

*Are you originally from Kohala? When did you decide to become an educator?*

I am from Kohala, and decided to become an Educational Assistant when Cheryl Leany asked me about it. I just went to the office and filled out an application, and I got the job. That was in 1998-1999.

*Which grades did you teach primarily?*

I worked in pre-K.

*What do you consider to be your greatest successes?*

My greatest successes were working with the little ones who weren't ready to work with the teacher yet. Some were not toilet trained, some were speech impaired – could not speak in full sentences – so I would help them. We did things like coloring, puzzles and having kids learn how to write their names.

*What were your greatest challenges?*

My greatest challenges were when the kids resisted doing the activities we had planned. They would say things like, "Aunty, I no like color, I like puzzles," and I would need to figure out how to keep them engaged and learning in a non-academic way.

*What are your memories of teaching at Kohala and what will you miss the most?*

I will miss working with the children, watching them grow and learn, and with the teacher.

*How has your school changed during your tenure there?*

It hasn't changed much, and I wouldn't change anything about the school. Everyone there gets along, works together.

*What are your plans for retirement?*

For retirement, I do not plan to travel. I enjoy family and being at home, I'm more of a home person than a traveler. I can spend time with my children and grandchildren here.

If I were to leave readers with one thought I would say to nurture our children, pay attention to them, help them and love them!

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## Lions Club Supports Kohala Organizations

Kohala Lions Club announced the recipients of its biannual Community Grants in March. Twelve deserving community organizations were awarded grants of \$300: Kohala Mission School for its school garden; Kohala High School Choir trip to Oahu; Hawaii Wildlife Center; Kohala Unupa'a which hosts a summer camp; KES Discovery Garden; HIP Agriculture; LavaRoots "Rhythm of the Soil" program at Kohala Elementary; Beyond Green Partners which is directing the Kohala Farm to School project; Camp Mana which holds an annual camp for children during spring break; Noko Theatre; Kohala Youth Ranch, which provides equine therapy to children at risk and veterans; and Kohala Robotics, which will travel to the Worlds competition in April.

The Kohala Lions Club, a community service organization, hosts two fundraisers each year: a Rummage, Bake, & Steak Sale, held on March 11, and the upcoming

Mother's Day Pancake Breakfast. The Lions are grateful to the Kohala community for the many donations received as well as to those who came to the sale to "rehome" some treasures, pick up some fresh baked goods, or enjoy a steak lunch.

Proceeds from these events are used for community giving as well as for the Lions' service activities. The Lions are best known for their focus on vision, giving eye exams for Kohala's children, and providing eyeglasses for children in need. The Lions also sponsor the Sight is Beautiful art contest at Kohala Elementary School, collect eyeglasses for recycling, keep Kohala beautiful through highway cleanup along four miles of Akoni Pule Highway, participate in the Kamehameha Day parade, and help address other community needs as they arise.

The next opportunity to receive a Community Grant from the Lions Club will be in summer 2017.

To learn more about the Kohala Lions Club, contact Chris at 884-5122.



Photo by Jesús Solís

Kohala Lion Sue Carvalho sets up items for the Lions Club's Annual Rummage, Bake & Steak Sale, held March 11.

## Teens: Learn and Practice Henna Tattoos

Calling all teens: North Kohala Public Library is having a special Teen Night celebration on Monday, April 24, at 6 p.m. During our final library teen night, henna tattoo artist Cynthia Buckles will demonstrate the steps in creating simple and beautiful henna tattoos. Materials will be provided for participants to practice the art of henna tattooing. Teens will also get the opportunity to have Cynthia give them a small henna tattoo. Refreshments will be provided.

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.

## Save and Exchange Seeds for Self-Reliance

North Kohala Public Library in Kapa'au will present "An Introduction to Seed Saving," accompanied by a community seed exchange, from 1-2 p.m. on Wednesday, April 5.

Travis Dodson, creator of the library's Seed Share Station, will share his knowledge of basic seed saving practices. Seed saving is an ancient tradition which allows us to maintain control over our own local food supply, without the need to continually purchase new seed from companies far away.

Whether you're new to seed saving and gardening or are a seasoned "green thumb" expert, come and meet other gardeners and share

your own ideas, experiences and seed you may have saved yourself. The event will include a community exchange of seeds and plant cuttings. (Due to fire ant risk, no soil, please!)

Travis is also looking for new volunteers to help maintain the library's Seed Share Station. The more who get involved, the better the station will be for everybody!

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.

## WEEKLY EVENTS IN APRIL 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
	6PM	6:30PM	FREE RMD TAIKO CLASSES	HISAOKA GYM	895-2025
	7PM		AL-ANON MEETING WITH LAURA	KOHALA MISSION SCHOOL CAFETERIA	
	7PM	8PM	REFUGE RECOVERY - BUDDHIST PRINCIPALS TO RECOVERY FROM ADDICTIVE SUBSTANCES OR BEHAVIORS	CLAY HOUSE (BEHIND THE HUB)	464-4411
TUES	10AM	3PM	HAWI FARMERS' MARKET		
WED	2PM		AFTERSCHOOL ACTIVITY CLUB : APR 19: WII GAMING APR 26: LEGO BUILDING	NORTH KOHALA LIBRARY	889-6655
	6PM	6:30PM	FREE RMD TAIKO CLASSES	WALKER HALL	895-2025
	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

EMAIL WEEKLY CALENDAR LISTINGS TO KOHALACALENDAR@GMAIL.COM

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## Kohala Sports

### KCAA Boys Basketball

Whether it is at the outdoor courts of Halaula School, Kamehameha Park or in the confines of Hisaoka Gym, KCAA Boys Basketball has completed a full season of hoops and the players are on their way to becoming the basketball stars of tomorrow! This season's KCAA coaches were: Ryan Bautista (10 and under), Earl Hoshida and

Fred Figueroa (11-12), and Duncan Anderson and Keoni Emeliano (13-14). They rounded their teams up and led them out to challenge teams from Pa'auilo, Honoka'a, Waimea and Waikoloa. Great job, coaches, players and parents on a successful season! Big mahalo goes out to Surety Kohala for sponsoring jerseys for all teams.



*Photo by: Donovan Aiona*

*Kohala's 10 and under team, led by Coach Ryan Bautista. Front row (left to right): Ryzen Bautista and Isaac Salvador-Libron. Back row (left to right): Coach Ryan Bautista, Luke Hendricks, Owen Frydenlund and Kayzen Ittner*

### KOHALA HIGH SCHOOL 2016-2017 SPRING SPORTS SCHEDULE

DATE	DAY	TIME	OPPONENT	BUS
<b>GIRLS SOFTBALL</b>				
MAR	25	SATURDAY	2:00P VS KAU	
MAR	27	MONDAY	3:00P @ HAWAII PREP	1:00P
MAR	29	WEDNESDAY	3:00P VS KAMEHAMEHA	
APR	08	SATURDAY	1:00P @ KAU	8:00A
APR	14, 15, 17	FR, SAT, MON	TBD PLAYOFFS	
APR	21, 22, 24	FR, SAT, MON	TBD PLAYOFFS	
MAY	03-06	WED - SAT	TBD HHSAA @ OAHU	
<b>BOYS BASEBALL</b>				
MAR	27	MONDAY	3:00P VS KAMEHAMEHA	
MAR	30	THURSDAY	3:00P @ HONOKAA	12:30P
APR	01	SATURDAY	11:00A (DH) @ PAHOA	7:00A
APR	7, 8, 10	FRI, SAT, MON	TBD BIIF TOURNAMENT	
APR	14, 15, 17	FRI, SAT, MON	TBD BIIF TOURNAMENT	
APR	26-29	WED - SAT	TBD HHSAA @ OAHU	
<b>BOYS &amp; GIRLS TENNIS</b>				
MAR	25	SATURDAY	10:00A @ WAIAKEA	7:30A
MAR	27	MONDAY	3:00P @ HAWAII PREP	1:30P
MAR	29	WEDNESDAY	1:00P VS MAKUA LANI	11:30A
APR	01	SATURDAY	10:00A VS ST. JOSEPH	8:30A
APR	05	WEDNESDAY	1:00P VS HONOKAA	11:30A
APR	08	SATURDAY	10:00A VS KEAAU	8:30A
APR	20, 21, 22	TUES, FRI, SAT	TBA BIIF TOURNAMENT	
MAY	04-06	THUR - SAT	TBA HHSAA @ MAUI	
<b>BOYS VOLLEYBALL</b>				
APR	04	TUESDAY	6:00P @ PAHOA	2:00P
APR	11	TUESDAY	6:00P VS EHUNUI	
APR	14	FRIDAY	6:00P VS HONOKAA	
APR	15	SATURDAY	10:00A @ HAWAII PREP	8:15A
APR	18	TUESDAY	6:00P @ KAU	1:00P
APR	20	THURSDAY	6:00P @ PARKER	4:00P
APR	22	SATURDAY	6:00P VS CLA	
APR	25, 26, 28	TU, WED, FRI	TBD BIIF TOURNAMENT	
MAY	04-06	THURS - SAT	TBD HHSAA TOURNAMENT (OAHU)	
<b>BOYS AND GIRLS TRACK &amp; FIELD</b>				
MAR	25	SATURDAY	9/ 10A @ HAWAII PREP	
APR	01	SATURDAY	9/ 10A @ WAIAKEA	
APR	08	SATURDAY	9/ 10A @ HAWAII PREP	
APR	15	SATURDAY	2 / 3 P @ KEA'AU	
APR	22	SATURDAY	2 / 3 P @ KEA'AU	
APR	29	SATURDAY	9/ 10A @ WAIAKEA	
MAY	05	FRIDAY	2 / 3 P @ KEAAU (BIIF TRIALS)	
MAY	06	SATURDAY	3 / 4 P @ KEAAU (BIIF FINALS)	

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# Kohala Sports

## Track is Back at Kohala High School

After a short hiatus, interest in track and field is back. It's due to Kohala High's versatile teacher and coach, Jason Muse, who is taking the helm of the program in 2017. Let's take a look at our new coach...

### Jason's Start

Originally part of the Teach for America program (TFA), Jason Muse is a Southern California man working as a replacement instructor for the Pili A Pa'a program, which focuses on the literacy of Native Hawaiian students at the Kohala schools. He matriculated from Chino Hills High School, home of UCLA standout Lonzo Ball. He got his B.A. degree in Philosophy from UCLA and got to travel abroad to Spain. Traveling to other countries contributed to Jason wanting to come to Hawai'i through TFA.

He is the eldest of three brothers - his younger brothers are Jordan and Julian - and also has an older sister, Tei-Yana.

How the people of Kohala take care of each other reminds him of growing up, looking out for each other, so that part of Kohala life was easier to get accustomed to. Familiar with life in the big city, Kohala has also been a welcomed change for him.

### Influences in Life & Sports

Coach Muse attributes his influ-

ences to his dad, Earl Muse (who played football and basketball), and his uncle on his mother's side - a "manly man" who turned him on to football, Magic Johnson (Jason's a Lakers fan), Michael Jordan and Olympic track star Michael Johnson. These influences encouraged him to play football, basketball and track and field. In an ironic sense, he is now the one influencing and mentoring students in track and field and cross country through his

teaching and coaching capacity on campus.

### Jason the Coach

Jason got a foot in the door by applying for and accepting a job as coach for the Kohala High School cross country team. He had a bunch of talented runners this season, with one runner even qualifying for States! He believes he is in a good place, because he has a lot of exposure to the talent at Kohala High. That exposure led to nearly



Jason Muse, who works as a replacement instructor for Pili A Pa'a during the day, is Kohala High School's new track and field coach. His presence at school has been influential in gaining the interest of the nearly 30 students who signed up for track and field this year.

thirty students signing up for track and field this spring! It's too early for him to predict an outcome, but he expects his team to participate in most of the sprinting and hurdles events, long and triple jumps, distance running and field events in the Big Island Interscholastic Federation (BIIF) this season. Coach Muse feels that with a couple of tweaks, his athletes could improve enough to place as a team in the BIIF track and field season this year.

### Deep Appreciation

Jason sends a big Mahalo to Mr. Sam Peterson who, as a former track and field athlete and coach at Kohala High School himself, has been mentoring Jason through his experience here in Kohala; Ms. Melody Nietfeld and Mr. John Kometani, for allowing him to pick their brains; Mr. Ithem Blackman, his junior college track coach from Chaffey College in Rancho Cucamonga, California; and "Mr. B," Fasil Bizuneh, who Jason says he wants coaching with him because of his background in professional running. What a group of mentors!

All track and field meets will be at other BIIF schools this year, so follow the team's schedule as they bring the track and field program back to Kohala. Good luck this season, Coach Muse!

## Kohala "Futsal" Program for Everyone

What the heck is futsal? Futsal isn't a complicated new sport, it's the name of a five-on-five version of indoor soccer that is played inside of the confines of a basketball court. Similar to what we Americans know as "indoor soccer," futsal is a game that is now gaining popularity island-wide in soccer's off-season.

### Futsal's Origins

Futsal began in 1930 in Montevideo, Uruguay, as a way to engage young children in competitive "futbol" at the youth level. Soccer superstars like the great Brazilian forwards Pele and Neymar honed their futbol skills playing futsal in their youth. The term futsal is derived from the Spanish words fut (foot) as in "foot-ball" and sal,



Daniel Perez teaching children the skills needed to be successful in Futsal. Pictured: Daniel Perez (kneeling), Kainalu Yamamoto (in goal) and an unidentified player taking a shot on goal!

which means "indoor."

### Futsal in Kohala

Former Kohala High School soccer player and coach Daniel Perez has been meeting with interested players every Monday and Wednesday from 3:30 - 5:30 p.m. for skills practice, and Fridays from 3:30 - 5:30 p.m. for open play. Daniel wants to infuse passion and share stories with all interested parties! Futsal is open to all ages, including adults. The best thing is, everyone plays together. Daniel hosted Big Island Culture FC's coaches Adriano Delima and Raphael Alves for a futsal clinic in March, and intends to bring them back again for future instruction. For more information, call Daniel at (808) 491-3980.



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## April is Alcohol Awareness Month

By Lynn Fraher

Alcohol abuse and Alcohol Use Disorder can affect all aspects of a person's life. Long-term alcohol use can cause serious health complications, can damage emotional stability, finances, career, and impact one's 'ohana and community.

Alcohol Use Disorder has little to do with what kind of alcohol one drinks, how long one has been drinking, or even exactly how much alcohol one consumes. But it has a great deal to do with a person's uncontrollable need for alcohol.

Most alcoholics can't just "use a little willpower" to stop drinking.

The alcoholic is frequently in the grip of a powerful craving for alcohol, a need that can feel as strong as the need for food or

water. While some people are able to recover without help, the majority of alcoholics need outside assistance to recover from their disease. Yet, with support and treatment, many are able to stop drinking and reclaim their lives.

### Get Help – An Important First Step

Did you know? Excessive alcohol use is responsible for an average of about 30 years of potential life lost for each death!

If you are concerned about your own alcohol abuse or that of someone you care about – a child, relative, friend or co-worker – please contact Hamakua-Kohala Health (HKH). Confronting alcohol and drug problems is difficult, but can be an important first step toward recovery and the chance for a healthier and more

productive life.

### Let us Support Your Recovery

HKH has a Certified Substance Abuse Counselor on staff, Candace Kauahi, who works with those needing help with Alcohol Use Disorders through evidence-based education, resources and individual and group sessions, which can be a very supportive environment during the healing process.

Today is a new day! Through research into the disease of Alcohol and Drug Use Disorders there are new approaches with medicine and treatment. Client-Centered Treatment is healing the whole individual, physically, emotionally and spiritually by integrating primary care and behavioral health.

**HKH is here to help give**

### guidance during difficult times

We provide comprehensive primary and preventative healthcare regardless of ability to pay or health insurance status.

Call our Care Coordinators today if you need any of these services: Substance Use Disorder Counseling; Smoking Cessation; Behavioral Health Counseling; Chronic Disease Management; Breast and Cervical Cancer Control; Care Coordination through patient and family education; Diabetes and Hypertension Control Counseling; Family Planning; Pediatrics; Prescription Drug Discount; Sliding Fee Scale for healthcare and prescription medicines; Preventative Exams; Immunizations, including Human Papillomavirus Virus (HPV) vaccine (for preteen girls AND boys, to reduce later cancer risks); and more.

## Seniors Form Walking Moai for Blue Zones Project

The Nutrition Senior Program has joined the Blue Zones Project by creating a walking moai, or a walking group, recognizing that getting together and walking is perfect for their well-being and works hand in hand with their County program. The group is scheduled to walk each week and, as an additional part of the Blue Zones Project, do some yard work, mostly weeding, in the courtyard area of the Judiciary Building. Any interested seniors are welcome to join the moai. For more information contact Kealoha Sugiyama at [acallforlove@gmail.com](mailto:acallforlove@gmail.com).

## Free Film Showing Featuring Local Farmers

Sustainable Kohala and the Kohala Farmers' Union will present the documentary "Island Earth", a film about the distinction between modern technology vs. traditional Hawaiian values in the production of food. The film focuses on GMO crops grown on Kauai, and includes clips of local farmers in North Kohala. All are invited on Tuesday, April 11, to a potluck at 6 p.m. and film at 7 p.m. in the HUB Barn.



**April is Alcohol Awareness Month**  
Addiction is a Disease – Treatment is Available – Recovery Brings Joy

*Caring for Your 'Ohana, Caring for You*

**Hamakua-Kohala Health provides treatment for people even if they have no insurance.**

- Alcohol is the most commonly used addictive substance in the U.S., including risky, binge drinking patterns that may lead to future alcohol problems
- Alcohol Use Disorder is the 3rd leading lifestyle-related cause of death in the nation with an average of about 30 years of potential life lost for each death!

The good news? Client-Centered Treatment heals the whole individual - physically, emotionally and spiritually - by integrating primary healthcare, behavioral health and alcohol use education.

Visit Certified Substance Abuse Counselor Candace Kauahi for individual and group sessions, a very supportive environment during the healing process.

Call for appointments at either clinic:  
Honoka'a: 45-549 Plumeria St - 775-7204  
Kapa'au: 53-3925 Akoni Pule Hwy - 889-6236

Visit our website at [hamakua-health.org](http://hamakua-health.org) to learn more about our team's services.  
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*Caring for Your 'Ohana, Caring for You*




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# KOHALA MONTHLY CALENDAR APRIL 2017

DATE	DAY	START	END	EVENT	DESCRIPTION	VENUE	PHONE
1	SAT	4 PM	8 PM	HOLOKU PAGAENT & LU'AU	FUNDRAISER FOR NA KUPUNA 'O KOHALA AND THE KAMEHAMEHA DAY COMMITTEE	THE HUB	333-0628
3	MON	6 PM	7 PM	GROWTH MANAGEMENT SUBCOMMITTEE	MEETING	BANK OF HAWAII BUILDING	
3	MON	6 PM		DOCUMENTARY FILM	THIS CHANGES EVERYTHING	NORTH KOHALA LIBRARY	889-6655
5	WED	1 PM		BASIC SEED SAVING, HOW AND WHY	PRESENTED BY TRAVIS DODSON	NORTH KOHALA LIBRARY	889-6655
5	WED	4 PM		COMMUNITY ACCESS GROUP	MEETING	SENIOR CENTER	
7	FRI	4 PM	7 PM	KHS FIRST FRIDAYS	CRAFT AND LOCAL FOOD VENDORS	KHS	889-7117
8	SAT	9 AM	11 AM	EASTER CRAFTS	EASTER ARTS AND CRAFTS WORKSHOP	LUKE'S ROOM	889-0404
8	SAT	2 PM	4 PM	FREE COOKING CLASSES	PLEASE SIGN UP BY EMAILING WINTERD@WHITMAN.EDU	HUB BARN	889-0404
10-12	MON-WED			FRIENDS OF THE LIBRARY ANNUAL BOOK SALE	IN THE LIBRARY MEETING ROOM, DURING OPEN HOURS	NORTH KOHALA LIBRARY	889-6655
10	MON	3 PM	5 PM	NORTH KOHALA PARENT SUPPORT GROUP	SUPPORTED BY N. HAWAII COMMUNITY CHILDREN'S COUNCIL	KINGS VIEW CAFE	989-4894
10	MON	6:30 PM		HAWAIIAN HISTORY TALK BY BOYD BOND	KAMEHAMEHA IV; ALEXANDAR LIHOIHO AND QUEEN EMMA	NORTH KOHALA LIBRARY	889-6655
11	TUE	11 AM		ADULT READING DISCUSSION	"MAN WITHOUT A COUNTRY," BY KURT VONNEGUT	NORTH KOHALA LIBRARY	889-6655
11	TUE	6 PM		HAWAII FARMERS UNION UNITED	6 PM POTLUCK, 7 PM PRESENTATION. FOR EVERYONE INTERESTED IN GOOD FOOD, NOT JUST FARMERS	THE HUB	889-5715
11	TUE	6 PM		FREE FILM: ISLAND EARTH	POTLUCK	THE HUB	889-5715
13	THU	10 AM		KOHALA HOSPITAL CENTENNIAL CELEBRATION	SEE PAGE 9 FOR DETAILS	KOHALA HOSPITAL	
15	SAT	4:30 PM	6:30 PM	FREE GRINDZ HOT MEAL	KOHALA BAPTIST CHURCH	BANYAN TREE	
17	MON	6:30 PM		CANOE PLANTS	FOOD TASTING AND RECIPE SHARING - SPONSORED BY ONE ISLAND	NORTH KOHALA LIBRARY	889-6655
18	TUE	10 AM		ADULT & TEEN WRITER'S GROUP		NORTH KOHALA LIBRARY	889-6655
19	WED	5:30 PM		AGRICULTURE SUBCOMMITTEE	MEETING	SENIOR CENTER	
20	THU			ART SHOW	ART EXHIBIT FEATURING THE WORK OF ALVITA SOLEIL	LUKE'S ROOM	889-0404
22	SAT	9 AM	11 AM	EARTH DAY RECYCLED CRAFTS	FREE FAMILY CRAFTS WORKSHOP USING	LUKE'S ROOM	889-0404
22	SAT	10 AM	12 PM	THRIFT SHOP	AT ST. AUGUSTINE CHURCH	NEXT TO WALKER HALL	889-5390
22	SAT	11 AM	12:20 PM	COMMUNITY MEAL	AT ST. AUGUSTINE CHURCH	WALKER HALL	889-5390
22	SAT	6:30 PM	8 PM	ARTIST'S RECEPTION	MEET AND GREET RECEPTION FOR ALVITA SOLEIL	LUKE'S ROOM	889-0404
22	SAT	7 PM	9 PM	EARTH DAY CONCERT	"THE GOOD TREE" REGGAE BAND	THE HUB	889-0404
24	MON	6 PM		TEEN NIGHT	HENNA TATTOOS WITH ARTIST, CYNTHIA BUCKLES	NORTH KOHALA LIBRARY	889-6655
25	TUE	11 AM		BUDGETING AND SAVING TIPS	A MONEY SMART PRESENTATION BY AARP	NORTH KOHALA LIBRARY	889-6655
25	TUE	5 PM	6 PM	CDP SUBCOMMITTEE	POWER, VIEWPLANES & EROSION CONTROL, CONTACT SUSAN FISCHER	OLD COURTHOUSE	882-7611
26	WED	4 PM	5:30 PM	RESTORATIVE YOGA THERAPY CLASS	WITH CARLA ORELLANA, CERTIFIED YOGA THERAPIST, BY DONATION	THE HUB	889-5151
26	WED	5 PM		PARKS, WATER & ROADS SUBCOMMITTEE	MONTHLY MEETING	OLD COURTHOUSE	882-7611
30	SUN	7 PM	9 PM	KANIKAPILA: ANOTHER NIGHT OF MUSIC	FEATURING NORTH SHOR LIVE, ACCOMPANIED BY NA KUPUNA 'O KOHALA SHARING HULA	THE HUB	889-0404

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  
 Kohalasd.com

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

**Gospel of Salvation Kohala**  
 Kokoiki Road  
 Service: Sunday 9:00 AM  
 Adult Bible Study: Monday 6:30 PM  
 Prayer Meeting: Friday 6:30 PM  
 Pastor Ilima 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

## Learn About Canoe Plants as Food and Medicine

One Island Sustainable Living will host a presentation and recipe exchange on "Canoe Plant Food and Medicine" at 6:30 p.m. on Monday, April 17, at the North Kohala Public Library. The program will include a slide show, food tasting and recipe sharing. Hawaiian heritage plants brought by the early Polynesian settlers to the islands as sources of food and medicine are legacy plants with culinary and healing uses today.

The non-profit organization, One Island Sustainable Living, is raising awareness of island-grown canoe crops to help build appreciation of, grow consumer demand for, and encourage local farmers and gardeners to increase production of these heritage foods and medicines.

One Island Sustainable Living is currently collecting recipes to share with the public and welcomes you to submit recipes in advance of the presentation that can be printed and shared.

Recipes must include at least one canoe plant: taro, sweet potato, breadfruit, coconut, banana, turmeric, kukui, kava, pia or noni. Submit recipes and images online at [www.oneisland.org/hawaii/recipe-contest](http://www.oneisland.org/hawaii/recipe-contest), or email to [hawaii@oneisland.org](mailto:hawaii@oneisland.org).

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.

Did you know?  
**The Kohala Mountain News**  
 is online at  
[www.kohalamountainnews.com](http://www.kohalamountainnews.com)  
 Check us out for all the latest news in Kohala

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## Taiko Fundraiser Successful

By Lisa Andrews

The members of Ryukyukoku Matsuri Daiko (RMD) Kohala/Waimea were pleased to have a new member of their 'ohana debut at the March 5 RMD fundraiser performance at Hawi Jodo Mission.

"Akemodolo 6," also known as Momo Chan, was born in the Ryukyu Islands (Okinawa) to the Momoko Arata family. Momo Chan was the youngest of six. She was hanai to Akemi Martin Sensei, RMD Hawai'i (state) Director, and was going to be raised on O'ahu. Akemi Sensei later decided that she would be become part of the RMD Kohala/Waimea family.

Momo Chan moved to Kohala on October 2, 2016 and was immediately adopted. She will be the protector of the RMD Kohala/Waimea family.

The performance was a delight! Momo Chan played with the chondara, played by Uncle Korei (Sam Gushiken), and the crowd! Nicole Castillo's karate dance routine to Mirukumanari was stellar. Anela Rabang, Kaid Nickl and the Odaiko drummers



Photo by Kathy Matsuda  
Shishi (lion dog) Momo Chan, the newest member of Ryukyukoku Matsuri Daiko Kohala/Waimea, performing Ashibina.

were powerful and gave us a real chicken-skin performance. The younger drummers were a combination of strong, playful, awesome and patient. Making us proud!

The paranku drum ladies had fun presenting Ichariba Ui and Uruma Melody. RMD alumni drummers Vicki Rowe, Sadie Young and Donna Oba were present, beaming and beautiful.

The event had delicious food, unique crafts, generously donated silent auction items (wow!), WONDERFUL volunteers, friends, family and community members that we are immensely grateful for!

This fundraiser was the first in a series of four that will be held in Kohala and Waimea on our way to make enough funds to fly entertainers from the Ryukyu Islands to Hawai'i Island for the 10-year anniversary celebration of RMD Kohala/Waimea in 2018.

Fliers will be posted for all those upcoming events. RMD Kohala/Waimea sincerely thanks you for your support! Ippe niffe debidu!

## Preschool Children Send Valentines to Seniors



Photo by Renee Gonsalves  
Members of the Kohala Nutrition Program and Senior Club with Aloha-filled Valentine cards from Kamehameha Preschool children.

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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](http://www.northkohala.org)  
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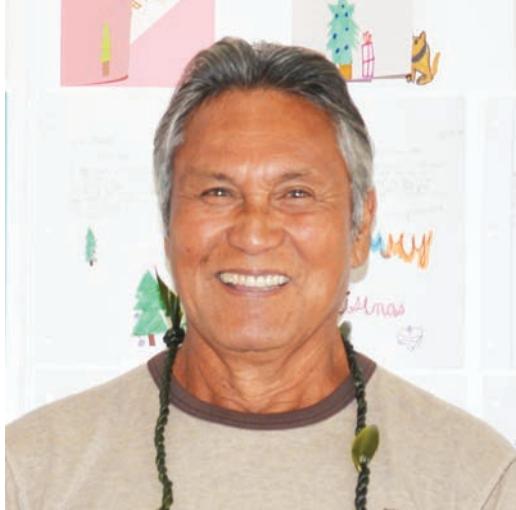
### Senior Club Officers

Photos by Lani Eugenio

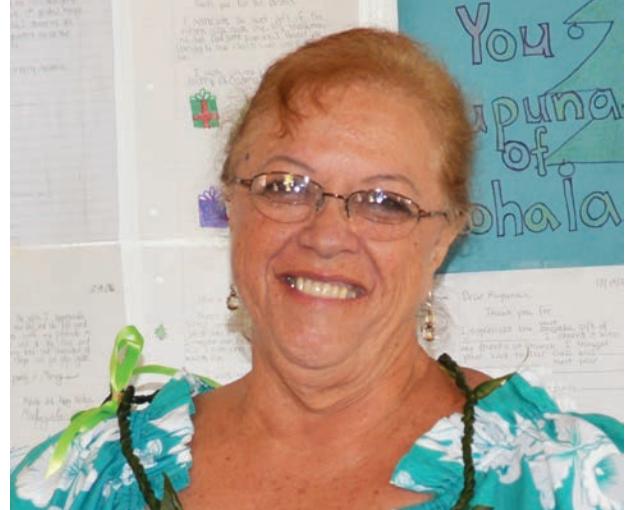
On January 9 the new officers of the Kohala Senior Citizen Club took the helm. The 2017 officers comprise Harrison Kalani Heinicke, Robert Glory, Faye Yates, Carmalita Carvalho, Hazel Troche, Maydean Bowman, Leo Guitang, Lana Lewis, Arlene Ohta, Harry Cabrera, Margot McFreides and Margaret Couttie.



President Harrison Kalani Heinicke



1st Vice President Robert Glory



2nd Vice President Faye Yates



Secretary Carmalita Carvalho



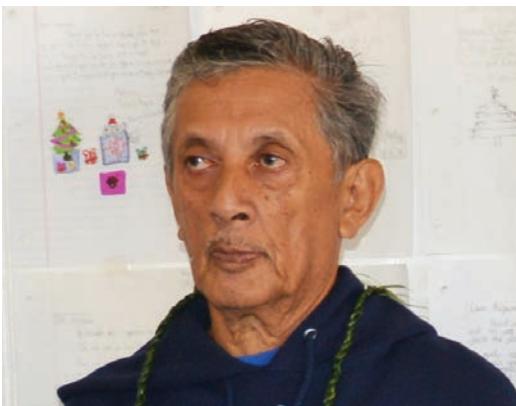
Parliamentarian Leo Guitang



Assistant Secretary Hazel Troche (left) and Corresponding Secretary Maydean Bowman



Sergeants at Arms Margot McFreides (left) and Margaret Couttie



Sergeant at Arms Harry Cabrera



Treasurer Lana Lewis (left) and Assistant Treasurer Arlene Ohta

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## Basketball Court Renovation Complete

Story and photos by Christopher Michaelis

The already beautiful campus of Kohala Middle School just got a little nicer. The aging basketball court was just resurfaced, repainted and refitted with six new posts, backboards, rims and nets. The project took three months to complete and the students were chomping at the bit to finally get on the new court. The request, which was put into motion years ago, was completed by Department of Accounting and General Services, commonly known as DAGS.

Principal Alan Brown was on hand to cut the ribbon at the official opening ceremony on March 3. During school hours, the court will be used during recesses, P.E. classes and the school's intramural games.

Kohala Middle School has a unique Hale setup, where the stu-



Students play on Kohala Middle School's newly renovated basketball court, which was opened for play on March 3.

dents are sorted into six separate Hale, or Houses. These Houses each have their own unique name, color and mascot. Longtime resident and teacher Duncan Anderson runs an intramural sports program that pits Hale vs. Hale in various sports throughout the year, including, kick-softball, flag football, Ultimate Frisbee, soccer, volleyball, makahiki and, now, once again, basketball. In fact, many of our current Kohala High School basketball stars honed their skills on the middle school court.

Though the court isn't designed to be used by the community at large, like the courts at Kamehameha Park, the school recognizes that many in the community will make use of it. The school asks that anyone using the court please malama our court so it can last for generations of middle schoolers.

## Ukelele Building Class Completed

In February of this year the ukulele-building class of Ka Hana No'eau, consisting of Shelley Keawe, Kayden Valenzuela, Kaimi Hook, Chyenne Book and Josh Hayden, finished their beautiful concert ukeleles. Under the guidance of Mentor David Gomes, the project took four months, from selecting the raw materials to string up and tuning the ukeleles. Many areas of woodworking were covered, including the use of the machine and hand tools, glue application and clamping, the ukelele building process, safety guidelines and much more.

One important part of the mentorship program is partnering with other organizations in Kohala for a

public service project. The students chose to repair broken ukeleles from the Kohala Middle School class of Nino Kaai. That process, nearing completion, involved learning to identify the problems and the methods used to repair the instruments.

A new building class will be starting in the near future. Applicants should be between the ages of 13 and 18 and enrolled in Kohala High School. For all interested, please contact Dennis Matsuda or Erica Cedillas at 884-5838 or visit their office in the old teacher's cottage on the right as you enter the road to the Kohala High and Elementary for an application. David Gomes may be contacted at 889-5100.



Photo by David Gomes

Students in Ka Hana No'eau's ukulele-building class stand in Mentor David Gomes' workshop, where they built their handmade instruments. Left to right: Josh Hayden, Kayden Valenzuela, Shelley Keawe, Kaimi Hook, Chyenne Book

## Annual Library Book Sale Coming Soon

The Friends of North Kohala Public Library will hold its annual used book, DVD and CD sale in the library meeting room from April 10-12.

Volunteers will staff the book sale during the library open hours: noon until 8 p.m. on Monday, and 9 a.m. to 5 p.m. on Tuesday and Wednesday.

All books will be sold for one dollar or less. Buyers also have the option of filling a reusable grocery bag with books for five dollars. Please bring your own bags. True bargain hunters will want to be on hand Wednesday, April 12, when the remaining books will be given to good homes for free.

The Friends are asking for volunteers to help with the sale, and also for donations of books and media.

Volunteers are needed to help with setting up the sale, beginning at 10 a.m. on Monday, April 10, as well as to assist during two-hour shifts throughout the three days of the sale.

Books, CDs and DVDs in good condition may be dropped off at North Kohala Public Library.

Donations are tax deductible. Library staff can provide receipts for tax purposes when the materials are delivered to the library.

The proceeds from the annual sale provide funding for library programs and materials at North Kohala Library.

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

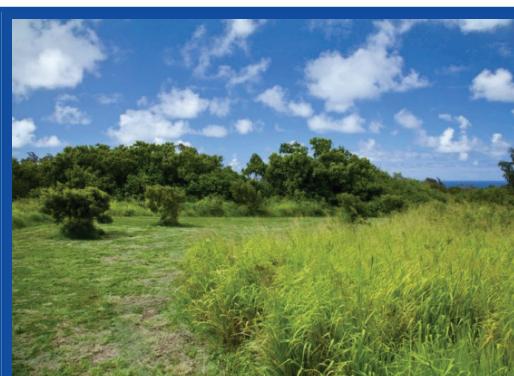
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## KHS Choir Joins All-State Choral Festival

Recipe for Magic: Take 380 committed high school choir singers from 16 schools around Hawai'i; add in one amazing choral director, Dr. Karen Kennedy; stir in five well-crafted choral pieces; throw in a pinch of hula and a sprinkle of site reading adjudication; and bake for three days at Central Union Church in Honolulu at 72 degrees until it comes out CHORAL MAGIC!

From February 16-18, Kohala High School Choir students competed at the Na Leo Hou: Hawai'i's All-State High School Choral Festival. The annual event's mission is to provide local high school singers with a high-quality choral experience with a nationally renowned clinician; create a venue for adjudicated individual school choir and mass ensemble performances; and foster collaboration, socialization, and cooperation between singers.

The Kohala High School Choir is directed by Adrienne Cherry. Mya Bartsch, sophomore soprano participant writes, "I am more than grateful that I got to go to this festival and do what I love and am

passionate about. This choir was made up of 380 beautiful angelic voices. There were moments when my eyes would

water with tears because I was so overwhelmed with the outstanding sound that came out of these high school choirs. Most of the time I had chills all over my body. It was a jaw dropping and mind blowing experience. We sang for three days straight and worked our best to get what we needed to get done so that we could be prepared for the performance. The seven of us felt a big responsibility to represent our school. We did site reading and were graded on it. There also was a talent show and a solo audition that I represented Kohala High School in..... when it came to the actual performance, it was spectacular! We performed five songs with one song that we did a hula and sang at the same time, all memorized. We did amazing and I can't wait for next year!"

The Kohala High School Choir Program would like to thank the many generous supporters who contributed financially and with in-kind donations. This trip would not have been possible without their help. Photos and videos of the concert can be found on the Na Leo Hou Facebook page.



*Photo by Adrienne Cherry*  
Kohala High School Choir students (front, left to right) Syncier Rabang, Mya Bartsch, Kawehe Amina, Kalia Emiliano, (back, left to right) Easton Chong on the steps of Central Union Church in Honolulu prior to singing their concert for Na Leo Hou: Hawai'i's All-State High School Choral Festival.

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