

Vol.16, No. 06

June 23, 2017

## Giant Mimosa Tree Collapses



On June 5, 2017, a large portion of a mature mimosa tree outside the Kohala police and fire station spontaneously broke off and fell to the ground. There were no injuries, but power and phone lines were taken down and water lines disrupted.

Kohala County workers immediately cleared the lighter branches to allow heavy equipment access to the larger sections of the downed tree.

Story and photos by Boyd Bond

June 5 of this year began as quiet Tuesday morning for the officers and firemen on duty at their shared complex in Kapa'au, just mauka of the statue of Kamehameha I. The

kids were out of school, so traffic was light and while some folks were just finishing up breakfast, others were out taking in morning run in the cool, still morning air.

At about 7:30 a.m., the offi-

cers in the police station heard what they thought might be thunder, or was it cannon fire? Neither seemed plausible as the sound was coming from the parking lot outside! Next, they felt the ground shake beneath them briefly, like a small earthquake, which was also reported

by neighbors from blocks away. Rushing out the doors, they immediately beheld the source of the commotion.

The large mimosa tree (*Enterolobium cyclocarpum*) next to the parking lot across from the station house had split in

**See Tree, Page 2**

## Building More than Skate Parks

“Why do we advocate to build skate parks? For the LOVE. Why else would someone spend thousands of hours of their time, talk with people who vehemently oppose them, push for a project for years...if not for the love. When you have

that first moment on a skateboard, the first moment that hooks you, you will always have that space in your heart pulling you to experience more, and you are willing to put in a ton of time and effort because you love

**See Skate, Page 4**

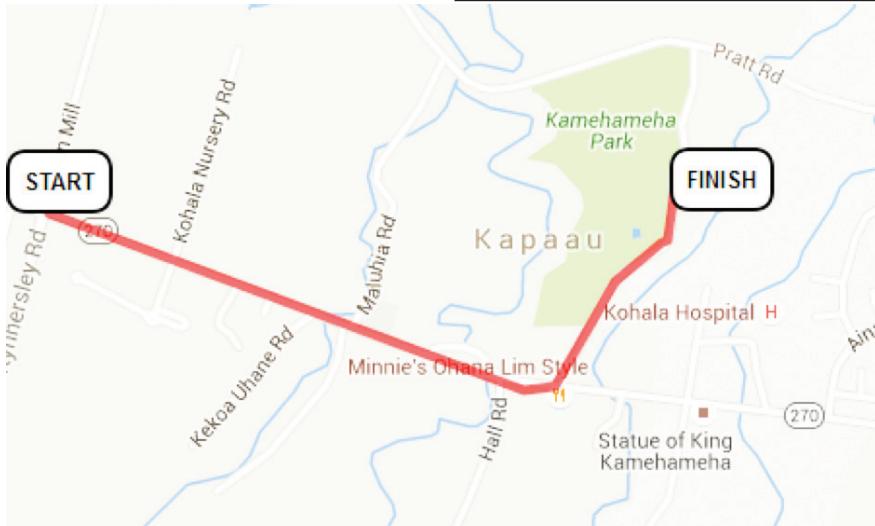


Photo courtesy of Google, Inc.

Akoni Pule Highway will be closed for Go Skate Day on Sunday, July 16, from 10:30 a.m. until 11:00 a.m. from the intersection of Akoni Pule Highway and Kynnersley Road to the entrance of Kamehameha Park.

## Traveling Preschool Becomes Blue Zones Project Approved Worksite

A traveling preschool that supports Hawai'i's underserved families is the newest approved Blue Zones Project worksite in North Hawai'i. Tutu and Me — an organization under the Partners in Development Foundation — has been educating young children across the state since 2001. Today, the program serves hundreds of children in 26 communities across Kauai, Oahu, Molokai, Maui, and Hawai'i Island.

Working toward innovative solutions with churches and community organizations, Tutu and Me supports Native Hawaiian keiki and kupuna. By aligning its mission and values with traditions like malama — caring for and honoring others — Tutu

and Me encourages healthy behaviors in the workplace, making it natural for students, families, and educators to take care of each other.

“I've experienced the benefits of the Blue Zones Project firsthand,” said Yonette Nakamura, statewide operations manager of Tutu and Me. “I've said goodbye to 14 pounds thanks to a 10-week walking group. And I've learned that there are benefits to downshifting. I'm really excited to share what I've learned from Blue Zones Project to help my colleagues make the healthy choice the easy choice.”

Tutu and Me earned its Blue Zones Project Approved status by successfully completing a

**See School, Page 4**

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The tree's characteristically brittle branches were crushed by their own weight in the fall.



The interior of the damaged tree reveals pervasive rotting.



There are usually two standing posts to protect this pipe, but the tree impaled itself on one of them as it fell.

**Tree, continued from Page 1** two, and the mauka portion had crashed to the ground across the parking lot exit, the roadway, and into the neighbor yard across the street! The branches

was turned off, the crew was hard at work clearing the lighter outer branches to allow the heavy equipment to get in. These trees are over one hundred years old, planted to com-

branches that have broken off in recent years, and the trees have been inspected and assessed by the county to determine their stability. This tree was obviously rotted in the center, and being

ment was needed. By the fourth day, Friday. Everything had been cleaned up and repaired except for the broken pipe. The county is concerned



The water had been leaking from a crushed pipe that had been badly bent above the ground and broken a foot and a half below the surface! The valve wheel had been sheared off and the water had to be turned off upstream of the break.



By the end of the day, the County had cleared the small debris.



Men with heavy equipment plan the removal of the larger sections of the fallen tree.

just missed the house, but the power and phone lines were taken down, and water started running down the street toward the highway. Witnesses said a jogger had just passed under the branch moments before the collapse, narrowly avoiding disaster.

memorate the arrival of the first plantation workers from Japan who had arrived to labor in the Kohala sugar fields in the late 1800s.

top heavy, it pulled itself apart. The collapse of the tree not only crushed the above ground pipes and sheared off the valve turn wheel, it broke a pipe a foot and a half underground!

about the integrity of the second tree that is makai of the one that fell. They are asking everyone to please stay off the porch of the old courthouse building, and to not walk through the yard between the courthouse and the road, as there is a concern about the possibility of falling branches.

The road that was now blocked by the fallen trees would prohibit access of both the police and the fire departments to the highway, and workers from the Kohala County Baseyard were dispatched immediately. Once the power to the downed lines

These trees are in the same family as the genus *Albizia* and Wattle trees that caused so much trouble in Puna during tropical storm Iselle back in 2013. The trees can be brittle as they get taller, and the branches and trunk of the fallen portion of the tree were snapped off and crushed by their own weight in the fall.

The county workers did a great job getting the road cleared by noon, and the power lines were back up by then as well. By the end of day one, they had cleared all the small debris, and were planning the removal of the larger chunks in the coming days.

Many people commenting on this event noted that the fall happened very close to the Kamehameha Day celebration that was held a mere five days

There have been other large

Removing the big pieces took a little longer, and bigger equip-

**See Tree, Page 3**

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Tree, continued from Page 2

later. That parking lot is usually filled with our kupuna and visiting dignitaries and other guests during the festivities. One shudders to think about the tragedy it would have been if the branch had fallen during the celebration.

The disposition of the trees will be discussed in committee through the Kohala Community Development Plan group. Suggestions regarding what to replace the trees with, if it comes to that, are welcomed and will be gratefully accepted.



A bucket loader is used to lift large logs.



After four days of work, the site is cleaned and repaired, other than the broken water pipe.

### Hamakua-Kohala Health Launches Medfusion Patient Portal



Courtesy of Hamakua-Kohala Health Center

with Medfusion and continue delivering health services to our Hamakua-Kohala Coast communities," said Irene Carpenter, CEO of Hamakua-Kohala Health. "Medfusion's experience in providing access to patients via internet portals meets a goal set by our Board of Directors."

Hamakua-Kohala Health has been providing comprehensive primary and preventative healthcare to the Hamakua Coast for 50 years and the Kohala Coast for 10 years, regardless of ability to pay or if the patient has no health insurance. Available medical services include behavioral health, pediatrics, weight loss, substance use disorder treatment and tobacco cessation programs with FREE nicotine replacement therapy medication.

Hamakua-Kohala Health, the expert in providing health services to North Hawai'i communities since 1966, is proud to launch the new Medfusion Patient Portal this month. The organization takes pride in bringing another health resource to the community. Using the latest technology, patients will be able to make appointments, view laboratory results, and view medical records from their home through the Internet.

"We are excited to partner

To learn more about the new Medfusion Patient Portal, or to make an appointment, contact Milton Cortez at (808) 930-2734. Visit [www.hamakua-health.org](http://www.hamakua-health.org) to learn more about the Hamakua-Kohala Health team's services.

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**HAWAII COMMUNITY FEDERAL CREDIT UNION**



**Skate, continued from Page 1**

what will come of it. A special place, for a special thing. All for the love." – Tony Hawk Foundation

Roots Skate Park located in Kamehameha Park in Kapa`au is preparing for the ninth annual "Go Skate Day" parade and celebration, which will be held on Sunday, July 16.

It will begin at Aloha Gas station with an official road closure from 10:30 a.m. to 11:00 a.m., which allows skateboarders to enjoy the ride down the historic Akoni Pule Highway, and will end at Roots Skate Park.

Grab your boards and come enjoy a day set aside to celebrate a positive activity and our love of skateboarding.

This event is free to participate in, and is especially for the kids in Kohala.

Meet at Aloha Gas at 10 a.m. to prepare for the parade and be in the group photo before the road closure.

This event is brought to you by Roots Advocates for Youth, the non-profit dedicated to providing an exceptional recreational facility for kids, with ongoing plans to expand the existing skate park.

For more information contact Richey Riggs at skate4roots@yahoo.com or call 808-895-2909.

**School, continued from Page 1**

worksites pledge. This is a free tool from Blue Zones Project that gives employers research-backed guidance on how to improve their work environment. Together, participants at Tutu and Me adopted and supported best practices for promoting well-being, such as:

- Developing an engagement plan to involve employees in Blue Zones Project activities.
- Creating an original brand — Ola Kino, meaning healthy body — for their worksite wellness program.
- Placing visual reminders prominently to encourage healthy behaviors.

- Forming walking groups, or moais, to promote healthy activity.

- Allowing employees to personalize their workplace with pictures of loved ones and other decorations.

"The Tutu and Me `ohana are a very enthusiastic bunch," says Sue Dela Cruz, the North Hawai'i engagement lead. Dela Cruz worked with participants to form walking groups for employees and their families. "In addition to promoting activity, the people who joined our moai had fun getting together and supporting each other."

Brought to Hawai'i through

an innovative sponsorship by HMSA in collaboration with Healthways, Inc. and Blue Zones, LLC, Blue Zones Project is a community-wide well-being improvement initiative designed to make healthy choices easier through permanent changes to environment, policy, and social networks. North Hawai'i is one of three Blue Zones Project demonstration sites in Hawai'i.

To learn more about becoming a Blue Zones Project Approved organization, contact the Blue Zones Project team in Hawai'i at BlueZonesProjectHawaii@healthways.com, or visit bluezonesproject.com.

**Walk with A Doc Debuts in Kapa`au**

The Walk with a Doc program was started by a cardiologist, Dr. David Sabgir, in 2005. He was dissatisfied with the lack of progress and change in his patients' health when limited to brief office visits. His mission is to encourage healthy physical activity in people of all ages, and reverse the consequences of a sedentary lifestyle in order to improve the well-being and health of the country. It has been a huge success. He has been nominated as a CNN Hero of

the Year, and well over 100 doctors scattered throughout the 50 states have also signed up to volunteer their time and invite the public to Walk with a Doc.

Dr. Deborah Ardolf has just joined the organization, providing a weekly morning walk in the park for the community of Kohala. She is only the second doctor on the Big Island to be affiliated with this program. Hilo's Dr. Craig Kadooka, who specializes in Internal Medicine, is the first doctor and now has a

large, fun following. Check out his YouTube video and join in on the fun. Everyone is welcome. There is no cost to join the walk.

**When:** Wednesdays at 7:00 a.m.

**Starting:** June 7

**Where:** Kamehameha Park concession stand

**Cost:** Free

**Time:** 1 hour

For more information go to [www.walkwithadoc.org](http://www.walkwithadoc.org) or call Dr. Ardolf at (808) 498-4018.

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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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Letters

Lions Club Sends Big Mahalo

Thank you to all who helped to make the Kohala Lions Club Mother's Day Breakfast a great success. Special thanks to students and staff from both Kohala High School and Hawai'i Preparatory Academy for delivering meals, rain or shine, to people who drove up in their cars. The students were also a great help, serving meals in the cafeteria and clearing tables. Guests were treated to a special performance by members of Na Kupuna O Kohala, who made the morning event even more special. The funds obtained will help the Lions give financial support to various Kohala projects.

Mahalo,  
The Kohala Lions Club

Mahalo for Supporting Michael

We are so blessed and thankful for the love, support, prayers and very generous gifts we have received from everyone!

We are especially grateful for Jaycie, Jen, and Eddie Lewis for organizing a successful fundraising event. Also to Make a Wish Foundation, Wil, Tatiana and Erica for granting Michael's wish. And, of course, to the Kohala High School principal, teachers, students and staff; Sacred Heart Parish; Father Eli and Deacon Tom; Nakahara, Takata and Arakaki stores; Mr. and Mrs. Rose Mae Watterson; and Trish Cubangbang.

We will never forget what our community (and beyond) has done for us. Our family is indebted to all those who have



Photo courtesy of Make a Wish Foundation  
The Bartolome Family

and are helping us through a difficult and scary time as Michael undergoes treatment for a very high risk acute lymphoblastic

leukemia. May God bless you all.

Love,  
The Bartolome Family

Great News for the North Kohala Community!

Have you noticed that the golf park at Kamehameha Park has been closed since last October?

We were so fortunate to have this golf park in our community.

A volunteer committee of approximately 12 community members has been meeting since October to restore the park under the name of Kohala Golf Park. We signed the lease on June 7, 2017 with the land owners.

Now we urgently need

your help to fund equipment, mowing, upgrading bathroom facilities, etc.

This activity will be enjoyed by young and old alike. I can attest to the fact that as a second-grade teacher for many years, our students thoroughly enjoyed going to the golf park for instruction and playing a round.

We need tax-deductible donations made to the North

Kohala Community Resource Center designated for Kohala Golf Park. We need everyone's help to make this happen.

So far, we have donations from all committee members to get started. Thanks to everyone. Let's make this a community effort and show the community what we can do in North Kohala!

Any questions, please call me at 889-5656.

Mary Lou Griesser



Photo courtesy of Harry Taylor

Golfer Harry Taylor teaches Kohala youth how to play golf. The golf park at Kamehameha Park, now known as Kohala Golf Park, is soliciting community funding to support its upkeep.

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.

**July deadlines:**  
Ads and News: 7/14/17  
Publication date: 7/28/17

**August deadlines:**  
Ads and News: 8/11/17  
Publication date: 8/25/17

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/kohalanewseditor@gmail.com

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

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

June Contributors:

Donovan Aiona, Eila Algood, Lisa Andrews, Deborah Ardolf, Bartolome Family, Blue Zones Project, Boyd Bond, Myiesha Emeliano, KNKR 96.5 FM, Lynn Fraher, Mike Frailey, Randee Golden, Mary Lou Greisser, Hamakua-Kohala Health, Lauren Hawkins, Sharon Hayden, Department of Homeland Security, Bobby Hoyt, Frank Hustace, Christine Hustace, Kyson James-Foree, Laakea Kauka, Kohala Lions Club, Make a Wish Foundation, Marcy Montgomery, Tom Morse, One Island, Izabella Pastrana, Nathan Perez, Tristan Perez, Riley Preston, Zavier Ramos-Moniz, Tim Richards, Christine Richardson, Roots Advocates for Youth, Roots Skate Park, Megan Solis, Harry Taylor, Skyla VanZandt

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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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**Kohala Mountain News**  
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For a twelve month subscription, please send your check for \$36, made out to the Kohala Mountain News, P.O. Box 639, Kapa'au HI 96755. Be sure to include a note stating the name and mailing address of the recipient.

Letters

Stop LFA Kohala Update

Story by Frank Hustace

Severe infestation of little fire ants (LFA) has been confirmed in Hawi, and the community has come together to resist the threat of irreversible infestation. Progress has been made in several areas.

**LFA Survey Stations**

Several area businesses have generously agreed to provide space for LFA survey stations where you can pick up free test kits and then return them for mailing. (Special thanks to local homeschoolers for making these test kits and giving them out as a public service.)

Unfortunately, the LFA Survey Station at Takata Store was recently vandalized, and several completed test kits were lost. **If you dropped off a test kit at Takata Store, you will need to retest**

**and resubmit.** The Survey Station will soon be repaired and re-stocked with test kits.

**Ho'ea Road**

The severe infestation down Ho'ea Road continues to be monitored by area residents, and when we've delimited the full extent of the outbreak, we'll



*Kohala homeschool students, (left to right), Shanti and Kaialuna Scarpetta-Lee and Grace Hustace, have made hundreds of "test kits" for little fire ant (LFA) Survey Stations around town. Residents are welcome to take a free kit to test their property and then return them to the station. The homeschoolers later pick up the kits and mail them to The Ant Lab in Hilo for analysis. Since the severe, uncontrolled LFA infestation on Ho'ea Road has become widely known, Kohala residents have started testing their property with greater regularity. Testing is the first line of defense in the fight against LFA.*

Photo by Christine Hustace

have a better idea how to intervene. The tactical challenges posed by the area's topography are significant and will require considerable effort, but the area is no worse than other infested areas on the island where control efforts have had measured success. While not impossible,

the task ahead will require sustained, focused effort.

The Big Island Invasive Species Committee (BIISC) held a training in May for Ho'ea Road residents about how to mix and distribute bait used to halt LFA spread. As a result of this training, a number of LFA con-

trol efforts are now underway in the area, but they are confined to protecting residences and property borders. No large-scale, coordinated LFA control effort has yet addressed the area of greatest concern: the spread of the infestation into Lipoa Gulch, which has rugged terrain and is densely covered with dryland vegetation.

**Stop LFA Kohala**

We've formed an association, and our mission is to raise community awareness about LFA outbreaks in North Kohala, give us practical understanding about how to protect our properties, and encourage us to work together to make a difference. The association is still in its infancy,

but it was recently granted fiscal sponsorship by the North Kohala Community Resource Center (NKCRC), a necessary first step for us to fundraise for the important work ahead.

For more information email [stoplfakohala@gmail.com](mailto:stoplfakohala@gmail.com) or visit [www.stoplfakohala.com](http://www.stoplfakohala.com).

Little Free Pantry Update

Big mahalo to volunteers Elodia LeMay, Pastor Koa Teixeira, Kyler Teixeira, Casey and Larissa Berdon, Theresa Wick, Chace Cheek, Mark and Pohai Provencal, Dave Young and Lani Bowman for their work to make cabinets ready to serve the public as little free pantries.

The first little free pantry to serve North Kohala is at the thrift store 'Hello Again' in Kapa'au, two doors to the left of Minnie's restaurant, across from the entrance to Kamehameha Park. Look for the second site to open soon at Solid Rock North on Hawi Hill Road.

"Take what you need, leave what you can," is the motto. This is an awesome opportunity to malama/take care of our neighbors. Anyone interested in volunteering to help with this project with their group or as individuals can call Lani 895-5753, Sadie 889-6298, Lisa 896-3354, or Kyler 345-3585.

Please feel free to take what you need or donate non-perishable food items, toiletries and personal care items for all ages, 24/7.

Mahalo,  
Lisa Andrews

**THE COQUI CORNER**

**SITES TREATED:**  
Pratt Road near Kohala Nursery, Niulii, Makapala, Transfer Station, Landmark Baptist Church, Kaauhuhu Road, Ainakea, Maliu Ridge, Kapiko

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### Letters

*Editor's note: Mr. Duncan Anderson teaches seventh grade at Kohala Middle School and every year he asks his students to write a persuasive letter to the editor. The following are some of those letters, written in the 2016-2017 school year.*

### Dog Abuse is Real

Dear reader,  
My name is Skyla Van Zandt and I am a 7th grader currently attending Kohala Middle School. I am working to decrease dog abuse. This essay will be explaining why it is such a big problem.  
Now let's dig into the subject. Everyone acts as though dog abuse doesn't exist. Stop ignoring this issue! It encourages a violent community. Plus it's likely to cause the abuser to become a criminal. This bothers me because we take so much and all we seem to give is pain and destruction.  
All I want is for people to give respect to everything, not just yourself. This letter isn't for everyone. This is for the people who neglect, physically abused and/or abandon their dog.  
I've seen many horrible things in my life, but the worst is the fact that people have no heart for the one's that love you most.  
Sincerely,  
Skyla

### Local Food Can Help Us Solve a Big Problem

Dear Kohala Editor,  
Have you ever walked around town and realized more and more people are getting obese? Millions of Americans are becoming obese every year, and an unhealthy diet is to blame, with corporations replacing local places and poisoning our food with useless chemicals and preservatives. In Hawai'i there is a 22 percent obesity rate, but if you look at native Hawaiians that number doubles.  
A Big Mac, medium fries and a medium shake from McDonalds is 1,700 calories. Females should only eat about 565 and males 735 calories per meal. If you eat fast food every day you would easily go over the set ideal amount of calories per day and week. These fatty foods can also lead to diseases such as heart disease. We could easily stop this if we ate all natural food from local farms.  
Companies are basically poisoning us by putting chemicals, antibiotics and preservatives in what we eat. Sodium aluminum phosphate, for example, is a chemical put in chicken McNuggets. It has no reason to be there and is linked to Alzheimer's disease. There have been studies that food with antibiotics can cause superbugs, meaning whatever the person is infected with can be resistant to some of our strongest, last-resort antibiotics. Preservatives can lead to reduced heart health and a higher chance

of cancer. All these additives aren't needed if the animals are raised correctly. Added they can lead to horrible things. Are you sure that a McRib is really worth it?  
For decades these corporations have been slowly spreading an unseen epidemic that can easily be stopped. All we have to do is not buy these fatty foods and support local businesses that get their products from local farms and pastures. Do you really want to see Hawai'i, a once-proud nation of healthy people, turned into a breeding ground of obesity and unhealthy eating?  
Sincerely,  
Kyson James-Foree

### Concussions are a Problem

Dear Kohala Mountain News,  
Sup. My name is Laakea Kauka, I'm a student at Kohala Middle School. My topic is on football concussions. In Kohala we have a football program called "Pop Warner football." For the past few years we've been having a lot of concussions.  
In Kohala, concussions are a big problem. Why? Well, cause the high school football team had some concussions. Also in the Pop Warner program, my football team had two or three football concussions. To solve this problem, we could get better football equipment. Or we could find a better way to tackle, without putting your head down.  
Most concussions are from putting your head down and blind-siding. If you play football in high school, college or the NFL and you get a concussion, then the outcome is you could get brain damage. Also some people have committed suicide because they cannot control the voices in their head, which would make them go crazy.  
Football can be a dangerous sport, but if you play it right, it can be fun.  
Thank you for your time!  
Sincerely,  
Laakea Kauka

### Pig Diseases

Hello Kohala my name is Xavier Moniz. We all know that pigs have diseases right? If you don't listen up!  
Have you ever heard of Leptospirosis? If you have, you should know how bad it could hurt you. If you don't want any diseases you should take my advice and be careful when you hunt.  
The way you get leptospirosis is when you have an open cut and the pig's blood goes in it. You can also get it when any of the pig's fluids go in you.  
So be careful when you kill a pig!  
Thank you,  
Xavier Moniz

### Hunter Safety is Important

Dear Editor,  
My name is Nathan from Kohala Middle School and bow safety is what I want to talk to you about.  
There are many kids in Kohala that go hunting. Most

of them are too young to use guns, and so their parents get them bows and arrows to hunt. I like bows. I know that no one has died yet, but to prevent family member from being hurt, you need bow safety.

Taking the bow safety class can improve your awareness. Sometimes if kids go with their friends they could get distracted and not get all the skills. Use common sense! Don't point your bow at

anyone.  
So hunters reading this please take care of your friends, yourselves, and your children.  
Thank you for reading this.  
Sincerely,  
Nathan



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Letters

Ocean Pollution

Dear Beach Lovers,

My name is Lauren Hawkins. I'm going to write about something very important to me, the beach. When I go to the beach and swim it upsets me, I see Styrofoam and plastics everywhere. Also when the surf gets big I see all the trash getting washed out to sea for the animals to eat and die.

There are 44,006 cases reported this year of marine wildlife eating ocean debris or getting tangled. That is probably just a small fraction of the pollution because in the middle of the sea there are thousands of suffering animals.

Did you know that 80% of animals exposed to ocean pollution die! So far people have found 174 birds with over 150 pieces of trash in their body! To me that is just disgusting and sad. The animals can't clean the beaches or know that eating trash is bad, so how about we change that and help them?

Next time you go to the beach I challenge you to bring a trash bag and pick up 10 pieces of trash each and bring your trash out, but if you can't even pack out your trash, you shouldn't call yourself a beach lover.

Thank you for your time and I hope you guys will pack out what you pack in.  
With Aloha,  
Lauren Hawkins

Garden Protection

Pigs are raiding our gardens in Kohala. There are three ways that you can protect your garden from these destroyers.

You can ask your friends to help you build a fence that will hold against the pigs. They may dig under your fence to get the tasty goods.

Secondly, you can call up some trappers to place them around your house or near your garden with some bait inside. It is a method that KMS used and is partially effective.

Lastly, you can hunt the pigs yourself! The most effective way of keeping these pests off of your lawn is to shoot them dead.

You have ways to keep pigs off of your land, so try them!  
Sincerely,  
Riley Preston

Marine Pollution Kills

Dear Kohala Community,

My name is Tristin Perez and I am a seventh grader who attends Kohala Middle School. I am also a regular beach-goer. Today at the beach there is a lot of trash. This is known as marine pollution.

Marine pollution had a growing negative impact in recent years. It is when trash goes into the ocean and hurts the animal or plant life. It is not only in Kohala but around the world. Did you know that an island of trash twice the size of Texas floats in the same ocean as our island? It is killing millions of marine animals every year.

We need to organize beach cleanups and stop this growing problem. Every time you go to the beach, at least clean up your mess. Even if it is not your mess, clean it up. It will make the world a lot cleaner.

The Great Barrier Reef has been declared dead and has an obituary according to the Huffington Post. That is crazy! The biggest reef in the world declared dead all because of us. We need to step up and clean our oceans.

"We are living on this planet like we have another one to go to."  
- Jerri Swearingen  
Sincerely,  
Tristin Perez

Homeless People Need Help

Dear Editor,

Hi my name is Myiesha Emeliano from Kohala Middle School. Some people are living on the side of the road, beaches, and in tents. You know why? Some people can't afford to buy houses. Some people can't even afford to live. Other people are raising prices in the community. Our community is becoming poor... It's sad to pass people on the road with signs saying "Hungry, need money, poor."

When I was on vacation in the winter time it was really cold. I was in Las Vegas so it's the desert and of course it's going to be cold. A homeless person was holding up a sign saying "cold, hungry, need money." We were stopped at a red light and some people could walk on the cross walk because all the cars had to stop. The homeless man had no jacket on just pants, shoes and a shirt. This little girl had a jacket in her hand and she gave it to the man. I was really thrilled to see someone else happy.

We should not be so selfish. We need to start caring about others. We should care about our community and start showing love to our elders, young ones, everyone.  
Sincerely,  
Myiesha

Viewpoints

Tiny Houses for Kohala: Community Viewpoints

Question: How do you think Tiny Houses on farms would change local food access in Hawai'i?

"I'm shocked that Hawai'i imports 80 percent of its food when there is a year round growing season and so much available agricultural land. There is a crisis of affordable housing here. I think it is crucial to develop a tiny affordable housing system to attract, sustain and train

young workers that can live on the land and grow more healthy food. It would increase the productivity and sustainability of the land." G Knowles

"It would increase food production and supply to local farmers markets. Resulting in less need for importing or shipping less-desirable and preserved food from mainland suppliers. Locally produced food is able to be sold at its peak

freshness and is more healthy. Workers on local farms would be able to live at a savings compare to conventional dwellings and that would also translate into money going in to the local economy." R. Riggs

"Workers are essential to increasing production on our farm. It is so expensive to hire workers, but if we can offer housing to attract good workers, Tiny Houses for farm workers

will greatly increase the possibility of getting people to do farm work." P Piaskoski

"Provides places for farm workers to live at/near their places of work with affordable housing. Lack of available farm workers can stifle efforts to plant/maintain/harvest crops, so this would provide an opportunity for more farm workers to enable improved food produc-

See House, Page 9

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House, continued from Page 8

tion." D Revell

"Farmers need farm workers. In rural areas such as North Kohala, there is very little, if any, affordable housing. Tiny houses would be a huge boost to the workforce issue. A larger, more diverse work force means local farmers are able to hire the help they need to maintain and ideally expand their production." T Takata

"I am a kanaka maoli with 13 acres of ag land. I would like my `ohana to be able to farm our land to increase food productivity for Kohala and beyond. This Tiny House initiative would help our `ohana be able to stay and farm the land." L Bowman

"Farm workers need a safe and decent place to stay. Tiny Houses are the answer!!" W. Motoza

"If tiny housing makes rents affordable, it will in turn make local food a more cost effective endeavor and growing food locally might again become a profitable business." T Kononova

"As a farm owner, eight acres in North Kohala, it is a dream of mine to start a small food farm. Growing vegetables, fruit trees, animals are underway, and it is daunting to work this farm without farm help. I would love to help a young family own a home and work on our land. It would produce not only food, but a stronger community." J Roberts

"It could allow for the much-needed labor on small farms that now sit in pasture because there is no incentive to farm the land without a stable workforce. We have three acres that we would like to be farming and provide fresh produce for market, schools, and local farmers market, but we are at an age that we can't do it all. It would be a god send for us and for Kohala to increase sustainable food sources and healthier people." K Provazele

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**County Council Update**

From the Desk of District 9 Councilmember Tim Richards

Aloha everyone.

**Budget**

By now I am sure most everyone knows the findings of the budget hearings and the ultimate results. I would like to commend my fellow Council men and women, as your Council worked very hard for many long hours to strike a balance between revenues/taxes and expenditures. The entire process was an exercise of collaboration, cooperation and compromise. Though we did not cut the budget as much as I would have liked and had proposed, we were able to cut a small percentage, approximately \$675,000. The balances of the actions are reflected in the real property tax rates.

Many of the added expenditures were outside of our control. The results of the collective-bargaining units and the wage/benefit packages increased the demands on our county's budget by over \$14 million. The real property taxes were increased to address this shortfall. We, as a council, did find savings in reducing our contingency funds and the mass transit budget, specifically, a cash flow management decision. We will finance the purchase of a bus rather than paying cash outright.

As to the final of real property tax rates, I believe I can safely say no council member is entirely happy with the outcome. It was the will of the Council to hold firm on rates for the homeowner. It was also the intent to as minimally as possible impact agriculture and our business sector—industrial, commercial and hotel/resort. Unfortunately, on balance, the residential category saw a 10 percent increase.

From my perspective, I view this budget as a "bridge"

budget. What I mean by that is, we were faced with the perfect storm with substantial increases of our expenses outside of our control and a reduction of our State TAT appropriations from \$19 million to \$17 million. As currently written, we will get through this next year, but during that year the intent of the County Council is to do a substantial overhaul on the real property tax rates and get the County's arms around those who are inappropriately using exemptions – for example, the agricultural exemption.



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

**Transit Accommodation Tax, or TAT**

As you have seen in the news, this has been a hot topic between the Counties and the State. Set in place by the State back in 1986, the intent of the tax was to help fund the impact of tourists in our counties. Initially collecting approximately

\$65 million a year, one estimate I have read says the anticipated revenue will approach \$500 million this year. In 1990, the State legislature allocated 95 percent of the revenues to the counties with 5 percent being retained by the State for administration. In 1994, the legislature changed and set the impending convention center and tourism marketing to receive approximately 55 percent of TAT, leaving 45 percent for the counties. In the late 2000's, the State legislature capped the amount of funds coming to the counties at \$93 million annually. As I understand, this was supposed to sunset but never did, and continues to be problematic. It is the Council's goal to continue to work on resolving this discrepancy.

Interested parties can review the summary of the TAT at [http://www.uhero.hawaii.edu/assets/WP\\_2016-4.pdf](http://www.uhero.hawaii.edu/assets/WP_2016-4.pdf)

**Kohala Trees**

As I reported in last month's update, some trees around and near the old bank of Hawai'i building in Kohala were of concern and being evaluated to possibly be taken down. A report from an arborist confirmed this concern and plans for removal were being drafted. Mother Nature stepped in and dropped a branch this week which has accelerated the process. For safety concerns and assuring our first responders will be able to help the community, these trees identified will be taken down very shortly.

It's a pleasure to work for you for the betterment of our community and I consider it a deep honor to represent each and every one of you.

Aloha!

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# Honoring Our King and Paniolo Traditions Kamehameha Day - North Kohala Style



Photo by Mike Frailey



Photo by Izabella Pastrana



Photo by Christine Richardson

Story by Randee Golden

The winds and rains of the district graced another day long celebration in North Kohala on June 11, honoring our mo'i Kamehameha 'Ekahi as well as the paniolo traditions that have flourished in Kohala for many years. The theme for this year was "Kūkulu Kahua 'O Kohala "Na Paniolo" - Establishing our Kohala Foundation "Ranching."

Beginning the celebration were presentations and lei draping at our statue in Kapa'au. The royal orders shared their mele and presented ho'okupu, and hālau from Kohala and around the island honored the King with their dance and chant. Organizations, families, individuals, and businesses presented many beautiful lei to decorate the statue, traditionally put on using bamboo poles and arranged by Nani Tolentino, whose mother Mabel Tolentino helped with lei placement for many years.

The parade included 31 entries of mounted units and floats featuring people of all ages. Many of the pa'u princesses and outriders were youth, being raised in the paniolo tradition and trained to carry on the legacy of pa'u. Mahalo to the riders and their extended 'ohana who worked endless hours to create lei for people and mounts, training horses, and all the other aspects of preparing for this cultural event.

The parade announcers are instrumental in helping everyone learn about each



Photo by Christine Richardson

horse unit and float. Mahalo nui loa to Danny Garcia at the Coffee Mill, Melissa Kahoopi'i at CSC Café, Tita Alcoran at Aloha Gas, and Hinano Solomon and Kamaka Wakita at the former Sunshine Hardware. We also want to thank historian Boyd Bond, emcee at the Statue, for sharing his knowledge about Hawaiian history along with information about the lei ceremony and the parade.

A large unit from Kahua Ranch was a highlight of the parade, which featured Monty Richards as this year's Grand Marshal. A reunion and celebration of families who are connected to the ranch was also held during the weekend to honor the patriarchs and matriarchs of these 'ohana.

Kamehameha Park was the location of the ho'olaule'a, which included music, food, informational exhibits, and vendors. Food being offered included a Hawaiian plate, paste stew, burgers, roast pork, and other tasty items. The Braddah Pops and shave ice were hits during the hot afternoon, when the sun shined most of the time and the morning rains turned to steam.

Music and dance entertained the crowd relaxing under the large tent. Mahalo to Tani Waipa, who was emcee at the park all day, as well as during the evening concert at the Kohala Vil-

See King, Page 11

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King, continued from Page 10



Photo by Sharon Hayden



Photo by Christine Richardson



Photo by Christine Richardson

lage HUB. Entertainers at the park included Hoaloha (Tony Manantan, John Keolanui and Terry Tomiyama), Kanani Enos from Kona and Lady Ipo from Kaua'i, accompanied by John Mahi and Duane Yamada. Na Kupuna O Kohala danced a few numbers with Lady Ipo, and hula was shared by a visiting group called Ka Pa Hula I Na Mauna from Durango, Colo-

rado, which includes a member from Kohala.

A free evening concert was held at the Kohala Village HUB's Barn from 6:00 to 9:00 p.m., which was a way to mahalo many of the people who worked to coordinate this event. Kanani Enos as well as Lady Ipo were featured.

North Kohala's County and State workers are thanked for

the huge effort they put out to clean up the Statue area after half of an enormous tree fell down less than a week before the event. The workers spent many hours clearing out the fallen tree and making sure the area was blocked off and safe during the celebration.

Appreciation is extended to the Kamehameha Day Celebration Committee for the huge

efforts made to organize this daylong community event. A special mahalo is given to Kauai Nakamura, Shay Van Zandt, Lehua Ah Sam, Ekela Kahuanui, Keala Kahuanui, Hala Acob, Michelle Kawai, Amoo Kainoa, CJ Yamamoto and Laddie Shim for their hard work.

Also appreciated are the donors who contributed to

See King, Page 12



Photo by Rande Golden



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King, continued from Page 11



Photo by Tom Morse



Photo by Tom Morse



Photo by Mike Frailey

**WEEKLY EVENTS IN JULY 2017**

MON	6:30AM	7:30AM	AA DAWN PATROL	KAMEHAMEHA PARK (BEHIND POOL)	889-5675
	9AM		KOHALA SENIOR CLUB MEETINGS - AGE 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	6:30PM	7:30PM	AA DAWN PATROL	KAMEHAMEHA PARK	889-5675
	9AM	10:30AM	CHAIR YOGA	INTERGENERATIONAL CENTER	880-0583
	10AM	3PM	HAWI FARMERS' MARKET		
	5PM	6PM	MEDITATION COURSE	INTERGENERATIONAL CENTER	917-293-3427
WED	7AM		WALK WITH A DOC	KAMEHAMEHA PARK	889-1570
	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	6:30AM	7:30AM	AA DAWN PATROL	KAMEHAMEHA PARK	889-5675
	3:30PM		NA 'IMI IKE; HAWAIIAN LANGUAGE STUDY GROUP	NORTH KOHALA LIBRARY	889-6655
	5:30PM	6PM	INSANITY CLASSES WITH ROSS PAGAT	KAMEHAMEHA PARK	989-0966
	5PM	6PM	MEDITATION COURSE	INTERGENERATIONAL CENTER	917-293-3427
	6PM		TABLE TENNIS/PING PONG	INTERGENERATIONAL CENTER	889-1099
	7PM	8PM	NARCOTICS ANONYMOUS	LOKAHI TREATMENT CENTER	
FRI	10AM		PRESCHOOL STORY TIME FOR AGES 2-5	NORTH KOHALA LIBRARY	889-6655
SAT	7AM	8AM	AA DAWN PATROL	KAMEHAMEHA PARK	889-5675
SUN	10AM	11AM	SEIBUKAN KARATE ACADEMY	HAWI FARMERS MARKET (IF SUNNY)	

**EMAIL WEEKLY CALENDAR LISTINGS TO KOHALACALENDAR@GMAIL.COM**

cover the multiple costs of this celebration. Mahalo nui loa to the Office of Hawaiian Affairs for their funding via a community grant program that supports cultural events. The North Kohala Community Resource Center staff is also appreciated for their help to obtain this grant, providing space to prepare for the parade, and other support given as the Committee's umbrella non-profit.

From folks who worked in preparation by setting tents, picking foliage, creating stage

and statue decorations, making displays, preparing food and more, to the people who helped with clean-up, there are so many to thank for their contributions. Kamehameha Day in North Kohala is truly a time of community, when people gather and hana pono, working to create something bigger than any individual. Laulima and aloha still thrive on the northern tip of Moku 'O Hawai'i, especially when celebrating Kamehameha in the district where he was born.

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## Lions' "Sight Is Beautiful" Poster Contest Complete

In May, the Kohala Lions Club conducted their annual Sight is Beautiful poster contest at Kohala Elementary School. Winners and their teachers for each competing grade were:

### Kindergarten

- 1st Lucas Scelza
- 2nd Zion Hinchliffe
- 3rd Chaedon Kawai
- 4th Miyo Cookman

- Mrs. Larson
- Mrs. Lyons
- Mrs. Larson
- Mrs. Larson

### Second Grade

- 1st Jav'n Moniz
- 2nd Kale'a Perez
- 3rd Marley Endreson
- 4th Saydee Kawai

- Mrs. O'Donnell
- Mrs. Thomas
- Mrs. O'Donnell
- Mrs. O'Donnell

### Third Grade

- 1st James-Conrad Kaai
- 2nd Lilianna Santiago
- 3rd Rayden Tabiolo
- 4th Aundrea Carly Franco

- Mrs. Gusman
- Mrs. Gusman
- Mrs. Gusman
- Mrs. Gusman

### Fourth Grade

- 1st Marley Yamamoto
- 2nd Mahea Pasco-Riveira
- 3rd Christine Kimball
- 4th Kailani Valenzuela-Conte

- Mr. Aiona
- Mr. Aiona
- Mrs. Bauer
- Mr. Aiona

### Fifth Grade

- 1st Keilla Thomas
- 2nd Kiona Nakamura
- 3rd Levi Keyes
- 4th Daysha Lynn Tayan-Germano

- Ms. Bautista
- Ms. Rufo
- Ms. Bautista
- Ms. Bautista

Award winners received cash prizes in the amount of \$20 for first place, \$15 for second place, \$10 for third place and \$5 for fourth place.

Posters were matted by Kohala Lions Club members Dixie Adams and Susan Grant.



Photos courtesy of Kohala Lions Club  
Kindergarten winners of the Sight is Beautiful contest.  
(Left to right) Fourth place: Miyo Cookman, Third place: Chaedon Kawai, Second place: Zion Hinchliffe, First place: Lucas Scelza



Fourth grade winners of the Sight is Beautiful contest.  
(Left to right) Fourth place: Kailani Valenzuela-Conte, Third place: Christine Kimball, Second place: Mahea Pasco-Riveira, First place: Marley Yamamoto



Fifth grade winners of the Sight is Beautiful contest.  
(Left to right) Fourth place: Daysha Lynn Tayan-Germano, Third place: Levi Keyes, Second place: Kiona Nakamura, First place: Keilla Thomas

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**Mahalo!**

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## Kohala Sports

### Kohala Team Participates in Gold Coast Little League

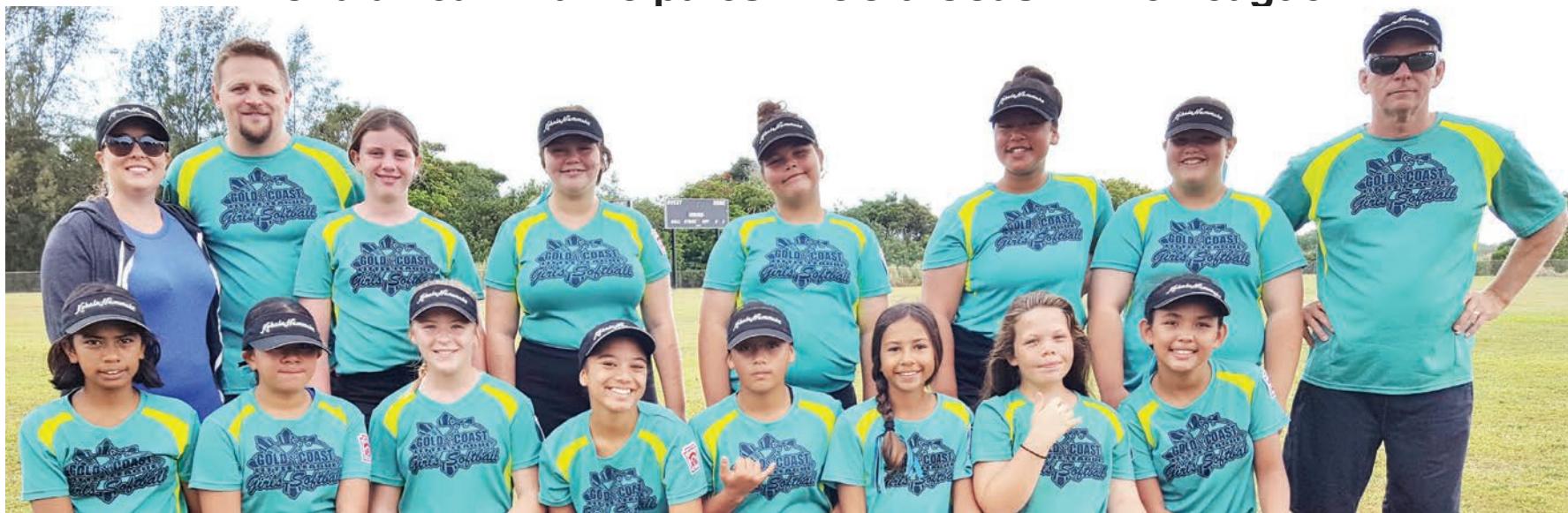


Photo by Tom Morse

#### The Kohala Hammahz Little League team

Top row (left to right) Coach Audrey Frydenlund, Coach Toffer Frydenlund, Lola Hart, Lucy Hernandez, Lauren Hawkins, Wai Kawai-Poliahu, Tita Perez-Rivera, Coach Fred Miller

Bottom row (left to right) Tomaya Merck Pua, Savannah Kupukaa, Olivia Frydenlund, Hailey Kauanoë-Galdones, Elena Sanchez-Barr, Chauncie Tayan-Mathews, Haley Hawkins, Iluvia Cornego Missing: Ashla Salas, Shardaë Carvalho-Soares

The "Kohala Hammahz" played teams from Honoka'a, Waimea, Waikaloa and Kona throughout May and June, after practicing in

February, March and April. From Head Coach Audrey Frydenlund, "This year has been a blast! We had mostly first year players. Watching

the girls improve was my favorite part. I believe that is very important to encourage young girls to play sports, and was so proud of each

and every one of them. I also could not have done it without the help of Coach Toffer and Coach Fred. Mahalo Nui everyone for a great season."

### Kohala Kings Youth Baseball Team Play in Kona PONY Memorial Day Tournament

The Kohala Kings youth baseball team participated in the 18th Annual Kona PONY Baseball Memorial Day Tournament at the Kona Old Airport Park Complex on the weekend of May 27-29. The Kohala Kings baseball team went 1-2 on the weekend, winning their first game and dropping the next two, narrowly missing the championship round. However, these young gentlemen played hard, and pitched and hit very well throughout their three games in the Bronco (11-12) age division.

The Kona PONY Tournament also played host to Mustang (ages 9-10) and Pinto teams (ages 7-8) from throughout the State of Hawai'i. This very versatile team,



Photo by Donovan Aiona

Kohala Kings Little League and PONY Baseball Team 2017. The Kings participated in the 18th Annual Kona PONY Baseball Memorial Day Tournament May 27-29, at the Kona Old Airport Park Complex.

Left to right: Earl Hoshida (manager/head coach), Justin Drew, Nao Medeiros, Keale Valenzuela, Legend Libron, Isaiah Castillo, Chad Castillo (assistant coach), Onipa`a Tavares-Matsuda, Logan Neves, Leyton Neves, Easton Hoshida, Skyler Carvalho and Scott Drew (assistant coach).

coached by Coach Earl Hoshida and Assistant Coaches Chad Castillo and Scott Drew, played in both Little League Baseball's Major and Minor Divisions this season, as well as competing in PONY League play.

Notable standouts at the Kona Memorial Day Tournament were Logan Neves with his pitching and hitting at the plate, Isaiah Castillo, Easton Hoshida, Onipa`a Tavares-Matsuda, and Legend Libron. Additionally, three players, Isaiah Castillo and Logan Neves from the Kohala Kings, and Quentin "Tookie" Hook from Kona's Lil Soljahs (Bronco division champions of the Memorial Day tournament), were chosen to represent Kohala,

playing on the team from the west side of the island versus a team from the east side. After a two-out-of-three Little League Majors district championship series played on Saturday and Sunday, June 3 and 4 in Waimea, the winning team (Hilo) moved on to the Little League state tournament.

The Kohala Kings are Skyler Carvalho, Isaiah Castillo, Justin Drew, Easton Hoshida, Legend Libron, Nao Medeiros, Logan Neves, Leyton Neves, Onipa`a Tavares-Matsuda, and Keale Valenzuela.

Congratulations to the Kings for a job well done, and to their coaches for sacrificing the time to educate our young men in the game of baseball!

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## Kohala Sports

### Kohala Kupuna Softball Season in Full Swing

Have you seen our amazing Kohala Kupuna Softball teams in action lately? The month of June is a month packed with softball action at Kamehameha Park's baseball fields. Both Kupuna teams end their season this month and are headed to the County tournament on June 29-30 in Hilo.

It has been an interesting season for both teams.

The Kohala Local Boy`z, coached by Steve Nakamura, is currently at 15-15 in Division 2, and is coming off a double-header losing sweep at the hands of Ku`ikahi on June 3 - 15-2 in game 1 and 16-7 in game 2. The Local Boy`z also hosted a home double-header vs. Jackie Rey's on June 17 to end their season. Their season games in Kupuna Softball's Division 2 have prepared them for the County tournament, in which they'll be playing for state tournament seeding, in Hilo on June 29-30.

The Local Boy`z have been led by their under-60 player, Ted Matsuda.

Ted has been a long-time baseball, fast pitch softball and slow pitch player in Kohala, and is now leading his Local Boy`z in Kupuna Softball.

The Local Boy`z are Frank Carvalho, Harold Carvalho, Nelson Carvalho, Gregory Galan, Eddie Kise, Mamerto Macanas, Steven Maeda, Ted Matsuda, Alterry Murai, Steve Nakamura, Gordon Ogasawara, Brian Plutschack, Samson Rabang, Jim Scancelli, Louis Troche and Jim Trump.

Kupuna Softball Team Kohala, coached by Momi Soares, is currently holding a

14-10 record in Division 1, and is coming off a double-header winning sweep at the 20-4, league-leading Kona Legends - 13-11 and 15-3 - on June 3 in Kona. Kohala ended their season by hosting the Punatics on June 10, and Onipa`a on June 17.

Kohala has acquired two under-60 players this season in Jeffrey Cannon and Kyle Oshita. Both have been utilized one game at a time. Under-60 players have special rules: male players under 60, technically between the ages of 55-59, can only be substituted for each other, and teams can only play one under-60 male at a time, along with a female under-60 player. Sixty years old and older may play all game.

The Kohala team members are Mel Ako, Harvey Carvalho, Randy Cazimero, Samson Cazimero, Jr., Jeffrey Cannon, John Enloe, Mike Felig, Bill Graham, Chuck Hauptert, Richard Liebmann, James (Butch) Lincoln, Kyle Oshita, Stanford Rocha, Gary Tocatlian, Wayne Yoneda, Harry Soares (bat boy), Momi Soares (coach), Sonia Rocha (score keeper), and Gloria Martin (scorekeeper).

Kohala will play Division 1 teams in the County tournament on June 29-30, which is played to determine seeding in the State tournament on August 10-12 on the island of O`ahu. Kohala is the reigning Division A Kupuna Softball State Champion.

Good luck to both Kupuna teams!



Photo by Donovan Aiona

The 2017 Kohala Local Boy`z  
 Front row, left to right: Samson Rabang, Peaches Carvalho (score keeper), Frank Carvalho  
 Row 2: Gregory Galan, Alterry Murai  
 Row 3: Steven Maeda, Gordon Ogasawara  
 Row 4: Brian Plutschack, Louis Troche, Ted Matsuda, Harold Carvalho  
 Row 5: Jim Trump, Jim Scancelli, Eddie Kise, Steve Nakamura (player/coach)  
 Not shown: Nelson Carvalho, Mamerto Macanas

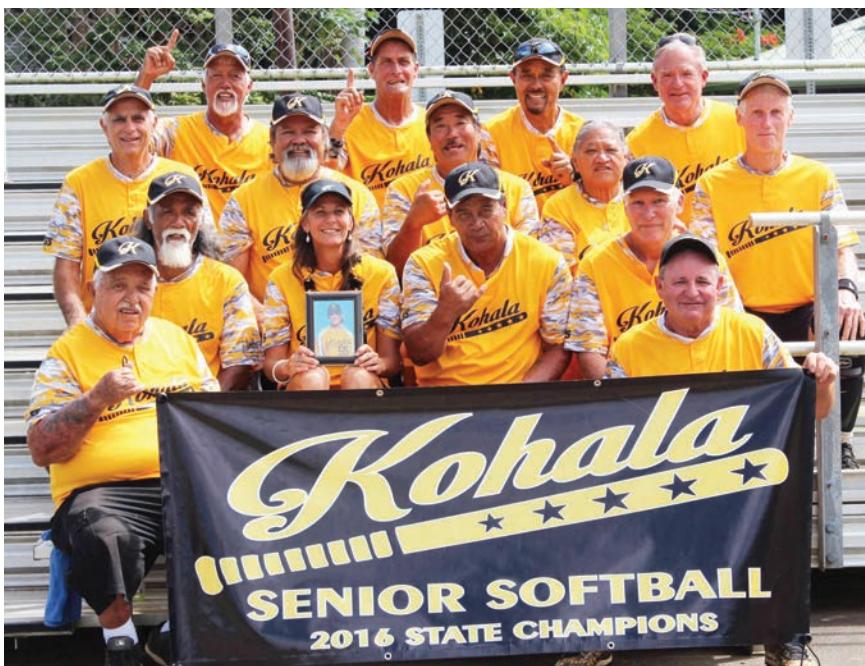


Photo by Donovan Aiona

Kohala Kupuna Softball Team 2017, the defending Hawai`i State Kupuna Softball Division A Champions.

## Back to School Wellness Bash

**School Supply Give-away & Health Fair**

<b>DATE:</b>	✓ Live Entertainment
<b>Saturday</b>	✓ TB Testing
<b>July 29th, 2017</b>	✓ Keiki ID's
	✓ Physicals Scheduling
<b>TIME:</b>	✓ Health Insurance Sign-up
<b>10am - 2pm</b>	✓ Blood Pressure Checks
	✓ Health Information
<b>PLACE:</b>	• Tobacco Cessation
<b>The Kohala Village HUB</b>	• Medicare
	• Diabetes

**ADMISSION FREE EVENT!**

# KOHALA MONTHLY CALENDAR JULY 2017

DATE	DAY	START	END	EVENT	DESCRIPTION	VENUE	PHONE
6/24	SAT	12 PM		RESISTANCE SUMMER COMMUNITY POTLUCK /COOK-OUT		SPENCER BEACH PARK	
6/27	TUE	7 PM		BON DANCE PRACTICE	ALL ARE WELCOME TO PRACTICE BON DANCES FOR THE OBON SEASON	KOHALA HONGWANJI (HALAULA)	775-7232
6/28	WED	7 PM		BON DANCE PRACTICE	ALL ARE WELCOME TO PRACTICE BON DANCES FOR THE OBON SEASON	KOHALA HONGWANJI (HALAULA)	775-7232
7/1	SAT	6 PM		OBON SERVICE	OBON TEMPLE CEREMONY HONORING OUR ANCESTORS, FOLLOWED WITH BON DANCE AND CONCESSION	KOHALA HONGWANJI (HALAULA)	775-7232
7/1	SAT	5 PM		GRAVEYARD SERVICE	CEREMONY HONORING OUR DECEASED FAMILY MEMBERS	KOHALA HONGWANJI CEMETERY (KEOKEA)	775-7232
7/3	MON	6 PM	7 PM	GROWTH MANAGEMENT SUBCOMMITTEE	MEETING	BANK OF HAWAII BUILDING	
7/3	MON	6 PM		FAMILY FILM	KUBO AND THE TWO STRINGS	NORTH KOHALA LIBRARY	889-6655
7/5	WED	1 PM		BUILD KITES AND OTHER FLYING THINGS		NORTH KOHALA LIBRARY	889-6655
7/5	WED	4 PM		COMMUNITY ACCESS GROUP	MEETING	SENIOR CENTER	
7/10	MON	3 PM	5 PM	NORTH KOHALA PARENT SUPPORT GROUP	SUPPORTED BY N. HAWAII COMMUNITY CHILDREN'S COUNCIL	KINGS VIEW CAFE	989-4894
7/10	MON	3:30 PM		WIZARDING TEEN PARTY	3:30 WIZARD WANDS, 5:00 WIZARD FOODS, 5:30 MOVIE - FANTASTIC BEASTS AND WHERE TO FIND THEM	NORTH KOHALA LIBRARY	889-6655
7/10	MON	5 PM		NKCDP AC MEETING	NORTH KOHALA COMMUNITY DEVELOPMENT PLAN ACTION COMMITTEE	OLD JUDICIARY BUILDING	323-4770
7/11	TUE	11 AM		ADULT READING DISCUSSION	PATCHWORK PLANET BY ANNE TYLER	NORTH KOHALA LIBRARY	889-6655
7/11	TUE	6 PM		HAWAII FARMERS UNION UNITED	6PM POTLUCK, 7PM PRESENTATION. FOR EVERYONE	THE HUB	889-5715
7/12	THU	1 PM		SUMMER CELEBRATION: FOOD, GAMES, AND WATER SLIDE		NORTH KOHALA LIBRARY	889-6655
7/15	SAT	4:30 PM	6:30 PM	FREE GRINDZ HOT MEAL	KOHALA BAPTIST CHURCH	BANYAN TREE	
7/16	SUN	10:30 AM	11 AM	GO SKATE DAY - ROAD CLOSURE	FROM ALOHA GAS TO ROOTS SKATE PARK		895-2909
7/18	TUE	10 AM		ADULT & TEEN WRITER'S GROUP		NORTH KOHALA LIBRARY	889-6655
7/19	WED	5 PM		PARKS, WATER & ROADS SUBCOMMITTEE	MONTHLY MEETING	OLD COURTHOUSE	882-7611
7/22	SAT	10 AM	12 PM	THRIFT SHOP	AT ST. AUGUSTINE CHURCH	NEXT TO WALKER HALL	889-5390
7/22	SAT	11 AM	12:20 PM	COMMUNITY MEAL	AT ST. AUGUSTINE CHURCH	WALKER HALL	889-5390
7/25	TUE	5 PM	6 PM	CDP SUBCOMMITTEE	POWER, VIEWPLANES, & EROSION CONTROL, CONTACT SUSAN FISCHER	OLD COURTHOUSE	882-7611
7/26	WED	4 PM	5:30 PM	RESTORATIVE YOGA THERAPY CLASS	WITH CARLA ORELLANA, CERTIFIED YOGA THERAPIST, BY DONATION	THE HUB	889-0404
7/29	SAT	10 AM	2 PM	BACK TO SCHOOL WELLNESS BASH	FREE HEALTH FAIR	THE HUB	
7/29	SAT	1 PM	5 PM	KOHALA HOSPITAL CHARITABLE FOUNDATION	SUMMER FEST	KAHUA RANCH	494-0050

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

**St. Augustine's Episcopal Church**  
 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

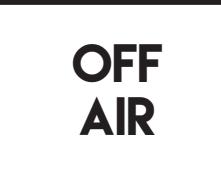
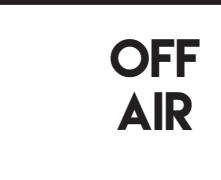
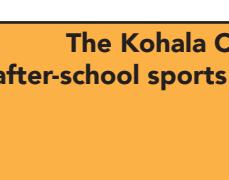
## Lions Club Donation Applications Due June 30

The Kohala Lions Club is now accepting requests from community groups for donations. Twice a year – in January and July – the Lions review applications for financial assistance. Applicants must serve the Kohala community with preference given to groups that serve youth or the needy. Applicants must use the application form, which can be requested by email or hard copy. Groups are limited to receiving a donation one time per calendar year. Those who applied in January 2017 but did not receive a donation are welcome to apply again. Applications may be requested by email from [megan@northkohala.org](mailto:megan@northkohala.org), or a hard copy may be requested by calling Chris Brown at 884-5122. Completed applications must be postmarked no later than June 30, 2017. For more information about the Kohala Lions Club, call Chris Brown at 884-5122.

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# KOHALA RADIO WEEKLY ON AIR SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7 - 10 AM 	7 - 10 AM 	7 - 11 AM 	7 - 10 AM 	7 - 11 AM 	7 - 9 AM 	7 - 8 AM 
10 - 11 AM 	10 AM - 1 PM 	11 AM - 2 PM 	10 AM - 1 PM 	11 AM - 2 PM 	9 AM - 12 PM 	8 - 11 AM 
11 - 12 AM 	1 - 2 PM 	2 - 4 PM 	1 - 4 PM 	2 - 4 PM 	12 - 4 PM 	11 AM - 12 PM 
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8 - 10 PM 	8 - 10 PM 	8 - 10 PM 	10 PM - 7 AM 	10 PM - 7 AM 	10 PM - 7 AM 	7 - 10 PM 
8 - 10 PM 	MAGGIE'S MANIC MIDNIGHT 	ENCORES	OFF AIR	OFF AIR	OFF AIR	10 - 12 PM 

The Kohala Community Athletic Association announces its after-school sports programs for the youth of Kohala for 2017-2018

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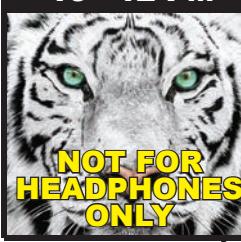
Sport	Ages	Registrations	Practice/Playing Season
Biddy Basketball	5-8	Aug 1-15	mid Aug to end Oct
Volleyball	9-14	Sep 11-25	start Oct to end Nov
T-ball	5-6	Dec 4-18	start Jan to end Feb
Pitch-ball	7-8	Dec 4-18	start Jan to end Feb
Boys Basketball	9-14	Dec 4-18	start Jan to early March
Girls Basketball	9-14	Feb 19-Mar 5	mid March to mid May
Flag Football	5-14	Mar 12-26	start April to end May

Register players online at [kcaa.online](http://kcaa.online).  
All sports are free of charge, including uniform shirt.  
KCAA is a community-based non-profit volunteer organization.  
For more info contact Tom Morse at 345-0706.

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### Rhythmic Backdrop

By Eila Algood

Bobby Hoyt is the deejay for two fantastic radio shows at KNKR, 96.1 FM in Kohala: Tales from the Dead and Into the Library. His love of music began with rhythmic sounds he noticed as a child. In boarding school, fellow classmates from around the world introduced him to international music.

At age twelve, his sister had him listen to the eclectic Grateful Dead. He was instantly attracted to the drumming and percussion, with little attention to lyrics. Years later, when he went to some Dead concerts, he was struck by the variety of music played and diversity of people in attendance at the shows.

Into the Library carries the theme of diversity with the assortment of music genres played. Listening to his inner voice, Bobby uses the mood, rhythm and feelings of the day to create from rather than having a plan for his show. That intuition developed mostly over the past 13 years as he learned and then taught yoga.

"In yoga we focus on the breath. There is a rhythm to breathing, and the exhale can be soothing," he said.

His appreciation for Kohala was evident as he shared, "I am more in tune with the natural rhythm of the `aina here than in San Francisco."

Moving to Hawaii thirteen years ago, he's noticed that in Kohala it is one big community, whereas in the city he experienced many different communities based on interest. He likes to live with people of various views and backgrounds because it helps him to grow as a human.

"Kohala represents a beautiful bouquet. It's very diverse," he said.

Bobby exudes a feeling of peace infused with a delicious dose of humor. His motto seems to be "live life true to yourself, not based on what other people project onto you."

To hear Tales from the Dead tune in to KNKR on Wednesdays 1 to 4 p.m. with co-host Alan Thal and Into The Library on Fridays 9 a.m. to 12 p.m. Stream on KNKR.org or set your radio dial to 96.1 FM.



Photo courtesy of Bobby Hoyt  
Bobby Hoyt expresses a joyful sense of humor, grounded in spirituality, on his KNKR 96.1 FM radio shows.

### Project – What Project?



The monument to a project completed by the Works Progress Administration stands at the intersection of Hawi and Ka`auhuhu Roads in Hawi.

Renamed the Works Projects Administration in 1939, the W.P.A. provided jobs and income to the unemployed during the Great Depression. (Note: the monument reads Works Progress Administration, so it must have been there since at least 1939).

Almost every community in the United States had a new park, bridge, road or school constructed by the agency. Most people who needed a job were eligible for employment in some capacity. Hourly wages were typically set to the prevailing wages in each area. Millions of people needed subsistence incomes. Work relief was preferred over public assistance because it maintained self-respect, reinforced the work ethic, and kept skills sharp.

Story and photo by Tom Morse

This stone monument stands in plain view in Hawi. It reads, "BUILT BY WORKS PROGRESS ADMINISTRATION, SPONSORED BY COUNTY OF HAWAII."

What was built is not apparent, although as it is at the intersection of two roads, it may refer to one of the roads, Hawi and Ka`auhuhu Roads. Can any of our readers identify what project refers to? Please send your comments to kohalanewseditor@gmail.com.

The Works Progress Administration was formed in May, 1935, and dissolved in June, 1943. It employed 8.5 million people in total nationwide, 3.3 million at its peak in 1938.

Usually the local sponsor provided land, and often trucks and supplies, with the W.P.A. responsible for wages.

Between 1935 and 1939 the W.P.A. maintained, expanded, and improved Suiter Field (now `Upolu Airport). Between September of 1936 and June of 1941 the average number of Hawai'i residents working in the W.P.A. was about 2,500. W.P.A. employment in Hawai'i peaked in December of 1936, with about 4,400 men and women on the payrolls.



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# Prediabetes Class a Great Success - Participants Lost a Total of 252 Pounds!

By Lynn Fraher

Did you know that nine out of 10 people have prediabetes and don't even know it? Hamakua-Kohala Health Center is here to help!

Prediabetes is identified when your blood sugar level is higher than normal, but not high enough yet to be diagnosed as type 2 diabetes. Around 30 percent of those with prediabetes will develop diabetes within five years unless they make some changes, according to the Centers for Disease Control and Prevention (CDC).

"There are two ways to prevent diabetes," Certified Lifestyle Coach Jennifer Valera says, "either making

at 930-0746 for more information and to sign-up for our new classes.

Research shows that lifestyle changes of diet and exercise can cut the risk of type 2 diabetes in half! Losing 5 percent of your body weight will help, and it's advised that adults exercise at least 2.5 hours a week. Jennifer will help you measure your physical fitness and food intake. She'll even work with you on stress relief.

### Support Others — Be a Role Model

One family of four joined class together — father and mother, Darren and Melanie Jardine, and daughter and son-in-law, Alana

manage my weight loss in a healthy way, one or two pounds a week. Having a goal works well for me. I've already lost the recommended seven percent body fat." In fact, he lost a lot more, a total of 30 pounds. Way to go Henry!

Henry's wife, Alana, and her mother, Melanie, are the big winners. They lost a combined total of 48 pounds. "We look back at Alana [while exercising] and she's jogging with a smile," says Melanie.

Graduate Patty Machado took her prediabetes to heart and built herself a huge greenhouse, 50 x 20 feet, to grow her fresh and healthy produce. "One side has red winter

have gotten back into real exercise ... [it also] helps me mentally. I also would not have focused on healthy eating as much. Without those I would not have lost the weight."

Patty's got the support of her family, too. Her 92-year-old mother joined the National Diabetes Prevention Program with her, and she's even gotten her husband eating well! Of her meal she says, "We have the completed salads. Mine is the large one, Mike's is the middle one and Mom's is the little one."

Patty even brought jicama, or sinkamas, to the Honoka'a Clinic for Jennifer and the rest of us to try. "Finally thought you might like to



Certified Lifestyle Coach Jennifer Valera uses Centers for Disease Control and Prevention (CDC)-approved curriculum to help patients prevent diabetes through lifestyle.



Melanie Jardine (right) and daughter Alana Masi are successful participants in the lifestyle change program at Hamakua-Kohala Health Center.



Patty Machado displays a fresh jicama root from her garden.

a lifestyle change or going on medication. Come try the lifestyle change class at Hamakua-Kohala Health and see how you like it before going on meds."

### New Classes Forming in Kapa'au and Honoka'a

Hamakua-Kohala Health offers a lifestyle change class called the National Diabetes Prevention Program, in conjunction with the CDC. A key part of the lifestyle change program includes instruction by a trained lifestyle coach, CDC-approved class materials and group support over the course of a year. Call Lifestyle Coach Jennifer Valera

and Henry Masi. Their goal? To be around a long time for baby Isaac, who will make one year this month. The family lost a combined total of 85 pounds!

"I joined the Diabetes Prevention Program to support my wife and because I have high blood pressure," said graduate Henry. "The program has taught me ways to

kale, arugula, rocket arugula at the beginning; then butterhead lettuce; then tomatoes; and then beets, Anaheim peppers and kale." In addition, she grows seed pots for spinach, other types of lettuce, beets, arugula, papaya and red kale.

"I am really appreciative of what we have learned this year," said Patty. "I know without it I would not

see the jicama you got part of..." said Patty. The staff at the Honoka'a clinic loved it; boy it was good! Thank you, Patty.

Do YOU want a healthy lifestyle? What GOALS do YOU want to accomplish?

"We're doing a 5K marathon together as a family [this summer]," Alana announced excitedly the final class of the year. "It's so out of the ordinary for us!"

Hamakua-Kohala Health can help. We provide comprehensive primary and preventative healthcare regardless of your ability to pay, or if you have no health insurance. Call Hamakua-Kohala Health and schedule a wellness visit today. Visit our website at hamakua-health.org to learn more about our team's services. Like us on Facebook. Thank you for joining with us to accomplish great things!



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## Arts are the HEART of Kohala – Calling All Artists

North Kohala is renowned for its gifted and inspiring musicians and artists. This summer an exciting local initiative launches that will be serving Kohala as a Community Cultural Planning Project.

The new 'HEART of Kohala' program involves local artists and the community in a series of exciting history sharing, arts engagement, and future cultural arts visioning activities over the next two years. Following a nationwide competition, the National Endowment for the Arts (NEA) recently announced the selection of this Hawai'i project as an opportunity to increase rural arts engagement and to enhance pride of place.

Sponsored by One Island Sustainable Living and working in conjunction with local arts and writers' groups, the HEART of Kohala invites artists in all media and community leaders to join a vital community conversation about the past, present and future of the arts in Kohala.

We are fortunate that the pulse of the North Kohala community beats to the ipu, pahu and African drums, with hula, tango and belly dancers moving in rhythm. We can enjoy music on our local KNKR radio station and at the Saturday Farmers' Market and cafes around town bringing great jazz, bluegrass, electronica DJ, rock 'n roll, slide guitar, ukulele, or island style reggae to life every week. Visual arts are showcased in galleries, cafes and at special pop-up shows. Woven feathers and lauhala, carved and painted gourd artists keep traditional folk



Local Kohala artist Peter Kowalke's work can be seen at Sweet Potato Café in Hawi. Photo courtesy of One Island

arts alive and passing between generations. Keiki attend music classes or learn hula. Our seniors are active musicians and dancers. Printmakers and photographers, studio and plein air painters, sculptors, wood carvers, writers, poets, spoken word and theater performers – the range of art styles and mediums in Kohala greatly enriches the cultural fabric of our small rural community.

The HEART of Kohala will showcase the rich legacy of the arts on the northern tip of our island. With the guidance of a community leadership council, the project is inviting artists to join in discussion circles to help identify and begin building a shared vision of the future of the arts in Kohala. A first phase of the project will create an arts asset map that showcases the wonderful diversity of artists that inspire Kohala today. A second phase will guide a process that envisions the future of the arts in Kohala including planning new public art installations, performing spaces, festivals, murals, even colorful bus stops!

As a small rural community, the arts connect us to one another and provide opportunities to enjoy our higher and deeper human potential. Thanks to winning the recent vote and County Council adoption, the cultural arts have become a recognized component in our Community Development Plan process. It is now up to Kohala to define its own arts future. Learn more about the project, find ways to participate, and see the NEA press release at [www.oneisland.org/hawaii/heartofkohala](http://www.oneisland.org/hawaii/heartofkohala).



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