

Vol.16, No. 09

About Kohala, For Kohala

September 22, 2017

Where's Your Food Coming From? A Glance at the Farm to School Initiative



Initiative, Kohala public school students enjoy locally sourced and freshly prepared meals, such as beef laulau with Okinawan sweet potato, lomi tomatoes, papaya and strawberry, and a whole grain dinner roll. The Initiative, now in its second year, aims to provide delicious meals that support both student health and local agriculture.

Story and photo by Celene Cook

Over the last year, Kohala Schools have moved from meals with processed foods to locally sourced meals with whole foods. Earlier this year, Lieutenant Governor Shan Tsutsui recognized

Kohala Complex Cafeteria Manager Priscilla Galan with a Certificate of Commendation for her leadership, support and aloha in this time of change, when Kohala schools have graciously adopted

See Food, Page 2

Zbytovsky Selected and Published in Successful College Essay Book

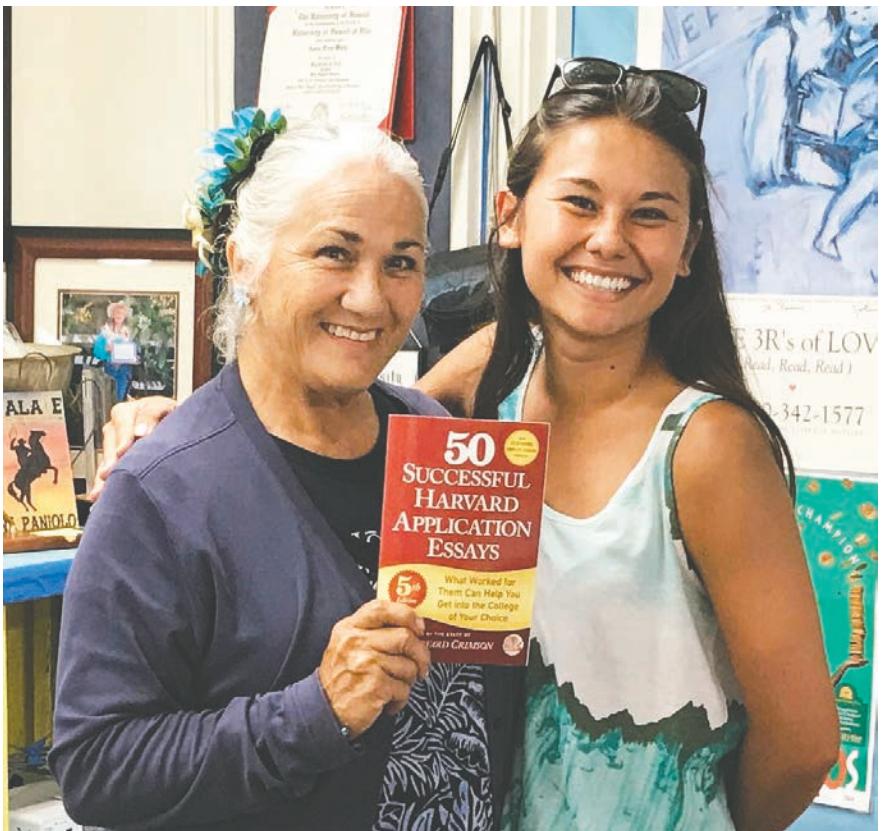


Photo courtesy of Fern White

Kohala High graduate, Yuki Zbytovsky, published as an exemplar in the book "50 Successful Harvard Application Essays," presents a copy to her Advanced Placement English teacher, Ms. Fern White.

Each year in English classes across the country students are writing their college application essays. So do the students here at Kohala High. Many students are admitted to colleges; some are not.

Off to the next phase of their lives they go. Each year this is an expectation for our small rural Kohala High School and its teachers. Last year, one student's essay was selected as an exemplar. Congratulations to Yuki Zbytovsky, Kohala's 2016 graduate, who is published in recently released 5th edition of "50 Successful Harvard Application Essays"!

Ms. Fern White, Advanced Placement English teacher at Kohala High, organizes her instruction in the first quarter of each school year around stu-

dents' essays that introspectively investigate and articulate aspects of themselves. These lead to a collection of college application essays that can also be used for personal statements, resumes' and required personal transition plans.

These essays have often been used by seniors, either as-is or with a few modifications, to apply to colleges or jobs. Part of the instruction involves exemplars from previously published books that contain real, successful college essays. The challenge to write a single-page essay that captures the attention of admissions officers is huge.

Ryan O'Meara, Harvard admissions officer, writes in his review, "Yuki's essay is one of

See Yuki, Page 3

Ag Water Study Reaches Out to Farmers

By Toni Withington

Whether or not Kohala gets a separate agricultural water system may depend on how much farming is projected for the district, water consultant John Richards told the North Kohala Community Development Plan Action Committee on September 11.

Richards, who was hired by the State to conduct a study of the district's sources of agricultural water and the condition of the aging delivery systems, said the year-long study will also include assessments of the future needs for water and the building of a local organizational structure that would be needed to form a separate system. His company, Waimea Water Systems, is conducting a preliminary survey of Kohala residents, not only farmers, to see what their water needs are now and what they might be in five years as part of the study.

The survey is available online (see link at end of article).

Senator Lorraine Inouye, who lined up the funding for the study in response to recommendations by the Parks, Water, Roads Subcommittee of the CDP Action Committee, sounded hopeful about the process of creating a system. She said so far the efforts have brought together many participants in the farming community. The meeting in August drew 60 Kohala residents, while 26 attended the September Action Committee meeting. Inouye said she is reaching out to the owners of large parcels of underused land in Kohala to see what their future agriculture plans may include.

The presentation to the Action Committee was moderated by Carty Chang, the chief engineer for the State Department of Land and Natural Resources, who is overseeing the study for the State

See Ag, Page 2

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Food, continued from Page 1

the Farm to School Initiative. During the school year 2016-2017, Kohala's elementary, middle and high schools ran the pilot program for the Farm to School Initiative for the State of Hawai'i. Due to the success of the initiative here in Kohala, this school year our schools will continue to serve locally sourced meals through the Farm to School Initiative. We are excited to see three more schools on the island of Hawai'i added to the Farm to School initiative: Kalaniana'ole Intermediate School, Ha'aheo Elementary School and Keaukaha Elementary School.

Here in Kohala, our schools

receive ingredients for breakfasts and lunches from farms on the island of Hawai'i as well as neighboring islands. From the Island of Hawai'i, we receive beef from Big Island Beef and milk (served with every meal) from Meadow Gold Dairies.

We receive other fruits and vegetables from farms on O'ahu, such as cabbage from Aloun Farms and tomatoes from Sugarland Growers. We also receive tortillas from Sinaloa Tortillas in Honolulu. Along with these farms we receive product from other local vendors and distributors. From Kohala's own HIP Agriculture here in Kapa'au, we receive our bananas, papayas, oranges,

tangerines and tangelos. HIP Ag also contributes to educating our keiki about food security by educating our youth on stewardship of the 'āina through experiences at our Kohala campuses and at their farm.

This year our students and staff look forward to more local flavors in the cafeteria and to the new recipes that will be introduced. Galan and Chef Greg Christian, the president and founder of Beyond Green Sustainable Food Partners, Chicago, IL, are responsible for creating recipes for nutritious meals from our local sources. Each month we do our best to give our Kohala 'ohana a copy of our monthly meal calen-

dar and throughout the year we value feedback from students and staff through surveys distributed in classes.

For more information we encourage you to check out Lt. Governor Tsutsui's website: ltgov.hawaii.gov/farm-to-school-initiative. The Farm to School Initiative is a public-private partnership with the Lt. Governor's office, Hawai'i Department of Agriculture, Hawai'i Department of Health, Hawai'i Department of Education, Dorrance Family Foundation, Hawai'i Appleseed, Johnson Ohana Charitable Foundation, Kaiser Permanente, Kokua Hawai'i Foundation, The Kohala Center and Ulupono Initiative.

General Plan Revision Topic at Action Committee

By Toni Withington

County Planning Department staff laid out a new organizational framework for the island-wide General Plan, the overriding future land-use document that is being overhauled within the next year. The new outline will give county-wide importance to many of the ideas written into the Community Development Plans (CDP) already adopted around the island, including the North Kohala CDP.

Kevin Sullivan, a member of the Long-Range Planning Division, briefed the North Kohala CDP Action Committee at its September meeting on the changes being proposed for the new structure of the General Plan. The new plan will include more island-wide visions for what the residents want to see over the next 20 years, as well as more action strategies. The CDPs, when they are periodically updated, will include some visioning, but a larger share of action recommendations.

"The General Plan will guide the CDPs into a more predictable form structure, with flexibility to tailor strategies to the will of the various communities," Sullivan said. Right now the CDPs, which were written independently by the many county districts, are original works reflecting the needs and desires of each area. "The idea is to upload many of the recom-

mendations of the CDPs into the General Plan."

Hawai'i County had been treating the various district CDPs and the local Action Committees appointed by the mayor as merely "advisory" to the planning process. Recent court cases that challenged the County when it made decisions without regard to the CDPs, have resulted in rulings that direct the County to enforce the CDPs' recommendations, considering them to be as legitimate as those in the parent General Plan. Sullivan outlined ways that specific strategies named in the North Kohala CDP (County Ordinance 08-151) will be reviewed for inclusion in the new General Plan.

Both the General Plan and the CDPs will have suggestions for implementation and monitoring of such things as mapping native habitat, native landscaping, guidelines for grading and grubbing, shoreline setbacks, watershed management, water quality monitoring, as well as other actions.

The North Kohala CDP was adopted in 2008 and will be up for revisions in 2018. But planning department staff said it may take longer to get around to the revisions, since three other district CDPs will also be up for review next year. The staff will be meeting with Action Committee mem-

bers in October to talk about more specific recommendations for General Plan changes.

The September meeting of the Action Committee (AC) was brief because, once again, there were not enough members present for a quorum. Public comments were taken on items on the prepared agenda and the subcommittees were allowed to report action they had taken since the last AC meeting.

However, two big items on the agenda had to be put off until the November meeting. These are the restructuring of the subcommittees into Community Partners and the prioritizing of County capital improvement projects for the coming years. The AC is asked annually by the County Council to recommend where new construction of facilities should take place in Kohala in the near future.

County Councilmember Tim Richards gave a report on the status of the effort to legitimize tiny houses for agricultural workers. The legislative bill to allow them was vetoed by the governor. Richards is suggesting setting up a test farm, to see if the idea is feasible.

David Tarnas spoke about the new subcommittee organizations, in support of the community partnership model that avoids conflicts with the Sunshine Law.

Ag, continued from Page 1

Commission on Water Resource Management.

Richards suggested that the study has found multiple sources of ag water spread throughout Kohala, but getting water to the right places is the challenge.

"Hopefully some of the \$1.5 million appropriated may be used for planning a system," he said.

"Infrastructure will be the key to what we can do," Inouye added. "That, and the people of Kohala working together to make it happen."

The NKCDP calls for an ag water system separate from the potable water system provided by the County. It was intended to expand on the water delivery now provided by the Kohala Ditch Company, which is in the process of re-designing its management plan.

To enable the public to comment and find out the latest on the Kohala Ag Water study, Chang said the DLNR has created a website at <http://dlnreng.hawaii.gov/blog/2017/09/12/north-kohala-agricultural-water-study-survey/>

Comments can also be emailed to DLNR.EN.KWS@hawaii.gov.

The simple 8-question, anonymous survey can be taken online at www.surveymonkey.com/r/L9R969T or can be requested by mail at One World One Water, 677 Ala Moana Boulevard, Suite 1100, Honolulu, HI 96813.

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Yuki, continued from Page 1

the most personal and effective I have ever read." The review discusses the aspects of Yuki's essay that makes it worthy as an exemplar.

O'Meara also shares how an essay that begins about someone else can be a risk. Yet, O'Meara's review continues, "Yuki's essay is successful because she is able to mention her exciting personal background without making the mistake of writing the essay about someone else. Yuki comes across as smart, articulate and motivated without telling you she's any one of those things."

In a recent visit before returning to Harvard for her second year, Zbytovsky presented Ms. White a copy of the book, wherein Yuki autographed her essay! Yuki shared a message of gratitude writing, "Physically, this book has my name, but I see yours right alongside me as well ... with greatest admiration and appreciation."

Of course, Ms. White shares that she is brought to happy-teacher tears with these remarks.

However, White quickly says that Yuki is incredibly talented. "Yuki is easy to advise and coach because she listens, she accepts the constructive feedback, she makes adjustments and she is willing to re-write her drafts to refine them."

Yuki took parts of her essays

she wrote for class and refined them into an effective, meaningful, expression of fabulous, humble self."

White believes that all Kohala students have great potential. "We are just here to guide and support."

Although sometimes some students cannot accept the challenge of revision, refining and really working to their highest, one day they will," says White. She also says students in her classes can expect to continue writing their personal essays for resume's and college applications with thanks to Yuki and others for their successful use of the essays.

Congratulations to Yuki for this prestigious selection. Thirty nine thousand and forty one students applied to Harvard in 2016, noted as Class of 2020. That was a 4.6 percent increase in Harvard applicants.

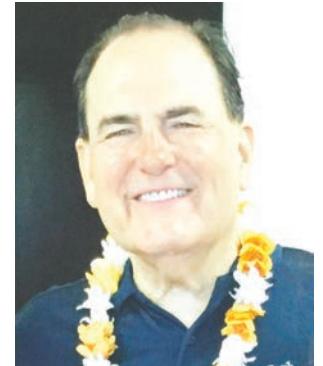
One can only imagine how it might be to read essay after essay from well-deserving students. Two thousand and thirty seven were accepted! Only 50 essays were selected for their 5th Edition of Successful Essays!

Ms. White emphasizes that regardless of what college students are applying to, the exemplars are of great value to any upcoming student seeking admission to the college of their choice.

**Get Smarter! Get Healthier!
Get Kinder!
Mahalo Plenty from KMS
to Comedian Frank Delima!**



Frank Delima in sumo costume performing his parody of Bruno Mars' "24K Magic" (renamed "Sumo Party Magic") for Kohala Middle School staff and students in the cafeteria.



Comedian Frank Delima performed at Kohala Middle School's Back to School Spirit Week.

Story and photos by Celene Cook

Comedian Frank Delima performed during Back-to-School Spirit Week at Kohala Middle School on Thursday, August 24. Using his gift of comedic communication he emphasized three things to our keiki: "Get smarter! Get healthier! Get kinder!"

In full sumo wrestling costume, Mr. Delima shared that middle school is the perfect training ground for growing into successful adults. He talked about how each day's experiences prepare our students for

the tests they'll face at school academically and socially. He spoke of how each person has a gift to share with others and how now is the time to focus and develop it. For example, if one has the gift of comedy, he suggested asking people for permission before telling them jokes that they may not want to hear. He continued emphasizing the value of a healthy life. Mr. Delima warned our keiki about preventable health issues that may happen later in life due to

See Delima, Page 4



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Real Food: Real Farms

Same Canoe Local Food Challenge Brings \$750,000 in Food and Wellness Funding to Hawai'i

By Marcy Montgomery

North and West Hawai'i are home to a dynamic new food and nutrition program that will be connecting consumers to local farm fresh foods and helping SNAP EBT users qualify for free local produce coupons. The Same Canoe Local Food Challenge hosted a one-year pilot project 2015-2016 and has now been awarded over \$750,000 in funding to expand and grow its healthy food/ healthy living programs.

Support from the USDA for food security and nutrition education, Hawai'i Department of Agriculture for specialty crops and AmeriCorps for creating a community service team is being combined with matching stakeholder health and wellness funding to host one of the largest local food initiatives on the island.

In North Kohala, where Same



Photo courtesy of Same Canoe
The winner of the Same Canoe gift certificate for Redwater Café accepts her prize.

Canoe is based, local partners invited to be host sites are Takata Store, Kohala Grown and the Hawi Farmers' Market, with local CSAs, the Hawai'i Blue Zones Project and the Hamakua-Kohala

Health Clinic offering personalized access to locally grown foods and valuable health and nutrition education programs.

The SNAP EBT coupon outreach will be conducted through

local schools, churches, senior centers, youth programs, health clinics and farmers' markets. Other Same Canoe service areas include Waimea, Hamakua and Kona.

This fall, the project is developing learning materials that engage people in appreciating the connection between the source and quality of their food and the potential positive health outcomes from eating healthier and living longer. By winter, the SNAP EBT coupons will be available and Same Canoe's popular local farm tours, food and gardening workshops and nutrition programs will start-up again in North Kohala.

Same Canoe is currently looking for part time Food Advocates to serve North Hawai'i.

To apply, please email green-school@oneisland.org or see www.oneisland.org.

Delima, continued from Page 3

poor diet and exercise habits, such as diabetes.

He shared his own experience of being diagnosed with and winning the battle against type II diabetes, and how he overcame his struggle with being overweight by changing his lifestyle. He performed a parody

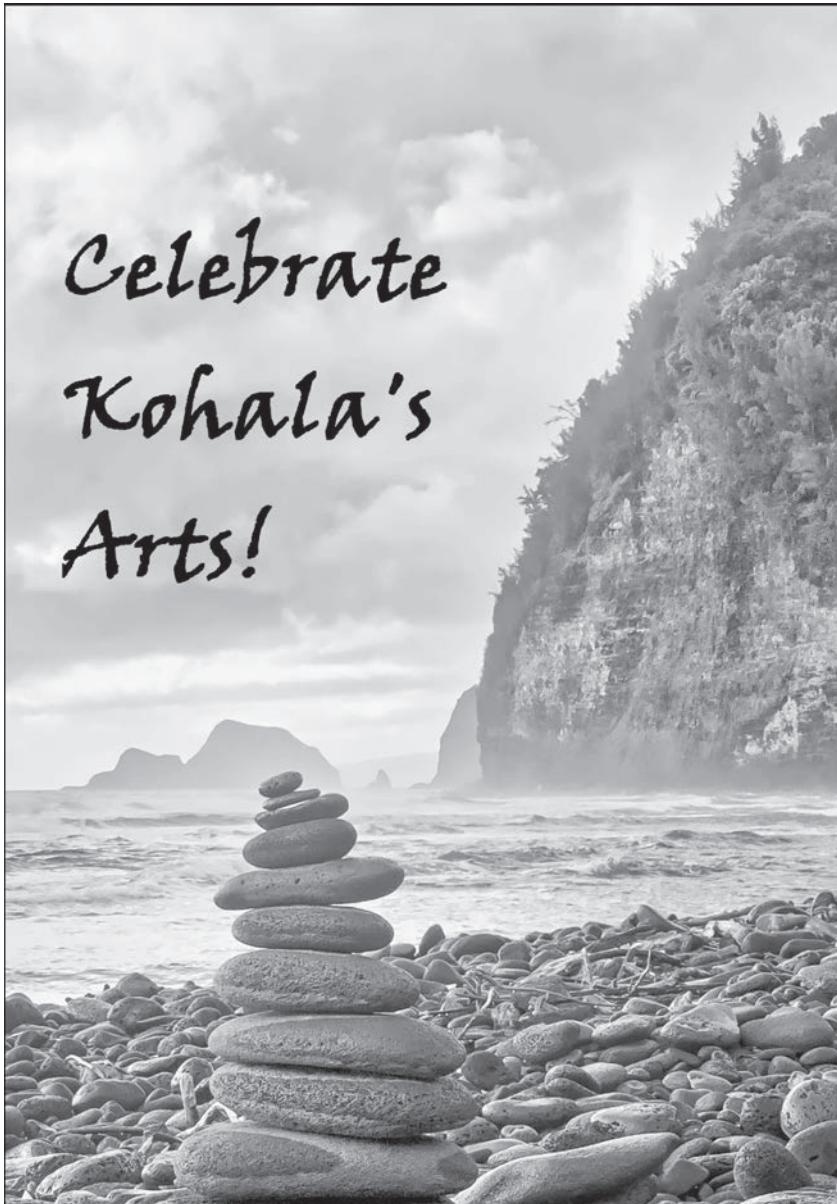
of Meghan Trainor's song "All About That Bass" titled "All About the Waist." He got students and staff singing along, "It's all about the waist, 'bout the waist. No belly! It's all about the pace, 'bout the pace. Walk quickly! It's all about the weight 'bout the weight. Eat healthy!"

Mr. Delima did two sets for

our students in our cafeteria and had us busting up with his performance of his parody of Bruno Mars' song "24K Magic" called "Sumo Party Magic"!

Big Mahalo to Mr. Delima for volunteering his time and energy and coming to the Big Island from O'ahu to share his gift of comedy, as well as the reminder

to practice kindness, to do our daily work and to drink plenty of water. Also, thank you to Mr. Delima's sponsors who covered hotel, food, car and airplane expenses: Big Island Toyota, Hawai'i Federal Credit Union, Hawai'i Community Federal Credit Union and Aiona Car Sales in Hilo.



KOHALA ARTS SHOWCASE

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North Kohala Public Library 3-7:30 pm

Youth Arts Activities
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Canoe Food Pupus
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Arts walkabout
with Hands-on Art and Poetry, Music and Dance performances 4-7 pm

Arts Grant Award News and walkabout Prizes

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- 2) Plan and design future public art spaces and events that strengthen the arts in Kohala,
- 3) Celebrate cultural arts!

heartofkohala.org

County Council Update

From the Desk of District 9 Councilmember Tim Richards



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

Aloha Everyone,
I wanted to give you a brief update of some happenings in our county.

KOHALA WATER

Recently, a meeting organized by Senator Lorraine Inouye was held in Kohala at the HUB to discuss the future of agricultural water and the Kohala ditch. Our State of Hawai'i legislature appropriated \$1.5 million to study the water resources of lower Kohala, identify a sustainable yield and report this information back to be used in a formulation of a plan. The timeline for this is expected to be about one year. Look for this report being issued sometime in summer of 2018.

2017 HAWAII AGRICULTURE CONFERENCE

I attended the 2017 Hawai'i Agriculture Conference in Honolulu from August 26-28. Many topics were on the agenda. Discussions revolved around production, marketing, labor, resource management and other topics. I sat on a panel discussing the availability of agricultural labor and how we might develop more.

There are no simple solutions, no single answers. As I sat through the sessions, it dawned on me that we speak of agriculture as one

entity but it is truly multifaceted. As I listened, I better realized that we could categorize agriculture in many, many different ways.

Agriculture can be for food or for variform agriculture, meaning flowering plants and ornamentals, spices and specialty items (chocolate and vanilla, etc.). It may be organic production methods or more traditional/conventional farming and ranching.

It could be for plants or it may be for animals. It might be small scale, large-scale commercial production or possibly a cottage industry/boutique form of agriculture raising very high value products. Though it is apparent to me that we have varied and different avenues for our agriculture, I am more and more convinced that we in agriculture have sent mixed messages to our communities about who each of us are in agriculture.

When we discuss self-reliance, which implies sustainability, part of the sustainable model is profitability.

High-end food production returns a higher value to the farmer/rancher and thereby aids in their sustainability/profitability model, yet at the same time creates a paradoxical situation for our society. Young families on struggling budgets that would prefer locally grown foods may be priced out of the market if the only production is for a high-end retail sales. Specialty farming, which is traditionally smaller scale, classically has a higher unit cost of production.

Larger scale farming and ranching traditionally has economies of scale coming to play, which typically translates into more affordability. For families on a budget this becomes very important. Because of all this, we have an evolving conundrum.

It is important to realize that all agriculture is important. There is room and need for every form of agriculture. Each contributes to our society and in turn and of itself contributes to the overall agricultural fabric of our county and state. All are additive towards a critical mass that makes all agriculture increasingly potentially successful. Mar-

ginalizing any agriculture is short sighted and harmful. Whether it's taro, beef, tomatoes or other food for our bodies or flowers which is food for our souls, supporting every type of agriculture is important.

TINY HOUSE

While sitting on the panel on the labor in agriculture at the 2017 Hawai'i Agriculture Conference, labor housing came up. Being able to supply housing for agricultural labor is an important way of recruiting that labor. The challenge of high cost for that housing was discussed.

Earlier this year, Councilwoman Jen Ruggles and I put forth a county resolution supporting tiny houses. Though this passed our County Council and the State Legislature, it was vetoed by the Governor citing that our County has provisions to allow this as is. After that session, I had a farmer come to me and volunteer to be the "poster farm" to test and see if we can get some small homes built for agriculture labor. Stay tuned!

KAMEHAMEHA PARK

In North Kohala, Shiro Takata recently celebrated his 88th birthday or "Beiju." In the Japanese culture, the "Beiju" is a celebration of a long life but, more importantly, a life well lived. Shiro Takata embodies that. For as long as anyone can remember, Shiro has been a leader for and giving back to the Kohala community. To honor him, the community set out and asked that one of the sports fields at Kamehameha Park be named in his honor of him. Look for that event in the very near future!

OTHER INFORMATION:

As a reminder, our new office space is in the Parker Square complex in Waimea, Suite 109. We are also up and running for public testimony during County Council and Committee meetings. We look forward to servicing you better out of our new location!

As always, it is a great privilege to continue to serve as your Councilman and I look forward to our future together.

Aloha!

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.

October deadlines:
Ads and News: 10/13/17
Publication date: 10/27/17

November deadlines:
Ads and News: 11/10/17
Publication date: 11/25/17

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.

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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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Learn Origins of Hawaiian People From Local Historian

North Kohala Historian and Storyteller Boyd Bond will present a 'talk story' session on "the Origins of the Hawaiian People" at 6:30 p.m. on Monday, October 23, at North Kohala Public Library in Kapa'au.

In this presentation, Bond will explore the origins of the Polynesian people across the Pacific and trace the history of the peopling of the Hawaiian islands up to the time before Kamehameha the First's great-grandfather, Keawe'Ikekahi'ali'iookamoku, for whom our island, Moku 'O Keawe, is named.

At 6:30 p.m. on Monday, November 20, Bond will offer another presentation on "Food and Agriculture in the Islands."

Boyd Bond's knowledge of Hawai'i's history stems from his academic studies and from a lifetime spent in Hawai'i as a 6th generation descendant of early western settlers in Hawai'i. Boyd was raised in Hawai'i in a sugar plantation family, living on plantations throughout the state.

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

Call the North Kohala Public Library at 889-6655 for more infor-

mation. Program schedule is subject to change. Contact the library 15 days in advance if a sign language interpreter or other special accommodation is required.

Correction

On page 25 of the August issue, a photo of a gathering at the St. Augustine's Episcopal Church Peace Pole was incorrectly attributed to Lynda Wallach.

Sam Gushiken actually took the photo.

We apologize for the error.

The Buzz About Bees



Photos courtesy of Ho'ōla Honey Bee Relocation

Ho'ōla was organized by Kohala residents and beekeepers Kai Hudgins (right) and Kailin Kim (left), with a mission to save honey bees and ensure a safe, clean, and healthy environment for families and pollinators to thrive.

What is the first thing that pops into your mind when you think of a honey bee? Is it the painful memory of your first bee sting or the delicious taste of dripping honey? Chances are you didn't think of a warm cup of coffee, a fresh avocado, or some sweet lychee – all of which depend on bees. In fact, one in every three bites of food we eat relies on pollination by honey bees.

With the North Kohala community goal to produce 50 percent



A large established honey bee colony can contain up to 60,000 bees.

of the food we consume by 2018, it is important to recognize that honey bees are vital to a local, sustainable food system as the most efficient pollinator. According to the Hawai'i Apiary Program, Hawai'i's bee-pollinated produce is valued at \$212 million statewide annually.

Unfortunately, honey bee populations in our islands and worldwide face pests, parasites, diseases, viruses and exposure to toxic pesticides. In a single colony there can be close to 60,000 bees, and female worker bees will fly up to a five-mile radius to forage, exposing them to 79 square miles

of land from their hive.

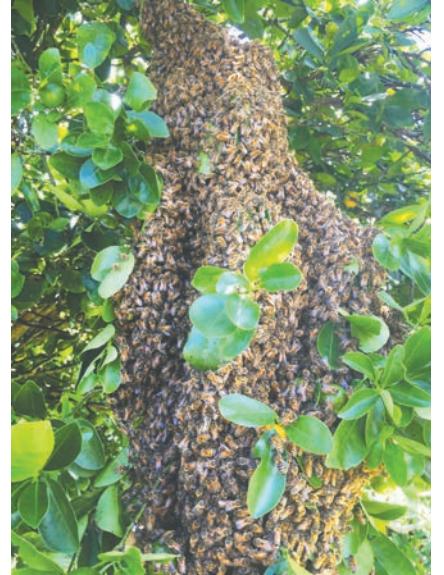
While varroa mites and small hive beetles can be managed by beekeepers, every year thousands of pollinators are killed in Hawai'i by improper pesticide use. Since 90 percent of flowering crops rely on animal pollinators such as honey bees, it is crucial for us all to work together to save our bees for our natural environment and agricultural community.

What can you do to help save our pollinators?

Protect bees from pesticides. Go natural. Think twice about spraying along your fence line and weeds. Never spray blooming plants. Choose bee-friendly options instead. Consider posting a "NO SPRAY" sign in your front yard. If you must spray, make sure to follow the label and spray after dusk to reduce exposure to beneficial insects.

Plant a variety of flowers. Bees require diverse, year-round food sources for a healthy and nutrient-rich diet. Create pollinator-friendly gardens with cover crops and easy-to-grow herbs like lavender, rosemary, and basil. Go native - bees love 'ilima and lehua flowers.

Provide a clean, reliable water source. Just like us, bees need water to cool their hive, especially on hot Kohala days. You can add floating plants to pools and ponds or fill a shallow container of water



Ho'ōla is working to reverse pollinator decline and save honey bees by offering live honey bee removal and swarm catching services across Hawai'i Island.

with rocks and sticks to provide bees access to water without drowning.

Ensure safe shelter. Resist the urge to have a totally manicured lawn and garden. Leave bare ground for ground nesting bees. Leave areas of dead wood and leaf litter for other insects. Never spray a honey bee colony that has moved into an unwanted area. Contact Ho'ōla Honey Bee Relo-

See Buzz, Page 7



A live bee removal being performed on a newly established honey bee colony.

October is National Breast Cancer Awareness Month



Caring for Your 'Ohana, Caring for You

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Buzz, continued from Page 6



All of Ho'ōla's rescued hives are relocated to North Kohala and provide much needed pollination for local farms and gardens.

cation or your local beekeeper to safely perform a live removal instead.

Learn more about the Ho'ōla Honey Bee Relocation project at www.savehealthrive.com or contact Kai at savehealthrive@gmail.com.

Ho'ōla Honey Bee Relocation is a fiscally sponsored project of North Kohala Community Resource Center, a 501(c)(3) non-profit organization. To make a tax deductible donation to Ho'ōla, make your check payable to NKCRC with "Ho'ōla Honey Bee Relocation" noted on the memo line. Checks can be dropped off at the NKCRC office or mailed to P.O. Box 519, Hawi, HI 96719. Online donations may be made at



Honey bees are important pollinators and rely on flowers such as the blossoms of the 'ōhi'a lehua tree to survive.

www.northkohala.org.

The Gardener-Beekeeper Connection

By Anne Fojtasek

I know I'm not the only one enchanted with the possibility of raising my own food. The idea of digging in the dirt and bringing in handfuls of fresh, organically raised produce satisfies something deep within--and I don't mean just my stomach. In addition to an array of vegetables and herbs, laboring in my garden gives me exercise, fresh air and, less tangibly but no less important, a connection to the earth and to my environment. Adding a beehive confers a twofold benefit: the garden offers a ready source of different kinds of pollen for the bees, and the bees help to pollinate my crops. It's a win-win all the way around.

In the interest of becoming as self-sustaining as I can be, I started with a small plot of unused land and set to work. And I do mean work! Not only was the area thigh-high in weeds, but the soil below nearly resembled concrete. Teetering on a pitchfork, rocking back and forth as my weight drove the tines into the hard-packed earth, I turned the plot one forkful at a time. The process probably looked pretty funny, but over the course of two or three months I loosened up the dirt considerably and removed the weeds. I covered the entire area with cardboard to pre-

vented the weeds from immediately growing back. And then I hauled pickup truckloads of manure from our local dairy to cover the cardboard. By the time the cardboard disintegrated, the soil had transformed from concrete into fine, moist black loam, soft enough to be raked and rich enough to grow vegetables.

About the time I started forming raised beds in my newly cultivated soil, in 2014, Sustainable Kohala hosted a presentation on beekeeping. Like many from our area, I showed up that day to hear Jen Rasmussen talk about her apiary in Puna and give tips on tending beehives. The subject intrigued me, but it also sounded a bit overwhelming. So much to learn! And where would I get the hives and equipment I would need? After several failed attempts to arrange to have some hives built, I felt frustrated but still interested in becoming a beekeeper--someday, when I could work out all the troublesome little details.

And then someone suggested to me that I should contact Mariah Barnett, successfully tending a number of hives in her backyard on Kynnersley. By a stroke of good fortune, I ran into Dawn Barnett, Mariah's mom, shortly afterward and expressed my interest in bee

See Bee, Page 8



A healthy frame of brood containing the next generation of worker bees from a rescued colony relocated to Kokoiki.



*Photo courtesy of Mariah Barnett
Mariah Barnett removes an unwanted hive from a Kohala home's foundation.*

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Bee, continued from Page 7

hives. Suddenly I had a starting point in my career as a beekeeper.

Dawn and Mariah had attended the same Sustainable Kohala presentation I had, and Mariah had also met Jen Rasmussen at a One Island event in Waimea. Unlike me, they made a number of trips to Jen's place in Puna, and Mariah also took a course with her in Hilo. Jen sold her two top-bar hives, and Mariah and Dawn got started on their own. By doing the legwork of connecting with Jen, they not only set themselves up in the beekeeping business but also have become our resident experts on the subject--luckily for the rest of us who now don't have to travel to Puna to find this source of knowledge and support while we're learning.

"I really appreciated Jen's whole philosophy of the treatment-free approach," Mariah says. She adds that Jen taught her a lot about the beekeeping industry in general and showed her another path, not so much about profit and more about conscious awareness of what bees need, relying more on kindness and respect and using intuition as a guide. "I was grateful to meet someone who really cared about the bees." The main thing stressed in this style of beekeeping is sustainability. Remembering and cultivating biodiversity is also important, Mariah points out, something the bees can help with as they cross-pollinate

plants in their environment.

To keep the bees healthy, an important factor is that they not be exposed to any toxic chemicals. A beehive needs a place where it can sit in full sun, and it needs to be absolutely level. (My hive sits on a platform placed just for that purpose.) People may wonder about the feasibility of hosting a colony



Bees make their new home in a top-bar hive.

human beings. Keeping even one hive is a good way to help promote a bee resurgence; encouraging the sustainability of bees is a good way to encourage the sustainability of the planet in general and our food supply in particular.

As well as tending her hives, Mariah also participates in several related pursuits. She can remove

of stinging insects in a small backyard, but Dawn and Mariah prove it can be done with no problems. They currently have 14 hives in a postage-stamp-size yard with neighbors in close proximity on either side.

We've all heard about the plight of bees worldwide in recent years. Bee populations around the earth have declined drastically, a scary state of affairs considering that bees pollinate a tremendous number of the crops that feed us

a colony of wild bees from your property and can also place them in a proper hive at your request. She sells honey at the Saturday farmers market in Hawi. She will not only sell you hives and/or bees but will help you learn to care for them, or will care for them for you on your property. Hives need to be checked at least every two weeks to keep them in good shape. Currently Mariah has top-bar hives for sale. She plans to hold classes at some point not only

about beekeeping but also about other pollinators. You can talk to her at the farmers market on most Saturdays.

Seeing bees flitting about my garden as I weed and water and cultivate has been a delight. Since that initial experience of wrestling with a pitchfork in hard ground, I've acquired a small tiller, although I still break out the fork from time to time. Good exercise! Recently I had a new area tilled by a friend with a tractor, which has doubled the space I have for gardening. I know I was wise to start small--gardening can easily turn into a monumental task if you overestimate what you can handle--but like magic I'm also finding that the more I grow, the more I can grow and the more I want to grow. My food bills are falling. As an added advantage, I'm loving the ability to cook some meals entirely from the garden. I'm benefiting my body, my family, my budget and the environment.

"There are lots of moments in life where you can do something that's not helpful to the environment," Mariah says. "I appreciate the more holistic way I was able to learn about the bees." And I appreciate the way I'm learning about the synergy between the bees and the earth and how each part of the system can benefit each other part of the system. Somehow I'm feeling as if I'm growing more than just a harvest of vegetables.

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If you are interested in supporting your community in this way, please call Bobbi Bryant, Volunteer Services Coordinator at North Hawaii Hospice for more information **(808)930-6625**

'Ukuleles Coming to Kohala Village HUB

For the third straight year, the Kohala Village HUB in Hawi will be hosting the Hawai'i Island 'Ukulele Retreat, from October 15 - 21, featuring Brad Bordessa, Kaliko Beamer Trapp, Lady Ipo, Kevin Carroll and Gerald Ross.

'Ukulele classes and workshops will cover all levels of skill and include genres from traditional Hawaiian mele for beginners to swing, jazz, blues and soul for the more advanced.

There are even classes in Celtic 'ukulele and an 'ukulele ensemble class to work on Tchaikovsky's "Chanson Triste"!

In addition to 'ukulele workshops, there will also be opportunities to learn lap steel guitar and 'ukulele bass with Konabob and Gerald Ross, engage in some storytelling with Kaliko Beamer Trapp or take a hula workshop with Lady Ipo.

"I have always felt that the best way to learn music is to surround myself with people who really love playing and to drink deeply from the pool of love and talent that surrounds me," says Konabob, a Big Island musician who has been on the staff of the retreat since its inception. "In a setting like this, one can't help but to make exciting new friendships with the teachers, fellow students and with one's instrument of choice!"

"I've enjoyed being a 'day tripper' at the Hawai'i Island 'Ukulele Retreat in Hawi Town for the last few years," says Honoka'a resident



Photos courtesy of Hawai'i Island Ukulele Retreat

Brad Bordessa



Gerald Ross



Kevin Carroll



Lady Ipo



Kaliko Beamer Trapp



Konabob

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Bob Boyer. "It adds an additional dimension to those of us 'local kine' that live and play here on the Big Island. The retreat not only brings in teachers from the mainland, but also kumu from Hawai'i Nei for a magical musical experience."

All attendees must register

online. Kama'aina can choose to attend as full-time participants or can register for specific classes and workshops.

A complete schedule, detailed descriptions of all class offerings and further information be found at www.HawaiiIslandUkuleleRetreat.com.

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Hawii, Hawai'i

Historic Campus Gets New Life, New Vision

By Ma'ata Tukuafu - Reprinted with permission from Ke Ola Magazine

The parking lot is brand new. The short walk is breathtaking as the sun shines through the lush trees and the road curves, opening up to beautifully renovated buildings. This is the Kohala Institute at 'Iole (KI), and the GRACE Center is the former 19th century Kohala Girls School in Kapa'au, now a state-of-the-art facility.

newly built cottages, GRACE Center offers over 15,000 square feet of learning, meeting, and lodging space.

Noelani Kalipi is the Executive Director of the Kohala Institute, which manages the 2,400 acres of the 'Iole ahupua'a (traditional Hawaiian land division from uplands to the sea). Incorporated in January 2016, Kohala Institute is a separate entity from the New Moon Foundation, a nonprofit founded in 1999 which

solutions for the future."

The entire mission of Kohala Institute is to "provide opportunities to connect with the land and universal values for a better world." To collaborate on solutions means offering a place-based learning experience which "integrates culture, history, contemplative practice, education, and sustainable practices to yield connection to environment, self and others." Does this sound ambitious? Yes, it is,

tions and cooperation, bringing people together to solve problems. Participants establish relationships with the land, with each other, plus find ways to work together and agree to make positive changes. Noelani envisions both visitors and Hawai'i residents learning from this program to increase perspectives and achieve common goals.

The GRACE Learning Journey offers age-appropriate activities that allow participants to



Photos courtesy of the Kohala Institute

An aerial view of the GRACE Center, the former Kohala Girls School.

A lot of planning and work has gone into creating this space which will be home to many programs benefitting young students to corporate gatherings, college-level learning semesters to family reunions.

The Kohala Girls School was founded in the 1800s, and the six buildings which were renovated and turned into the GRACE Center were built between 1874 and 1921. The exteriors were restored to their original specifications, while the insides were brought into the 21st century with modern utilities and amenities including high-speed fiber-optic internet connectivity and a commercial kitchen. Between the restored buildings and a few

owns the 'Iole ahupua'a. Kohala Institute adopted New Moon Foundation's mission and strategic plan: to use 'Iole ahupua'a as a space to bring people together to collaborate on solutions.

"We call it GRACE Center because it is a living embodiment of our core values, represented in the acronym GRACE: Gratitude for what we have been given, Respect for history and culture, Accountability for our actions, Courage to act with integrity, and Engagement of others for a better world," Noelani says. "Our vision is that GRACE Center will be a living lab of place-based and experiential learning for all ages to come together and collaborate on

and Noelani is the first to admit it.

GRACE Programs

GRACE programs are a series of methodologies which offer opportunities for students, individuals, groups and corporations to participate in problem solving, leadership development, and retreats. Programs may be tailored to suit a group's needs and be combined with Hawaiian cultural traditions taught by experts from all over Hawai'i Island.

Collaboration For Solutions is KI's signature program that uses Hawaiian cultural tradi-

learn more appreciation for each other and the earth they live on. Workshops may be customized and are divided into age groups for adults and children.

The GRACE Leadership Journey is a 12-month program for high school juniors that will teach Hawai'i's future community leaders how to communicate in spite of being from different schools, geographic areas and backgrounds. Each student will work with a mentor to guide them through goal setting, life coaching and time management skills.

See Campus, Page 11



In May, Kohala Institute's effort in restoring GRACE Center was recognized by the Historic Hawai'i Foundation with a 2017 Historic Preservation Honor Award. From left to right: Katie Schwind, KI project development coordinator; Katie Stephens, architect, Mason Architects; Noelani Kalipi, KI executive director; Alan Tang, KI board member.

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Campus, continued from Page 10

Growing Economic Sustainability Through Teaching Sustainability

“The GRACE values project is a hands-on experience. It just breaks even [financially], so we have created some other projects in order to help create the funds to support it,” says Noelani. These are sustainability projects which include a fishery, farms, agricultural and ecotourism tours, natural resource management and renewable energy systems.

The Kohala Mountain Fish

agement within the ahupua’a. Divided into distinct time periods, the tours provide guests with information on resource management at ‘Iole, like water distribution through the generations: Kamehameha I’s ‘auwai (pre-Western contact), lateral tunnels (missionary era), and the Kohala ditch (plantation era). The agricultural and ecotourism tours of the fish farm, agricultural projects and sustainability projects include workshops where people can pick products from native botanical gardens and use them while learning

with partners to build a customized electrical micro-grid to provide for energy needs on the property and its multiple facilities. Using solar and other renewable resources, the KI Energy program will showcase innovation and utilize the institute as a living laboratory.

In partnership with the Kohala Ride Wild Club, the institute also hosts horsemanship and equine programs for youth, and licenses parts of the ahupua’a to four ranches.

GRACE Center can hold up to 200 people for a conference

Historic Hawai‘i Foundation with a 2017 Historic Preservation Honor Award. Since the foundation began giving the awards in 1975, the award has been the highest recognition of projects, organizations, or individuals working to preserve Hawai‘i’s archaeological, architectural, and cultural sites.

More recognition of the special place the Kohala Institute has built with the GRACE Center and its programs has come from groups who have experienced ‘Iole ahupua’a. One of the first groups was Lava-



These photos show an original GRACE Center building on the left, and the restored building on the right.

Company, located on five acres adjacent to the GRACE Center, is a closed-system aquaculture tilapia fish farm. It includes a hatchery, nursery grow tanks, processing facility, and a water filtration system. The market for tilapia on the mainland US is over 65 million pounds a year, imported mostly from China. Noelani said within a few years, the fish farm will have the capacity to produce up to five million pounds a year. In addition, Kohala Institute will be able to teach others how to build and put up their own fish tanks on their own properties and to increase economic development in aquaculture-based jobs. Water from the fishery is filtered and feeds into the taro patches located below it.

Informative tours at ‘Iole explore land and water man-

about cultural practices and traditions.

The institute has dedicated 30 acres at ‘Iole to agriculture and currently includes the five acre Kauhale, a garden which includes the lo‘i patch and lei making plants (hau, ‘ōlena and wauke among them). The Mea‘ai food gardens include an ‘ulu orchard, bananas, broccoli, ‘ōlena and kale. Working with University of Hawai‘i’s College of Tropical Agriculture, it is a working research and food production farm. Eventually, KI will allow opportunities for farmers to lease areas to farm and share resources in distribution and marketing. Farm crops will be used to sustain dining needs at the GRACE Center and will provide produce to local businesses, markets and schools.

Kohala Institute is working

and there are 80 beds in total. The multi-purpose facility consists of six newly renovated buildings, and 10 new one-bedroom/one bathroom cabins. There are 40 hostel-style dorm beds, a corporate conference room, a 1,400 square foot great room, a 700 square foot dining room and a certified kitchen and dining room. Other buildings offer classrooms, a library, and individual treatment rooms that can be used for one-on-one counseling, massage, or similar services. These facilities are available for retreats, university collaboration, corporate meetings, conferences, classes, family celebrations, and community events.

Rave Reviews

In May, Kohala Institute’s effort in restoring GRACE Center was recognized by the

roots Performing Arts & Kissidugu Foundation. Michal Anna Carillo recently held their Merveilles Hawai‘i Drum and Dance Conference at ‘Iole and says it was a wonderful experience.

“It was a fabulous space for our drumming and workshop retreat. Everyone loved the accommodations and those who came to the retreat loved it [GRACE Center],” Michal says. “Noelani is positively fantastic and works with a great team of people.”

Michal has already planned their next African Dance retreat called Camp Merveilles Hawai‘i for November 2017 at GRACE Center and says she is excited about collaborating with the Kissidugu in this optimal space.

Another group who has uti-

See Campus, Page 12

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Campus, continued from Page 12

lized the accommodations and learning facilities at 'Iole are students from Maharishi University of Management, a consciousness-based educational institution in Fairfield, Iowa. Lonnie Gamble, Dean of the sustainable living program at Maharishi, created a Hawai'i semester to give students a chance to use the ahupua'a as a living lab. Lonnie

community service day held in the Kauhale Gardens at 'Iole. The students were divided into two groups; some did planting, others worked in the kalo patch. There was a planned activity for the students that included a learning game based on the rock/scissors/paper game, as well as having lunch together.

"The majority of the kids worked, and some weren't as



Working in the Kauhale taro patch is the kind of hands-on experiential learning the institute is fostering.

says the semester-long course at 'Iole has been the most transformative education program he's ever been involved with.

"We are bringing a college presence into Kapa'au and Hāwī," says Lonnie. "Hawai'i is such a great laboratory, and ancient principles are still alive.

Our students learn to plant taro and learn from cultural practitioners. The program continues to exceed all our expectations." Various groups, schools and organizations may customize their tours or programs to fit the needs of their participants. Shelby Loo, a sixth grade teacher at Waimea Middle School, says their students were able to incorporate their core values into their

brave as the others to get into the water in the kalo patch," Shelby says with a laugh. "It was a beautiful day of teaching kids that sense of place, as well as learning the value of hard work."

Noelani said she is excited about demonstrating success at Kohala Institute. Within the strategic plan, between the sustainable tours, the fish farm and the GRACE Center programs, she hopes approximately 100 to 120 new jobs will be created in the next four years.

For more information about the Kohala Institute, GRACE Center and the 'Iole Ahupua'a in North Kohala, visit kohalainstitute.org.

WEEKLY EVENTS IN OCTOBER 2017

MON	6:30AM	7:30AM	AA DAWN PATROL	KAMEHAMEHA PARK (BEHIND POOL)	889-5675
	9AM		KOHALA SENIOR CLUB MEETING	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	6:30AM	7:30AM	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
	1:30PM		AFTER SCHOOL ACTIVITIES FOR ELEMENTARY AND MIDDLE SCHOOL	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, 'IOLE 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 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	

EMAIL WEEKLY CALENDAR LISTINGS TO KOHALACALENDAR@GMAIL.COM

Kohala Hospital Auxiliary Fundraiser

For this year's fundraiser the Auxiliary will be selling Krispy Kreme doughnuts. The funds raised will be used to purchase items for the patients and residents at the hospital, such as new folding chairs for each patient's room.

The Auxiliary also provides scholarships to Kohala students entering into the nursing or general health field.

Most recently, their scholarship was awarded to graduating senior Deysa Yamasaki-Cazimero. She will be attending Hawai'i Pacific University, majoring in nursing.



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GRACE Center Celebrates Grand Opening

On August 18, the Kohala Institute held Grand Opening festivities for the GRACE Center at `Iole. The afternoon and evening include facility tours, a traditional blessing, hosted bar, heavy pupu and live music.



Photo courtesy of Kohala Institute

Kahu Daniel Akaka, Jr., and wife Anna perform the blessing of the GRACE Center for its Grand Opening. To the left of the Akakas (left to right): Senator Lorraine Inouye; Patti Cook; (unknown); Lehua Kaulukukui; and Michael Fujimoto, Kohala Institute Board President.



Photo courtesy of Kohala Institute

A crowd gathers for the blessing ceremony on the lawn in front of the GRACE Center dining hall with event tent behind them.



Photo courtesy of Kohala Mountain News
After the blessing by Kahu Daniel Akaka, Jr., and wife Anna, a dancer in a flowing white gown performed a spinning dance.

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Kohala Sports

Kohala High 8-Man Football...A Work in Progress!

The Kohala High School 8-Man Football team is looking toward the future with a freshman crop worthy of note. Led by touchdown-catching running back Zhane Ching, the Kohala High School Cowboys are looking to keep up with Ka`u and Pahoia on the 2017 season!

Another freshman making everyone take notice is freshman quarterback Ryan Juan-Kealoha, son of offensive coordinator and first-year 8-Man coach Vernon Karratti. Ryan has taken most of the snaps this year in place of returning senior running back Maui Hook.

The freshman connection has already hooked up for a long touchdown pass in the first quarter of their 36-6 home loss to Ka`u on September 2. After suffering defeat to the hands of the visiting Moloka`i Farmers on August 19, the Cowboys utilized a variety of plays versus the Ka`u Trojans, ending with a long touchdown pass from Ryan Juan-Kealoha to Zhane Ching.

Whether it is off-tackle runs, up-the-middle dives, bubble screens or wide-receiver reverse plays, Kohala has dug deep into their "smash mouth" playbook to impress Kohala football fans so far. Its most impressive dis-

play on offense was the numerous yards gained by hard-running all-around offensive player, senior Royce Manning. Royce has lined

and come up with excuses at the thought of getting run over by Manning!

As for Kohala's defense, five-



Photo by Sammie Aiona

Young Kohala Cowboys!

(Left to right): Freshman Zhane Ching, sophomore Zyan Carvalho and freshman Ryan Juan-Kealoha.

up on both the defensive side of the ball, and on offense as a lineman, tight end and running back for the Cowboys this season. He is a load to bring down, as he is often seen running with four to five opposing players hanging off of his pads! Gazing across the line at number 57 must give opponents the shivers and shakes as they try

foot-tall defensive back Zak Javillonar has been smashing opponents with tough nosed approach to the game. Sophomore Zak, along with classmate Zyan Carvalho, has been tough in the secondary when opponents attempt any passing plays. On the run, offenses will have to deal with a trio of lineman led by

senior Aukai Aipia, junior Dayten James-Foree (the grandson of former KHS teacher Mr. Roger James) and junior transfer from Sun City, Arizona, Keola Dewitt. All three players have made a statement that they're here to play ball and they're not giving up any time soon!

If any of you Cowboy fans were wondering what the commotion was all about during the Ka`u game, no, it wasn't about a long Braddah Arraujo field goal; it was about Augie Skelton's speed! Augie is Kohala's fastest player and one will want to challenge any team on this island to compete with the raw speed that Augie possesses! Given head starts of 10 and 20 yards, Augie tracked down Ka`u's speedster, Zachary Kai, to prevent not one, but two breakaway touchdowns! Way to go Augie!

Kohala will be playing a night game at Pahoia on Friday, September 8, at 6:00 p.m. and hosting both Ka`u on September 16 and Pahoia on September 30.

The Cowboys end their season with two away games on October 7 at Ka`u and October 13 at Pahoia. All day games begin at 1:00 p.m. Home games will be broadcast by KNKR-LP 96.1 FM and knkr.org. Go Cowboys!

KHS Cross Country Going Strong!

Under the guidance of veteran coach Melody Nietfeld, Kohala High School Cross Country is ready to face the competition. So far, Justus Ventura and Angelique Kokal have been their top performers. All Cross Country events are held at various schools around the island. The September schedule is:

- September 9 @ Kamehameha
- September 16 @ Keaau
- September 23 @ HPA
- September 30 @ Waiakea

Kohala's VEX Program to Host First Ever Girl Powered Event in Kohala

Kohala High's robotics program, the Na Paniolo Kohala Kowbotics, mentors will host a Girl Powered event on Wednesday, October 11, to coincide with the International Day of the Girl!

The workshop is intended to inspire young women and girls, who might be new to robotics and STEM (science, technology, engineering and math), to engage in the fields and become excited

about science and robotics.

It is free to audit the event, which will begin at 10 a.m. and end at noon at Ms. White's classroom, F30. Refreshments will be served. Enrollment is limited to the first 20 registrants.

Contact Ms. Fern White via email at kohalakowbotics@gmail.com. LEtry kits will be used. If participants would like to keep the kit the cost is \$25.

Further information at 896-0316.



On October 11, Na Paniolo Kohala Kowbotics will host a Girl Powered event to encourage young women and girls to engage in science and robotics.

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Kohala Sports

Kohala High School Homecoming Parade

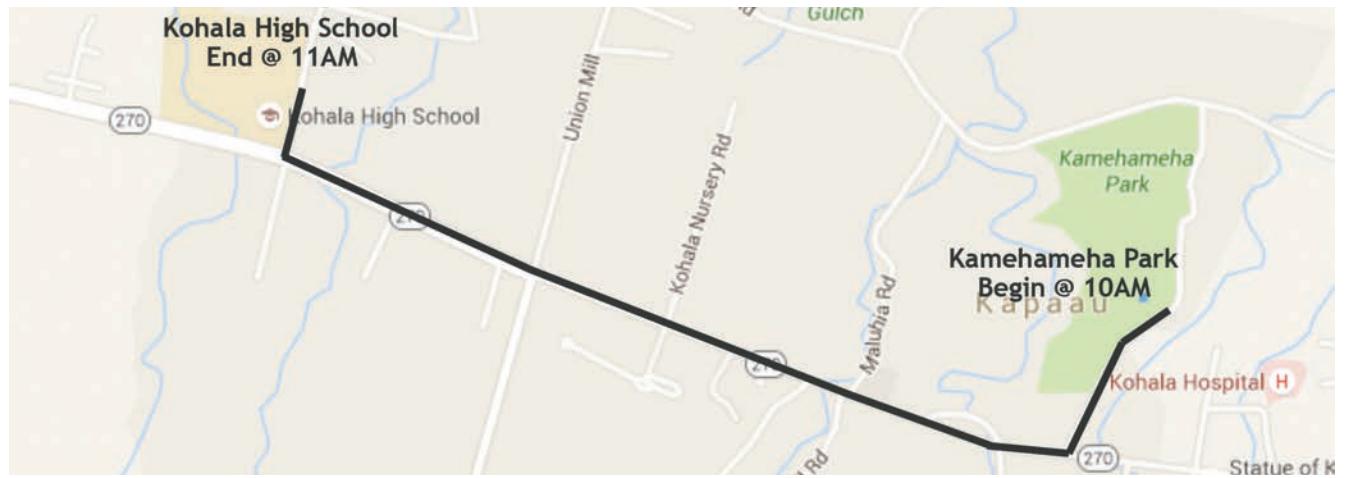
Kohala High School will be having its Annual Homecoming Parade on Saturday, September 30, from 10:00 a.m. to 11:00 a.m.

The parade will run along Akoni Pule Highway from Kamehameha Park to Kohala High School. Please be aware that the road between Kamehameha Park and Kohala High School will be closed during this time.

Please plan accordingly if you need to pass through the area.

We look forward to seeing you at the parade.

Please join us after the parade at 1:00 p.m. to cheer on the Kohala Cowboys football team as they tackle Pahoia in our Homecoming Game.



The Kohala High School Homecoming Parade route will be closed to traffic on Saturday, September 30, from 10:00 a.m. to 11:00 a.m.

Photo courtesy of Kohala High School

Kohala High School Girls Volleyball

The Kohala High School Girls Volleyball team has started their season in Big Island Interscholastic Federation (BIIF) White Division play. With a number of players moving up from last year's junior varsity squad and a few transfers with Kohala roots to boot, the brother and sister coaching team of Nick and U'i Lorenzo have the Cowgirls in search of another BIIF tournament berth.

Returning senior setter CJ Agbayani and junior middle

player Mikayla Kekoa give the 2017 edition of the Cowgirls volleyball team the punch needed to make the playoffs. The libero position is a lock-down with senior Anaiyah-Lee Tabiolo digging volleyball from every square inch of the court. Also providing both great offense and hustling defensive skills are returning varsity starters in juniors Shania Fuertes and Cheylin Imai and senior utility player Zaz Matsu.

Returning to Kohala are

two talented transfers in senior Ku'uipo Kaholoa'a-Mokiao (daughter of KHS Alumnus Ashley Kaholoa'a) and junior Kiana Kauka (daughter of KHS Alumnus Lawrence Kauka). Both girls bring a pretty wicked volleyball game with them to their homeland of Kohala! Along with returning varsity players Cheyenne Fuertes and Angel Ramos is a duo of outstanding juniors in Kaila Pasco and Gabby Tomas.

Not to overlook the junior var-

sity squad, they return four starters in Kalia Emeliano, Jada Hook, Kayla Joy Kealoha and Tiani Perez. Along with newcomer sophomore Krisha Marie Bautista, a promising crop of freshmen led by Mia Fuertes, Pilila'i Kaai, Zoe Meikle and Kaycee Oandasan round out the team.

Because the KHS gym is closed, the Cowgirls action can be caught at Hisaoka Gymnasium in Kamehameha Park this season. Good luck and lots of fun to the Cowgirls!



Kohala Cowgirls Varsity Volleyball Team 2017
 Front row (left to right): Kaila Pasco, Cheylin Imai, Kiana Kauka, Mikayla Kekoa, Shania Fuertes, Gabby Tomas
 Back row (left to right): CJ Agbayani, Anaiyah-Lee Tabiolo, Angel Ramos, Ku'uipo Kaholoa'a-Mokiao, Zaz Matsu, Cheyenne Fuertes



Kohala Cowgirls Junior Varsity Volleyball Team 2017
 Left to right: Mia Fuertes, Krisha Marie Bautista, Kayla Joy Kealoha, Jada Hook, Pilila'i Kaai, Tiani Perez, Zoe Meikle, Kaycee Oandasan, Kalia Emeliano, Head Coach Hinano Lewis

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KOHALA MONTHLY CALENDAR OCTOBER 2017

DATE	DAY	START	END	EVENT	DESCRIPTION	VENUE	PHONE
9/30	SAT	8:30 AM	1 PM	ST AUGUSTINE'S CHURCH ANNUAL BAZAAR	SILENT AUCTION, OUTDOOR BBQ, ENTERTAINMENT	WALKER HALL	889-5801
10/2	MON	6 PM	7 PM	GROWTH MANAGEMENT SUBCOMMITTEE	MEETING	BANK OF HAWAII BUILDING	
10/2	MON	6 PM		THE ARTS IN KOHALA	COORDINATED BY ONE ISLAND, SAME CANOE	NORTH KOHALA LIBRARY	889-6655
10/4	WED	4 PM		COMMUNITY ACCESS GROUP	MEETING	SENIOR CENTER	
10/6	FRI	4 PM	7 PM	KHS FIRST FRIDAYS	CRAFT AND LOCAL FOOD VENDORS	KHS	889-7117
10/7	SAT	7 PM		JEFF CURTIS & UNION MILL JAZZ BAND	DONATION	THE HUB	889-5715
10/9	MON	3 PM	5 PM	NORTH KOHALA PARENT SUPPORT GROUP	SUPPORTED BY N. HAWAII COMMUNITY CHILDREN'S COUNCIL	KINGS VIEW CAFE	989-4894
10/10	TUE	11 AM		ADULT READING DISCUSSION	THE HUNGRY TIDE BY AMITAV GHOSH	NORTH KOHALA LIBRARY	889-6655
10/10	TUE	6 PM		HAWAII FARMERS UNION UNITED	6PM POTLUCK, 7PM PRESENTATION. FOR EVERYONE INTERESTED IN GOOD FOOD, NOT JUST FARMERS	THE HUB	889-5715
10/13	FRI	5 PM	8 PM	CALL FOR AUDITIONS: THRIFT STORE, THE MUSICAL	BRING A 30 SECOND TO ONE-MINUTE MONOLOGUE OF YOUR CHOICE, AND A ONE-MINUTE SONG TO DEMONSTRATE SINGING ABILITY. WWW.THRIFTSTOREMUSICAL.COM	THE HUB BARN	895-2069
10/14	SAT	3 PM	5 PM	CALL FOR AUDITIONS: THRIFT STORE, THE MUSICAL	BRING A 30 SECOND TO ONE-MINUTE MONOLOGUE OF YOUR CHOICE, AND A ONE-MINUTE SONG TO DEMONSTRATE SINGING ABILITY. WWW.THRIFTSTOREMUSICAL.COM	THE HUB	895-2069
10/15-10/21	SUN			HAWAII ISLAND 'UKULELE RETREAT	UKULELE CLASSES AND WORKSHOPS. WWW.HAWAIIISLANDUKULELERETREAT.COM	THE HUB	889-0404
10/16	MON	6 PM		TEEN NIGHT	BOOK VERSUS MOVIE: A MONSTER CALLS	NORTH KOHALA LIBRARY	889-6655
10/17	TUE	10 AM		ADULT & TEEN WRITER'S GROUP		NORTH KOHALA LIBRARY	889-6655
10/17	TUE	5 PM	6PM	CDP SUBCOMMITTEE	POWER, VIEWPLANES, & EROSION CONTROL, CONTACT SUSAN FISCHER	OLD COURTHOUSE	882-7611
10/18	WED	5 PM		PARKS, WATER & ROADS SUBCOMMITTEE	MONTHLY MEETING	OLD COURTHOUSE	882-7611
10/21	SAT	4:30 PM	6:30PM	FREE GRINDZ HOT MEAL	KOHALA BAPTIST CHURCH	BANYAN TREE	
10/23	MON	6 PM		HAWAII'S HISTORY WITH BOYD BOND	ORIGINS OF THE HAWAIIAN PEOPLE	NORTH KOHALA LIBRARY	889-6655
10/24	TUE	3 PM		NATIONAL FOOD DAY	BLUE ZONES COOKING DEMO WITH SUE DELA CRUZ	NORTH KOHALA LIBRARY	889-6655
10/25	WED	4 PM	5:30 PM	RESTORATIVE YOGA THERAPY CLASS	WITH CARLA ORELLANA, CERTIFIED YOGA THERAPIST, BY DONATION	THE HUB	889-0404
10/26	THUR	6 PM	6:30PM	PRAYERS AROUND THE PEACE POLE	ALL ARE WELCOME, REGARDLESS OF RELIGIOUS AFFILIATION	ST AUGUSTINE'S CHURCH	895-5753
10/27	FRI	5 PM	9:30 PM	HAUNTED WALK AT IOLE	WWW.KOHALAINSTITUTE.ORG	KOHALA INSTITUE	930-6653
10/28	SAT	10 AM	12 PM	THRIFT SHOP	AT ST. AUGUSTINE CHURCH	NEXT TO WALKER HALL	889-5390
10/28	SAT	11 AM	12:20 PM	COMMUNITY MEAL	AT ST. AUGUSTINE CHURCH	WALKER HALL	889-5390
10/30	MON	5PM		ADULT & TEEN POETRY GROUP		NORTH KOHALA LIBRARY	889-6655
11/1 - 11/5				MERVELLES HAWAII 2017	GUINEA & WEST AFRICAN DRUM MASTERS WWW.KISSIDUGU.ORG	WWW.LAVARROOTS.COM	

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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 Moihua
www.gos-kohala.org

Kohala Baptist Church
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(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
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9am - Holy Eucharist
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PUBLIC NOTICE

THE HAWAII HEALTH SYSTEMS CORPORATION WEST HAWAII REGIONAL BOARD OF DIRECTORS WILL BE HAVING ITS NEXT MEETING OPEN TO THE PUBLIC:

WEDNESDAY, OCTOBER 11, 2017
3:30 P.M. TO 6:30 P.M.
KONA COMMUNITY HOSPITAL'S CONFERENCE ROOM 2

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

Any questions please contact 322-6970 www.kch.hhsc.org

The Amazing Tooth Bus Returns!



The Amazing Tooth Bus on Kohala Mountain Road on its way to North Kohala.

By Lynn Fraher

Keiki dental services are back at The Amazing Tooth Bus! Please also join us in welcoming our new dentist, Dr. Joseph Coleman.

Recently moved from Honoka`a, The Amazing Tooth Bus is back at Hamakua-Kohala Health's Kapa`au Clinic and is currently scheduling children, including those with QUEST insurance, for Monday and Friday appointments from 9:00 a.m. to 5:00 p.m.

Dr. Coleman began seeing patients on September 11 and already has 99 more waiting! Call the Kapa`au clinic to make an appointment for your keiki to get an exam, X-rays, teeth cleaning and to get out all the "sugar

bugs", get any cavities filled with white fillings, and even have a sealant applied to help prevent cavities later. Emergency, same-day care is also available.

Dr. Coleman plans to, "provide the North Kohala community with great dental care, teaching the proper ways to take good care of [their] teeth and gums and restore any teeth to proper form and function."

We are able to bring Dr. Coleman on board due the generosity of a recent AlohaCare grant, as well as through a joint effort with Luke M. Tarver, DDS, in Waimea. Dr. Tarver has been crucial in helping get the tooth bus operational.

He and hygienist Kalei Hanohano are working closely with Hamakua-Kohala Health and Dr. Coleman to provide a training internship in Dr. Tarver's office for Care Coordinator Wendi Sanchez so she may assist Dr. Coleman.

Kalei used to work with The Amazing Tooth Bus and has offered to come back temporarily, until a permanent hygienist can be hired.

Thank you for joining forces to help attain Hamakua-Kohala Health's mission to provide quality healthcare that is responsive to our patients' and communities' needs.

"It is nice to be able to use

community resources to make a community program a success. It is important to get support from other medical doctors and nurses because, after all, we all want what's best for our community," said Hamakua-Kohala Health CEO Irene Carpenter. "I'm really happy the dental project worked out."

We also want to give a special thanks to those that made the actual move possible: A&B Fleet Services, who performed the safety check, and especially our professional driver Dido Merseburgh. Many thanks to Jesse Ramirez, who volunteered his time to drive our safety vehicle during the convoy, and to the Hamakua-Kohala Health team for working so hard to get keiki

dental services back in North Kohala.

We are still working very hard on expanding to be able to provide adult services too. Thank you all for your patience and support.

Hamakua-Kohala Health provides comprehensive primary and preventative healthcare regardless of ability to pay or health insurance status.

Call for appointments at either Hamakua-Kohala Health locations:

Kapa`au: 889-6236; 53-3925 Akoni Pule Highway

Honoka`a: 775-7204; 45-549 Plumeria Street

Visit our website at hamakua-health.org to learn more about our team's services.



Joseph Coleman DDS is the new dentist in Hamakua-Kohala Health's Amazing Tooth Bus.



Professional driver Dido Merseburgh (left) and safety volunteer Jesse Ramirez (right) brought the Amazing Tooth Bus to North Kohala.

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- Hawi Hill residence

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St. Augustine's Episcopal Church Bazaar Set for September 30

The St. Augustine's Episcopal Church in Kapa'au will hold its Annual Bazaar on Saturday, September 30, from 8:30 a.m. to 1 p.m. Baked goods and favorite ethnic foods will be sold in the James Walker Hall starting at 9 a.m.

A silent auction, guided church tours and entertainment will be part of this historic church's fundraiser, which has happened annually for more than 50 years. Entertainment includes Hula Halau o Mana'olana o Kohala, Hank & Ilona, Ryukyukoku Matsuri Daiko Kohala / Waimea,

Virginia & Friends, Hula Halau Kalaniumi a Liloa, Na Kupuna 'O Kohala, Aleili & The Veils of the Isle, Mila Polevia and St. Augustine's Ukulele Ensemble.

Food concession will offer hamburgers, hot dogs and shaved ice.

The Thrift Shop will be open. There will be a Blue Zones Project booth, white elephant sale, boutique, fruits, vegetables and a plant sale.

For more information you may contact the church office at 889-5390 or email office@staugustines-kohala.com.



Photos courtesy of St. Augustine's Episcopal Church
The Blue Zones Project blender bike uses pedaling to power the blender, its jar full of ingredients to make fruit smoothies.



Concessions sold at the St. Augustine's bazaar include hamburgers and hot dogs.

Kohala Ride Wild Celebrates New Riding Facility!

On Saturday, August 19, the Kohala Ride Wild Club (KRWC) held their second annual Horse Show fundraiser at their new teaching site at Kohala Institute. Over 250 folks attended the event, an opportunity for KRWC and Kohala 4-H Club members to demonstrate their skills on horseback. The families of the over 60 children who benefit from the programs volunteered to help raise money for the cost of maintaining programs as well as improvements to this new site. Mahalo to Uncle Kimo and Aunty Lehua

through its "Ponie Club". All ages are welcome and receive lessons by trained professional volunteers who include Becky Weiss in English riding and Lori Bergin and Wally Ching in rodeo skills. The keiki are mentored by high school and middle school 4-H students and participate in grooming, care, horsemanship and safety classes.

One of their lead programs is a local 4-H chapter. 4-H is the nation's largest positive youth development and youth mentoring organization, empowering six million young people in the U.S.



Photos courtesy of Kohala Ride Wild Club
Renee Perez, Shay VanZandt, Uncle Kimo and Aunty Lehua Ho'opai and Bennett Dorrance bow their heads during the blessing.

Hoopai, who gave the blessing to open the facility.

The Ride Wild leadership team consists of Shay Van Zandt, Renee Perez and Lachelle Crabbe. Both Shay and Renee bring a lifetime of equine training and experience to this program. Since they were children themselves, they have participated in horse riding shows, ranching and rodeos. They consider this effort their "life's work" and want to ensure that every child in Kohala has access to equestrian training regardless of ability to pay.

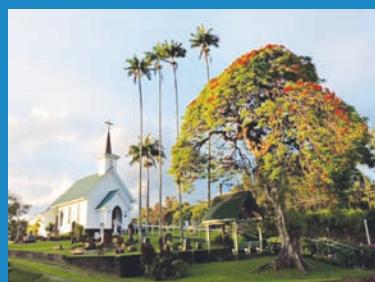
KRWC is a community-based organization dedicated to the agricultural education of our children and the welfare of animals. The club operates mentorship programs and horsemanship classes for children from throughout Kohala, Waikoloa and Waimea

in every county across the country.

The third arm of Ride Wild is their animal rescue program. Dozens of horses are rescued in North Kohala for rehabilitation, training and medical attention every year. Neglected, abandoned and abused horses and other animals find new homes in Kohala through this program. Some are trained and become project horses for 4-H kids and the Ride Wild Club keiki.

The Ride Wild program complements the nine year old Kohala Equine Education Center (KEEC) project, which is in the final planning stages of building a full-service arena adjacent to the new Ride Wild riding facility. KEEC's mission is to provide community facilities in North Kohala

See Wild, Page 19



St. Augustine's Church Annual Bazaar

Saturday, September 30th
8:30 a.m. - 1:00 p.m.
James Walker Hall
Open at 9:00 a.m.

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

NORTH KOHALA COMMUNITY RESOURCE CENTER

Mahalo to the Historic Hawai'i Foundation and the Freeman Family for a \$10,000 support grant toward the re-painting of the Kamehameha Statue.

A BIG mahalo to our Welcome Center Guides, who keep the Center lively by helping visitors and residents alike. If you haven't seen our beautiful storyboard corridor, please stop by!

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



Kohala Ride Wild Club and 4-H members prepare for the opening of the horse show.

Wild continued from Page 18

for agriculturally based educational, cultural and recreational programs, with priority given to those involving horses and horsemanship skills. KEEC has been led by Beth Robinson, Matthew Medeiros, Fern White, Jon Adams, Katie Adams, Bernelle Camara, Christopher Langan and Jill Kupitz. They have worked tirelessly with the Kohala Institute to vision and create this long awaited Equestrian Center for all of North Kohala. "To the extent that opening this new facility caused any confusion in the community about the future Iole arena to be built by KEEC, I apologize," said Shay vanZandt. "I look forward to getting our programs up and running and working with

KEEC to support their efforts to bring a full service equestrian arena to Kohala."

North Kohala has a strong paniolo (cowboy) history, but restricted land access and limited incomes leave today's Kohala children with few opportunities to learn about, care for and ride horses. Up until recently, our rural community had no public stables or arena for horseback riding. Now, with the leadership of KEEC and the establishment of the KRWC free riding program for our keiki, this will soon change. Both projects are deeply grateful for the support of both Noe Kalipi of Kohala Institute and Bennett Dorrance of the Dorrance Family Foundation for their support and guidance in developing these

much needed facilities.

Both KRWC and KEEC are sponsored by the North Kohala Community Resource Center, a 15-year-old, 501(c)(3) nonprofit organization, which is responsible for ensuring that grant funds are spent appropriately and all reporting is completed fully and on-time. Both projects are eligible to receive coaching, support and tax-deductible donations from NKCRC. To donate to these equestrian efforts, send a donation to NKCRC, P. O. Box 519, Hawi, HI 96719 and designate the project you wish to support.

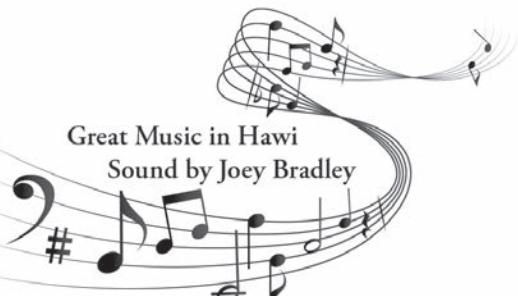
The families and organizers of the Ride Wild Club extend their heartfelt gratitude to the Kohala community who came out and supported this great event.



Ocean VanZandt holds the 4-H flag during the opening ceremony.

The Fine Fingerpicking Stylings of
Jeff Curtis
 Plus
Union Mill Jazz Band
 Joe Barry - Bass Alex Czerny - Piano
 Keith Nealy - Drums Kim Sweeney - Guitar
 Tom Penny - Vocals/Harmonical/Sax
 William Wingert - Guitar/Trombone

Saturday October 7th
7:00 PM at The HUB
\$10.00 Donation
 Food & Beverages will be available

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:

Stay
Plantation-Style Lodging
 Kohala Village Inn offers quaint, comfortable rooms & suites with an authentic Old Hawai'i feel, private bath, eco-friendly products, HD TV, & free WiFi. Our facilities are perfect for hosting your family vacations, reunions, retreats, or visitors.
 Kama'aina & group rates available.
Your Kohala Country home away from home!



Eat
HUB PUB Now Open!
 Kohala is ripe with passion for food & the 'aina. Our HUB PUB features local island bounty & Kohala country crafted food & drinks!
Come join our table and our 'ohana!



Breakfast, lunch, and dinner: Wednesday-Saturday 8AM-11AM, 11AM-2PM, 4PM-9PM
 Sunday Brunch 8AM-11AM

Learn
Enrichment Programs
 The HUB's non-profit community learning center provides a wide variety of programs & workshops for all ages & cultures, encouraging families to grow together.
 Visit www.KohalaVillageHUB.com for our new & ongoing offerings.



Play
Events & Live Performances
 Kohala Village HUB provides perfect facilities to host community theatre, concerts, weddings, fund-raisers, meetings, & gatherings. For upcoming events visit KohalaVillageHUB.com. To inquire & book your memorable gathering today, Email: programs@KohalaVillageHUB.com



Come play with us!

808.889.0404 www.KohalaVillageHUB.com
 55-514 Hawi Rd PO Box 511 Hawi, HI 96719

La'au Lapa'au Workshop Coming to HUB Barn



Photos courtesy of Hui Mālama Ola Nā 'ōiwi
Po'okela Ikaika Dombrignes teaches how to treat various ailments with la'au, the traditional Hawaiian healing practice.

What is La'au Lapa'au? Po'okela Ikaika Dombrignes explains, "La'au Lapa'au is a practice that's been in the Hawaiian Islands for thousands of years. It has to do with natural herbs from the land; plants, animals and minerals from the ocean.

Through the power of pule (prayer), we apply it to our bodies. "Did you know there are over 3,500 types of la'au that grow in the islands?

Hui Mālama Ola Nā 'ōiwi holds workshops and classes across Hawai'i Island to share about la'au and the spiritual practice of using plants to heal the body. Po'okela leads the Hui Mālama educational events, sharing knowledge learned from his kupuna and ancestors of how to use la'au to treat a variety of ailments including hypertension, diabetes, cancer, arthritis and stress.

Po'okela will be leading a workshop on October 21 from 10:00 a.m. to 3:00 p.m. at the Kohala Village HUB Barn, providing participants with the opportunity to see la'au, learn how la'au can be used for health remedies and also learn more about other traditional Hawaiian healing practices including Lomilomi Ha Ha. Seating is limited.

Please call Hui Mālama Ola Nā 'ōiwi at (808) 969-9220 to reserve a space!



Pakika nioi, aloe, moa and 'ie'ie are some of the plants used in la'au lapa'au.

Discovery Garden Completes Successful Fundraiser

On September 9, the Kohala Discovery Garden held a Garden Party benefit dinner at the Kohala Village HUB to raise funds for the project. Farm to School Chef Greg Christian was in charge of the menu, which included a dramatic, flaming Bananas Foster for dessert. The event's silent auction featured a variety of items, including original art pieces.



Photos courtesy of Kohala Discovery Garden



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