

Vol.16, No. 10

About Kohala, For Kohala

October 27, 2017

Kohala Discovery Garden Accepts \$5,000 Monty Richards Hawai'i Island Community Award

The North Kohala Community Resource Center-Kohala Elementary School Discovery Garden is one of three recipients of this year's Bank of Hawai'i Foundation Monty Richards Hawai'i Island Community Leadership Award. The award recognizes outstanding leadership of nonprofits providing benefits for residents of Hawai'i County, with the awards this year focused on helping Hawai'i Island youth of low- to moderate-income households have access to internships, jobs or other leadership, entrepreneurship or skills training. The announcement was made during a special presentation at Kahua Ranch on Monday, Oct. 9. Other awardees were the Akamai Workforce and The Kohala Center, both of Waimea.

The Kohala Elementary School Discovery Garden was started in 2010 after a gulch behind the school was cleared and a mission was created: "To teach in an exploratory manner, sustainable agricultural practices, STEM subjects, wellness and nutrition, and Hawaiian 'pono' behavior in the setting of a school garden." The Kohala Complex was selected as the first Farm-to-School



Photo courtesy of Bank of Hawai'i Foundation

A Monty Richards Bank of Hawai'i \$5,000 grant is awarded to the Kohala Discovery Garden. Present for the ceremony were (left to right) Art Taniguchi (Bank of Hawai'i), Austin Barnes (Akamai Workforce Initiative), Cheryl Ka'uhane Lupenui (The Kohala Center), Lisa Hunter (Akamai Workforce Initiative), Donna Tanoue (Bank of Hawai'i Foundation), Monty Richards (Kahua Ranch), Christine Richardson (North Kohala Community Resource Center), Kayla Sinotte (Kohala Elementary School Discovery Garden), Betsy Cole (The Kohala Center), Roberta Chu (Bank of Hawai'i) and Keene Fujinaka (Bank of Hawai'i).

Pilot Program for the 2016 to 2019 school year in the state of Hawai'i. The cafeteria removed all processed, bagged, canned and frozen food,

replacing it with fresh, local and healthy meals. The North Kohala Community Resource Center will use the \$5,000 grant to support the

FoodCorps Service Member and Part-Time Teacher programs to continue the growth of the Kohala Discovery Garden.

King Kamehameha Statue Update



In 2001, Kohala resident CJ Yamamoto and California-based conservator Glenn Wharton work on restoration of the King Kamehameha Statue in Kapa'au.

Aloha! We have good news about the planned re-painting of the King Kamehameha Statue in Kapa'au. Of the \$40,000 needed to perform this important renovation, \$23,000 has been raised. That means we are hoping to secure another \$17,000 in the next five months in order to schedule the work in early spring of 2018.

With the help of the North Kohala Community Resource Center (NKCRC) we have received two grants from the Atherton Foundation and the Hawai'i Historic Foundation, and a generous individual donation from Oahu.

Every dollar helps, so please consider a donation to care for the first public sculpture ever commissioned for Hawai'i.

You can help in so many ways. Volunteer for the restoration crew or help to run a fundraiser. You can make a tax deductible cash donation to the North Kohala Community Resource Center (NKCRC) at Box 519, Hawi, HI 96719 and designate the Statue project. There are also donation boxes at all the grocery stores in Kohala. Please remember to support this important community effort whenever you see one. Every dollar counts!

Mahalo to the community of Kohala, as always, for your unwavering support in the care of this most important public sculpture of Kamehameha the Great. Please contact Sharon Hayden, project organizer, for this valuable community effort at 889-0169 or email at sharonhayden10@gmail.com.

Kohala Hospital's Emergency Department Opens



Photos courtesy of Kohala Hospital

The newly relocated and remodeled Kohala Hospital Emergency Department opened September 19.

On September 19, Kohala Hospital opened its newly relocated and remodeled Emergency Department (ED).

The new ED doubles its bed capacity from two to four treatment rooms and separates outpatient

emergency care from the inpatient and long-term care areas.

The design of the ED took workflow efficiency and safety into consideration. The new space provides direct access to the emergency

See Hospital, Page 2

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Hospital, continued from Page 1

department, constant monitoring of patients in all four rooms from the nurses' station, easy ambulance access, easy access to lab and radiology services, as well as a new waiting room for visitors.

Security was also an important design component. The new ED has state-of-the-art access doors and is fully alarmed and monitored by multiple internal and external high-security cameras.

This event commemorates the culmination of years of construction and fundraising efforts.

Hospital Administrator, Gino Amar said, "This achievement would not have been possible without the support of the community, especially the Kohala Hospital Charitable Foundation (KHCF). Their support, energy and fundraising efforts have helped move Kohala Hospital into the future with a new level of patient care and service."

On its opening day, the Kohala Hospital Emergency Department treated four ED patients. The hospital treats 1,800 emergency patients annually.

Kohala Hospital is a Critical Access Hospital with acute and long-term care services and a 24-hour emergency room that supports the North Kohala community. It is a member of the Hawai'i Health Systems Corporation, a special agency of the state of Hawai'i established in 1996. Its mission is to provide a healing environment to the community of North Kohala through the provision of quality health care services with emphasis on quality of life to all patients and residents.

Let's BEE Real: A Look into the Reality of Beekeeping

By Kailin Kim

Ask any beekeeper around why they love bees and I'm sure you will get a range of answers. For some it is the relaxing moments in nature spent with the familiar buzz of bees, while others live for the thrill of working with thousands of stinging insects. Nonetheless, one thing we all share in common is a mutual respect and fascination for the tiny insects we know and love as honey



Photos courtesy of Ho'ola
A honey bee suffering from deformed wings, a virus transmitted by varroa mites. This worker bee will never be able to fly or forage and will eventually be expelled from the hive.

bees.

Fortunately for us humans, honey bees work selflessly every day as pollinators of our food resources, generously sharing their valuable honey, beeswax, pollen, royal jelly and propolis with us for centuries. Although not native to

Hawai'i, the importance of *nalo meli* (lit. honey fly) in Hawai'i were recognized since the 1800s, when the first hives were brought here from California. Today, Hawai'i's honey bees face deadly pests, viruses and diseases, but practicing responsible beekeeping methods can help our island bees to thrive.

Interested in becoming a beekeeper? Beekeeping can be a rewarding hobby reaping great



Varroa mites are a tiny and deadly external parasite infesting honey bee colonies in Hawai'i and around the world. However, they can be managed with vigilance and various beekeeping techniques.

and neighbors). Remember, there is always more to learn. Even to the top researchers, beekeepers and scientists, there is still much unknown about the mysterious behaviors and variety of factors affecting honey bees, so remain humble in your newfound beekeeping knowledge.

Before you invest your time and resources into beekeeping, make sure you can commit to properly managing your colonies. As a beekeeper, it is your responsibility to open up and inspect the brood nests of your hives on a regular basis. You will need to be able to recognize and identify signs of viruses and diseases, apply swarm control techniques and manage varroa mite levels.

It is a common misconception that bees can take care of themselves and by purchasing a hive you are helping increase local bee populations. In reality, more harm than good can actually be done if you neglect to monitor the health of your colonies – your bees could unintentionally spread varroa mites, deformed wing virus, European or American Foulbrood, causing harm to thousands or millions of surrounding bees in your area.

Even though backyard beekeeping has become quite a trend in the last few years, you'll also want to consider your neighbors before you set up any hives on your property. Although frequently overlooked, Hawai'i County does list beekeeping as a permitted use only in the 'A' (Agricultural) District and apiaries "must be located no closer than one thousand feet away from any major public street or from any other zoning district." (Chapter 25 Zoning, Section 25-5-72) The last thing you want is for anyone to get hurt or have any complaints headed your way!

When you're ready to get started with bees, you'll need to find a reputable local beekeeper to purchase a starter colony from, preferably one recommended by the Department of Agriculture's Hawai'i Apiary Program. Many people don't know it is illegal to import bees or used beekeeping equipment into Hawai'i and are subject to felony charges and fines up to \$200,000! Make sure

See BEE, Page 3

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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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
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BEE, continued from Page 2

to ask your source how often they check their mite levels and what they do to control mite populations or you could be acquiring more than just honey bees!

The Hawai'i Apiary Program will be an important resource in your beekeeping endeavors. This program was established in 2011 to help protect the health of our honey bees and support Hawai'i beekeepers. Their knowledgeable team surveys apiaries across Hawai'i every year to ensure healthy colonies, prevent the spread of diseases and monitor ports for biosecurity to prevent new pest infestations. They also teach beekeeping classes and

offer free apiary inspections, advice and troubleshooting help to all beekeepers in the state.

Call (808) 339-1977 or visit www.hdoa.hawaii.gov/bees to learn more about their services, join the voluntary beekeeper registry, connect with beekeepers for purchasing starter colonies and queens and find a list of recommended books and websites for reading.

If you aren't ready to become a beekeeper yourself, but are in need of pollination services for your farm or would like to get honey bees established on your property, local Kohala beekeepers of Ho'ōla can provide more information. Contact them at savehealthrive@gmail.com.

Seniors Beautify Judiciary Complex



Photo courtesy of Kohala Senior Nutrition Program

Story by Kealoha Sugiyama

In Kohala, the Hawai'i County Nutrition Program – part of Parks and Recreation's Elderly Activities Division – isn't just about eating lunch, although the seniors do enjoy delicious meals prepared by the Kohala School Cafeteria.

The Nutrition Seniors perform community service at the Kohala Civic Center.

A large tree stump was next to the Judiciary Building, with its surface roots extending outward.

This stump took up a lot of space, which could be used for

parking.

So, the Nutrition Seniors made the effort to dig out the stump and roots, cleaned out the area and removed all the debris.

Our seniors are also taking the responsibility of caring for the Judiciary court yard with the planting of lantana blossoms, weeding, mowing, trimming and watering.

What was once a weed patch is now a thing of beauty.

This is also our participation in the Blue Zone program by socializing, exercising and actively participating in life.



It is the beekeepers responsibility to regularly inspect hives for signs of viruses and disease, monitor varroa mite levels and apply swarm control management practices.



Beekeeping can be a fun and rewarding hobby but requires time, dedication and a willingness to learn.

Mahalo Kohala/Honokaa for supporting our efforts to defeat cancer.

With your help we were able to raise

\$5,344.92

for the American Cancer Society at the 2017 Relay for Life of Waimea!



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Kohala Kentia Continues to Thrive

Kohala Kentia is a wholesale nursery that grows potted palms for interiorscape and exports to the mainland. It was established in 1980 by Shiro Takata, Tamo Kitagawa and Ken Sumimoto. At the time, it was called Kohala Partners and operated on leased land from Kohala Sugar Company. In the early years, there were many challenges to overcome as the nursery export business was in its infancy.

In 1995, Hiram Hagio came on board as the manager of Kohala Kentia, and thus began Kohala Kentia's journey to success. Hiram came with 22 years of experience from Kohala Nursery and had helped develop the export industry. In the years to come, Shiro and Hiram made many changes and improvements to increase the production and quality of the plants being grown. The warehouse was upgraded with an office, restroom and media pad. Equipment, including tractors and trailers, was purchased and three new shadehouses were constructed, all with in-house labor. At the height of their success, over 200,000 seedlings were planted each year and a half-dozen Matson containers filled with 5-10 foot potted palms were shipped to the mainland every month.

The nursery became a very prof-

itable operation, until the Great Recession in 2008, where the market for interiorscape plants nearly collapsed and mainland nurseries closed their doors.

Fortunately, with Shiro's guidance, Kohala Kentia survived the recession and has slowly made its way back to the top.

Kentia palms (*Howea forsteriana*) are well-known by interior designers as the "Cadillac" of interior palms because of their durability in low light and air-conditioned environments. They are used in hotel lobbies, office buildings, shopping malls and Las Vegas casinos.

Today Kohala Kentia has 13 acres of shadehouse production and has 14 full- and part-time employees. It is one of the largest export nurseries in the state of Hawai'i and is the largest grower of Kentia palms in the U.S.

In June, Hiram Hagio retired after 22 years of dedicated service, leaving the new manager, Kim Takata, with the responsibility of continued success! Kim has 25 years of experience, having been the manager of Watanabe Floral for 15 years and the owner of her own nursery, Kilohana Palms, for 10 years. Her goal is to increase the quality of plants and keep Kohala Kentia on top! A new chapter begins.



Photo courtesy of Hiram Hagio
Hiram Hagio, Kim Takata and Shiro Takata relax in one of Kohala Kentia's shadehouses. In June 2017, after 22 years of service, Hagio retired from managing the nursery. Kim Takata has taken on the role.

Reading and Writing Celebrated in North Kohala



Photo by Diann Wilson
Wendy Noritake shares her story with a full house at the North Kohala Public Library.

On September 25, aspiring and published authors alike read from their original works to a full house at the North Kohala Public Library. Eight members of the Hawai'i Writers Guild shared pieces, including humor, memoirs, poetry and prose.

Diann Wilson kicked off the evening with an amusing piece from her book in progress, entitled "A Funny Thing Happened on the Way to Retirement." The standing-room-only crowd greatly enjoyed and empathized with her first attempt to obtain a local driver's license on the island.

Dave Fouts, a resident of Paauhau, read a prose poem as well as three unique selections from his self-published book "Was This It," made up of writings dating back 30 years to present. Wendy Noritake shared a story entitled "Frank and Yosh." This story about her Uncle Yosh will appear in an upcoming



Photo by Steve Hoffman
Diann Wilson practices her piece in preparation for the September public event. Writer's Guild members are encouraged to rehearse before the Author Readings.

book about WWII, the internment, the all-Japanese 442nd Regimental Combat Team and the impact on the Sanseis (Wendy's generation).

Additional writers included Jim Gibbons, Carla "Aleili" Orellana, Duncan F. Dempster, Shirli Shook and Donna Maltz. All are members of the Hawai'i Writers Guild, which sponsored the reading.

The guild is an independent association of professional writers engaged in the promotion of literacy, cultural enrichment, entertainment and dispersal of information through the use of the written and spoken word. The Guild's goals include promotion of artistic awareness and literacy among the general public. For more information about the guild, visit www.hawaiiwritersguild.com

Writers Guild to Read and Converse

The Hawai'i Writers Guild is proud to present talented local writers reading their works and answering questions from the audience on Monday, November 13, at the North Kohala Public Library.

The doors open at 6 p.m. Attendees are urged to arrive early. "There's tremendous talent in our community, which I have experienced in the two North Kohala writers groups I facilitate: one at the library and one at my home," says Eila Algood, Hawi-based poet

and emcee of the event. "With the recent creation of the Hawai'i Writers Guild, I'm meeting many more skilled writers.

We'll hear poetry, short stories and excerpts from novels from both published and unpublished authors. It'll be a fun and interesting evening."

Program schedule is subject to change. Contact the library three weeks in advance if a sign-language interpreter or other special accommodation is required.

THE COQUI CORNER

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Letters

Tribute to Jim Channon

It was 1989 and my California friend said, "You gotta meet Jim Channon—you both are Vietnam veterans—and he is one-of-a-kind. He lives up by San Francisco in Sausalito---on a houseboat, I think!"

But I had just moved to the Big Island---and when I reached Jim, he told me he now lived in Hawi---No way! That's just a few minutes up the road! So with guitar in hand I rolled up to meet him---and we instantly began our 28-year connection by singing songs on his lanai and sharing the pure air of Kohala.

Jim's houseboat history had become his island "lifeboat," where new trees and gardens were sprouting from out of old sugarcane fields--New possibilities! This was the spot he chose after going all around the world many times to find the perfect place to live.

He called the Hawi homestead Artesia---and many were the costumed musical & theatrical affairs we held there over these last 25 years. Jim would talk about "Staging the Genius of Others"...as he gave the gift of seeing the creative spark in another person---and fanning the spark into warm firelight that could shine most brightly.

Oh, I could talk about the consulting work our group had done with Sprint Telephone Company, U.S. Army Generals and technology leaders in Malaysia---or Jim's creation of the First Earth Battalion calling for the world's military to evolve into new role as Earth stewards cleaning up oils spills, reforesting the land and being there to help

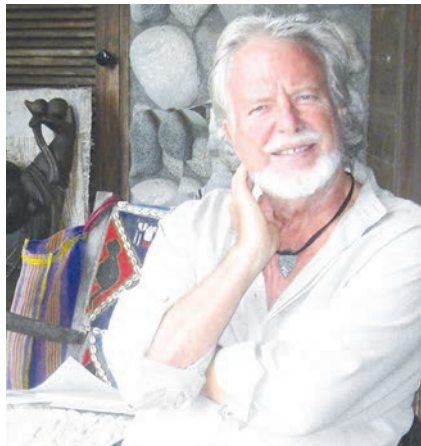


Photo by Forrest Arnold
Jim Channon

after hurricanes and earthquakes... but I invite you to set aside some time to explore Jim's online archive.

"The strong thread you find is that this Man of Heart

Was giving us a vision of how we might start

To shift our direction and to stake a new claim

For a world becoming free of aggression and blame.

No, the vision's not perfect or all thought through

But that's Jim's voice calling to me and you

Se we dream about the changes we'd like to see

And be bold to help the Tribe be what it can be.

You say the job's too big---and we don't have the power

But have you heard about the solid stone cracked open by a flower?

So now as you think about the world you'd like to see

Each us can ask "What's the change that I WILL BE?!"

Dear Jim! You carved a path with purpose and caring

You showed class and humor and you were always daring---

You might sing Shenandoah just a little off key

But your message is not lost on me.

As they folded the striped flag to honor you

My tears fell fast and a great wave came through

Of joy and love and loss and grief

Yet in ceremony and celebration there was relief

That we'd danced with you on this sacred ground

And in you such a wonderful friend was found."

Forrest Arnold

PS: Jim Channon spoke of himself as a "social architect"---but what might that really mean? It's about growing a world community that honors each other's unique qualities, sparks aliveness and purpose and caring as it carries a deep respect for the land and natural world.

So again, I invite you to set aside some time to explore Jim's online archive at <http://channonarchive.com>.

Viewpoint

Information and opinions expressed in viewpoint articles are the responsibility of the author and do not necessarily reflect the position of the News or its staff.

Discarded Monofilament Fishing Line KILLS!



Photo by Marcus VanNguyen
Dead turtle found at Kapa`a Beach Park, entangled in monofilament fishing line.

This turtle has been swimming free for many years and it gave people much enjoyment while swimming at Kapa`a. Its fateful demise came on September 10, 2017, when it crossed paths with a discarded fishing line. The turtle was found dead at the bottom of the ocean at Kapa`a Beach Park. We have seen this turtle many times while swimming there. It is a shame. It is very sad that the turtle is no longer there for us and our future generations to enjoy.

Its flippers were tangled in a discarded fishing line. It was unable to free itself and drowned or starved to death.

We give little thought to break-

ing fishing line when it gets snagged on shore-line rocks or corals. We frequently joke about it. A typical response is, "I got a rock fish!" or, "Damn, that's my best fishing lure!"

BUT THE PROBLEM IS MUCH BIGGER THAN THAT!

Discarded fishing line can wreak havoc both in the water and out of the water. Turtles, seals, whales, sharks, birds, small mammals, boat propellers, swimmers and divers routinely get tangled in discarded fishing line.

The restricted ability of entangled wildlife to move leads to drowning, starvation, vulnerability to predators, infection and limb amputation as the animal struggles against the line.

In addition to trapping mobile animals, fishing line can get tangled around reefs and damage the coral and other bottom sea creatures.

Monofilament fishing line is not biodegradable. Per research, the estimated time for monofilament fishing line to decompose is about 600 years. Therefore, it presents serious environmental hazards for

years to come.

Monofilament fishing line is invisible in the water and also on land. Beachgoers and their keiki can get tripped up on invisible fishing line on the beach.

WHAT CAN YOU DO TO PROTECT WILDLIFE AND YOUR OCEAN?

- Try to retrieve all snagged fishing line, if possible, wherever you fish.

- Replace your fishing line yearly. By regularly replacing your fishing line, you can reduce the chance of breaking it.

- Purchase fishing lines that degrade in five years. Degradable fishing lines are starting to become available.

- Taking the initiative while enjoying your beach and pick up discarded fishing line along the shores and dispose of it properly.

- If you find fishing line, cut the line into six-inch-long strands before disposing of it in a trash container.

- Be aware of what you discard in your ocean.

- Come up with more ideas for decreasing the amount of monofilament fishing line in your ocean.

Marcus VanNguyen

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.

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

December deadlines:
Ads and News: 12/8/17
Publication date: 12/22/17

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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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 want to give you a brief update of some happenings in our county.

BILL 13: EXPANDED POLYSTYRENE (STYROFOAM) REDUCTION BILL: Recently the Hawai'i County Council passed Bill 13: a ban/reduction on expanded polystyrene (Styrofoam) type of containers used in packaging within our county. (This reduction does not address any packaging done outside the County of Hawai'i and primarily targets the single use food containers.) As initially presented, the bill had numerous exemptions, some allowing the County of Hawai'i to exempt itself from the provisions of the bill. This did not sit well with me.

If we as a county feel it is

important enough to pass legislation to start the reduction, we should not then exempt ourselves from that legislation. I believe any legislation passed anywhere is for everyone. Recognizing that we had differences, the Committee on Environmental Management took the bill back to an ad hoc committee, worked out the differences and brought forth a comprehensive bill that was an acceptable compromise. Bill 13 passed final reading and will go into effect on July 1, 2019, allowing time to develop the administrative rules needed to enforce the measure.

WATER SHORTAGE: As many of you have read, North Kona has been experiencing water shortages for the last numerous months. This shortage was not due to aquifer problems, but rather due to pump equipment failures. Here is a rough thumbnail sketch of the situation. North Kona has 13 wells with an approximate production of 22,000,000 gallons of water per day.

The average community water needs for that area is approximately 11,000,000 gallons per day, or only half of what can be produced. With five wells down, total production capacity dropped to approximately 13,000,000 gallons per day. However, with water conservation and restrictions, the community needs had been reduced to approximately 8,000,000 gallons per day. Though not a comfortable position to be in and the redundancy of the system

almost maxed out, the Department of Water Supply was able to keep the water flowing with everyone's cooperation. As of this writing, two of the five wells that were down are back online. This has alleviated the immediate problem, but to ensure that this "perfect storm" does not happen again, an audit has been called for to review the Department of Water Supply and its operations.

Closer to home, Kohala Ranch recently lost both of its wells due to equipment failure. The situation differed North Kona, though, as they had no water source and were running water trucks to keep supplying the system. Through collaboration with the County of Hawai'i, arrangements were made to allow the well crews to come to Kohala Ranch and get at least one well operational.

Going forward, a new water supply task force is being established to address the very unique issues of Hawai'i County potable water supply. Hawai'i County has some of the deepest, and thereby most complex, water supplies in the nation. Because of this, unique challenges and equipment are problematic. Public and private sectors will come together to discuss and figure out how to collaborate and cooperate in the future when issues arise.

MASS TRANSIT MASTER PLAN: As many of you have read, our mass transit system is in disarray. Authorized under a previous County Council, a consultant has

been engaged to review the current mass transit system and formulate a master plan. The bus system for our county is a challenge with numerous obstacles and problems. Relatively low ridership combined with long-distances and the high cost of equipment is difficult to manage. The current annual budget for mass transit is \$14 million, with only about \$1 million generated by fare collection. It is a subsidized entity.

The consultant has scheduled five public input meetings island-wide to gather information from the community. I invite all of you to attend any of these sessions to give your input to the process going forward. The meetings are on October 9 (Kona), October 11 (Kea'au), October 12 (Pāhoa), October 19 (Waimea) and October 24 (Hilo), all starting at 5:30 p.m. In the event you are unable to attend, but would like to submit comments, please send to heleon-suggestions@ssfm.com

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!

GOLDEN OPPORTUNITIES

Mid-century 2BR 2BA building with many upgrades:



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HI State House of Representatives Update

From the Desk of District 7 Representative Cindy Evans



Photo courtesy of Cindy Evans
Hawaii State Representative
Cindy Evans

September had two important events in North Kohala, one was the opening of the new Emergency Department at Kohala Hospital and the other was the confirmation of Rapid 'Ōhi'a Death.

Kohala Hospital
Who was willing to think big and work on their vision for eight years? It was the dedicated staff of Kohala Hospital with support from the Kohala Hospital Charitable Foundation. Their vision was an improved Emergency Department, with appropriate access and design.

Congratulations for achieving your goal and opening the new Emergency Department in September.

Mahalo to the Kohala Hospital Charitable Foundation Board members who organized fundraisers to help pay for construction of the emergency room, collecting over \$1 million. Mahalo to the volunteers who helped at fundraising events: Evening at the HUB, Kahua Ranch BBQ and Michael Minarets Golf Tournament. Mahalo to individual donors.

The Kohala Hospital Charitable Foundation continues a long history of supporting the hospital. The Foundation has replaced beds for the long term care residents, bought a state-of-the-art portable X-ray machine and a warm-food delivery cart and installed landscaping where long term care patients and visitors can enjoy the outside. There is more to do. If interested in contributing time or resources, their address is PO Box 430, Kapa au, HI 96755.

Rapid 'Ōhi'a Death
When I got confirmation that Rapid 'Ōhi'a Death (ROD) had been found in North Kohala, I immediately contacted the State Department of Land and Natural Resources (DLNR) Division of Forest and Wildlife and met with the administrator of the ROD working group.

The ROD Working Group was established in 2015 to coordinate research, management and outreach. To date, the Group has

facilitated the identification of two species of *Ceratocystis fimbriata* (a type of fungus) as the cause of ROD; developed and implemented aerial surveillance and ground-based ROD detection methods; mapped the current extent of ROD affected stands and isolated outbreaks; built a statewide ROD prevention program that reaches many thousands of Hawai'i's citizens every day; provided the science needed to establish Hawai'i Department of Agriculture's quarantine rule restricting the movement of 'ōhi'a material and soil out of Hawai'i Island; and identified the potential vectors that most likely cause spread of the disease.

I have been in discussions with Bob Masuda, DLNR Deputy Director. There is now in place a rapid response plan and budget to help prevent the spread of this isolated outbreak across North Kohala and to Maui. The objective of the containment treatments is to interrupt the disease-insect cycle and limit the amount of inoculum (fungal spores) being released into the environment. Using best-management practices, the goal is to contain this ROD outbreak before it becomes strongly established. Combined with follow up monitoring, these efforts will provide critical information for adapting methods to preventing the spread. The personnel and resources required for this work will include funding for aerial surveys, ground crews and data management.

Since 2014, tremendous progress has been made in identifying and understanding ROD. More than 200 individuals from federal and state government agencies, institutions and non-government organizations in Hawai'i have contributed time and expertise. There has been outstanding cooperation and contribution of resources and staff from a wide variety of non-profits, community groups, private foundations and the invasive species community including the Hawai'i Invasive Species Council, the Invasive Species Committees and Watershed Partnerships.

There is no guarantee, but it is essential we try to contain the disease. 'Ōhi'a forests protect the upper reaches of the state's critically important watersheds, which supply fresh water to downstream communities and agriculture. The state's most endangered native birds, such as the 'akepa and Hawai'i creeper, make their home in high elevation 'ōhi'a forests, along with hundreds of other native animals and plant species. 'Ōhi'a forests have been treasured by native Hawaiians for centuries, not only for practical uses but also in cultural practices.

Go to rapidohiadeath.org to learn about this disease, how to prevent the spread, find helpful links and if you suspect ROD, who you can contact. You are welcome to contact my office to get assistance at 808-586-8510 or repevans@capitol.hawaii.gov.

October is Stop the Fire Ant Month!

Story by Jeff Allen

Currently the Ho'ea Road to Lipoa Gulch infestation is still, by far, the largest confirmed outbreak of little fire ants (LFA) in North Kohala. Several residents on Ho'ea Road have been able to work with Franny Brewer of Big Island Invasive Species Council (BIISC) and one of the owners' representative to get access to the 20-acre nursery property to survey for the little fire ants and start baiting treatment. The

outbreak centered on the buildings and shade house nursery, where it began.

Most of the large landscape trees on the south side of the property appear not to be currently infested.

There is still an unoccupied property on the north side of Lei Kolu Road, on the east side of Lipoa Gulch, that the LFAs have crossed onto. The owner has not been able to be contacted, creating an ongoing corridor for the LFAs to propagate

and spread.

Owners of the other infected properties and concerned volunteers have been working on containing the spread of LFAs around the rest of the area.

However, as LFA research has shown, it is imperative to establish an organized, committed, long-term effort that is coordinated so that the entire area gets treated at the same time.

This will be very difficult until a

well-funded response team can be established for North Kohala.

There is a new website, stopthefireant.org, that has a lot of new, current information about the little fire ant epidemic in Hawai'i.

There is also a good interview on Hawai'i Public Radio's "The Conversation," under the News and Talk Show archives from October 12, about LFAs on the Big Island.

For more information contact kohalalfa@gmail.com.

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Celebrating Down Syndrome Awareness Month in October



Conquer Libron-Crabbe is 22 months old. His parents are Narlynn Libron and Blaine Crabbe. He is baby brother to sister, Symphony, and brothers, Legend and Blade. Conquer enjoys playing, swimming, singing and dancing. And he loves his Hawaiian music, all kinds of foods, and apple juice. He will instantly melt your heart with his smile, love, joy and happiness. He loves to be around people especially children. At times he'll be a little shy, but will jump to you with open arms.



Kamakoa Dela Cruz is also a seventh grader attending Kohala Middle School. His parents are Eugene and Malia Dela Cruz and his older brothers are Pohai and Kanoa. As some of you already know, he loves to give BIG hugs. He believes everyone he meets is his friend. He also loves music and dance. When he gets a chance, he likes to "show off" his dance moves or play his ukulele and sing. His dream one day is to perform in his own solo concert. He loves people, especially his peers. He took an opportunity to participate as "water boy" with his direct support worker, Auntie Kat, this last Kohala Chargers Pop Warner home game on Sunday, October 15, and enjoyed every moment of it!



Jhace Kaipo, a seventh grader at Kohala Middle School, lives in Kawaihae with his mom, Chontel, and has two older brothers, Hezedyne and Haedyn. Jhace is very active with hobbies including tennis, basketball and football. Jhace also loves to dance, sing and swim.



names are Conquer Libron-Crabbe (22 months), Jhace Kaipo (age 12) and Kamakoa Dela Cruz (age 13) and they are amazing souls that radiate pure love and joy. We are grateful to our Kohala community for accepting and embracing our

special boys.

In honor of our boys, we would like to share a little tidbit about each of them. In honor of our Down syndrome community all over the world, we celebrate each and every one of you.

By Narlynn Libron, Chontel Eugenio and Malia Dela Cruz

October is Down Syndrome Awareness Month. For those of you who do not know what Down syndrome is, it is a chromosomal disorder that is associated with intellectual and developmental delays. The disorder is caused by an abnormal cell division resulting in extra partial or full chromosome 21. The most common of 3 types of Down syndrome is called "trisomy 21," where there is a full extra copy of the 21st chromosome in all cells. Their general characteristics are a distinct facial appearance, health concerns and intellectual and developmental delays.

For most families with a baby

born with Down syndrome, it is a scary time, particularly due to not knowing the challenges that baby will encounter. However, agencies such as Easter Seals and Early Intervention (for ages 0-3) bring ease to those families by providing skilled therapists and resources. Through the years, inclusion in schools, jobs and local communities has helped people with Down syndrome flourish with happier and longer life expectancy. Fortunately, here in our own community, there are three thriving boys with Down syndrome—all with trisomy 21. Their

Kohala Scouts Need YOU!

Are you looking for a way to give back to the community? Are you adventurous? Do you love the outdoors? If the answer is yes, Troop 56 in Kohala is looking for a few good people.

People who have a few spare hours each week to mentor and act as Scout Master and/or Assistant Scout Master to our amazing group of boys.

Meetings are once a week from September through June, with a breaks coinciding with the school

breaks. We also camp one or two nights most months and participate in community service projects in town. In addition, there is a Scout Camp at the end of June for one week. We have a group of parents who are willing to help with the needs of the troop, including chaperoning overnights.

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All applicants please contact Katherine Groves at 895-7727.



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Kohala`Aina Fest Returns to Inspire Local Food Sovereignty and Security

The 8th annual Kohala `Aina Festival is back on November 4 from 1-10 p.m. and is better than ever, bringing the most diverse festival program on Hawai'i Island right to North Kohala's backyard.

Taking place on the Historic Halawa ahupua`a in Kapa`au, a favorite location for ceremony and surf of King Kamehameha the Great, this year's festival features a superb line-up of musicians, fabulous performing artists, hands-on educational activities and an incredible Keiki Zone, a collaboration between our very own North Kohala Public Library Youth Librarian Leilani Silver and the Blue Zones Hawai'i Project, including juggling, face painting, smoothie exercise bike activity, arts and crafts, and more.

This year's musical line-up features renowned international and O'ahu-based musicians, including Reggae's rising star Mike Love, legendary slack-key artist activist Makana, Tubby Love & Amber Lily, Paul Izak, Kissidugu Allstar African Drummers, Noelani Love and Ron Artis II. Talented Hawai'i Island-based musicians, including Latin gypsy funk masters Leche de Tigre, Nowelo with a 9-piece blues-rap band, Cosmic Serenity, Hope Medford, Ka'ahale, Ydine, Ok2Change, Llosh and Found, and others will also be gracing the festival's two stages. Performing artists at the event include North Kohala's Hula Halau O Kukui Aloha O Kohala led by Kumu Leia Lawrence; Hawaiian Cultural Center of Hamakua's Hula Hui led by Kumu Lanakila Mangauil; Igknight Fire Tribe; Cirque Ohana's aerial acrobats and jugglers; LavaRoots Dance Company, led by North Kohala's Michal Carrillo, and a live painting demonstration by visionary artist Robyn Chance.

Full line-up and discounted pre-sale tickets can be found at <http://hipagriculture.org/aina-fest/2017>.

For the first time ever, `Aina Fest is offering several community workshops in the week leading up to the event with Bobby Grimes, Hualalai, Dash Kuhr and Craig Capomaggi. The workshops are designed to strengthen attendees' skills of knowledge of natural building practices, including lashing, preparing natural materials

for building, permaculture design, planting and harvesting methods and, most importantly, teamwork. Workshop attendees must have purchased a pre-sale ticket to `Aina Fest 2017 and are invited to attend as many of the workshops they desire, free of charge. Advance registration is required and can be completed by emailing hipagriculture@gmail.com or calling HIP Ag's Programs Manager Lauren Ruotolo at 808-333-8664.

With fall and the changing of the weather comes the Makahiki season, a time when ancient Hawaiians celebrated the harvest and abundance of the lands they so carefully cultivated.

To honor Makahiki season, HIP Ag – a local nonprofit organization that teaches permaculture, plant-based nutrition and the importance of growing our own food – is thrilled to be presenting `Aina Fest for the 8th consecutive year, an educational and musical event designed to inspire more involvement in Hawai'i's blossoming local food system and the malama `aina movement. It is estimated that ancient Hawaiians fed up to 400,000 people with the bounty of these lands, yet in today's modern age more than 85 percent of our food is imported to the island.

By reconnecting to the roots and growing more food, food security and sovereignty can be ensured for generations to come.

The festival will feature a variety

of food vendors offering organic and locally grown offerings for snacks, lunch and dinner. Like last year's event, this year's festival will be zero waste; compost will be collected and only compostable, recyclable, reusable or washable plates and utensils will be used. By hosting a festival that is conscious about its food offerings and its waste, HIP Agriculture is honored to be working alongside a number of other island-based organizations to elevate sustainability consciousness and serve the community through education and empowerment.

`Aina Fest 2017 will be held

at Inhabit Sanctuary and Retreat Center, 53-4223 Pratt Road in Kapa`au on Saturday, November 4, from 1-10 p.m. Tickets are \$45 in advance and \$55 at the gate for adults, youth (ages 9-13) are only \$10, and children (8 and under) are free. Tickets can be purchased in advance online at <http://www.brownpapertickets.com/event/3066649> or by calling Brown Paper Tickets at 1-800-838-3006. For more information, visit www.hipagriculture.org, follow `Aina Fest 2017 on Facebook, e-mail kohalaainafestival@gmail.com or call Maya Parish, Event Coordinator, at (808) 747-3277.



Photo by Sarah Pulcino
HIP Agriculture's Co-Founders Dash and Erika Kuhr take the stage at `Aina Fest.

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Affordable Housing in Kohala: Opportunity or Oxymoron?

By Marcy Montgomery

Hawai'i's housing crisis stems from the high cost of land combined with the high cost of imported building materials and the difficulty in finding affordable, reliable builders. Land, materials and labor all converge to make home ownership in Hawai'i one of the most expensive in the nation and a huge challenge for island working individuals, families, seniors and first time home buyers. Factor in lower-than-average wages and the removal of long-term rentals turned into Airbnb guest lodging, and home buying or renting becomes increasingly difficult for working and retired residents across the state.

Housing availability impacts everyone. If you inherited an island property or moved to Hawai'i with sufficient funds to buy or build, it may appear that these factors do not directly impact you. However, the high cost of home ownership in Hawai'i does actually have a negative impact on everyone in every community. High housing costs impact the quality and diversity of life in any community, limits the available workforce and forces outward migration of our youth, neighbors, farmers and service providers who are forced to move in the quest for more affordable and in Hawai'i's case, rarely available, housing. A healthy community indicator is the availability of housing for people at all levels of home buying or rental abilities who contribute to reaching workforce and neighborhood stability goals.

A team from One Island Sustainable Living recently attended a national affordable housing meeting in Oakland, California, where disparities in housing availability – ownership and rentals – was a hot topic. For many people, the concept of affordable housing appears an irreconcilable contradiction, a true oxymoron. Yet for the 500 people who attended the national Community Land Trust conference, there is not only hope,

but proof, that if we rethink our housing and land use models, there are solutions that increase the stock of lower cost rentals and help first time or downsizing home buyers to find affordable homes in desirable communities. The solution that was the focus of the conference is the power of Housing Land Trusts.

A Housing Land Trust is usually founded as a non-profit organization with a mission to increase the availability of afford-

able statewide and there are 30,000 Airbnb/vacation rentals statewide. The dearth of rentals for local households is directly impacted by the conversion of long-term rentals to short-term vacation rentals. Hawai'i is not alone in this predicament. Florida's Miami-Dade County has developed a first step solution that Hawai'i could wisely benefit from. They are proposing a \$1 per night fee on every vacation rental that goes into an Affordable Housing funding pool. They estimate the fund will generate \$3.4 million a year to help increase affordable housing in their county.

Another advantageous funding mechanism employed is Community Benefit Agreements made between developers, local government and non-profit consortiums. For example, the development of hundreds of new homes in the Mauna Lani and other resort areas can be tied to an investment by the developer in order to win the construction and development contracts. In other communities, three to five percent may be devoted to increasing affordable housing, one to two percent may be dedicated to public art, and another two to three percent to acquiring and maintaining public parks and open space. The towns impacted by these developments then become the direct beneficiaries of investments that serve their local community needs.



Photo courtesy of Ross Chapin

Clustered community housing, designed by architect Ross Chapin, is an example of available affordable housing plans.

able housing services by securing land to best meet local community needs in perpetuity. This is not about building housing and selling to make the highest, fastest profit. Instead, it is about leveraging a variety of public and private resources to stabilize healthy communities by increasing the number of affordable housing units. There are successful Housing Land Trusts around the country – over a thousand, in fact – and there is one on Maui. Some rehab existing houses or commercial buildings to increase affordable rentals or to offer affordable home purchase opportunities. Others secure vacant land and build housing that may range from 4 units to over 200 houses. In all cases, the nonprofit owns or has control of the land and removes the cost of

(city, church, donor or trust) makes the land available to a nonprofit that manages the housing development and ongoing long term services. They may gift, sell below market or lease the land to the nonprofit housing organization that then takes on the responsibility for providing affordable housing for generations to come. Housing is rented or sold to the first owners under a Land Trust based on a percent of earnings, not on the value of the land and improvements. These lower cost methods of home ownership and expansion of rental stock allow for a diversity of workforce and retired residents, enriching and stabilizing local neighborhoods.

If we look at the rental market in Hawai'i, at any given time there are 3,000 rental units avail-

able statewide and there are 30,000 Airbnb/vacation rentals statewide. The dearth of rentals for local households is directly impacted by the conversion of long-term rentals to short-term vacation rentals. Hawai'i is not alone in this predicament. Florida's Miami-Dade County has developed a first step solution that Hawai'i could wisely benefit from. They are proposing a \$1 per night fee on every vacation rental that goes into an Affordable Housing funding pool. They estimate the fund will generate \$3.4 million a year to help increase affordable housing in their county.

Community Land Trusts are evidence that we can turn our Affordable Housing needs into excellent opportunities to build healthier communities in North Kohala.

If you are interested in learning more about affordable housing opportunities in Hawai'i, there will be a meeting at the North Kohala Public Library on Monday, December 4, at 6:30 p.m. Topics will include a Tiny House update, Green Building, creating a Community Housing Land Trust and leveraging Community Benefit Agreements for funding. For information, contact green-school@oneisland.org.

NORTH KOHALA COMMUNITY RESOURCE CENTER

NKCRC welcomes two new Directors to our Board:
Liz Bautista, Educational Assistant at Kohala Middle School,
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Art is the Heart of Kohala

By Malia Welch

North Kohala's artists and cultural practitioners came out in force for the grand opening launch of The Heart of Kohala on October 2 at the North Kohala Public Library. All ages, from less than one to over 80, joined in the lively Arts Walk-about, meeting artists, taking a turn at making art, enjoying music and dancers and discovering new art and wellness activities, includ-

Club's Joshua Bowman.

The capstone for the evening was a video presented by the Heart of Kohala that showcased the diversity of local arts.

That video was an important feature in the grant application that earned North Kohala a National Endowment for the Arts (NEA) grant of \$50,000 to conduct a community cultural planning project. Created by and awarded to

Soleil; Native Hawaiian kapa demonstrated by special guests Lanakila Manguial and the Hawaiian Cultural Center of Hamakua; glass art by Terry Olson; ceramics by Kewanikai and Peter Kowalski; a student triptych painting and book-making projects by Kohala Elementary and Middle Schools; ceramics from the HUB classes with Anna Flint; jewelry hands-on with Catalina Cain and fiber

arts by Christine Hustace. Student pinwheel-making and painting were hosted by author Frank Asch and educator Cathy Morgan, clay flute making by Jill Mandt and Dirk Lummerzheim, Capoeira by Mario Hill, hula by Na Kupuna O Kohala, belly dancing by Veils of the Isles, music by Mila Polevia and Taiko drumming, an ulu floral arrangement by Nani Svendson and many other artists and community members who volunteered their time and efforts to the lively event.

Volunteers John Winters, Yvonne Leiser, Diane Revel, Virginia Fortner, Joshua Bowman, Terry Olson, Cathy Morgan and a youth group from the local neighborhood (Eric, Jordan and Elijah) all joined hands days before and during the event to bring the arts out for all ages of our community.

Winners of the event's art supply, sports and dining gifts and certificates were: Beth Bridygham (Sushi Rock dinner donation), Jean Luke Kanikapila and Kiara Terry.

Watch for upcoming invitations to join in a community planning circle to share your needs and hopes for Kohala's arts. To participate, email greenschool@oneisland.org and see the program introduction videos online at oneisland.org under Arts and Heart of Kohala.



Photos by Malia Welch

Instructor Peter Kowalke (left) observes a Kohala Elementary School student's triptych. A triptych is a set of three associated artistic works intended to be appreciated together.



Musician Mila Polevia provided musical entertainment.

ing Brazilian Capoeira, hula and belly dancing. Participants were encouraged to go on an arts treasure hunt to win dinner tickets for delicious foods provided by the Lotus Café Express food truck and Sweet Potato Café.

Opening with a blessing by Kealoha Sugiyama, diverse afternoon and evening art and music events filled the library grounds, and the rotunda indoors hosted spoken word poetry, a play about Queen Liliuokalani, performed by Jan Asch and Orange Cleghorn, with a short story by Eila Algood.

The front community room became a pop-up arts gallery, while artist tents, exhibits and hands-on events surrounded the building. A community poem on the "heart of the arts" in Kohala was created by multiple contributors and read by the evening audience under the guidance of the Kohala Poetry

One Island Sustainable Living, the NEA grant supports local listening circles and arts engagement activities to assist Kohala in identifying its arts needs and future potential as a vibrant arts community.

The Heart of Kohala is working with the Kohala Artists' Cooperative, local galleries, independent artists and local residents to develop a plan for new public art and events that celebrate local artists and actively engage the public in the arts.

A big Mahalo is due to the many artists who participated in making the opening launch a great success, including sculpture by Greg Pontius and Isaiah Price (who valiantly managed the event set-up); painting and printmaking by Kristi Kranz, Cathy Morgan, Susan Kobzev and Susan Grant; woodworking by Hap Tallman of Old School; assemblages by Alvita

Highway Maintenance in Kohala: Meet with Don Smith, State Highway District Manager

Don Smith is new to the job and recently toured North Kohala with State Representative Cindy Evans. Mr. Smith explained his priorities and his take on what he can do in the immediate future to improve traffic safety. This may mean adjustments to state highway projects for North Kohala. This community meeting is an opportunity to hear from him what to expect from the Department of Transportation and for the community to voice our concerns.

What are the department's

plans for Akoni Pule Highway and Kohala Mountain Road? Items include improved striping and signage, paving from the hospital to Pololu, a major construction project at A'amakao Gulch, the yield sign at the Walaohia bridge and paving on Kohala Mountain Road.

The event will take place as part of the regular meeting of the Parks, Water and Roads subcommittee at 5 p.m. on Wednesday, November 15, at the Judiciary Building (behind the Senior Center and the Police Station).

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Kohala Sports

Kohala High 8-Man Football

Kohala High School 8-Man Football has had a rebuilding season that will see some improvements next year. With a young crop of players and a championship crew coming up, the program has a bright future. Kohala lost their last and most competitively played home game this year at the hands of Pahoa High School, 46-36. With Kohala up at the half, Kohala's Augie Skelton took the second half kickoff 75 yards to the house to extend their lead. On the ensuing Kohala kickoff, Pahoa's

all-everything back, Keala Harris, decided to take matters into his own hands running the kickoff back for a 65-yard TD! Harris then scored on five consecutive Pahoa possessions with three rushing, one receiving and a punt return – all for touchdowns! What a performance by an opponent! Hats off to Pahoa High, which is the cream-of-the-crop this year in 8-Man Football. Kohala ended its season with a 60-0 loss at Ka'u and two more away games at Pahoa.

KCAA Biddy Basketball Hits the Court in Midseason Form

Biddy Basketball for Boys and Girls, ages 5-8, are in mid-season form and you can catch those little aspiring basketball players on the court at Hisaoka Gymnasium on Mondays and Wednesdays from 4:00-5:15 p.m. The league facilitates 66 players on six teams. Three teams of 5-6 year-olds are coached by (Team 1) Head Coach Dennis Matsuda and Assistant Coaches Bryson Carvalho and Kenika Matsuda; (Team 2) Head Coach Justin Cabanting and Assistant Coaches Nicole Cabanting and Julie McPeck and (Team 3) Head Coach Ashton

Salas and Assistant Coach Sione Vakauta.

Three teams of 7-8 year-olds are coached by (Team 1) Head Coach Reeve Cazimero and Assistant Coach Ryan Bautista; (Team 2) Head Coach Kelby Kaaekua-hiwi and Assistant Coach Kawini Viernes and (Team 3) Head Coach Kaipii Puou and Assistant Coach Kau'i Cazimero.

Mahalo to our volunteer coaches that make league play possible! Big mahalo also goes out to KCAA Biddy Basketball Sponsor, Hawai'i Community Federal Credit Union.

KCAA BIDDY BASKETBALL GAME SCHEDULE 2017

ALL GAMES BEGIN AT 4:15

5-6 AGE GROUP	7-8 AGE GROUP
1. DENNIS	4. REEVE
2. JUSTIN	5. KELBY
3. ASHTON	6. KAIIPII

DATE	MONDAYS		WEDNESDAYS	
	LEFT COURT	RIGHT COURT	LEFT COURT	RIGHT COURT
SEP 18-21	1 VS. 3	4 VS. 6	2 VS. 3	4 VS. 5
SEP 25-28	2 VS. 1	5 VS. 6	1 VS. 3	4 VS. 6
OCT 2-5	2 VS. 3	4 VS. 5	2 VS. 1	5 VS. 6
OCT 9-12	1 VS. 3	4 VS. 6	2 VS. 3	4 VS. 5
OCT 16-19	2 VS. 1	5 VS. 6	1 VS. 3	4 VS. 6
OCT 23-26	2 VS. 3	4 VS. 5	2 VS. 1	5 VS. 6

WEEKLY EVENTS IN NOVEMBER 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 NOV 1: WII GAMING NOV 15: LEGO BUILDING NOV 22: THANKSGIVING CRAFTS NOV 29: BREAKOUT GAMES	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	WYLLIE 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

Lights at Kamehameha Park to Be Repaired

On February 14, 2015 gale force winds blew the roof off the old grandstand at Field A.

Subsequently the building, which also housed the electrical supply for the field, was torn down. A new electrical housing was built, and power was restored in August

of this year. It was then determined that the lights atop the poles needed repair.

Parts were ordered from the mainland and are now en route. The repairs to the stanchions are schedule for the week of November 13-20, according to a spokesperson.

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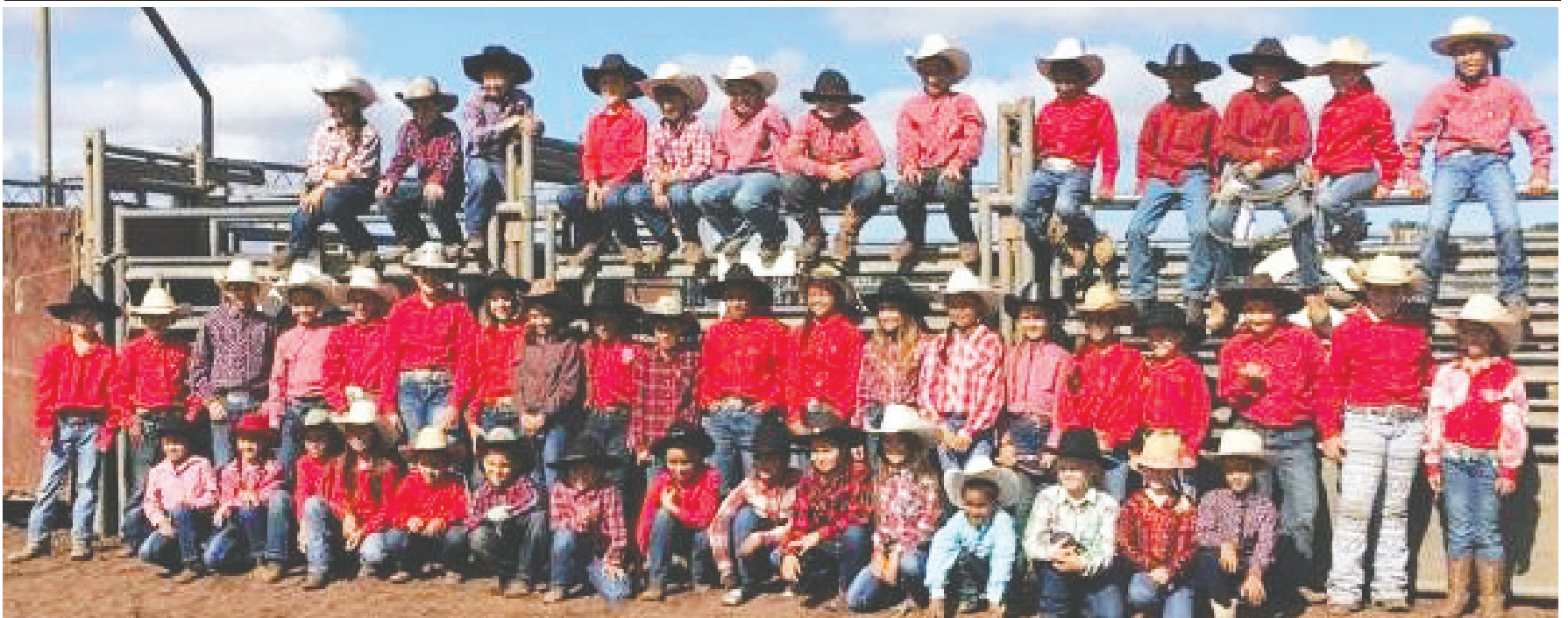


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Kohala Sports

The Hawai`i High School Rodeo Association Kicks off the New Rodeo Season for 2017-2018



HHSRA Keiki Rodeo Kicks Off the 2017-18 Season at Parker Ranch Arena on Saturday, October 7.
 Photo courtesy of Lachelle Crabbe

Keiki Cowboys and Cowgirls, grades K-5, from both North and South Kohala assembled for Opening Day of the Hawai`i High School Rodeo Season at the Parker Ranch Arena on Saturday, October 7.

It was a bright and sunny day on the Lalamilo side of Waimea with the scenic Kohala Mountains overlooking the arena grounds and the blues of our Pacific Ocean at Kawaihae providing a picturesque backdrop for the events that would unfold throughout the day. With a brushing and a watering, horses were ridden up and down the pit area to warm up. After a short meeting by all participants and the association's leaders, the rodeo announcer got everyone off to a brisk and orderly start.

The event started off with Dummy Roping for keiki grades K-2 and then went to the fast

and furious event of Barrel Racing for grades K-5. By 10:00 a.m., keiki were into Breakaway Roping, where keiki grades 3-5 attempt to rope a calf from horseback over the head and then let go of the rope for time. This event exemplifies the bond between rider and horse in a transition to the skilled events that the middle and high school riders perform.

Next on the schedule were Goat Undecorating, Boys and Girls Goat Tying and Keiki Calf Mugging. Don't let the names of these events intimidate you; these events help Keiki Cowboys and Cowgirls hone the skills they use on the ranch. In

fact, all of these events teach skills that are required in everyday life when raising animals. The day ended with Calf Riding for grades 3-5; and oh boy what a fun event that was! Every competitor has to stay on the calf for eight seconds, but everyone fell off in spectacular fashion a bit

short of the time!

All in all, Opening Day was a day anticipated by all keiki Cowboys and Cowgirls and what a fun event it was! Next HHSRA (Hawai`i High School Rodeo Association) event: Saturday and Sunday, November 4-5, at the Parker Ranch Arena.

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Kohala Sports

KCAA Sports Update: Volleyball and Biddy Basketball

KCAA Volleyball practices and games have started up this month with 60 registered players on six teams.

Practices were held on Tuesdays and Thursdays at Hisaoka Gymnasium from October 3 until the first season game. Games with other towns will start on October 17 and run through November 30. Hawai'i County Parks & Recreation Volleyball will be posting the season schedule shortly. Thank you very much to our volunteer coaches for all of the six teams.

Team 1: Scott Schmitt; Team 2: Rick McEvoy; Team 3: Chyler Imai; Team 4: Celene Cook; Team 5: Hank Mendez and Team 6: Krystle Giron. Thanks to KCAA Volleyball Sponsor Kapa'au Veterinary Center for sponsoring our coaches and players!



Photo courtesy of: Mary Jane Sullivan
Ages 5-6 Coach Dennis Matsuda, Assistant Coach Bryson Carvalho and their Biddy Basketball Team for 2017

St. Augustine's Episcopal Church to Celebrate "Feast of the Holy Sovereigns"

In 1860 King Kamehameha and Queen Emma asked the Anglican Bishop of Oxford to establish the Anglican Church in Hawai'i. The King had visited England as a young boy and experienced the beauty of Anglican liturgy, a quality that seemed attuned to the gentle beauty of the Hawaiian spirit. The Episcopal Church of Hawai'i celebrates the King and Queen for their foundational role in its presence on the islands.

A service with Hawaiian music and Eucharist will take place at St. Augustine's Episcopal Church on November 28 at 6:00 p.m.

2017 Ironman World Championship Bike Turnaround

Once again, the commercial block of Hawai was the turnaround point for the Ironman World Championship triathlon. Athletes from around the world start the race at the Kailua Pier with a 2.4 mile swim, then cycle 112 miles from the pier along the coastline to Hawai

and back. Finally, they run 26.2 miles through iconic Big Island lava fields in furnace-like heat – a round-trip from Kona to NELHA (Natural Energy Lab of Hawai'i) and back – and at last through thousands of cheering supporters to the finish line on Ali'i Drive.



Photo by Deanna Lee
2017 Ironman athlete Heather Jackson finished 4th in the Female Professional category.

Mark your Calendar, Happy BirdDays is November 25

The Hawai'i Wildlife Center (HWC) will be celebrating its sixth anniversary with Happy BirdDays!

This year's Happy BirdDays celebration will be a community birthday bash with carnival and party games, bird jeopardy, raffles, arts and crafts, cake and popcorn, and more! Happy BirdDays will be on November 25 from 10 a.m.-3 p.m. Admission is free.

Raffle prizes include art prints and a poster from artists Patrick Ching, David Hayes, Caren Loebel-Fried and Liz Miller, as well as stickers and accessories from Pueo Boutique and Claudia Hafner. The grand prize is gear generously donated to HWC by Patagonia Hawai'i.

Everyone who attends that makes a get well soon card or artwork to display in the HWC wildlife hospital or brings an item from the HWC's wish list (i.e. original blue Dawn soap, paper towels, etc.), will get a free raffle entry! Don't worry if you don't have the time or supplies, as there will be a card-making station at HWC if you'd like to make a card when you arrive.

The celebration will again include a painting party with guest wildlife artist Patrick Ching. HWC will also have ornament-making, ID tag making and coloring pages available. New this year are carnival games and party games with prizes.

Bean bag toss and ring toss will be going on all day and there will be a pin-the-beak on the uau competition at 10:30 a.m. and Bird Jeopardy at 2:30 p.m. Games and activities are free.

Also on the schedule are tours of the Hawai'i Wildlife Center hospital facility for those who are interested.

For more information about the event and a full schedule, please visit <http://www.hawaiiwildlifecenter.org/happybirddays.html>.

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Inhabit Begins Retreat Center Construction

By Beth Thoma Robinson

The dream of Hawi residents Patrick and Mindy Meiering to complete the long-envisioned retreat center in Halawa is coming to fruition. When the Meiering's moved to Hawi from Colorado in 2014, they had a vision of creating a retreat center where the wisest teachers from the community and around the planet could share their teachings. They begin looking for a place whose natural power would support learning, growing and authentic transformation.

That summer, Vipassana Hawai'i put their lands near Hapu'u Bay on the market. The property sale included a special use permit for a retreat center. The stars aligned and that special Kohala place had been found. Patrick and Mindy envisioned the property becoming part nature sanctuary, part teaching facility and part organic farm and nursery. They called it "Inhabit Sanctuary and Retreat Center."

In early 2015, before touching a blade of grass and in preparation for restoring the lands, Patrick and Mindy asked Danny and Anna Akaka to perform a formal blessing ceremony at the Inhabit property with local community members in attendance. Patrick says, "We wanted to respectfully honor the land and pray that it be of the highest service to always help the people and the planet."

They began by clearing the 172-acre sanctuary of Christmas berry and lantana to give the land some badly needed time off from decades



Photo courtesy of Inhabit Sanctuary and Retreat Center

Kahu Danny Akaka, Jr. and his wife, Anna Akaka, performed a blessing ceremony for the land that will host Inhabit Sanctuary and Retreat Center. Patrick and Mindy Meiering acquired the property from Vipassana Hawai'i.

(Left to right): Patrick Meiering, Mindy Meiering, Kahu Danny Akaka, Jr. and Anna Akaka

of heavy cattle ranching and cane cultivation. It worked. Three years of tending and planting have resulted in the return of natural grasses, the reestablishment of a 180-tree macadamia nut orchard and the cultivation of healthy soils to support the intensive vegetable gardens that are managed and operated by Inhabit's neighbor, HIP Agriculture.

Currently, basic infrastructure for the retreat center's facilities is being installed, including gravel roadways, water storage tanks, photovoltaic solar panels and barns. The coming weeks will begin construction on the first of their facilities: a 12-unit yurt

village with bath house, administrative office, eight-room residence hall, two cottages and two small group meditation/yoga halls. They plan on a small scale opening in the summer of 2018 for teacher-student groups of 12 to 30 people.

The long term facilities plan is for residential accommodations of up to 100 retreatants and includes a main meditation/yoga hall, additional cottages, staff housing, kitchen/dining room, reception area with book store and maintenance building. Teacher-student groups will stay on site anywhere from three to 60 nights with the average group stay estimated at seven

to 10 nights. Most teachers will keep their students on-site during their stay to encourage continuity of practice and group connection.

In addition to expanding the mac nut orchard and nursery area, the intensive agriculture area will also grow to include new orchards, produce gardens, farm worker housing, packing and refrigerator house and shade house. They are aiming for a grand opening sometime in 2020.

The roots of Inhabit run deep in mindfulness meditation, yoga and other contemplative practices that cultivate compassion, wisdom and are in service to all people and the natural world. The Meierings called their mix of nature sanctuary, organic farms and retreat center Inhabit "because of what the word inspires and how it informs."

They ask, "How do we inhabit our planet, the land, the water, our own bodies? What can we learn by how we inhabit both our internal and external environments? And, what are we 'in the habit' of doing?" They believe by asking these questions, we can uncover our innate goodness and ultimately better serve one another and the planet we call home.

Meet Patrick and Mindy and learn more about Inhabit and their vision at the upcoming 8th Annual 'Aina Fest, held on Saturday, November 4, on the Inhabit property. They will have a booth set up where you can experience first-hand the transformation they have brought to the land.

Kawaihae Restaurant Pays It Forward

For the second year in a row, the Kohala Burger & Taco food truck crew helped make the day for keiki from Kawaihae's Kailapa Community Association's 5th Annual Na Kilo 'Aina Camp. The camp was held over this year's school fall intersession. The kids and their supervisors were well-fed after being served the popular Taco Tuesday crunchy Hawai'i grass-fed beef tacos at no cost to the organization.

On October 11, close to dinner-time, keiki of all ages enthusiastically greeted the large white food truck and opened the gate with lots of thumbs up hand gestures.

Chef Cary Peterson said he felt like the Pied Piper as he drove to the parking site with 65-75 kids running behind. "It was such a joy to see the expressions on the kid's faces," said Peterson, when he was temporarily overwhelmed with emotion. "I was

fortunate that long-time employee Auli'i Leialoha of Kapa'au and employee Richard Barnes of Waimea were with me, as we supported this great program for our small rural community."

Na Kilo 'Aina camp activities build communities watchers and observers of our 'aina: all those things that sustain us and contribute to our overall health and wellness. This year's camp was one of several of the Kailapa Community Association in Kawaihae supported with grants from the Office of Hawaiian Affairs and the Russell Foundation. Kohala Burger & Taco restaurant, located in Kawaihae Shopping Center, is in its seventh year of serving fresh island foods. Owner and Chef Cary Peterson has received several local cooking awards and participated in other island food events. For more information go to www.kohalaburger.com.



Attendees, supervisors from Kailapa Community Association Na Kilo 'Aina Camp and employees from Kohala Burger & Taco have a good time at the Taco Tuesday meal provided to the campers at no cost.

Hawaiian Food and Agriculture: From Canoe Plants to Present

North Kohala Historian and storyteller, Boyd Bond will present a 'talk story' session on "Food and Agriculture in the Islands" at 6:30 p.m. on Monday, November 20, at the North Kohala Public Library in Kapa'au.

Starting with the native environment and examining the canoe plants the first Polynesians brought with them, Bond will describe ancient foods and farming practices. He'll examine how they changed with western contact and trade, changed again with large-scale commercial agriculture, then changed once more with the emphasis on regular shipping.

Boyd Bond's knowledge of Hawai'i's history stems from his academic studies and from a lifetime spent in Hawai'i as a 6th generation

descendant of early western settlers in Hawai'i. Boyd was raised in Hawai'i in a sugar plantation family, living on plantations throughout the state.

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

Call the North Kohala Public Library at 889-6655 for more information. Program schedule is subject to change. Contact the library 15 days in advance if a sign language interpreter or other special accommodation is required.

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KOHALA MONTHLY CALENDAR NOVEMBER 2017

DATE	DAY	START	END	EVENT	DESCRIPTION	VENUE	PHONE
11/1 - 11/5	WED - SUN	7 AM	10 PM	CAMP MERVEILLES	DAILY CLASSES IN WEST AFRICAN DANCE & DRUMMING, HULA, YOGA, SALSA. INFO AT WWW.LAVARROOTS.COM	GRACE CENTER AT IOLE	987-4243
11/1	WED	9 AM & 1 PM	12 PM & 4PM	ĀINA FEST VILLAGE BUILDING WORKSHOPS	NATURAL BUILDING W/ HAWAIIAN CULTURE TEACHER HUALALAI. HALE BUILDING & LASHING BASICS	HIP AG	333-8664
11/1	WED	4 PM		COMMUNITY ACCESS GROUP	MEETING	SENIOR CENTER	
11/2	THU	9 AM & 1 PM	12 PM & 4PM	ĀINA FEST VILLAGE BUILDING WORKSHOPS	BAMBOO BUILDING W/ BOBBY GRIMES. LEARN ABOUT BAMBOO VARIETIES, HARVEST AND BUILDING TECHNIQUES	HIP AG	333-8664
11/3	FRI	9 AM & 1 PM	12 PM & 4PM	ĀINA FEST VILLAGE BUILDING WORKSHOPS	BAMBOO BUILDING W/ BOBBY GRIMES. LEARN ABOUT BAMBOO VARIETIES, HARVEST AND BUILDING TECHNIQUES	HIP AG	333-8664
11/3	FRI	2 PM & 8 PM	6 PM & 10 PM	ĀINA FEST VILLAGE BUILDING WORKSHOPS	PERMABLITZ W/ PAUL IZAK & CRAIG CAPOMAGGI. PLANT TREES, PERMACULTURE DESIGN, MULCHING TECHNIQUES, PLANT VARIETIES	HIP AG	333-8664
11/3	FRI	4 PM	7 PM	KHS FIRST FRIDAYS	CRAFT AND LOCAL FOOD VENDORS	KHS	889-7117
11/4	SAT	12:30 PM	10:30 PM	ĀINA FEST	MORE INFO: WWW.HIPAGRICULTURE.ORG	INHABIT SANCTUARY	
11/6	MON	2 & 6:30 PM		SIMPLE JEWELRY CRAFT	WITH SID NAKAMOTO, CALL TO REGISTER	NORTH KOHALA LIBRARY	889-6655
11/6	MON	6 PM	7 PM	GROWTH MANAGEMENT SUBCOMMITTEE	MEETING	BANK OF HAWAII BUILDING	
11/10	FRI	8 AM	10 AM	REP. ANDRIA TUPOLA VETERAN'S BREAKFAST	SPECIAL ANNOUNCEMENT, Q & A, FREE BREAKFAST	KHS CAFETERIA	258-7990
11/11	SAT	10 AM	12 PM	COMMUNITY GARDEN WORK DAY	KOHALA ELEMENTARY SCHOOL	KES	484-523-7914
11/11	SAT	11 AM		VETERAN'S DAY	CEREMONY	KING KAMEHAMEHA PARK	
11/13	MON	3 PM	5 PM	NORTH KOHALA PARENT SUPPORT GROUP	SUPPORTED BY N. HAWAII COMMUNITY CHILDREN'S COUNCIL	KINGS VIEW CAFE	989-4894
11/13	MON	5 PM		NKCDP AC MEETING	NORTH KOHALA COMMUNITY DEVELOPMENT PLAN ACTION COMMITTEE	HISAOKA GYM	323-4770
11/13	MON	6 PM		HAWAII WRITER'S GUILD	AUTHOR READINGS	NORTH KOHALA LIBRARY	889-6655
11/14	TUE	11 AM		ADULT READING DISCUSSION	THE END OF YOUR LIFE BOOK CLUB	NORTH KOHALA LIBRARY	889-6655
11/14	TUE	6 PM		HAWAII FARMERS UNION UNITED	6PM POTLUCK, 7PM PRESENTATION. FOR EVERYONE	THE HUB	889-5715
11/15	WED	5 PM		PARKS, WATER & ROADS SUBCOMMITTEE	MONTHLY MEETING	OLD COURTHOUSE	882-7611
11/18	SAT	4:30 PM	6:30 PM	FREE GRINDZ HOT MEAL	KOHALA BAPTIST CHURCH	BANYAN TREE	889-5416
11/20	MON	5PM		ADULT & TEEN POETRY GROUP		NORTH KOHALA LIBRARY	889-6655
11/20	MON	6:30 PM		HAWAII'S HISTORY WITH BOYD BOND	FOOD AND AGRICULTURE IN THE ISLANDS	NORTH KOHALA LIBRARY	889-6655
11/21	TUE	10 AM		ADULT WRITER'S GROUP		NORTH KOHALA LIBRARY	889-6655
11/21	TUE	5 PM	6 PM	CDP SUBCOMMITTEE	POWER, VIEWPLANES, & EROSION CONTROL, CONTACT SUSAN FISCHER	OLD COURTHOUSE	882-7611
11/23	THU	6 PM	6:30 PM	PRAYERS AROUND THE PEACE POLE	ALL ARE WELCOME, REGARDLESS OF RELIGIOUS AFFILIATION	ST AUGUSTINE'S CHURCH	895-5753
11/25	SAT	10 AM	12 PM	THRIFT SHOP	AT ST. AUGUSTINE CHURCH	NEXT TO WALKER HALL	889-5390
11/25	SAT	10 AM	3 PM	HAPPY BIRDDAYS CELEBRATION	COMMUNITY BIRTHDAY BASH	HAWAII WILDLIFE CENTER	884-5000
11/25	SAT	11 AM	12:20 PM	COMMUNITY MEAL	AT ST. AUGUSTINE CHURCH	WALKER HALL	889-5390
11/29	WED	4 PM	5:30 PM	RESTORATIVE YOGA THERAPY CLASS	WITH CARLA ORELLANA, CERTIFIED YOGA THERAPIST, BY DONATION	THE HUB	889-0404

EMAIL CALENDAR LISTINGS TO KOHALACALENDAR@GMAIL.COM



Kohala Churches

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<p>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.gos-kohala.org</p>	<p>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)</p> <p>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</p>
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Student and Garden Health Supported by "Ice Cream"

June Guo of FoodCorps and Lauren Ruotolo of HIP Agriculture served up healthy banana "ice cream" to all of the students of Kohala Elementary School. The "ice cream" was made with the Garden Club at Kohala's Discovery Garden using bananas from the Discovery Garden and HIP Agriculture trees. Bananas frozen and blended with a little bit of coconut milk equated to a delicious treat for all teachers and students to enjoy. Bon appétit!




HIP Agriculture's Lauren Ruotolo (left) and FoodCorps' June Guo scoop out healthy banana "ice cream" made with Kohala Elementary School's Garden Club during lunch.

Photos courtesy of Hawai'i Institute of Pacific Agriculture
FoodCorp's June Guo distributes healthy banana ice cream to students at Kohala Elementary School.

5,000 Square Feet of Kalo Planted at Kohala High School Farm

By Lauren Ruotolo

Last full moon, 24 Kohala High School students, guided by Dash Kuhr of Hawai'i Institute of Pacific Agriculture (HIP Ag), planted 5,000 square feet of kalo (taro) at the school farm.

The farm was once a thriving center of agricultural learning and has had a difficult time recovering from when funding was decreased several years ago. With the leadership of Principal Janette Snelling, guidance and support from community members and HIP Ag's on-the-ground work, there is an ongoing effort to restore the school farm.

After a dry summer, there was very little growing but clump grass and some raised herb gardens. During the first quarter of the school year, HIP Ag has been mentoring students on how and why they should cultivate traditional Polynesian crops.

Many of the students have lost connection to traditional crops and knowledge of how to cultivate them. Working closely with substitute agriculture teacher Payton Carling, HIP Ag has been providing students with lessons on the impor-

tance of growing staple canoe crops in restoring the health of the land and people.

"The planet is headed towards an unprecedented global food crisis brought on by climate change degradation of soils and water here in Hawai'i and around the world. We have to act quickly as island communities to restore our expert agriculture skills and empower the next generation of youth to raise food to feed our community," says Dash Kuhr.

HIP Agriculture will also be supporting a guest speaker series bringing out Hawaiian cultural leaders to inspire the agriculture students to reconnect with the land and culture. Already, Kumu Lanakila from the Hamakua Cultural Center has presented on the history and cultural significance of Haloa. Other speakers will cover topics such as crops used for canoe building, soil analysis, building soil fertility and nutritional-density testing. Dash believes it will take a community-wide effort of leaders to inspire young people to get involved in being part of the solution.

Students have been working hard to prep the beds, amend the

soil, prepare the *huli* (taro tops used for planting) and mulch the field with wood chips. The student group learned about garden design, amending soil, planting techniques design and the Hawaiian planting calendar through hands-on participation.

The students are all eligible to receive the HIP Ag Mahi'ai award, with a top prize of \$1,000, for their work, and you can see the extra effort.

The planting took place on the full moon because, according to the Hawaiian Moon calendar, it is traditionally believed that root plants and bananas will be prolific under the full moon, as the plant's shape is desired to be as round and perfect as the moon.

For ancient farmers, the position of the moon was an important consideration in planting and harvesting. Planting on the full moon makes use of the astrological cycles and gravitational pulls that support and affect seeds, plants and tides.

Taro can be cultivated both in the uplands, as high as 4,000 feet, as dryland taro and in marshy land irrigated by streams as wetland taro, or taro lo'i. The students' field

is dry-land and situated in Kapa'au, which is about 400 feet above sea level. Both dryland and upland taro are ready for harvest eight to 10 months after planting. As harvest time approaches, the leaves turn yellowish and the petioles are short, usually less than 2 feet long. The corms protrude from the ground.

The goal is to have this September's planting be ready to harvest and ku'i (pound) for May Day and end-of-the-year celebrations. The Mahi'ai awards will also be presented at this time to the top farmers. HIP Agriculture is hoping to raise community awareness about the project so that more parents and grandparents can encourage youth to restore Kohala agriculture and hopefully claim their Mahi'ai award.

At the heart of HIP Agriculture is a commitment to personal growth and awakening that empowers individuals to be activated leaders for change. Through the empowerment of our island's youth, we are working to create the next generation of farmers, teachers and community leaders.

For more info contact HIPagriculture@gmail.com or 808-889-6316.

Kohala High Swim Team Fundraiser

They have been swimming competitively since they were seven years old, starting with the County novice program, then USA Age Group and now into their fourth and final year of swimming for Kohala High School (KHS).

For Marvelanne Clark, Naomi Ney and Bayleigh Wiernicki, 2017-2018 BIIF (Big Island Interscholastic Federation) high school swim season will be their last hurrah. They have represented their alma mater and community well.

They haven't competed in a meet this year, but are pretty much assured to qualify for the State championships as they have done for the past three years.

In doing so, they continue to maintain a tradition started by Daniel Coakley (BIIF/State 50-meter champion & BIIF 100-meter freestyle and 100-meter breaststroke champion) and Kassie Kometani (BIIF 50-meter and 100-

meter freestyle champion). And in 2015, Marvelanne Clark and Naomi Ney teamed up with Yuki Zbytovsky and Kassie Kometani to unseat HPA (Hawai'i Preparatory Academy) for the 200-meter freestyle relay. Their championship swimming banners are on display at Kohala High School.

This year's KHS team will have returning second year swimmer Mashayla Gusman, a senior, who was a big help on the relay team, and freshman Sydney Wiernicki, an outstanding USA swimmer who will be a major factor for the girls' relay team and individual event State Qualifier. The boys will also have a team composed of seniors, one junior and one freshman.

The swim team will be having a car wash and Kohala shoyu chicken plate fundraiser on November 18 at the St. Andrews church parking lot from 8 a.m. to 1 p.m. The monies raised will help to offset

travel expenses to the Hawai'i High School Athletic Association championship to be held on Maui February 9 and 10, 2018.

We want to thank the Kohala community for their continued support over the years. Go Kohala! Go Kohala High School!



Photo by Jeff Coakley

Kohala High School (KHS) swimmers on the podium at the 2015 Kona Community Aquatic Center pool for the Big Island Interscholastic Federation (BIIF) championships. Kohala won the 200-meter freestyle relay championship, an almost impossible feat against perennial powerhouse Hawai'i Preparatory Academy.
 Top row (left to right): Kassie Kometani (Lewis & Clark College), Yuki Zbytovsky (Harvard University)
 Bottom row (left to right): Marvelanne Clark (KHS senior) Naomi Ney (KHS senior)

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Keiki Yoga Kohala Expands in 11th Year to Include Classes for Behaviorally Challenged Students



Photos courtesy of Keiki Yoga Kohala

2017-18 First grade class learning to breathe through the "nose in their chest."



2016-17 Second grade class play "Dogs and Snakes," a yoga game.

Have you ever been angry or upset? If you're human, chances are good that the answer is "yes." Have you ever tried yoga therapy to help regain control over runaway emotions? Again, if you're reading this, even if you didn't know you were doing it at the time, you probably have. Surprised? Remember that familiar advice, "Take some deep breaths and count to 10?" If you've ever tried this, you have done yoga therapy on a basic level. More specifically, according to Certified Yoga Therapist Mahina Lee, the newest member of the Keiki Yoga Kohala teaching team, "Yoga therapy uses the physical body as a way to cultivate awareness of deeper emotions and habitual thought patterns by acknowledging and accepting what is presently in your mind-body... and

supports deep listening to the self." This year, Keiki Yoga Kohala was approached by Kohala Elementary School's counselor, Ms. Lei Moore, to create a weekly program designed for behaviorally challenged students who, for example, have consistently demonstrated difficulty controlling anger. Excited about the invitation, Keiki Yoga Kohala's Program Director Jamie Eversweet Belmarez recruited Mahina to facilitate yoga therapy classes, which began mid-September and will run throughout the remainder of the fall semester and again next spring semester for 12 weeks. Our goal is to help students embody tools to navigate their feelings more clearly. Mahina hopes to help the keiki "build a set of internalized skills to feel strong and confident in their bodies and be aware of their

thoughts and feelings so that they can make more conscious choices towards their positive goals." The program offers meditation techniques, breathing exercises and positive self-affirmations so that students can practice calming themselves down and eventually coach themselves into positive behavior choices. Kids are dealing with so much these days. They need all the tools we can offer to successfully navigate emotionally challenging situations, which can range anywhere from pressure from testing, to difficulties at home, to bullying from peers, to sports and more. Why is mindfulness so important? Mahina answers, "I think teaching the mindfulness side of yoga to kids is important because if kids are able to learn how to catch a negative thought about themselves and

are able to change it into a positive one, this subtle practice over time can make the difference between a youth who is overcome by negative societal messages and the youth who learns to consciously author their own life to live out their dreams." We can all breathe a little easier knowing our keiki are cultivating this practice and hopefully carrying it with them wherever they go as they grow. If you would like to support the Keiki Yoga Kohala program, one way to do that is to make a tax-deductible donation through the North Kohala Community Resource Center. Keiki Yoga Kohala is a fiscally sponsored project of North Kohala Community Resource Center, a 501(c)(3) nonprofit organization. To make a tax deductible donation, make your check payable to NKCRC with "Keiki Yoga Kohala" 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 www.northkohala.org. Another way to show support is to attend or sponsor someone to attend our upcoming benefit, November 5, at Hawai'i Island Retreat. It will be a one day mini-retreat with six different yoga teachers and classes to choose from, dinner, musical performances and kirtan. Registration fees range from \$20-\$75. For more information, please visit KeikiYogaKohala.com/benefit-2017.html.

AVID Ohana Night Sparks Discussion

By Fern White

On September 20, three Kohala Complex Area schools - Kohala Elementary, Kohala Middle, and Kohala High Schools - held the Annual AVID "Ohana" Night in the cafeteria.

AVID, which stands for Advancement Via Individual Determination, is a college-readiness program designed to help students develop the skills they need to be successful in college. The program places special emphasis on growing writing, critical thinking, teamwork, organization and reading skills.

The goals for the Ohana night included:

1. Gain an awareness of AVID student life, learning and goals, and
2. Strengthen awareness and increase partnerships for supporting our students' readiness and success.

The Complex Area schools want to consider how families and schools can partner to prepare our children for college and career readiness, and success through discovery, engagement and exploration.

Refreshments were served. The evening program included AVID student speakers from all three schools, student work samples and sharing. There was a great turnout of parents and family, along with interested community members.

KMS Bestows First Quarter Hawk Awards

Pono Award

Kohala Middle School recognizes the following students with the Pono Award for being role models for their peers, choosing to do the right thing, and encouraging a safe and respectful school environment:

- John Riley Asencion • Camille Fuertes • Lucy Hernandez
- Adam Heu Mathieu • Kyson James-Foree • David Jimenez
- Hailey Kauanoie-Galdones
- Landon Kauka • Kanoa Leshner
- Pinky Mongkeya • Camille Pinho • Nalu Reynolds • Jayline Salvador • Eddie Stenson
- Keale Velenzuela-Cont

Congratulations to these students for being pono and showing grit! You are great examples to your peers!

Grit Award

Kohala Middle School recognizes the following exceptional students with the Grit Award. These students displayed resilience, perseverance, dedication and determination in the face of challenges:

- Roman Bosque • Naomi Brooke
- Keegan Canine • Leiana Carvalho • D'Angelo Duque
- Zaeden Fernandez
- Chase Hirano • Adriana Leitch
- Landon Lewis
- Maya Maki • Ezra Robertson
- Tyler VanZandt



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Pride Shines at KHS Homecoming Parade

On Saturday, September 30, Kohala High School held its annual Homecoming Parade, traveling along Akoni Pule Highway from Kamehameha Park to the school campus. Students and spectators clapped and cheered to show support of the entire student body.



Photos by Ian Rivera and Jashel Jose
Kohala High's Class of 2018 pose during their final Homecoming Parade of their high school experience.

Freshman Pueo's constructed their first ever homecoming float!



Class of 2020 Scorpions pose in front of their Demolish Dem' Diggers float.

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Na Kupuna O Kohala Do Well At Annual Kona Hula Competition

Story by Lynda Wallach

It was September 13, the opening evening of the 35th Annual Kupuna Hula Festival. The Convention Hall at the Sheraton Kona Resort and Spa was filled with dancers, their friends and family and lovers of hula. The theme of this year's senior hula competition was "The famous sands of Kahelelani (Ni'ihau) to the fragrant scent of Kamawaelualani (Kaua'i)," and dancers had come from across the Hawaiian Islands as well as from California, Japan and Okinawa to participate. All were there this first night to enjoy the solo competitions followed by fun performances at the International Ho'olaulea.

Michael Foley, Na Kupuna O Kohala's kane (male) soloist, was third on the program. He danced to "A He Nani O Kaua'i," which tells of the beauty of Kaua'i. The audience warmly received his enthusiastic and heartfelt performance. Later, our wahine (female) soloist, Joellyn Tadio, gave a beautiful performance of "O Waipa Ke Malama Mau Ai." At the end of the competition during the ho'olaulea, Na Kupuna, along with Kumu Kauai Nakamura and Alaka'i Michael Matsu, performed Ashibina, a spirited taiko dance learned under the patient tutelage of Kathy Matsuda, Kaid Nickl and Donna Oba from Ryukyukoku Matsuri Daiko. Kaid explained the dance beforehand and invited the audience to stand



Photo by Randee Golden
Na Kupuna O Kohala's kane group (left to right) comprised of Michael Foley, Kalani Heinicke and Kealoha Sugiyama, model their costumes. Alaka'i Michael Matsu designed the costumes and wrote their accompanying dance, "Lei Moa'ulahwiwa," which speaks about the chickens of Kaua'i.

and join in the spirit by waving their arms in rhythm to the beat of the drums. Many audience members enthusiastically joined in.

Thursday night is reserved for group competitions. Our kane group, comprised of Michael Foley, Kalani Heinicke and Kealoha Sugiyama, danced to "Lei Moa'ulahwiwa", which speaks about the chickens of

Kaua'i. The audience loved their dance and costumes, both created by Alaka'i Michael Matsu. "Mokihana Lullaby" was the wahine group hula. It is a beautiful song and the audience was obviously moved by the music and by Kumu Kauai Nakamura's choreography honoring our beloved Ethel Yamamoto. The last hula on the program

was Na Kupuna's mixed group dancing "Ha'upu," which tells of the rugged Ha'upu area on the southeast side of Kaua'i. It was a lively performance enhanced by the dancers' use of pu'ili (split bamboo) implements.

Finally, after dances by past winners and the Kumu and judges, it was time for the announcement of the winners: Kane solo: Michael Foley Na Kupuna O Kohala, second place! Kane group: Na Kupuna O Kohala, first place! Mixed group: Na Kupuna O Kohala, second place! This was a perfect ending to two days filled with music, hula and aloha.

These awards belong not just to the halau, but also to everyone who made it possible for us to participate. We especially want to thank our musicians Ray Dela Cruz, John Keawe Jr., Joel Anderson and U'ilani Lorenzo, whose wonderful singing and playing enhanced our performances. Mahalo to the Kohala Village HUB for letting us use the Barn for practice and to all of you who helped us with costumes, lei, makeup, food and other ways too numerous to mention. The hard work by our teachers, Kauai and Michael, is always greatly appreciated. Next year's theme focuses on the west side of Hawai'i Island, including Kohala. Here we go again, proudly representing our community while doing something we all love.



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