

Vol.17, No. 09

About Kohala, For Kohala

September 28, 2018

Na Kupuna O Kohala ~ Sharing Our Home Through Hula



Na Kupuna O Kohala won First Place in the Mixed Group Division at the 36th annual Kupuna Hula Festival.

Story and photos by Lynda Wallach

On Wednesday morning, September 12, Hurricane Olivia was threatening Hawai'i Island's northern tip, so Kohala was bracing for wind and heavy rains. Down at the Sheraton Keauhou Resort and Spa in Kona, though, the weather was sunny and clear. It was a perfect day for the start of the 36th annual Kupuna Hula Festival. Groups from Japan, Okinawa, California, Canada, Maui, Molokai and around Hawaii Island had come together to

celebrate their love of hula. As we do almost every year, Na Kupuna O Kohala was there, representing our North Kohala community.

The theme of this year's competition was "Na Mele `Aina no Kohala, Kona, me Ka`u" (Songs of the lands of Kohala, Kona and Ka`u), which made the event even more special since we would be dancing about places that we know and love.

Wednesday night featured the performances of our soloists Kalani

Heinicke and Vivian Maria, who made us so proud of their beautiful dance interpretations. Vivian performed "Waimea I Ka La'i," a tribute to love and to the rains of Waimea. Kalani's dance was "Honaunau Paka," honoring the waters of Honaunau in South Kona.

The night ended with the International Ho`olaulea, which gives the competing halau the opportunity to just have fun. Na Kupuna O Kohala, wearing brightly colored hula hoop skirts, brought the

house down with the Tahitian dance "Auwe."

On Thursday, twenty-five kane (men), wahine (women) and mixed group performances kept the audience enthralled until late in the evening. Our Kane danced to "Kawaihae," which speaks of the beauty of the waters in that area. Later, the mixed group performed "Paliakamoa," celebrating the cliffs of Honoipu and the beauty of that area. The song mentions the steel

See Na Kapuna, Page 2

Kohala Takes on Stewardship of Leeward Coast Lands

By Toni Withington

After decades of working to preserve open space and cultural sites and helping to arrange for the

Last month, the County Council passed two resolutions, introduced by Councilperson Tim Richards, funding stewardship grant proj-



Image and photos courtesy of Gail Byrne Baber

Kohala High students research interpretive signs and learn from National Parks planners and interpreters.

public purchase of prime coastal lands, Kohala people have officially become the stewards of Pao`o and Kaiholena.

ects. Passage of these resolutions allows for Malama Kohala Kahakai, in partnership with Kohala Lihikai,

See Stewardship, Page 3

Tropical Storm Lane Leaves Its Mark

Hawai'i dodged a direct hit by Hurricane Lane, which was downgraded to Tropical Storm Lane before making landfall and dumping in excess of 51 inches on the windward side of the island. Though the rain-

fall was significantly less in North Kohala, strong winds and flooding rain disrupted normal patterns of movement and caused damage to property.

See Lane, Page 2



Photo courtesy of April Lee

Flooding and road closure on Akoni Pule Highway as a result of Tropical Storm Lane kept motorists trapped until the debris could be cleared.

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Lane, continued from Page 1



Photo by April Lee

Tropical Storm Lane's high winds broke limbs of some trees and blew others completely over, causing damage to the roof of this home.

Na Kapuna, continued from Page 1



Wahine Group in costume for Nani Pololu.

cable that ran from the ships to the top of the cliff, bringing cattle to the island from California.

Then more waiting until the naming of the first-place winner in the mixed group division: Na Kupuna



Photo courtesy of Hawaii Wildlife Center

Flooding rains made Lighthouse Road in front of Hawaii Wildlife Center look more like Lighthouse River. Once a path was cleared, the Hawai'i Department of Transportation's Highways Division escorted staff to the building.



Vivan Maria, our wahine soloist, with her cousin Hazel Troche.



Kalani Heinicke, our kane soloist.



Photo by Lisa Andrews

Rainwater pours down a sheer face in Waianae Gulch, part of which slid down across Akoni Pule Highway and blocked traffic.



Photo by Lisa Andrews

'ole Road created a channel for rainwater to rush down the hill.

Our final dance was by the women in the halau, who shared two favorite songs about this area. The entrance and exit were done to "Aloha E Kohala," while "Nani Pololu" was the wahine tribute to our beautiful valley and love for Kohala.

The evening culminated with the announcement of awards and a lot of anxious waiting. First came a special award created by Kumu Naleialoha Napaepae-Kunewa in honor of her late husband, musician Herman Puou Kunewa, who played for her halau. This award, "Nauluhua 'Ohiwai A Kamakoa o Na Mea Hawai'i Pono," recognizes the strong relationship between the musicians and their halau. Imagine our excitement when it was announced that this year the musicians being honored were from North Kohala. Congratulations U'i Lorenzo; John Keawe, Jr.; Ray Dela Cruz; and Joel Anderson!

We couldn't be more proud!

O Kohala!

This award does not just belong to the dancers. It especially honors our Kumu, Kau'i Nakamura, and our Alaka'i, Michael Matsu, who choreographed the dances, designed the costumes and, over many months of practice, brought us to this point. It also honors all who gave us so much support: Maile Hawkins and 'ohana who set up the feasts for after the performances; Jen Keawe who always does our make-up; Titi who made a sign that brought us luck; everyone who worked on our costumes, especially Joellyn Tadio, Susanne Holland, Lana Lewis and Elizabeth Markon; our lei makers, who created beautiful hairpieces this year; Cheryl Cabrera, who picked up lei; and others too numerous to mention. Mahalo to you all, mahalo to our North Kohala community for always supporting us, and mahalo nui loa to Aunty Ethel Yamamoto for being an inspiration to us all.

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Stewardship, continued from Page 1

to help coordinate maintenance of the lands at Pao`o and Kaiholena, which total 239 acres. The formerly private properties were purchased by the County through the 2% Open Space Fund – Pao`o in 2010 and Kaiholena in 2015.

In addition to the Open Space Fund, the County sets aside one quarter percent of the real property taxes raised each year to fund community groups to take care of the lands purchased. The stewardship grants will come from this special Maintenance Fund under the Department of Parks and Recreation.

Malama Kohala Kahakai, a project supported by the North Kohala Community Resource Center, received grants of \$22,000 and \$44,000 as part of larger projects for Pao`o and Kaiholena, respectively. These projects will be carried out with the additional support of Kohala Lihikai and the Ala Kahakai National Historic Trail.

The year-long program will include wildfire prevention efforts, additional assessment of the significant historic sites found on the lands, and a count of the current users of the lands with an eye toward ensuring protection of the sites and near-shore waters. The latter two elements will be undertaken with the help of Kohala High School students, who will be given a chance to participate in hands-on protection of the coast.

The wildfire mitigation will include thinning the non-native vegetation in the area at high risk

WELCOME TO KAIHOLENA

Why is Kaiholena special?
 This area has the most numerous, intact pre-contact archeological and cultural sites in the State. During the Great Mabele, 29 years after the death of King Kamehameha the Great, two individuals who were closely connected to the King, traded some of the most sacred lands in the Hawaiian Kingdom for Kaiholena.

What does Kaiholena mean to the community?
 The land is the essence of who we are. Once we lose our connections to our cultural heritage, it is difficult to get it back. Our ancestors and the land they lived on are sacred to us and we need the physical connection to these places to help us remember who we are. The community has worked for 50+ years to preserve this coastline.

How can we protect and preserve Kaiholena?

- Stay on paths.
- Leave rocks, coral, animals and plants alone because they have significance for the local community and some are endangered.
- Do not smoke or light campfires because wildfires destroy cultural sites.

Please stay 50 yards (half of a football field) away from the endangered Hawaiian Monk Seal.

Uhinua is used in La'au (Hawaiian medicine) to treat a variety of conditions including asthma, arthritis, fatigue and neuralgia.

Ilime has medicinal uses and is treasured for Iole, requiring 1,000 flowers for a single Iole.

This sign was designed by Kohala High School students in partnership with Hawaii County and the Kohala community, as part of a project funded by the Hawaii Tourism Authority's Natural Resource Program.

Interpretive sign designed by Kohala High School students and installed at Kaiholena.

for dangerous wildfires.

“Fires in the area have devastated native vegetation, created erosion and destroyed cultural sites – kiawe burns so hotly that pohaku (stones) explode,” the grant application says. The crew to be hired to do the brush and tree clearing has been trained to work in culturally

sensitive areas, preserving sites, rather than disturbing them.

The community-based supplemental archaeology survey will include visits to the high school as well as community workshops by professional archaeologists to seek out additional information on the historic sites and the cultural impor-

tance of the two areas. The supplemental survey and workshops will augment the archaeological surveys already completed. Field trips for students and community will also be held. Student interns will be hired to write up the findings. Depending on the input, the preser-

See Stewardship, Page 4

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Stewardship, continued from Page 3



Kohala High students learning about Pao'o from Kohala kupuna Mike Isaacs, who loved supporting KHS students and, unfortunately, passed away a couple of years ago.

vation plan for historic sites will be upgraded.

Both Kaiholena and Pao`o (also known as Secrets, for the surf site) are popular places for Kohala residents to fish and gather seafood, surf and picnic. However, the area is seeing increased visitor impacts due to a public access sign and the urging of social media sites, which lead tourists to the sites. A User Survey for Conservation Projects will be conducted to establish the number and types of users as well as their interests. Local students will be taught by professionals to handle the tools and techniques typically used in this type of work

– gathering information and summarizing the results.

“Users are uniquely poised to offer insights on strategies and actions for protecting resources,” according to the application. The data and report created will be used in future stewardship projects to create appropriate signs and information campaigns to lighten the impacts on the historically sensitive areas.

The wildfire mitigation is expected to begin before the dry weather returns. The archaeological assessment and user study are projected to take the full school year.

Update on the Lights at Takata Field at Kamehameha Park

By Tom Morse

The lights at the field last worked early in 2015.

On February 14, 2015, gale-force winds blew the roof off the old grandstand at Field A in Kamehameha Park. Subsequently the building, which also housed the electrical supply for the field, was torn down. A contract was issued by the County of Hawai'i, a new electrical housing was built, and power was restored in August of 2016.

It was then determined that

the lights atop the poles needed repair. Wiring repairs were made in November 2017. In February of this year, the lights were tested and the contractor gave the okay to use them. However, it was then determined that more wiring repairs were needed. This was done.

Now it has been determined that the new bulbs that arrived in 2017 were the wrong wattages. An electrical consultant just gave approval to the sub-contractor to the general contractor to order bulbs of the correct wattage.

Three Hawaiian History “Talk Story” Evenings Planned

North Kohala Public Library in Kapa`au will present a series of three “talk story” sessions on Hawai'i's History with North Kohala historian and storyteller, Boyd D. Bond in October, November, and December.

The first session at 6:30 p.m. on **Monday, October 8**, will focus on **“The Four Kona Uncles and Other Advisors to Kamehameha I.”**

In the second presentation, scheduled for **Monday, November 5**, Bond will discuss the **“Discovery of the Hawaiian Islands.”** For the final program on **Monday, December 3**, Bond will talk about **“Kamehameha V, Lot Kapu'iwa.”**

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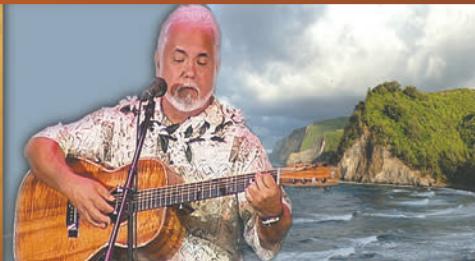
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Letters

An Incredibly Special Life

On the day before Hurricane Lane was scheduled to arrive, the winds and rain had begun to appear. I left for work not knowing that later that morning, my special cat would be run over by a red truck. My cat screamed in pain and laid, still alive, on the side of the road 10 feet from a "Children at Play" sign, while the red truck kept driving down lower Hawi Road.

I know all of this because my friend saw it happen right in front of my house. He was able to pick Swimmer up off the side of the road and be with him till he took his last breaths. Swimmer had just been on Earth for one year, and only in my family for five short months. But in that little time, he had provided love and kindness to every human he met. Everyone who met him adored him. He always waited for me to get home from work at the

top of the driveway. Rain or shine, light or dark, he was there. He then would run after my dog, Lani, as she got out of the car, running his body under Lani's and through her legs.

They would both stand in contact with each other for a few minutes before walking into the house together. To this day, Lani still stands out in the driveway looking out at the lychee tree waiting for Swimmer to come back home.

Swimmer also befriended another cat. A feral cat. They were spotted sleeping together at the top of the driveway, and eating together, too. Swimmer shared his food with this cat, which is huge because Swimmer loved his food. The day after Swimmer's passing, the feral calico cat was at the top of the driveway all alone. It took off when my car door opened. We have

not seen it since.

Swimmer loved the outdoors. He loved to hunt. I was very pleased with his adept rodent hunting skills.

I'm writing all this to say we really miss this special guy. I am sure I am not alone as there are way too many pets being killed in our community. They are all special to the families they belong to. Please drive with caution. This is a residential neighborhood. A long row of pet owners and lovers. Please follow the posted speed limits. We see many people driving at highway speeds.

Finally, if you accidentally hit an animal, please stop and render aid. Some lives can be saved if we can get them the help they need in the "golden hour." Please be mindful. Drive with Aloha.

Deborah Arnold, N.D.

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!

A big MAHALO for your continued support!! I am excited to continue to serve the people of District 9 for another two years, and happy to continue to share with you monthly updates via the Kohala Mountain News. As most of you are aware, my Council update had been absent to comply with campaign rules. With the campaign now over, we are able to reconvene our updates to you all. With that, here is our update of some of the happenings in the County.

MAYOR KIM'S \$800 MILLION DISASTER RECOVERY REQUEST:

What has been in the papers very recently is Mayor Kim's request to the State of Hawai'i for funding to help our volcano eruption recovery effort. By any measure, that is a huge amount of money. I must note that the County Council learned of this ask the same way you did: in the newspaper. Though the losses in housing and property are high,

the long-term effects on our economy are even more concerning. Without a dynamic economy, we will not have the financial resources to take care of ourselves. A report from the Kohala Coast Resort Association showed \$25 million worth of cancellations in May and June for rooms alone. This does not take into account the impact on restaurants, activities or even car rentals. While the State of Hawai'i's visitor industry has grown, our county has an estimated decrease of over 12%. These are the impacts that could be long-reaching for the County of Hawai'i. We will soon see what Mayor Kim's request will produce.

COUNTY BUDGET 2018-2019 AND G.E. TAX UPDATE:

The May version of the budget for 2018-2019 was for \$518 million. When the volcanic eruption started, the unknown of the future of our county and its finances was center stage. We lost a projected \$5 million in real property tax collection. What this translated into is a proposed budget of \$518 million with a \$513 million revenue stream; the budget was therefore not balanced. In a dire situation, we did approve a 0.25% GET surcharge to balance our budget. The projected collections for that surcharge were \$10 million and building. Our budget needed approximately \$5 million to balance, leaving \$5 million in projected surplus. The Administration was quick to try and have it all appropriated. After a great deal of discussion at Council, I was able to convince my colleagues to hold off on appropriations and keep the funds in reserve until we know our financial obligations coming out of the lava flow, hurricanes and flooding damage. Stay tuned.

VACATION RENTAL BILL 108 & UPCOMING PUBLIC MEETINGS:

This bill has been in the works for many months now. My Council colleagues and I have heard

and addressed the many concerns regarding Bill 108, have spoken with the Planning Director separately and as a Council, and have sent the fourth draft of Bill 108 to the Planning Commission for them to address the numerous concerns of our island residents – both for and against the language of the bill – and to provide their position and recommendations. It is still on the drawing board. Please know that we will continually address the Department of Planning as to some sort of oversight of this process as it moves forward. This topic will be on the agenda for the upcoming Leeward Planning Commission meeting to be held on September 20 in Kona at 9:30 a.m. Public testimony will be taken at that time. After the review process through the Planning Commission, the bill and its recommendations will be sent back to the Council for further review and editing in order to produce a balanced piece of legislation that will benefit our island community as a whole.

KAMEHAMEHA PARK PLAYGROUND:

On July 27, visiting Pohakuloa Training Area (PTA) soldiers from HHC 1-160th Infantry Battalion based out of Los Angeles, California worked side-by-side with me and other community volunteers in sanding and repainting the playground at Kamehameha Park. When the Department of Parks and Recreation informed me that the playground would be closing due to maintenance needs, we worked together to make certain that the playground would be reopened for our keiki. A big mahalo goes out to PTA for allowing their soldiers to kōkua with this project. We hope to do more park and playground maintenance again in the near future.

It continues to be a great privilege to serve as your Councilman and I look forward to our future together.

Future KMN Deadlines

It's important for the Kohala Mountain News to receive ads and news submissions by the following deadlines. Otherwise, submissions may not be accommodated.

October Deadlines

Ads and News: 10/12/18

Distribution: 10/26/18

November Deadlines

Ads and News: 11/19/18

Distribution: 11/24/18

Kohala Mountain News

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

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Letters to the Editor and Viewpoint articles must address issues affecting North Kohala and be accompanied by the author's name, address and telephone number.

Letters and Viewpoints are subject to editing, and shorter submissions will receive preference for publication.

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Still Searching for Ideas to Ease Pololu Lookout Woes



The parking area at Pololu Lookout cannot accommodate the vehicular traffic that arrives every day. Several agencies are looking at funding and carrying out plans for improvements to the turnaround.

Story and photo by Toni Withington

Several events took place this summer in the continuing efforts to ease the safety and congestion problems at Pololu Lookout and Trail. Perhaps the most important revelation is that government agencies responsible for the area are still looking to Kohala residents for ideas and solutions.

Toward that goal, the community has set up two meetings to discuss Pololu's future; the first to be held September 24 at Keokea Park. Residents of the Pololu, Niuli'i and Makapala areas have been specifically invited to express their ideas. These ideas will be recorded, written up and presented at a meeting next month to which representatives of the agencies and our elected officials will be invited. At that public meeting, more ideas may also be presented. The date had not been set at this newspaper's deadline.

Meanwhile, other developments have taken place. Surety Kohala Corp. has signed a Letter of Intent to negotiate with the State Department of Land and Natural Resources (DLNR) to reach an agreement by which the State can possibly end up with more land for a parking lot near the lookout and additional land on the valley floor.

This possibility is still preliminary, Bill Shontell, project manager for Surety, told a meeting last month of people who have been working toward Pololu solutions for several years. He said the company, which owns many acres of land both top-side and in the valley, would like to see the area improved. He agreed to be transparent with informing the community as the negotiations with the State proceed.

Several agencies are preparing requests to fund fixes to the health and safety of the Pololu area in order to submit their budgets to the

legislature this winter. The Department of Transportation, which already has plans to repave the road to Pololu, will be seeking funds for that, and to improve infrastructure to address the current parking and turnaround difficulties.

The lookout itself and the trail to the valley are controlled by the DLNR's Division of Forestry and Wildlife through the State's Na Ala Hele Trail System (NAH). While funds requested last year by NAH to plan and implement improvements were denied by legislature, that office is watching the negotiations with Surety closely, and is expected to ask for funding to fix the trail this legislative session.

Representatives of the North Kohala Community Access Group spoke at a meeting of NAH's Advisory Council this month in Waimea to encourage further participation by the community in the discussion for any changes. The Council thanked the group for its continuing input, and NAH staff briefed the Council and those attending on the progress of the Surety negotiations.

At a meeting of the Parks, Water, Roads Group in August, it was noted that social media information and misinformation about the facilities at Pololu lookout and trail has caused a spike in visitors to the area. Online sites are directing people to Pololu because of the disruption in Puna with the eruption and the vog in the Kona districts. The result has been increased congestion, more rescues of hikers and health issues caused by the lack of restrooms.

It was recommended that the Community Development Plan Action Committee initiate an effort to notify tourist agencies and social media groups about the conditions of the lookout and trail, so visitors know what to expect at the end of the road.

Little Free Library Planned

In 2009, Todd Bol of Hudson, Wisconsin, built a model of a one room schoolhouse. It was a tribute to his mother; she was a teacher who loved to read. He filled it with books and put it on a post in his front yard. His neighbors and friends loved it, so he built several more and gave them away.

University of Wisconsin at Madison's Rick Brooks (retired from Little Free Library in 2014) saw Bol's do-it-yourself project while they were discussing potential social enterprises. Together, the two saw opportunities to achieve a variety of goals for the common good. Little Free Libraries are now over 50,000 strong.

Tutu & Me Home Visiting Program, St. Augustine Thrift Shop and Kohala Middle School are working to establish a Little Free Library at Kohala Middle school in Halaula. Presently, the Library is in its initial planning stages. Organizer Lani Bowman encourages anyone who would like to help with this effort to contact her at 895-5753 or lbowman@pidfoundation.org.



Photo by Maureen Garry

Several groups in Kohala are working to establish a Little Free Library at Kohala Middle School. The pictured Library is located in front of a home in Needham, Massachusetts.

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Update on Kohala's Little Free Food Pantries

Mahalo to all who have provided items for one or both of Kohala's two Little Free Food Pantries. The initial pantry, located on the right side of the second-hand store in Kapa'au next to Minnie's restaurant, opened in the summer of 2017. In February, Malia Welch donated a second pantry, which was then graciously painted by the Corotan family. The family placed, now maintains, the pantry outside their home on Akoni Pule Highway in Union Mill, near Kohala Nursery Road.

Although Precinct 3 Democratic Party members, a few churches and several individuals have committed to oversee the pantries on specific days, ANYONE is welcome to help stock both pantries. The motto "Take what you need; Leave what you can" implies the open-door policy for both giving and receiving. When donating, it's okay to include canned items that have passed their expiration date, as long as the cans are intact.

Users of the pantry are reminded that the pantries are a supplemental service for people. People are asked

to take just a few items, leaving some for others. Pantry organizers realize that the end of the month is an especially busy time for the pantries. Several times pantries have been completely emptied in a short period of time, which leaves no food for other community members in need. Should individuals need more food, they are kindly asked to contact the Sacred Heart Hawi Food Pantry (889-6346), which is able to provide larger quantities to those in need.

Kohala is blessed to have so many kind people who help. If you have questions, concerns, ideas or would like to help please contact pantry organizers Sadie (895-1298), Lisa (896-3354), Lani (895-5753) or Susan (557-7705).

Follow us on Facebook to get the latest details on when the pantries need donations, when they are stocked, when they have hot food available and a heartfelt mahalo from those who benefit from the pantries. Join the 'ohana by searching for Kohala Little Free Pantry on Facebook.com. Let's malama our community.

First Free Kohala Clothing Exchange a Huge Success



Photo courtesy of Lani Bowman

The first Free Kohala Keiki Clothing Exchange welcomed the community to come and "shop" for free. Leaders are planning to hold additional Exchanges once per quarter.

Mahalo to all who attended the first Free Kohala Keiki Clothing Exchange at North Kohala Public Library on August 10.

The event was a great success! Families bought, and were able to obtain, free clothing and toys. This is a great way to recycle and a win-win for everyone. Keiki and parents alike enjoyed the "shopping" experience.

Mahalo to organizer Reynelle Viernes and her 'ohana for providing snacks and leadership in ensuring the event ran smoothly. Keiki enjoyed playing with friends as well as shopping. Moms got to renew old acquaintances and make new friends.

The Exchange enjoyed an abundance of clothes, as donations were made by people not able to attend. The extra clothes were donated to an orphanage in the Philippines.

Clothing exchanges are presently planned once a quarter. The

organizers want to make sure that ALL know they are invited to our next event, which will be in November. It is important to know that, although this was an exchange, there were lots of items left over. If you have nothing for the exchange this time, please still come and "shop" next time.

The next event will feature women's, as well as children's, clothes. Again, we will donate left over items.

If you have items to donate, ideas for distribution and/or ability to help distribute left over items, please contact either Reynelle Viernes at 937-3332 or Lani Bowman at 895-5753, either of whom would be glad to pick up your items for donation.

To keep updated on the latest, follow us on our Facebook page. Go to www.facebook.com and enter "Kohala Clothing Exchange" in the search bar at the top left of the page.

Teens Invited to Create Jewelry

North Kohala Public Library is hosting a special jewelry-making class just for teens, ages 13-19.

At 6 p.m. on Monday, October 29, jewelry artists Sid Nakamoto and Gail Ching-Lee will demonstrate techniques for simple and beautiful jewelry design.

Materials will be provided for participants to create their own jewelry piece. Space is limited, so please call the library in advance to register.

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

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Tutu & Me FREE Home Visiting Program

Tūtū and Me Traveling Preschool offers free Home Visiting services to families in Kohala, Kaū, East Hawai'i, Hāmākua and the island of Molokai. This program is a family-strengthening model that provides caregiver support and educational resources to families with keiki ages birth to five. Caregivers learn effective parenting techniques and teaching strategies that support keiki's early learning and social-emotional development.

Kohala Home Visitor Lani Bowman encourages all families with keiki birth to five years old to take advantage of this wonderful opportunity of being their keiki's first and foremost teacher. Statistics show the fundamental importance of early childhood learning. "It is not rocket science," Bowman notes. "ALL parents are teachers! Simply talking to your children and using lots of descriptive words is HUGE!" By age five, ninety percent of a keiki's brain connections will be made. However, after these connections are formed they will not last forever. The brain "prunes" the connections

that are not being used; it's a real-world case of "use it or lose it!" Malama `Ohana Caregiver Training teaches that while learning occurs throughout life, "there are prime times in early childhood when the brain is able to absorb new information easily and learning takes place in giant steps." Early childhood is when keiki "set the foundation" for later academic success!

All keiki learn through play, having fun and steady exposure to loving, caring people. The Home Visiting sessions help parents with activities to enrich their time together with their keiki and offer skills and strategies for early learning. Independent play time offers the Home Visitor and caregiver time to discuss strategies and concerns, or just "talk story."

The Home Visiting sessions are 60-90 minutes per week, or every other week, for 12-15 sessions. Home Visitors meet in the comfort of your own home. The sessions include hands-on activities, independent play, caregiver activities and parent handouts. Some of the

topics taught are Caregiver Support, Emotional Development, Language & Literacy Development, Social Emotional Learning, and Challenging Behaviors. Home Visitors also help caregivers with referrals for programs or other services that benefit their 'ohana.

Every month, Lani hosts "Play Day at the Park," which is normally on the first Friday of each month. It usually takes place at Kamehameha Park Playground from 11:00-12:00, however you can always check out flyers at the post offices and Kohala stores. Activities and crafts for keiki are provided, as well as snacks. All families with keiki birth to five are invited. You do not have to be a participant in the Home Visiting Program to attend. This gives families a chance to meet other caregivers while keiki play with peers and make new friends, enjoying our beautiful Kohala outdoors! Posters are up prior to the Play Days.

For more information please feel free to contact Kohala Home Visitor, Lani Bowman at 808-895-5753 or by email at lbowman@pidfoundation.org.

Scrabble or Cribbage Anyone?

North Kohala Public Library is offering Scrabble and Cribbage players a time to play at the library.

Possible days and times include Mondays from 3:00-5:00 p.m., Tuesdays from 3:30-4:30 p.m., or Thursdays from 3:30-4:30 p.m.

If you are interested in participating, please call Leilani at the library (889-6655) or Lani (895-5753). Please indicate which day you prefer, which game you would like to play, and your contact information.

This is a great way to have fun and make new friends. We hope players of all ages will participate.

Once the dates are secured, further information will be posted on bulletin boards. Those who have expressed interest will be personally contacted.

Kohala Artists' Cooperative

Story by Anna Flint

Lizards and manta rays woven from palm fronds climb up the posts at the Kohala Artists' Cooperative in Kapa'au. Intricately sculpted recycled propane tanks assume their otherworldly forms, glowing at night, surrounded by handmade

knives, wood sculptures, colorful paintings, jewelry and prints. Kohala's artist community is happily occupying this potentially charged space and everyone who stops by catches the spark of excitement. NoKo Theater is hanging lights and building a stage for public performances. Twenty-eight local

artists have become gallery members sharing their art, resources and time to support the Kohala Artists Cooperative, our mother ship. Plans are afoot for an open-air garden gallery showcasing sculpture, water features, and succulent and ti leaf mini-gardens. This idea was inspired by Leslie Johnson, who is creating wondrous garden sculptures with cement. In October, we will also be collaborating with a guest artist Jeff Huntington, a.k.a. Jahru, who will be visiting from the mainland. He will guide us in creating a mural on our street-facing wall, working together with youth and adults in the painting process. See www.jeffhuntington.com to gain an appreciation for his international mural projects and see how he has changed communities with the power of his images and artistic skill. Check out what's going on at Kohala Artists' Cooperative by visiting www.facebook.com and entering "Kohala Artists' Cooperative" in the search bar located on the top left part of the page.



Photo courtesy of Kohala Artists' Cooperative

Members of the Kohala Artists' Cooperative are putting time and energy into creating a vibrant, artistic space that welcomes the community and provides opportunity for expression across multiple art forms.

Afternoon Drive

By Diane Revell

Waves of grass glint with their captured sunlight

Surging motion with the mauka winds

Driving through the colonnade of ironwood trees

Tiger stripes of light on Kohala Mountain Road

Cumulus shadows dapple lower green slopes of Mauna Kea

As the mountain top rises through the collar of clouds

Sun lit observatories crown the summit

Beacons of investigation into the universe beyond

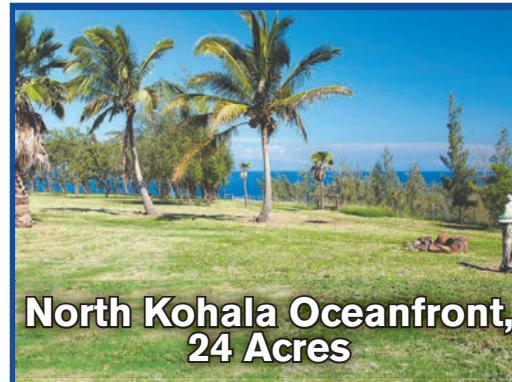
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Hyperbaric Oxygen Treatment

By Dr. Deborah Ardolf

Q: I have been reading about hyperbaric oxygen treatment. Can it really help non-scuba-divers too?

A: Hyperbaric oxygen treatment has historically been used for treating open wounds resulting from surgery, injury, infection or diabetes. In addition, evidence has increased regarding its effectiveness in treating such seemingly diverse conditions as insulin sensitivity (Wilkinson et al., 2012); cancers, especially breast and prostate (Moen and Stuhr, 2012); bone healing (Yen et al., 2008); and vascular dementia (Xiao et al., 2012). Daniel Amen, MD has expounded on the positive effects of hyperbaric oxygen treatment with before and after SPECT scan imaging of the brain.

Hyperbaric oxygen treatment is not just for adults; it has been used for many years to treat children with autism spectrum disorders (Rossignol et al., 2009). Mounting evidence has surfaced on the effectiveness of treating other neurological conditions, such as multiple sclerosis, Alzheimer's disease, Parkinson's disease, traumatic brain injury and even stroke.

Q: How does it work?

A: By creating an external environment with a higher pressure than the body, the oxygen is allowed to saturate all the tissues, organs and vessels without the

need to be attached to hemoglobin in the red blood cells. The increased pressure is created by allowing the entire body to be enclosed in a pressurized chamber, either "soft" like a tent or "hard" used for divers, for a specified period of time. Tissue heals faster with oxygen.

Organisms such as many forms of bacteria and viruses, including those causing tumors, can't survive with oxygen, so healing can begin to occur during the first treatment. The treatment is extremely relaxing once full pressure has been obtained.

The only discomfort is clearing the ears (allowing the ears to equalize pressure). It is the same discomfort as may be experienced while driving up and over a mountain range or flying in an airplane.

As with all medical treatments, it is not recommended for everyone. There are a few conditions in which it would be contraindicated and there are risks involved if careful administration and thorough monitoring is not conducted. It is advised to seek out a trained physician to learn if this treatment is right for you.

Dr. Ardolf and Associates, LLC has recently begun to offer this treatment in its Kapa'au clinic. Patients are enjoying improvement in their health in a short period of time. The chamber is equipped with an air purifier, which is extremely beneficial to people suffering from vog inhalation.

Life & Death Wellness to Open Doors to Community Soon

Maybe you have passed by the green building with the large round windows in Kapa'au next to Minnie's and wondered, "What is Life & Death Wellness? And who would put up such a bold sign?"

Life & Death Wellness is an empowerment center and community resource for education, support and awareness for living well no matter what stage of life you find yourself or a loved one. It is the philosophy of the owner, Dr. Charlotte Charfen, that we all have the power within ourselves to live well despite death or disease. Her dream was to create a safe place where a community could come together and share their gifts for doing just that.

The core mission of the center is to help change the experience of dying and caregiving by educating and giving people the tools to make thoughtful decisions at the end-of-life. Just a few of the workshops being planned with community collaborators include preparing your advanced directives, green burials, home funerals and even decorating your own coffin or urn.

Make no mistake, this center is not just about death but about embracing life. It is about a community coming together to support and learn from one another. The doors are open to anyone in the community that has something to teach that will empower others to live and/or die their best lives. Mindfulness, meditation, essential oil and cannabis education are some examples of classes that have already been held in this lovely, open space.

As an emergency physician for nearly twenty years, Dr. Charlotte has witnessed the tragedy of a culture that ignores or refuses to

discuss our own mortality until it becomes a life or death situation. She has been honored to co-facilitate, with Bobbi Bryant of Inspired Endings, in-depth trainings of compassionate caregiving and being an end-of-life doula. These programs are for those interested in caring for their loved ones as well as for nurses, certified nursing assistants, doctors and alternative health care providers. Dr. Charlotte teaches in hopes of having a small part in changing our death-phobic culture.

There is a private office behind the center where Dr. Charlotte, Bobbi Bryant and other community collaborators offer end-of-life coaching and consultations as well as end-of-life doula companion services.

Currently, Dr. Charlotte also sees patients for medical cannabis certification and education, urgent care and concierge services.

The grand opening events are scheduled for October 31 to November 2. There will be Halloween trick or treating for keiki with face painting, crafts, treats and a costume contest on October 31 from 5-6 p.m. An Open House is scheduled November 1 from 4-7 p.m. for the community to tour the new space while enjoying pupu and live music. The grand finale will be held on November 2 from 6-9 p.m. "Death over Dinner & Dessert" will be a limited-seating, sit-down dinner prepared at Minnie's to honor our ancestors.

Please visit www.charlottecharfen.com or email info@charlottecharfen.com if you have any questions. The doors are open to the community to schedule your unique ideas and education of wellness, in most cases free of charge.

Photo by Charlotte Charfen
Life and Death Wellness provides education, support and awareness for living well at any stage of life. Owner Dr. Charlotte Charfen's mission is to change the experience of caregiving and dying by giving people tools to make thoughtful end-of-life decisions.





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face painting, crafts & treats
costume contest & prizes

NOV 1, 4-7PM Open House
tour our new space & enjoy pupus & live music

NOV 2, 6-9PM "Death Over Dinner & Dessert"
special menu dinner at Minnie's followed by dessert at our center to honor our ancestors

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Good News for Hawai'i from Washington DC

By Marcy Montgomery

As of late, it isn't often the words in this article's title are true, but there is indeed good news from the nation's capital and it directly impacts quality of life for several thousand people on Hawai'i Island. North Kohala is home to the Same Canoe Local Food Challenge and this nonprofit program was invited to participate in an annual food security Project Directors meeting in Washington D.C. in mid-August.

The meeting convened food system leaders from around the country – and across the Pacific to Hawaii and Samoa – to share strategies for increasing access to fresh, healthy produce for high-need residents in both rural and urban settings. Four Pacific Island organizations attended the meeting, including Kohala's Same Canoe Local Food Challenge, which is operated by One Island.

The First Good News – Veggie Rx. The Same Canoe project is one of five programs nationwide funded by the National Institute for Food and Agriculture to pilot effective ways to increase produce consumption among low-income households by issuing "Veggie Rx" prescriptions approved by health

care providers and redeemable at local farmers' markets and grocers. In Kohala, patients at the Kohala Health Clinic who are SNAP (Supplemental Nutrition Assistance Program) recipients can qualify for up to \$320 in free food incentive coupons that can be used for fresh, local produce at Takata Store, Kohala Grown, participating Hawi Farmers' Market booths, and for special food and farm events. There are four more retail food sites in Waimea and Honoka'a, and five in Kona.

This model project is one of the only partnerships in the nation where food and health organizations are jointly offering financial incentives to increase consumption of produce along with related farm tours, culinary demonstrations and nutrition/healthy living classes. Over 1,500 island residents will benefit. (There is also an option for SNAP user participation independent of a clinic referral, and classes can be included.)

Second Good News – Open to Everyone. Thanks to additional support from the Hawai'i Department of Agriculture and the USDA, Same Canoe is now open to anyone in the community through a Local Food Challenge Passport activity

tracker. Local residents in Kohala can use the colorful printed Passport to attend engaging food and farm events offered by a variety of organizations.

This is a great way to earn points for entry in drawings for food or restaurant gift certificates, and for free passes to special events.

Interested participants can see upcoming activities on the Same Canoe web flyers, at the online Local Food Challenge calendar, and through Kohala Mountain News. Passports can be picked up at events, and also at Kohala Grown, Takata or the Farmers Market on days Same Canoe has a public booth. (See the top of www.oneisland.org to subscribe to the web flyers and find the calendar link for places and times.) RSVPs for all events are strongly suggested or required by the event hosts.

SNAP users are also encouraged to participate with Passports and any SNAP user or Veggie Rx member in Kohala will also automatically earn points towards additional free produce coupons with every approved class or activity they participate in that is recorded in their Passport.

The Third Good News – Direct from DC. The success of fellow

sister produce incentive programs across the country has accomplished the rare feat of earning bipartisan support in both the House and the Senate.

The promising news is that continued funding is included in the new Farm Bill that is working its way through final approval.

The pragmatic win-win of improving health through better nutrition (and lowering health care costs), while also bringing small farmers millions of dollars in new income nationwide, is a marriage of goals and positive outcomes that has strong support among Democrats and Republicans.

This news came as a very welcomed surprise to the project directors gathered for the August meeting in DC, and bolsters hope that positive mutual benefit programs working on behalf of struggling households and our heroic local farmers can indeed earn bipartisan support.

Sometimes, government can live up to its social benefit promise – thanks to the foresight of supporters near and far, and at many levels of the food industry, health industry and government. Food justice and better health for families, singles, children, seniors – and farmers!

Real Food. Real Farms – Fall Tours and Events in North Hawaii

Food is a great cultural experience and Hawai'i is home to innovative farmers bringing us healthy options nearly every day of the year. To explore their products – and celebrate their hard work and ingenuity – you are invited to participate in healthy food and fun farm events recommended by Same Canoe this fall and into the new year.

Sunday, October 7

Food is Medicine Farm Tour

Come join us in Hawi for a fun and informative farm tour at the beautiful Lokahi Garden Sanctuary. Tour includes food, forest and medicinal crops, sweeping ocean views, and a product sample for each visitor to take home. Please arrive by 1:45 for registration as the tour begins at 2:00. The tour is \$20 (\$30 for couples), including product sample. RSVP is required by email to hawaii@oneisland.org or phone

at 328-2452 by October 5. Same Canoe Passports are available at the tour.



Courtesy of Lokahi Garden Sanctuary
Lokahi Garden Sanctuary proudly grows fresh asparagus in Kohala. Owners Richard Liebmann and Natalie Young will host a Food is Medicine Farm Tour on October 7.

Sunday, October 21

Tea Farm Open House and Tour

Mauna Kea Tea's "Open Farm Day" is an annual event held in appreciation of nature's life-supporting beauty and its ability to enrich human lives. Look, taste, and experience the Honoka'a-area tea farm free of charge as your hosts present a farm tour, tea tastings, and good company for the purpose of sharing in the experience of tea. This year, the Open Farm Day theme is "Tasting Natural Teas." To RSVP by October 16, please email hawaii@oneisland.org or call 775-1171. Reception at 10 a.m., Farm Tour at 10:30 with workshop and tastings to follow. Same Canoe Passports are available; please email hawaii@oneisland.org to request.



See Tours, Page 11

Courtesy of Mauna Kea Tea
Workers harvest tea in Hawai'i at Mauna Kea Tea in Honoka'a. Taka and Kimberly Iino founded the company after extensive travel and study in tea production and culture. They will lead an Open House and Tour on October 21.

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Tours, continued from Page 10

Sunday, November 4
 Spicy Ninja Hot Sauce Tour
 Come check out how ingredients are grown and the magic brew in made in North Kohala. Enjoy learning about the process young, determined entrepreneurs go through to bring a new product to market. Tour of farm, tasting and take-home bottle of excitement. 2-4 p.m. RSVP required by email to hawaii@one-island.org or phone 328-2452 by November 3. \$20 per person, \$30 for a couple, includes a take-home sample. Same Canoe Passports will be available at the tour.



Courtesy of Spicy Ninja Hot Sauce
 Lauren McKinley is a co-founder, along with Christopher Bornstein, of Spicy Ninja Hot Sauce. The two use a multitude of unique ingredients — including burdock root, hops, damiana and cacao — in their flavorful and spicy sauces. They will host a farm tour on November 4.

SAME CANOE Local Food Challenge



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OCT/NOV EVENTS

Sun Oct. 7, Farm Tour at Lokahi Garden Sanctuary
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Sun Oct 21, Tea Farm Tour at Mauna Kea Tea in Honoka'a Free,
 RSVP to 775-1177

Sun Nov 4th, Spicy Ninja Hot Sauce Tour, Kapa'au
 \$20, \$30 couple, incl take home product.
 RSVP to 328-2452

Email hawaii@oneisland.org To request a passport

The Future of Art in North Kohala: What Can the Hawi Park Become?

By Marcy Montgomery

North Kohala's rich diversity of the arts offers local residents many different multi-cultural opportunities throughout the year. As we look forward to the future of the arts in Kohala, the community is being provided with a unique opportunity to offer input on ways to increase access to the arts. The Heart of Kohala is developing a North Kohala Cultural Plan to document both the types of arts access

needs and interests. The project's Listening and Visioning sessions continue through the end of 2018 and meet at private homes, schools, community centers and, soon, at the public library.

The Heart of Kohala project has helped convene a series of dynamic public arts events over the last year to foster public conversations about the need for the arts. Activities have included a large arts fair at the library and events at Kamehameha

mural map that features current Kohala cultural resources has been created by an island artist to help the local NEA-funded cultural arts project provide a spatial arts visualization tool for the planning process. This map will be on display at the library and will allow residents to vote for future arts resources they would like to see brought to Kohala — both built facilities and periodic events. An online counterpart GIS (geographic information system) map is also being developed with the help of a University of Southern California graduate student to enable viewers to see the arts as they are today, and to map out where arts could be added to enrich our local cultural experiences throughout the year.

The Heart of Kohala's next listening session invites public input and is being held Monday, October 22, at the North Kohala Public Library at 6 p.m. This session offers a look at the history of Kohala, its development of a culturally-rich arts identity, the needs to support the arts, and showcases community suggestions for arts-access projects that could enhance local resident and visitor future arts experiences.

In these listening sessions, being held 2017-2018, many promising ideas and a few concerns have arisen. On October 22, we will be addressing a key interest in the community: What is the best use of the 1-acre lot the County has purchased in the heart of Hawi, adjacent to the banyan trees where the farmers' market is held?

Suggestions for this lot expressed so far are to:

- 1) build a modest bandstand,
- 2) create a grassy amphitheater that follows the contours of the lot,
- 3) improve foot traffic access with new stairs off Akoni Pule,
- 4) construct a dance pavilion for hula halau practice and informal music jams,
- 5) add a fountain, a few public sculptures and seating,
- 6) keep a large part open and flexible for special events,
- 7) install a public restroom, and
- 8) make it accessible for children and those with disabilities.

Other interesting sites that have

See Art, Page 12



Photos courtesy of One Island
 The County-owned 'open space fund' lot: parking lot or cultural feature?

that are currently available, and that could be achieved in the future.

Thanks to a Cultural Planning grant from the National Endowment for the Arts (one of the few grants ever awarded to a neighboring island organization by the NEA), One Island is working on hosting Community Listening Sessions to gather feedback from individuals, businesses and organizations about the North Kohala community's arts

Park, at the high school, and in Hawi for arts strolls. Participants and volunteers at these events have recently spun off a fun new artists space across from the Kapa'au post office as the newest local arts resource, hosted by the Kohala Artists Cooperative.

Your Voice and Ideas are Welcome — Next listening session is 10/22

A large, 6-foot printed canvas



The abandoned Coast Guard station could become a cultural arts and whale education center.

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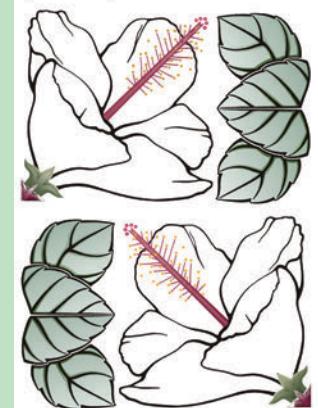
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Hawi, Hawai'i

Art, continued from Page 11

been discussed in earlier listening sessions include:

- 1) creating a living arts / Native Hawaiian culture and whale watch center at the end of the Old Coast Guard Road,
- 2) enhancing old cane roads as permanent sculpture trails,
- 3) expanding arts events at local parks,
- 4) building an arts center adjacent to the public library,
- 5) building a hula halau pavilion at the Old Courthouse adjacent to the Senior Center in Kapa`au, and
- 6) creating an adequate-size concert facility to celebrate Kohala's rich musical heritage.

Arts activities – seasonal and annual - that have been discussed include:

- 1) hosting an annual writers conference,
- 2) developing a music camp,
- 3) hosting a Kohala music festival,
- 4) supporting existing multi-cultural dance classes and festivals,
- 5) increasing visitor awareness of North Kohala as an arts destination,
- 6) finding ongoing support for arts in the schools,
- 7) bringing back the Kohala Country Fair as an arts event,
- 8) hosting a traveling children's art showcase and
- 9) hosting more arts strolls and street festivals that invite residents and visitors to meet local artists and galleries.

Concerns about the arts expressed have ranged from fear that improving arts access will somehow cause property costs to rise, to concern that local arts facili-

ties have not invested in the arts leadership needed to help foster the full potential for affordable arts resource access, to an objection that we should focus our attention on sports. Local business owners have valid concerns about sidewalk, lighting and bathroom infrastructure needs that are already serious impediments to inviting guests to support events and businesses in North Kohala.

The project has responded to these concerns by noting that property values are already soaring, that affordable housing is indeed an urgent concern and that the arts are a gift promoting social cohesion and mental wellbeing for local residents of all economic levels. The project emphasizes that since sports already have one of the most comprehensive facilities in the state at Kamehameha Park, it can now be the arts' turn to receive similar public and private facility support. Regarding infrastructure needs, these will be noted as recommendations in the Cultural Plan as a requirement for community safety with the need for sidewalks, bathroom facilities, evening lighting and parking addressed.

The North Kohala Cultural Plan is an inclusive reflection of local ideas, voices, concerns and hopes. It will be written by One Island's team in 2019 to help document the community's identified strategic public arts targets. The Plan can then be used to assist community leaders to advocate for the funding needed to improve access to the arts for all members of the North Kohala community. Your voice DOES matter – come lend it to the conversation on the October 22.



The Civic Center has grassy areas that could feature commemorative multi-cultural statues to honor Kohala's past.

Public Arts Listening and Visioning Session

Monday, October 22

North Kohala Public Library, 6 p.m.

Focus is on the one acre 'bamboo' lot adjacent to the banyan trees in Hawi. All comments will be recorded as part of the public planning process. Opportunities to vote for the arts you want to see in Kohala will take place using the new map mural. Come participate as an arts lover or an artist!

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WEEKLY EVENTS IN SEPTEMBER 2018

DAY	START	END	EVENT	VENUE	CONTACT
MON	6:30AM	7:30AM	AA DAWN PATROL	KAMEHAMEHA PARK	889-5675
	9AM		KOHALA SENIOR CLUB MEETING	OLD COURTHOUSE	895-2094
	9:30AM	10:30AM	JOANIE'S PILATES - TEEN-ADULT	HUB HALE	889-0404
	3PM	3:45PM	CAPOEIRA - 3-6 YEARS	HUB BARN	889-0404
	4PM	5PM	CAPOEIRA - YOUTH	HUB BARN	889-0404
	5PM	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	
TUES	6:30AM	7:30AM	AA DAWN PATROL	KAMEHAMEHA PARK	889-5675
	9AM	10:30AM	CHAIR YOGA	INTERGENERATIONAL CENTER	889-0583
	9AM	11AM	TAI CHI - ALL	HUB HALE	889-0404
	10AM	3PM	HAWI FARMERS' MARKET		
	4PM	5:30PM	JAN'S YOGA - BEGINNER - TEEN-ADULT	HUB HALE	889-0404
	5PM	6PM	MEDITATION COURSE	INTERGENERATIONAL CENTER	917-293-3427
	5PM	6PM	INSANITY CLASSES WITH ASHLEE CHEEK	SOLID ROCK NORTH CHURCH	989-0966
	5:30PM	8:30PM	CERAMICS - GUIDED OPEN STUDIO	HUB CLAY COTTAGE	889-0404
	6PM	7PM	TABLE TENNIS/PING PONG	OLD COURT HOUSE	889-1099
	6:30PM	7:30PM	BELLY DANCING - TEEN-ADULT	HUB HALE	889-0404
WED	7AM		WALK WITH A DOC	KAMEHAMEHA PARK	889-1570
	1:30PM	2:30PM	HIP HOP - YOUTH	HUB BARN	889-0404
	5:30PM	8:30PM	CERAMICS - GUIDED OPEN STUDIO	HUB CLAY COTTAGE	889-0404
	6PM	6:30PM	FREE RMD TAIKO CLASSES	WALKER HALL	895-2025
	6PM	7:30PM	SEIBUKAN KARATE ACADEMY	HISAOKA GYM	
	7PM		ALCOHOLICS ANONYMOUS	WYLIE HALL, 'IOLE ROAD	889-6703
	7PM	8PM	SALSA - TEEN-ADULT	HUB BARN	889-0404
	7PM	8:15PM	TAI CHI - TEEN-ADULT	HUB HALE	889-0404
THURS	6:30AM	7:30AM	AA DAWN PATROL	KAMEHAMEHA PARK	889-5675
	4PM	5:30PM	JAN'S YOGA - INTERMEDIATE - TEEN-ADULT	HUB HALE	889-0404
	5PM	6PM	MEDITATION COURSE	INTERGENERATIONAL CENTER	917-293-3427
	5PM	6PM	INSANITY CLASSES WITH ROSS PAGAT	SOLID ROCK NORTH CHURCH	989-0966
	5:30PM	8:30PM	CERAMICS - GUIDED OPEN STUDIO	HUB CLAY COTTAGE	889-0404
	6PM		TABLE TENNIS/PING PONG	OLD COURT HOUSE	889-1099
	7PM	8PM	NARCOTICS ANONYMOUS	WYLIE HALL	498 4714
	FRI	9AM	11AM	TAI CHI - ALL	HUB HALE
9:30AM		10:30AM	JOANIE'S PILATES - ALL	HUB HALE	889-0404
10AM			PRESCHOOL STORY TIME AGES 2-5	NORTH KOHALA LIBRARY	889-6655
4:30PM		5:30PM	YIN YOGA - TEEN-ADULT	HUB HALE	889-0404
SAT	7AM	8AM	AA DAWN PATROL	KAMEHAMEHA PARK	889-5675
	8:30AM	9:30AM	ASHTANGA VINIYASA YOGA	HUB HALE	889-0404
	12PM	3PM	CERAMICS - GUIDED OPEN STUDIO	CLAY COTTAGE	889-0404
SUN	9AM	10:30AM	JAN'S YOGA - BEGINNER - TEEN-ADULT	HUB HALE	889-0404
	10AM	11AM	SEIBUKAN KARATE ACADEMY	HAWI FARMERS MARKET	
	10AM		WEST AFRICAN DRUMMING CLASS	LAVARROOTS PAVILLION	987-4243
	10:30AM	12PM	JAN'S YOGA - INTERMEDIATE TEEN-ADULT	HUB HALE	889-0404
	11AM	12:30PM	WEST AFRICAN DANCE CLASS	LAVARROOTS PAVILLION	987-4243
	4:30PM	5:30PM	TANGO - BEGINNER - TEEN-ADULT	HUB HALE	889-0404
	5:30PM	6:30PM	TANGO - INTERMEDIATE - TEEN-ADULT	HUB HALE	889-0404
	6:30PM	7:30PM	TANGO - ADVANCED	HUB HALE	889-0404
7PM	8PM	REFUGE RECOVERY	HUB CLAY COTTAGE	464-4411	

EMAIL WEEKLY CALENDAR LISTINGS TO KOHALACALENDAR@GMAIL.COM

Kohala Sports

Kohala Bobi-Sox To Attend UH Softball Field Day



Photo by Renee Gonsalves

Sponsored by the Queen Liliuokalani Trust Foundation, nine members of the Kohala Bobi-Sox softball team will be going to the UH Manoa UH Softball Field Day. The skills-development day was created by the Foundation in partnership with the University of Hawaii Athletics Department at UH Manoa.

Nine girls from the Kohala Bobi-Sox softball team have been given the opportunity to attend a University of Hawaii at Manoa softball clinic with the school's Rainbow Wahine softball team, sponsored by the Queen Liliuokalani Trust. Girls from sixth to eighth grade were chosen to participate in the UH Manoa UH Softball Field Day, meet the Rainbow Wahine softball team and tour the UH Manoa campus. The players' free trip to Oahu and participation in the clinic are sponsored by the Queen Liliuokalani Trust Foundation.

The clinic, originally scheduled to take place on September 15, was canceled due to Hurricane Lane

and will be re-scheduled on a future date.

"I was fortunate to have the opportunity to work with the Queen Liliuokalani Trust these past three summers, and when they mentioned a free trip to Oahu for the UH softball clinic I was so excited for the girls," says Renee Gonsalves, Kohala's team manager. The girls are eager and excited to meet and learn from the Rainbow Wahine, tour the campus and represent our great community of Kohala! Mahalo Nui Loa to Queen Liliuokalani Trust Foundation for giving our girls a lifetime experience and the opportunity to bond as a team and learn from their peers!

KCAA Biddy Basketball & Volleyball Ready for Play!

The 2018 KCAA Biddy Basketball (65 players, ages 5-8) and Volleyball season is underway!

For more information and schedules, see Kekai Nakamura at the Hisaoka Gymnasium office.

KMN Sports would like to thank Biddy Basketball coaches:

Keone Emeliano, Moses Emeliano, Reeve Cazimero and Adam

Maraea (7-8 division); Justin Cabanling, Joey and Chassidy Giltner, Dennis Matsuda, Brycen Carvalho, Blane Crabbe and Aric Hoshida (5-6 division). Additionally, a Big Mahalo goes out to all KCAA Volleyball coaches and players who have volunteered to participate this season.

Have a fun season! Aloha!

Senior-Laden Cowgirls Volleyball Team is on a Roll!



Photo courtesy of U'i Lorenzo

Kohala High School Girls Volleyball's amazing senior starters (left to right): Kaila Pasco, Kiana Kauka, Mikayla Kekoa, Gabby Tomas, Cheylin Imai and Shania Fuertes.

Guess who can't be stopped? Not even Hurricanes Lane, Norman or Olivia can stop the 5-2 Kohala Cowgirls Volleyball team! The Big Island Interscholastic Federation (BIIF)-Division-II-leading Kohala High School Girls Volleyball team is on a serious roll this season—look out!

This year's team consists of eight players: six seniors and two juniors. Three of the seniors are four-year starters: outside hitter Shania Fuertes, setter Cheylin Imai and middle blocker Mikayla Kekoa. Complimenting Kohala's four-year starters are their two-year starters: outside hitter Kiana Kauka, opposite Kaila Pasco, and middle blocker Gabby Tomas. Rounding out the team are juniors Tiani Perez and Kayla Joy Kealoha, who come off the bench to give some spark to the Cowgirls.

Kohala's dominance in Division II speaks for itself with four of their

five wins being over fellow D-II opponents (Christian Liberty Academy, Laupahoehoe, Makua Lani and Hawaii Prep) and D-I Keaau. Their two losses this season were from Division I opponents Kamehameha Schools-Hawaii (at home) and Kealahou High (away).

Kohala will look to keep their momentum going the rest of the season with games at Waiakea on September 15, a re-scheduled game at Honoka'a on September 17, at Ka'u on September 19, home vs. Hilo on September 21, at Parker School on September 29, home vs. St. Joseph on October 2, home vs. Pahoa on October 11, and at Konawaena on October 11. Games start at 6:00 p.m. on weekdays and 10:00 a.m. on Saturdays, except for Saturday, September 15, at Waiakea, which starts at 5:00 p.m.

Let's go out and support our Cowgirls and watch how this amazing season turns out! Go Cowgirls!

County Resods Shiro Takata Field



Photo by Tom Morse

In early August, Hawaii County began a project to remove the infield grass on the main field at Kamehameha Park. The above photo shows how it looked on September 16. Once the new sod is all laid, it will have to grow solid roots before the field will be usable again.

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Kohala Sports

Kohala Chargers Schedule

Date: Sunday, September 16		
West Host-Location: Westside Eagles-Kona Old Airport Park		
Time:	9:45 a.m.	Kohala Pee Wee vs. Westside Eagles
	11:30 a.m.	Kohala Unlimited vs. Westside Eagles
Bye: Kohala Mighty Mites		
Date: Sunday, September 23		
West Host-Location: Leeward Steelers-Kona Old Airport Park		
Time:	9:45 a.m.	Kohala Mighty Mites vs. Westside Eagles
	11:30 a.m.	Kohala Pee Wee vs. Hamakua Cougars
West Host-Location: Kona Marlins-Kona Scenic Park		
Time:	11:30 a.m.	Kohala Unlimited vs. Kona Marlins
Date: Sunday, September 30		
West Host-Location: Kona Marlins-Kona Scenic Park		
Time:	11:30 a.m.	Kohala Pee Wee vs. Kona Marlins
	1:15 p.m.	Kohala Mighty Mites vs. Leeward Steelers
Bye: Kohala Unlimited		
Date: Sunday, October 7		
West Host-Location: Kona Marlins-Kona Scenic Park		
Time:	9:45 a.m.	Kohala Pee Wee vs. Leeward Steelers
	11:30 a.m.	Kohala Mighty Mites vs. Kona Marlins
	1:15 p.m.	Kohala Unlimited vs. Leeward Steelers
Date: Sunday, October 14		
West Host-Location: Kohala Chargers-Kamehameha Park, Shiro Takata Field		
Time:	8:00 a.m.	Kohala Mighty Mites vs. Waimea Cowboys
	9:45 a.m.	Kohala Pee Wee vs. Waimea Cowboys
	11:30 a.m.	Kohala Unlimited vs. Hamakua Cougars
	1:15 p.m.	Westside Eagles Pee Wee vs. Hamakua Cougars
Date: Sunday, October 21		
West Host-Location: Westside Eagles-Kona Old Airport Park		
Time:	9:45 a.m.	Kohala Pee Wee vs. Westside Eagles
	11:30 a.m.	Kohala Unlimited vs. Westside Eagles
Bye: Kohala Mighty Mites		
Date: Sunday, October 28		
West Host-Location: Kohala Chargers-Kamehameha Park, Shiro Takata Field		
Time:	8:00 a.m.	Kohala Mighty Mites vs. Westside Eagles
	9:45 a.m.	Kona Marlins Pee Wee vs. Westside Eagles
	11:30 a.m.	Kohala Pee Wee vs. Hamakua Cougars
	1:15 a.m.	Kohala Unlimited vs. Kona Marlins
Date: Sunday, November 4, 2018		
West Host-Location: Hamakua Cougars-Honoka'a Sports Complex		
Time:	9:45 a.m.	Kohala Mighty Mites vs. Leeward Steelers
	11:30 a.m.	Kohala Pee Wee vs. Kona Marlins
Bye: Kohala Unlimited		

Kohala Chargers Schedule Announced for Three Divisions, Including the First "Unlimited" Weight Division!

The Kohala Chargers Pop Warner Football team opened the season on Sunday, September 9, with games in Waimea vs. the Waimea Cowboys.

Three divisions were in action that Sunday with the Chargers Mighty Mite team going down to the Waimea Cowboys, 40-6. The Kohala Chargers Pee Wee won a close one over the Cowboys, 12-7, and the new Kohala Chargers "Unlimited" (weight division) team dropping their inaugural game to

the Cowboys by the score of 21-6.

KMN Sports was lucky to acquire access to the Charger's 2018 season schedule from Coach Andrew Miller, seen in the adjacent box. Be mindful that the Host team is the home team. West is the conference that the Kohala Chargers play in, which includes the Hamakua Cougars, Kohala Chargers, Kona Marlins, Leeward Steelers, Waimea Cowboys and the Westside Eagles. (The East is comprised of all Hilo-side teams.)



Photo Courtesy of: Kimi Vakauta
Kohala Chargers Mighty Mite Roman Miller (#15) avoiding a few Waimea Cowboys in the Sunday, September 9, matchup vs. the Waimea Cowboys.



Photo Courtesy of: Kimi Vakauta
Kohala Chargers Captains #17 Isaiah Solomon, #30 Nua Kapeliela, #71 Nash Ishimine, and #15 Roman Miller get ready for the opening coin flip on Sunday, September 9, in Waimea vs. the Waimea Cowboys.

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Kohala Sports

KHS 8-Man Football Team to Trod the Tough Trails Ahead in the 2018 Season!

With a very young team, the Kohala High School 8-man football team has a tough road ahead of them! Kohala took a tough 40-6 loss at the hands of Pahoa on September 1. In that game, Kohala actually scored first with sophomore running back Zhane Ching taking it through the line for the first touchdown of the 8-man season. After that, it was all Daggers, as the more experienced team scored on the Cowboys via a 60-yard touchdown pass to tie it up and take the lead later on the 2-point conversion. After that, the Daggers never looked back.

Several players from Kohala shined throughout, like the tough defense of senior Dayten James-Foree, the two-way pounding of senior Keola DeWitt, and the tough running of Jordan Alejandro and

Shamar Sarme. However, that wasn't enough to keep the floodgates closed as Pahoa used a balanced attack of rushing and passing to take the win over the Cowboys.

Kohala had their Senior Game on September 15 against the league-leading Ka'u Trojans, which came in with their relentless running game that took advantage of Kohala's shallow depth chart. After the game at Pahoa on September 22, Kohala will cap off their season on Saturday, October 6 at Ka'u in a 12:00 p.m. contest.

Depending on where Kohala finishes, Kohala can possibly play on Saturday, October 13, in the 8-man semifinal in Keaau, on the campus of Kamehameha Schools-Hawai'i.

We at KMN Sports wish the team the best of luck for the rest of the season!

Ainakea Neighborhood Watch Meets to Talk Meth



Photo by Lehua Cambra

Ainakea Neighborhood Watch members meet the new Hawai'i Police Department Captain, Jeremie Evangelista, and talk story with Community Police Officer Kapelieli Kauahikaua, Jr., better known as "Officer KJ." The topic was the dangers of crystal methamphetamine and safety in our Ainakea neighborhood. Our Neighborhood Watch Coordinator is Gerald Skelton.

Thanks go out to Syco Printing for our Neighborhood Watch stickers and Tino Salvador for providing the space for our meetings.

Students Enjoy Arts and Culture Via Enrichment Program



Photo courtesy of Rose Mae Watterson

Dixie Adams (second from left) and Laura Burkhart (third from left) receive check from 2018 Charity Walk representatives. A big MAHALO to all the North Kohala Student Cultural Enrichment Program's generous donors!

Story by Rose Mae Watterson

The North Kohala Student Cultural Enrichment Program (NKSCEP) is designed to expose Kohala Elementary and Middle School students to many cultural and educational programs that have previously been inaccessible due to cost. Sponsored by the North Kohala Community Resource Center, NKSCEP is funded by private resources, generous community donors and, mainly, through its participation in the island's annual Charity Walk. Recently NKSCEP was awarded a matching check by the Hawai'i Lodging and Tourism Association.

Every year, NKSCEP provides bus transportation and covers event costs to enable students of Kohala Elementary and Middle Schools to participate in Kahilu Theatre youth programs. The program also funds multiple in-school activities.

This year, Kahilu Theatre youth program performances include the Honolulu Theatre for Youth's "Shocka: The Story of Energy," Hawai'i Opera Theatre's "The Barber of Seville," Hawai'i Symphony Orchestra Concertmaster Iggy Jang's "Tango Extravaganza 2018," The Waimea Community Chorus, Ukulele and Slack Key outreach and self-proclaimed "Certified Lunatic and Master of the Impos-

sible," Tomas Kubinek.

In-school activities will include Michal Anna Carrillo's Creative Movement and Hip-Hop program, Bonnie Kim's Korean puppetry, drumming, instruction in healthy lifestyles (including swimming and tennis at Kamehameha Park), and cultural field trips.

In September, fifth grade students will be going to Keokea Beach Park to gather "hala" for making "pili kaula," or cordage. Aunty Keala Kahuanui and Uncle Chad Paishon from Na Kalai Wa'a will be showing students how to harvest and process the "hala" for the cordage-making. The cordage will then be used on the Makali'i during their next scheduled voyage in May/June.

Halloween Family Fun Night
October 31st
6 p.m. – 8 p.m.
 Hisaoka Gym (Kamehameha Park)
 Glow putt, Scavenger hunt
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KOHALA MONTHLY CALENDAR SEPTEMBER 2018

DATE	DAY	START	END	EVENT	DESCRIPTION	VENUE	PHONE
10/1	MON	5 PM		CHESS CLUB	OPEN TO ALL AGES	NORTH KOHALA LIBRARY	889-6655
10/1	MON	6 PM	7 PM	GROWTH MANAGEMENT GROUP	MEETING	BANK OF HAWAII BUILDING	854 4888
10/3	WED	1:30PM		AFTERSCHOOL ACTIVITIES	WII GAMING	NORTH KOHALA LIBRARY	889-6655
10/3	WED	4 PM		KOHALA COMMUNITY ACCESS GROUP	MEETING	SENIOR CENTER	IMUAKOHALA@GMAIL.COM
10/3	WED	4:30PM		NKAG MEETING		OLD COURTHOUSE	
10/6	SAT	4 PM		JEFF CURTIS & UNION MILL JAZZ BAND	FOOD AND BEVERAGES WILL BE AVAILABLE	THE HUB	889-0404
10/7	SUN	2 PM		FOOD IS MEDICINE FARM TOUR	ARRIVE BY 1:45 FOR REGISTRATION	LOKAHI GARDEN	328-2452
10/8	MON	3 PM	5 PM	NORTH KOHALA PARENT SUPPORT GROUP	SUPPORTED BY N. HAWAII COMMUNITY CHILDREN'S COUNCIL	KINGS VIEW CAFE	989-4894
10/8	MON	6:30 PM		HAWAII'S HISTORY WITH BOYD BOND	HE FOUR KONA UNCLÉS AND OTHER ADVISORS TO KAMEHAMEHA I	NORTH KOHALA LIBRARY	889-6655
10/9	TUE	11 AM		ADULT READING DISCUSSION	THE HIDDEN LIFE OF TREES BY PETER WOHLLEBEN	NORTH KOHALA LIBRARY	889-6655
10/9	TUE	6 PM		HAWAII FARMERS UNION UNITED	6PM POTLUCK, 7PM PRESENTATION. FOR EVERYONE	THE HUB	KOHALA.HFUU@GMAIL.COM
10/10	WED	1:30 PM		AFTERSCHOOL ACTIVITIES	LEGO BUILDING	NORTH KOHALA LIBRARY	889-6655
10/11	THUR	7 PM	9 PM	KOHALA ECSTATIC DANCE JAM	FEATURING AN ECLECTIC ROTATION OF DEEJAYS	HUB BARN	889-0404
10/13	SAT	4 PM	10 PM	KHS CLASS OF 1973 REUNION	WITH SCHOOL MATES FROM THE CLASSES OF 1969-1975	KEOKEA BEACH PARK	889-0590
10/15	MON	5 PM		ADULT AND TEEN POETRY	WITH JOSHUA BOWMAN	NORTH KOHALA LIBRARY	889-6655
10/16	TUE	10 AM		ADULT WRITER'S GROUP		NORTH KOHALA LIBRARY	889-6655
10/17	WED	1:30 PM		AFTERSCHOOL ACTIVITIES	WII GAMING	NORTH KOHALA LIBRARY	889-6655
10/19	FRI			NKCRC ONLINE AUCTION	UNTIL OCT 29, 2018	WWW.NORTHKOHALA.ORG	889-5523
10/20	SAT	10 AM	3 PM	KOHALA FILIPINO FESTIVAL	FOOD, FASHION, ENTERTAINMENT	KING KAMEHAMEHA PARK	756-0188
10/20	SAT	4:30 PM	6:30 PM	FREE GRINDZ HOT MEAL	KOHALA BAPTIST CHURCH	BANYAN TREE	889-5416
10/21	SUN	2 PM		TEA FARM OPEN HOUSE AND TOUR	TASTING NATURAL TEAS IN HONOKA'A	MAUNA KEA TEA	775-1171
10/22	MON	6 PM		PUBLIC ARTS LISTENING AND VISIONING SESSION	OPPORTUNITIES TO VOTE FOR THE ARTS YOU WANT TO SEE IN KOHALA	NORTH KOHALA LIBRARY	889-6655
10/24	WED	1:30 PM		AFTERSCHOOL ACTIVITIES	HALLOWEEN MOVIE "PARANORMAN" RATED PG	NORTH KOHALA LIBRARY	889-6655
10/24	WED	5 PM		PARKS, WATER & ROADS GROUP	MONTHLY MEETING	OLD COURTHOUSE	889-6238
10/25	THUR	3:30 PM		NA 'IMI 'IKE	HAWAIIAN LANGUAGE STUDY GROUP	NORTH KOHALA LIBRARY	889-6655
10/25	THUR	6 PM	6:30 PM	PRAYERS AROUND THE PEACE POLE	ALL ARE WELCOME, REGARDLESS OF RELIGIOUS AFFILIATION	ST AUGUSTINE'S CHURCH	895-5753
10/25	THUR	7 PM	9 PM	KOHALA ECSTATIC DANCE JAM	FEATURING AN ECLECTIC ROTATION OF DEEJAYS	HUB BARN	889-0404
10/27	SAT	10 AM	12 PM	THRIFT SHOP	AT ST. AUGUSTINE CHURCH	NEXT TO WALKER HALL	889-5390
10/27	SAT	11 AM	12:20 PM	COMMUNITY MEAL	AT ST. AUGUSTINE CHURCH	WALKER HALL	889-5390
10/29	MON	6 PM		TEEN JEWELRY CRAFT	WITH SID NAKAMOTO AND GAIL CHING-LEE	NORTH KOHALA LIBRARY	889-6655
10/31	WED	1:30 PM		AFTERSCHOOL ACTIVITIES	HALLOWEEN CRAFTS	NORTH KOHALA LIBRARY	889-6655
10/31	WED	6 PM	8 PM	HALLOWEEN FAMILY FUN NIGHT	FREE EVENT	HISAOKA GYM	937-9439
10/31	WED			HALLOWEEN TRICK OR TREATING	COSTUME CONTEST & PRIZES	NEXT DOOR TO MINNIE'S	
10/31	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

Kohala SDA Church
WHERE FRIENDSHIP MEETS FELLOWSHIP
 Saturday Services:
 Sabbath School: 9:30 AM
 Divine Service: 10:45 AM
 Potluck-Fellowship Lunch every Sabbath
 55-3361 Akoni Pule Highway, Hawi HI
 (808)889-5646
 Kohalasd.com

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

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

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 Moihā
 www.gos-kohala.org

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

KOHALA HIGH SCHOOL CLASS OF 1973 WANTS TO PARTY
 with school mates from the CLASSES OF 1969-1975
WHEN: SATURDAY OCTOBER 13, 2018
WHERE: KEOKEA BEACH PARK PAVILION
TIME: 4PM TO 10 PM
 25.00 per person includes Heavy pupu, Live music, and non alcoholic refreshments, BYOB
 Our last reunion in 2015 including classes 69-75 received over 140 high school graduates in attendance.
 Come join us and help us celebrate our '45th by creating another happy memory.
 More info contact:
 Sarah Pule Fuji 889-0590 Nani Hussey Svendsen 895-2963
 Contact for:
 Classes 1969 and 1970 Violet Hussey Oliver 938-0691
 Class of 1971 Maile Hussey Fernandez 987-8020
 Class of 1972 Shirley Garcia Nakamura
 Class of 1974 Carlton Torres
 Class of 1975 Debbie Gambalan Eleazar

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

KOHALA HONGWANJI SHIN BUDDHISM MONTHLY SERVICE
 Sunday, October 21, 4:30 p.m.
 On the right approx. one mile past the Kohala Middle School In Halaula
PUBLIC WELCOME
 For more information call: 987-1791
 Rev. Bruce Nakamura
 brucejunshin@gmail.com

Upcoming KHS Events

October 2:

Girls Volleyball vs. St. Joseph at Kamehameha Park, 6 p.m.

October 6:

Movie Night at Kohala High School Library, free to the public.
6 p.m.: Hotel Transylvania
7:45 p.m.: Jurassic World: Fallen Kingdom

October 8-12:

Fall Break, no school for all Kohala Complex students (KES, KMS, KHS)

October 9:

Girls Volleyball vs. Pahoia at Kamehameha Park 6 p.m.

October 26:

Due date for vendor applications for our annual holiday craft fair. The craft fair will be held on Saturday, November 24, in the cafeteria. Interested vendors can stop by the high school office for an application. Groups who would like to perform can contact Tia-Michelle Ubilas at tubilas@kohalabs.com or 889-7117 for more information.

Kohala JAMboree Returning in March!

Kohala Elementary, Middle and High Schools, in conjunction with 21st Century Community Learning Centers, is beginning to plan the 2nd Annual Kohala JAMboree. The JAMboree will be held on **Saturday, March 2**, on the high school field.

As always, the JAMboree is looking to include local vendors and businesses, so if you are interested in being a vendor for us this year, please contact Tia-Michelle Ubilas at 889-7117 or tubilas@kohalabs.com.

More information on the JAMboree will be coming out soon!

Why Yoga for Kids is Beneficial and Fun

What is Yoga and Why Do We Practice?

If you ask Ms. Tyler's fifth grade class at Kohala Elementary School (KES), they will tell you that yoga is a form of exercise and at the same time creates relaxation and stress-relief; it can help release emotions in a safe way and leads to inner peace. Here's what I have found after teaching yoga to students at KES for the last five years:

- Yoga can teach kids how to calm themselves down in the moment (self-control) by bringing focused attention to the breath. This is a skill you won't find being taught in many venues but can translate to a lifetime of balanced behavior and good decision-making.

- Poses can challenge a kid's strength, flexibility and balance and help increase mind-body awareness and physical fitness.

- Visualization techniques learned in yoga can be a starting point for a kid to dream bigger and see one's self succeed in other aspects of their life.

"I'm Not Flexible/Good at Yoga"

Yoga teaches us to accept ourselves as we are. It is a non-competitive process, an unfolding of layers of conditioned self-judgments. We encourage students to be curious about the dialogue in their mind

when in challenging poses and to just simply notice what kinds of thoughts are coming up.

We can see that yoga strategies are not just about the body. Yoga can help children and adults process emotions in a safe environment and a healthy manner. Recently, in a yoga class designed to support the social-emotional well-being of behaviorally challenged students, one student fell asleep during an extended "child's pose" (a deeply relaxing, passive stretch of the back and hips for all ages.) Just moments before this pose was engaged, the child had reported suffering emotional stress for personal reasons. Clearly, once the child was able to get to a still point and confront his anguish, he came to terms with his exhaustion and took the much-needed rest he deserved.

Self-Care is Caring for Our Community

In today's increasingly demanding world, where we constantly have to be somewhere or do something, it's easy to get overwhelmed. It's nobody's fault; it just is. We can't always control the outcome of life's situations, but we can always make a choice about our response to life. Yoga teachings are meant to support not only students, but also the entire community in learning ways

See Yoga, Page 18



PUBLIC NOTICE

The Hawaii Health Systems Corporation West Hawaii Regional Board of Directors will be having its next meeting open to the public:

Wednesday, October 10, 2018
3:30 p.m. to 6:30 p.m.
Kona Community Hospital's
Conference Room 2

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

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



Kohala Hospital Auxilliary Fund Raiser Krispy Kreme Doughnuts - \$12.00 a dozen

Tickets can be purchased from any Auxilliary member, at Hawaii Cigar & Ukulele, or call Dixie Adams, 889-5730

Pickup is on Saturday, Nov. 3rd from 10am to 2pm at the Takata Store Parking Lot.

The Fine Fingerpicking Stylings of Jeff Curtis



Plus

Union Mill Jazz Band

Joe Barry - Bass Alex Czerny - Piano
Keith Nealy - Drums Kim Sweeney - Guitar
Tom Penny - Vocals/Harmonica/Sax
William Wingert - Guitar/Trombone

Saturday October 6th

7:00 PM at The Hub

\$10.00 Donation

Food & Beverages will be available



Great Music in Hawi
Sound by Joey Bradley



Yoga, continued from Page 17

to practice the self-care techniques that keep us functioning optimally and help us help our loved ones. Just like the cliché: when you're flying in an airplane and it's about

delivery.

Yoga Supports Learning

Recent studies show that moderate physical activity in early childhood and adolescence likely "optimizes the neuronal environ-



Photo by Maya Parish

Students at Kohala Elementary School perform "double tree" pose during yoga practice.

to crash, first put on your own oxygen mask.

Keiki Yoga Kohala supports the value of being pono and Kohala Elementary School's mission to help each child reach their fullest potential. Our team of highly trained, certified yoga teachers shares yoga games, postures, partner work, breathing exercises, relaxation techniques and guided imagery in a safe container with a fun and relaxed

ment to influence cerebral maturation and enhance cognitive development" (Chaddock-Heyman et al., 2014). Further studies demonstrate that disciplines such as yoga and martial arts "improve children's executive functions," leading to more success in learning environments (Diamond and Lee, Science, 2011).

We can anticipate that students likely have a better chance learning

and retaining information taught in their daily curriculum when they enact the lessons they have learned in their weekly yoga classes.

Community Program with History

As we head into the 2018-19 school year, Keiki Yoga Kohala is enjoying our 12th year at Kohala Elementary School. We are very grateful to the program creator, Jacque Pailing, for her vision and fortitude. We are also grateful to KES principal Danny Garcia, who believes "yoga is part of the school's character-building program." Finally, we are grateful to the students and to the community.

A few weeks ago, we hosted our fifth annual benefit: RISE: a one-day yoga retreat at the Hawaii Island Retreat. This year we thrilled to host both keiki and adults. We had

a great turnout despite the threat of our uninvited guest - Hurricane Lane - and got to experience the theme of the event firsthand when logistics became tricky due to weather-related issues. Together, we can rise up, no matter what the challenge is.

You many also feel called to donate to the program, which is gratefully sponsored by the North Kohala Resource Center. Please check out our website,

KeikiYogaKohala.com, for a link to donate, or stop by the North Kohala Community Resource Center during business hours.

If you would like to learn more about yoga, please contact the Keiki Yoga Kohala Program Director Jamie Eversweet Belmarez at jever-sweet@gmail.com or 808-756-3919.

KHS School-Wide Bonding a Success

Story and photos by Tia-Michelle Ubilas

On Monday, September 10, Kohala High School students and their teachers spent their day at The Grace Center at Kohala Institute at 'Iole participating in "school-wide bonding." School-wide bonding is an annual event hosted by Student Council (STUCO) at Kohala High School and is typically held on campus. However, due to the various construction projects currently occurring at Kohala High School, Kohala Institute had graciously offered their property to the school to allow us to hold the bonding day event there.

The purpose of the event is to promote and encourage cohesion and unity among the student body and to prevent bullying. It is typically held within the first month of the school year and has generally been successful in its goals.

Students are divided into groups and complete tasks that require them work together, communicate and think critically. STUCO tries to create tasks that each student will have an opportunity to participate in so that no individual walks away from the day feeling left out.

Upon arrival at 'Iole, students were divided into 6 pre-determined mixed grade groups. STUCO had sorted the entire student body into groups of students who they may not have chosen for themselves. The purpose of doing so was to

force the student body to interact with others outside of their normal circle of friends, to allow them to meet others in the different grades, and to have them learn to work with others to accomplish a common task. Students then participated in six various activities throughout the day that were designed to improve communication and team work amongst students but also encouraged them to have fun. They participated in water and field games, played hula hoop junkenpo, built spaghetti and marshmallow towers and played telephone to learn how gossip can spread and change the more times it is said, as well as enjoying a number of other activities. Students also participated in a community service task that had them giving back by working in the lo'i that is located on the property.

By the end of the day, when it was finally time to return to campus, the students of Kohala High School had had a fun day in 'Iole. They learned to get along with others and many of the underclassmen walked away thinking that the upperclassmen were not as scary as they originally seemed - many of them even made new friends. They found that when you work as a team then more things get done and everyone is on the same rhythm, and learned communication is vital to getting things done right the first

See Bond, Page 19



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The *Hair Spectrum*
Family Salon



Open: Tue - Fri 8:30 - 5:30
Sat 9 - 3
889~5077

Bond, continued from Page 18



Kohala High students play in the water during School-Wide Bonding.

time. They also learned that community service can be fun, as nearly 100% of the students got down and dirty in the lo'i and a few of them didn't want to get out because they were enjoying themselves too much. Many teachers also noticed that because there was no cellphone service up in 'Iole, most students spent their time during the lunch break talking to each other and playing games instead of staring at their cellphones, which was a nice

change and also showed that they were in fact bonding together. Students even started a game of two-hand football and explored some of the surrounding area during their free time. By the time STUCO was done cleaning up and ready to go home for the day, they knew that their bonding day had been successful in accomplishing what they had set out to do - build a stronger school that was more unified across the grades.



Using only suction and a straw, students move M&M candies from one plate to another.



Passing a lifesaver on toothpicks takes patience and communication.



Mixed teams build spaghetti and marshmallow towers.



KOHALA VET CLINIC

Adjacent to Aloha Gas
Akoni Pule Hwy, Kapa'au
Open M-F 8am - 5pm
Closed on Sat & Sun

889-6405
Dr. Daryl Stang
rokuhawaii@gmail.com




THE COQUI CORNER

THE COALITION TREATED 18 DIFFERENT SITES LAST MONTH. MOST ARE AREAS OF ONGOING INFESTATION THAT INCLUDE:

- Kohala Nursery • Union Market Road • Transfer Station
- Pratt Road • Union Mill area • Resource Center gulch
- The Rambutan Orchard • Hoesa Road • Residences

Excessive rain and Hurricane Lane made eradications difficult. Coqui infestations multiplied.

MAHALO TO THE STATE/COUNTY FOR SUPPORTING OUR EFFORTS TO KEEP KOHALA COQUI FREE !

COQUI HOTLINE 889-1777

Tax deductible donations are gratefully accepted through NKRC, P.O. Box 519, Hawi 96719




Kohala Kowbotics VEX Robotics Hosts Second Annual Girl Powered Event

Kohala High School's VEX robotics team, dubbed "Na Paniolo Kohala Kowbotics," announced its second annual Girl Powered Workshop to celebrate International Day of the Girl. The workshop is slated for Tuesday, October 9, at Kohala High's robotics shop.

This event is intended to get young girls interested in the fun of STEM fields and the world of robotics! We will kick off the day with a series of hands-on activities, lunch and more activities and giveaways.

Kohala's Girl Powered event is just one of 100 workshops that will take place around the world this October. Girl Powered is an initiative to redefine the face of STEM by creating a more inclusive environment for all students within the robotics community. Together, with the support of the entire team, we strive to encourage equal participation of young women and men in competitive robotics.

Walking around any competitive robotics event, or into the office of countless hi-tech companies, it's not hard to see that majority of the participants or employees are men. According to Robotics Education and Competition Foundation, girls make up only 23% of VEX participants, and women represent 24% of the STEM workforce. It's easy to shrug it off as "girls don't like that stuff," but that is simply not true. Studies have shown that girls and boys show equal interest in science



Photo by Cheryl Cabrera
 Johnette Emeliano (left) and Sadey Alip at the VEX 2017 World Championships in Louisville, Kentucky, where the team of five Kohala students wowed judges and teams from around the world. According to Robotics Education & Competition Foundation, girls comprise 23% of participants in robotics.

and math in elementary school, and that, for a variety of reasons, many girls lose this interest in middle school. The mission with Girl Powered is to change this reality and to re-define the face of STEM.

This initiative is intended to bring all students who are interested together, to show them that they are welcome in the robotics community. Like many others, we believe in the power of diverse creative teams and, as such, we want to make sure our programs attract as many students interested in STEM as possible.

To accomplish this goal, we want to help our community recognize and overcome some of the societal obstacles that present themselves for girls at a very early age. By identifying the common barriers that exist, we can break them down and work to create a more inclusive environment.

Does this mean Girl Powered excludes boys? Absolutely not, we are not pushing boys out – we think robotics is for everyone. Kohala Kowbotics teams have been to Japan, China, Texas, Kentucky, Florida, Ohio and California. We

have seen the incredibly exciting diversity and exchange. We want to continue to see our community grow and flourish with diversity of ideas and perspectives.

As hosts of the Girl Powered workshop, we encourage and are open to any student who is interested. In fact, just like last year, we also encourage adults to join their child or grandchild. To sign up, go to www.robotevents.com and under the "Robot Competitions" tab search the "Workshops and Camps" for the "Kohala Kowbotics Girl Powered Workshop." Alternatively, you may simply contact Fern White at (808) 889-7117 or kohalakowbotics@gmail.com.



Photo by Fern White
 Teresa Marquez (right) works with her granddaughter, Sydney, to connect the correct resistors on the breadboard for their LeTry cars in last year's Kohala Kowbotics Girl Powered event.



STORE
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ORANGES /LB
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DIGIORNO PIZZA 12 INCH
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OREO COOKIES 6-15.3OZ
~~\$5.49~~ **2/\$6**

FRANKS FOODS PORT SAUS 12OZ
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