

Vol.19, No. 06

About Kohala, For Kohala

June 26, 2020

King Kamehameha Honored

Even though the Kamehameha Day parade and ho'olaulea were canceled this year due to COVID-19, the King Kamehameha I was honored on Kamehameha Day with a lei ceremony. Cultural groups who had painstakingly created 20-foot long lei carried them in formation down Akoni Pule Highway to the statue flanked by colorful floral arrangements and presented them humbly with great ceremony. The lei were then carefully draped over the outstretched arms of King Kamehameha.

The North Kohala statue is the original casting, commissioned in 1878 by Walter M. Gibson, a member of the Hawaiian legislature. The

statue committee included Native Hawaiians and was strongly influenced by King David Kalākaua. The statue was created in Europe and was to be erected in Honolulu, but it was lost in a ship wreck near the Falkland Islands en route to Hawai'i.

A replacement was being made when the original was recovered by fishermen and sold to a British ship captain, who then sold it to the Hawaiian government in 1882. The replacement statue went to Honolulu and the original is now the revered cultural landmark that makes its home here in North Kohala, the birthplace of Kamehameha I.



Photo by Mike Frailey

The statue of King Kamehameha I on Kamehameha Day, June 11.

Kohala Community Stands with Black Lives Matter

Story by Miriah Petruzzi

What is the American Dream in 2020? Is it the right to protest? Or is it the right to protect? Does it apply to the spectrum? Black? Brown? White? Rainbow? Maybe it's magic? Maybe it's more of a palette...choose your color and blend.

Hawaiians are no strangers to oppression, from the imprisonment of Queen Liliuokalani to the stolen slopes of Mauna Kea. Hawaii hears you. Ku Kia'i Popolo!

Kohala resident Malcolm Askew states: "With disproportionate amounts of violence towards Black people, especially Black men, it's important to call attention to the fear, anxiety and pervasive stress that they experience on a daily basis in racist America. I'm incredibly

blessed to live in Kohala, where the community is strong... It is heartwarming and inspiring to see so many young people demonstrating in support of Black Lives Matter. This gives me hope for the future."

On Monday, June 8, community members from Kohala, Honoka'a and beyond gathered along Church Row in Waimea to stand in solidarity with the Black Lives Matter movement. As one bold sign put it, "Matter Is the Minimum."

Why? Because we are all on this palette together and "Enough Is Enough!"

"To heck with your racism!" shrieked one loud voice, amidst the honking of big rigs and bicycles alike. The highway, alive with technicolored aloha spirit. Faces



Photos by Mike Frailey

Local students from taking a knee to support the Black Lives Matter

of young and old, lit up in a sea of masked fabrics, framed green by rolling hills against blue sky. Profound words of wisdom take the stage, leaping from demonstrators' signs:

"Know Justice, Know Peace." Or is it, "No Justice, No Peace"? Can it be both? It has to be both. Because, "In the Age of Information: Ignorance Is A Choice" and "It Is A Privilege to Learn About Racism & Not Experience It."

Kohala community member Mike Frailey explains: "I am Asian (Vietnamese) and I grew up in a rural community in Missouri. I was the only Asian person at my high school of over 2,000 students. I experience racism first-hand and on a daily basis. With this experience, I support movements and



North Kohala resident, Malcolm Askew supporting the Black Lives Matter movement with a personal message

See BLM, on Page 2

Hawi Farmers Market Closing Permanently

Hawi Farmers Market, LLC is announcing that the current closure of the popular Saturday outdoor market under the banyan trees in Hawi will be permanent.

The health risk to the market's personnel, customers, and vendors is a deadly serious matter. No one wants to put Kohala's at-risk population in any greater danger than is 100% absolutely necessary.

Fortunately, pro-active Kohala residents and groups have worked hard to create safe alternative access to local produce. Food pantries, donation-based meals, food box distributions, drive-through community meals, subscription boxes, food baskets, expanding online offerings, and home deliveries have all arisen to fill the void -- safely.

Several market vendors have

found alternative locations around town to offer their wares. It is that continued hard work and creativity that will allow them to thrive, grow, and continue to serve Kohala.

And last, but not least, our long-standing local groceries and restaurants have stepped up to provide safe, reliable access to locally produced nutrition. Again, safely.

After a 19-year presence under the banyans, the last eight years as a formal limited liability corporation, the staff and management of Hawi Farmers Market, LLC is tired and saddened by this change in life. But it is time. Time to let others carry the ball and block the hits that life has in store for us all.

Mahalo piha,
The Staff and Management of
Hawi Farmers Market, LLC

Kohala Mountain News
Box 639
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In Memory of Malcolm Davis

Malcolm Davis disappeared on June 9 while spearfishing with friends off of Mahukona Beach Park. A multi-day search involving the Hawaii County Fire Department, Maui County Fire Department, U.S. Coast Guard, U.S. Navy, and countless friends and family failed to recover his body. A graduate of Hawaii Preparatory Academy, Davis swam with the Kohala USA swim team and became a world-class triathlete, competing for Cal Poly University in California, where he had just completed his sophomore year. Those who would like to share their love and support are encouraged to post on Facebook and Instagram sites under "alohaformalcolm."



Photo courtesy of the Davis Family
Malcolm Davis

Hala'ula Well Work Continues, Almost on Schedule



Photo credit: Hawai'i Department of Water Supply
A new service lateral will deliver safe drinking water to a customer's home on Ma'ulili Road.

By Toni Withington

Despite the confusion of the pandemic and stay-at-home orders, construction of the new water well at Hala'ula is proceeding, only a few months behind schedule.

The contractor, Goodfellow Brothers, Inc., has completed the installation of the 1.9 miles of the main waterline and all laterals within the Akoni Pule Highway (Hwy. 270) corridor, as well as a portion of the new waterline and all necessary laterals along Ma'ulili Road. Work is expected to start in mid-June to extend the waterline mauka to the new well and new reservoir site.

According to the Department of Water Supply (DWS), the contractor is expected to begin well construction in mid-September, and then start building the 500,000-gallon reservoir in November. Work on the control building, the project's final component, is scheduled to commence in March 2021, with project completion estimated in summer 2021. When started in September

2019, completion of the project was expected in early 2021.

The project will eventually include installing new water lines and meters to all customers in the Hala'ula area, including Kohala Middle School. The new well is intended to improve the water system to existing customers, not to new development, and will provide backup safety for the two DWS wells in Hawi.

New meters, meter boxes and copper water laterals will be installed at homes, businesses and the Kohala Middle School. Current water service will continue through the duration of construction. Project total cost is \$12 million. DWS is funding this project through a low-interest loan from the State of Hawai'i's Drinking Water State Revolving Fund.

For more information on the project contact DWS Project Engineer Larry Beck, (808) 961-8070 or DWS information and education specialist Jason Armstrong at (808) 961-8050 or dws@hawaiiidws.org.

BLM continued from Page 1

protests demanding equality for all. In Hawaii, the population is changing -- and at a rapid rate. We need to care about racial equality, as it affects us all. That is why I show up to protests and why I support the Black Lives Matter movement."

Hawai'i Island is not immune to racism in today's America. We must all do our part to, "Hex White Supremacy." So, take a stand. Make noise. Sit-in. Stand up. Take a knee. Donate. Find your place. Because, together we must, "Decriminalize Dark Skin."

How else can we stand up against racism? Kohala resident

Matt Thomas recommends "...talking to and educating your family and friends; it isn't Black people's responsibility to educate [white] folks anymore."

We are ALL in this together. Black Lives Matter is more than a movement, it is bigger than us.

So we stand up for what is right and we say their names: Eric Garner, Michael Brown, Tamir Rice, Trayvon Martin, Christopher McCorvey, Tony McDade, Eric Reason, Ahmaud Arbery, Michael Lorenzo Dean, Breonna Taylor, George Floyd, and so many more.

Hawai'i stands with you. "No Freedom Until We Are All Equal!"

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Please enjoy the Saturday farmer's market!

bamboo We Miss You

Kohala Looks to High Turnout in Primary Election

By Toni Withington

This year's elections, for the first time, will be conducted entirely by mail. Even so, voters will still be able to drop off ballots at one of several service centers that will be set up ten days before the primary election day on August 8.

All properly registered voters will automatically receive their ballot approximately 18 days prior to the election. If your voter registration is up to date, no further action is required.

Longtime election watchers in Kohala are hoping that the turnout in our district will increase over past elections.

Donna Oba, a Kohala resident and vice president of the League of Women Voters of Hawaii, said, "The League of Women Voters of Hawaii County is optimistic about voter turnout. We are seeing an increase in the numbers of young people registering to vote for the first time. It's a lot easier to register these days: besides paper, you can register online at olvr.hawaii.gov or use the League's online voter guide, VOTE411.org."

Voter registration deadline for the upcoming primary is July 9. Registration can be done online at the County of Hawaii website under 'voter registration.' Paper forms can also be picked up at the Kohala Police Station.

The vote-by-mail program was set up by the State Legislature last year in order to raise the percentage

of voters who turn out at elections. The state has fallen from a high of 93 percent in the 1960s to one of the lowest among the states. The COVID-19 epidemic has made that decision into a much safer way to conduct elections.

Throughout the state, primary elections turn out fewer voters than the general elections in November. However in Hawaii County, because the mayoral and county council elections are on a non-partisan basis, some candidates are elected in the primary, if they can pull 51 percent of the votes. For example, in 2016 Mayor Harry Kim was elected in the primary by topping a long list of candidates. Primaries are important.

How does Kohala do for turnout? In the 2016 primary, with 4,038 registered voters, 38.9 percent of them showed up to vote, either at the polls or absentee. The state turnout then was 58.4 percent. When Trump ran for President in the general election that year, 59.8 percent showed up in Kohala.

In the 2018 primary, Kohala did a little better with 45 percent of the voters casting ballots. In Hawaii County, the average for all precincts then was 38.6 percent.

When you receive the primary ballot in the mail, you will see the absence of several races. Of course, the presidential race will only appear on the November general ballot. But also, there is no race for the U.S. Senate, the Hawaii gov-

ernor and, in our case, the State Senate, since Lorraine Inouye has several more years in her term.

Heading the precinct ballot instead will be those seeking to replace U.S. Rep. Tulsi Gabbard in the 2nd Congressional District, which represents mostly rural Oahu and all the neighbor islands. Gabbard, a Democrat, is not running for reelection. State Sen. Kai Kahele, a democrat, will be running against three other democrats, nine republicans and members of other parties and nonpartisan candidates.

Our District 7 representative to the State House, David Tarnas, is running unopposed to return to that office.

Fifteen candidates are running for the position of county mayor, including current mayor Harry Kim and prosecuting attorney Mitch Roth.

For our County Council District 9, sitting council member Tim Richards is running against Phillip Aiona and Ranae Keane.

There are eleven people from Hawaii County running for a post on the Office of Hawaiian Affairs and others from other islands; all will appear on the ballot. To learn more about these candidates, go to VOTE411.org.

Because of the stay-at-home orders, there will not be the usual candidates' forums to attend. However many news print and broadcast sources will be sharing extensive information and debates

among those running. Informed voters will have many opportunities to do their research.

If you prefer to drop off your ballot instead of mailing it, the places for casting them will be located at the Waimea Police Station and the West Hawaii Civic Center, 74-5044 Ane Keohokalole Highway, Kailua-Kona.

Library Take Out

What: Library Take Out
Who: NK Public Library
Where: 54-3645 Akoni Pule Hwy

Since the beginning of June, library patrons have been able to schedule a "Library Take Out" appointment to pick up their materials from our curbside pick-up. Beginning June 8, the Library Take Out menu expanded to include assistance with library card accounts, payment of fines and fees, and information assistance, both curbside and over the phone.

We appreciate the public's patience as we continue to phase in our library services for the community. As our menu and mode of services may have changed since publication, please contact us for information on current library services.

Call 808-889-6655 or visit www.librarieshawaii.org.

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Feed Kohala Initiative Reaches Out to Kupuna

With the recent global health crisis of COVID-19, North Kohala community members have responded to help create increased food access through the Feed Kohala initiative. Feed Kohala is collaborating with numerous community groups, dedicated families and farmers helping to bring more fresh food to our community.

The Feed Kohala initiative has branched from the North Kohala Eat Locally Grown project to create a kupuna meal program supporting families in North Kohala and 'ohana in Kawaihae as well. The program is targeted to kupuna who, at this time, have been encouraged to stay home as much as possible. Through the meals program, Feed Kohala has been able to connect local farmers directly to community members helping them to continue their business while supporting Kohala's goals for increased food self-sufficiency.

Since April 21, the Feed Kohala team has created over 700 meals each week and delivered them directly to kupuna. Each kupuna is receiving four frozen meals, which they are eating for lunch or dinner throughout the week, and on delivery days they receive one hot meal that they can enjoy for dinner. Meals are prepared in the certified kitchen at the Grace Center through partnership with Kohala Institute.

The meals focus on foods that are familiar and culturally relevant with an emphasis on locally sourced ingredients. On the Friday following Kamehameha Day, kupuna received a Hawaiian plate with laulau, sweet potato and lomi salmon. The week before was fried akule and poi. The group has reached out for feedback from the community members who have received meals and many of the participants are beyond excited for the



Photo courtesy of the North Kohala Community Resource Center
The Feed Kohala initiative has connected local farmers and community members during the current pandemic with multiple distribution sites for the farmers' products. The current focus delivers meals to over 150 kupuna each week.

quality of the meals, the nutrition they receive and the positive feeling they have knowing the younger generation is caring for them.

Kupuna shared, "The meals are the most nutritious I've had in the past 10 years. Thank you to all who have made this possible, and thank you to all of the volunteers who prep, cook, package, pack and deliver." Another shared, "These lunches are adding a huge variety to what I eat; my daughters on Oahu are pleased that I am getting balanced meals."

It is with the help of local farmers and ranchers that we are able to support our kupuna. To name a few, we mahalo Pono'holo Ranch, the 'Ohana Agricultural Resilience program at Kahua Pa'a Mua, HL Farms, Dylan Trumpy, Hawaii Farming Inc, 'Ano'Ano Farms, 'Ohana Banana Farm, Mokuwai Piko poi, Mana

Farm, Alma's Garden, Ka Mala Wai Aquaponics, Kell Matsuda, Hawaii Ulu Coop, WOW Farms, Hamakua Mushrooms, Kawamata Farms, Hirabara Farms, Kohala Elementary School Discovery Garden and others (please excuse us if we forgot to list you and know that we appreciate you!).

The generosity during this uncertain time has been inspiring and encouraging. Over 30 community members have made donations; numerous businesses have donated time, resources and products; and five foundations, including the Dorrance Family Foundation, The Russell Family Foundation, the O'Neill Family Foundation, the Healy Foundation and the IRONMAN Foundation, have contributed to support this cause.

In addition to providing kupuna meals, Feed Kohala has been privi-

leged to support various food distributions in collaboration with the Sacred Heart Food Basket and The Big Island Giving Tree. Both of these groups are extremely dedicated and integral in supporting the needs of families in North Kohala and around our island year-round.

These efforts would not be possible without the generosity and expertise from Fig's Mix Plate and Freds Contracting. Other collaborators who have helped make this possible include Kohala Food Hub, Kohala Grown Market, Lone Palm Sprouts, Hawaii Foodservice Alliance, Mauna Kea Resort, Keck Observatory, Aikane Nursery, Takata Store, plus more and numerous individuals. The North Kohala Community Resource Center serves as a fiscal sponsor and has offered an essential platform to help elevate this work.

The kupuna meals program is forecasted to continue through July 10, with hopes to extend service beyond then. It is with the participation and support of community members and donors that these efforts can continue. Feed Kohala has created a vision to evolve the program to reach all ages. The hope is that the youth can become part of creating the meals for kupuna, strengthening a multigenerational connection while supporting farmers and our community's goal for food self-sufficiency.

The team members behind the kupuna meals include Traci and Fred Figueroa, Kynan Kawai, Michelle Kawai, Sina Masalosalo, Leslie Nugent and Nany Zepeda-Sanic. In addition, an incredible group of volunteers delivers meals weekly, helps to pack and distribute produce, and supports the many logistics that arise. We are so grateful for your support and generosity. To learn more please visit northkohala.org.

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Letters

Takata Store Thanks You During This New Normal!

“No one who achieves success does so without acknowledging the help of others.”

– Alfred North Whitehead

With the threat of COVID-19, these past three months have propelled us to serve in a capacity we’ve never experienced before in all of our years of operation. As an essential business, we had to keep going with supplying the demands of products, such as rice, flour, fresh produce and

meats, household products, toilet tissues and sanitizers.

This “new normal” has forced us to take precautionary measures in continually sanitizing surfaces, providing our customers with sanitizers or wipes, putting up clear dividers at our cashiers’ counters, wearing protective face coverings, practicing social distancing and closing our store one hour earlier.

Yet through it all, you have

shown us your patience, understanding and appreciation—in your own way—and we cannot thank you enough. Some of you have said, “you are thankful that we’re here for you”, but truth is “we appreciate each of you and cannot do it without you!” It helps motivate us to do a better job for you all.

Thank you from the bottom of our hearts!

The Takata Store Gang

Hawai‘i State House of Representatives Update

From the Desk of District 7 Representative David Tarnas



Photo credit: Office of Hawaii State Rep. David Tarnas

On May 23, Hawaii State Rep. David Tarnas (left) presented an honorary certificate to Hawaii Wildlife Center’s Executive Director Linda Elliott on behalf of the Hawaii Island legislative delegation, honoring their admission of Patient Number 1,000, a “manu o ku” (white tern) from Oahu. HWC’s commitment to Hawaii’s native wildlife is one of many stories of service and success that defines the Kohala community.

Aloha, friends and neighbors! In the face of adversity and uncertainty in our community, state and world, our community is full of abundant resourcefulness, generosity and aloha. I am humbled and grateful to represent you.

Last month, the Kohala Mountain News shared the success story of the Hawaii Wildlife Center (HWC) which, from the heart of North Kohala, offers rescue and rehabilitation to native birds and bats from across the Hawaiian Islands. In May, the Hawaii State Legislature issued a congratulatory certificate honoring HWC’s achievement of treating their 1,000th patient! I was grateful for this opportunity to educate my fellow legislators about Hawaii Wildlife Center’s statewide impact, as I continue to advocate at the Legislature for the establishment of dedicated, industry-sourced funding to support these critically important native wildlife rescue and rehabilitation services.

This month, I am reporting on the Kohala success story of Kahua Pa’a Mua, a local non-profit organization which was awarded a State-funded Grant in Aid in 2018 to support their work to strengthen community resilience by growing local food and teaching sustainable farming practices. This State grant invested \$50,000 in Kahua Pa’a Mua to hire two part-time employees and provide hands-on learning experiences to students and the community at their Ho’ea Natural Farming Learning Laboratory.

A centerpiece of Kahua Pa’a Mua’s work is the ‘Ohana Agricultural Resilience (OAR) program, which Executive Director David Fuertes sometimes calls “the backyard revolution.” Each year, the OAR program works with ten families, teaching and guiding them as they cultivate two 100-foot-long beds of their own. Lessons range from how to increase crop yields with indigenous microorganisms to how to protect farmland with fencing.

With the support of their 2018 grant-in-aid, Kahua Pa’a Mua has also expanded their work to educate the next generation of land stewards. The Hau’oli Mau Loa Foundation Mentorship Program teaches mentor groups of 10-15 students about Natural Farming, crops and animal husbandry, while the Kohala High School Academy Career and Technical Education program provides hands-on training for students interested in agriculture.

For many years, the Learning Lab’s 20 acres of pasture and five acres of crops were primarily maintained through volunteer workdays while organizers faced multiple challenges, from inconsistent irrigation to feral pig damage. The dedicated staff members supported by the State grant funding helped support effective management of the Learning Lab’s crops, irrigation systems, animals and gathering areas while the organization expanded their outreach and education pro-

grams.

In recent months, Kahua Pa’a Mua’s response to the COVID-19 pandemic has demonstrated deep commitment to the Kohala community. When families participating in the OAR project learned of the food insecurity facing their neighbors in Kohala, they planted larger quantities of food, including short-term crops which could be harvested to quickly respond to community needs. The OAR project has donated hundreds of pounds of leafy greens, beans, cucumbers, zucchini and poi to support food-insecure families in Kohala during the COVID-19 pandemic.

Kahua Pa’a Mua was founded ten years ago with a vision to educate Kohala’s next generation of youth leaders and agriculturists. Today, the organization exemplifies Kohala’s resilience, strength, and aloha ‘āina. Mahalo nui to David and Carol Fuertes, the Kahua Pa’a Mua staff, and the OAR families for their commitment to the Kohala community! And mahalo to Kahua Pa’a Mua’s supporters and sponsors, including the Hau’oli Mau Loa Foundation, KUPU, Kamehameha Schools, U.S. Department of Agriculture (USDA), and State of Hawaii Grant in Aid program. To learn more about Kahua Pa’a Mua’s programs or get involved, please visit kahuapaamua.org or contact Executive Director David Fuertes at (808) 896-0566.

I continue to be encouraged by how the people of Kohala continue to come together to support each other through this challenging time while working towards a brighter future. There will be more challenges ahead as our community continues to weather severe economic disruption and uncertainty. Our economy’s heavy reliance on tourism also poses a significant challenge to the State government as we work to balance the State budget with drastically reduced tax revenues. I will continue to keep you updated on other developments at the Legislature, through this column as well as my more frequent email newsletters. (Please email me at reptarnas@capitol.hawaii.gov to sign up.)

Working together, I believe we can emerge from this crisis a more resilient, sustainable and equitable community. As always, I welcome your input and encourage you to reach out with your questions, concerns and suggestions. Mahalo!

Future KMN Deadlines

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

July Deadlines
Ads and News: 7/10/20
Calendar: 7/17/20
Distribution: 7/24/20

August Deadlines
Ads and News: 8/14/20
Calendar: 8/21/20
Distribution: 8/28/20

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.

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

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Kohala Mountain News
 P.O. Box 639, Kapa’au, Hawai‘i 96755

Talk Story with Ilea



Ilea Bain, PsyD, is a clinical psychologist at Hamakua-Kohala Health.

“Compassion is not a relationship between the healer and the wounded. It is a relationship between equals. Only when we know our own darkness well can we be present with the darkness of others. Compassion becomes real when we recognize our shared humanity.” –Pema Chodron

Before I begin each session, I say a prayer that I learned from a Chicana birth worker: “May I be a hollow bone.” This prayer sets a conscious intention to empty myself of being attached to my ego stories so that I can instead be fully present and more purely reflective of

the person in front of me. While I am still human and cannot always avoid my own blind spots and areas of rigidity, I do my best to see each person not as an “other” but as a different version of myself. I see our shared humanity. Our shared messiness. Our shared laughter, love and pain.

It is no secret that the United States is not very united right now. Polarizing hatred of “the other” is bubbling up to the surface. But this is nothing new. It is just more obvious than usual. More undeniable. More demanding of change.

As such, my heart has been recently flashing to a boy named Nathaniel Brown. I will never forget him. He was a mixed boy I grew up with. He lived a couple blocks away from me. His mama was white. His daddy was black. He and I walked to and from school together and were in the same classroom all day long.

Flash. There I am, nine years old, standing next to him while he cries out in the middle of a crowded city bus on our way home. Rivers streaming down his face, my normally playful and sweet friend is crying out with a sorrowful fury I had not witnessed in him before.

“It doesn’t matter if I have just one drop of black blood in me—if my skin is not white I will never be treated as an equal! I’ll never be seen as good enough!”

That’s a flashbulb memory for

me. Because I remember his desperation to be heard. I remember feeling and thereby, believing, the depths of his grief and pain. I remember thinking it was so intense for a child to have to carry that kind of burden.

But what happened after that? My mind goes blank. Was he comforted in his pain? Did adults around him say, “Yes honey, you’re right. This country is built on a foundation of racism and actively works against people of color. Especially young black men such as yourself. We hear you. Your feelings are valid. We are so sorry.”?

Or did he cry out with such devastating and lonely heartache only to be met with dumbfounded silence and dismissive blank stares? Even worse, was there angered outrage at him for being heartbroken at all?

In general, it’s hard for many people to witness that kind of pain and deep injustice without trying to dull it down or make it go away.

That kind of grief is so tender and so heavy that it can drive some people to become defensive. We become defensive when we are afraid to feel pain. We become defensive when we feel seen as bad.

The fastest way I know to ease defensiveness and find compassion for another is to imagine the young, hurt child inside of them. May we all find a way in these times to see the inner child in each other. May we find a way to become a hollow bone in the face of another’s pain.

Want to participate in this column? Please write to me about your stories, questions, and other concerns of the heart and mind that you would like to hear more about. Each month I will select a story or theme and respond in this column. I will not disclose any names or identifying information in my public response. This dialogue does not replace actual mental health treatment but it’s a good place to start. Please write your stories to talkstorywithilea@gmail.com.

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“ ”



I trust Stacy Higa because he has the leadership and experience that will be needed to do this job.

As a former Deputy Managing Director, I also understand what has to be done, and that's why I wholeheartedly support Stacy Higa for Hawai'i County Mayor.

DAVID FUERTES

NORTH KOHALA

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Food Security, A Growing Concern

By Donna Maltz

We are all navigating tender and turbulent times – living through a global pandemic; a productive, yet harsh, Civil Rights movement; corporate and political corruption; environmental degradation; and a climate crisis. While we reside in a much safer place than most of the world's population, the concern of food security is a reality. Thankfully we have seasoned farmers and permaculture experts on our Island.

At the most recent Hawaii Farmers Union United (HFUU) meeting, Clarence (Cab) Baber, one of those experts, gave an informative and fun presentation on home gardening. He shared his 40 years of regenerative farming knowledge, offering simple methods to turn our lawns into food. Cab co-founded the Hawaii Organic Farming Association 30 years ago and had the first community supported agriculture (CSA) program on the island. He was the first regenerative farmer in Waimea's Lalamilo farm lots, operating the state's largest organic tomato operation. He's been a pioneer in the modern use of microorganisms and fermentations in regenerative agriculture, making a soil probiotic, bokashi, for over 25 years. His Kohala farm was awarded the first hemp license in the state, and Cab integrates poly cropping of food into the hemp crops.

Cab's passion for food sovereignty shined as he encouraged all of us to grow our own food.

Like Cab, there are many enthusiastic yet frustrated citizens fighting for food justice and equality for regenerative farm works. Many groundwork studies on the issues of food sovereignty unfortunately sit on shelves, collecting dust.

One of those plans is The Affordable Land and Housing for Farmers

Exploring Agricultural and Community Land Trusts for Hawai'i Island. The project brings to our attention the primary factor preventing agricultural development: affordable land use and housing. Hawai'i has the highest agricultural land costs in the nation, creating the greatest capitalization challenge for Hawai'i farmers and a significant barrier to increasing food security.

So, how do we bring about lasting and transformative change within an exploitative system of land ownership? How do we rewrite the laws to make farming affordable and long-term equitable access to the land? How can we structure our real estate laws and legislation to support regenerative agriculture as if our lives depend upon it?

If we speak out, together, we can restore the health of our planet and our communities. You will have the opportunity to hear from political leadership on these issues at the next HFUU meeting on July 14. The Kohala HFUU is hosting a Political Forum on Agriculture with a myriad of candidates vying for various elected positions. They will be sharing their stances on multiple aspects of the necessity of food sovereignty and sustainable agriculture.

At the time of writing this article, we hope to have a live event at the Kohala Village HUB Barn, though if pandemic protocol prevents such a gathering, we will move forward on www.zoom.us and will email the link to interested parties.

The HFUU offers educational programs at 6 p.m. on the first Tuesday of every month. For more information on programming and getting involved with the planting of 10,000 fruit trees in Kohala, please contact us at KohalaHFUU@gmail.com.

Hawaii Writers Guild Announces "Inside the Writers Studio"

When COVID-19 put an end to Hawaii Writers Guild's program of public authors readings, two of its board members turned to technology for a solution. The result is "Inside the Writers Studio," a new online program hosted by the Guild's North Kohala director, Eila Algood.

Algood had previously hosted a series of well-attended authors readings at the North Kohala Public Library. She was in the process of organizing a reading in March of 2020 when the governor's "shelter in place" rules shut down public events.

What to do? Algood teamed up with Guild president, Diann Wilson, also from North Kohala, and the two women explored options. Fortunately, they are both fairly "tech savvy" in complementary ways.

After some research, Wilson discovered Google for Nonprofits, a program for federally tax-exempt organizations. Hawaii Writers Guild had received its certification from the IRS as a nonprofit charity this past Valentine's Day. Wilson explored the benefits of the Google program and discovered that it gave nonprofit organizations access to their own YouTube channel, which made it easy to post videos widely available to the public.

Algood, who has two YouTube channels of her own, had acquired video editing skills by attending training provided by Na Leo TV some years ago. She is also self-taught in iMovie, a video editing software application that facilitated applying opening titles and closing credits to videos.

Although the two women had originally envisioned a digital replacement for the cancelled authors readings, they eventually

settled on a format involving one reader introduced and interviewed by a moderator. To test the feasibility of the concept, Algood volunteered to be the moderator and Wilson agreed to be the author reading her work. Remembering the program "Inside the Actors Studio," they chose the title "Inside the Writers Studio."

The two women recorded the pilot program three times using the Zoom video platform before they were satisfied with the results. Episode One of Inside the Writers Studio is now posted on the Hawaii Writer Guild's new YouTube channel at <https://youtu.be/D1oNEIHGdF8>.

Algood promises there will be more programs in the future. She's excited about the ability of this technology to showcase the diversity of Hawaii Writers Guild members who reside on several of the Hawaiian Islands and on the mainland as well. "This technology can lift people up and provide an equal playing field for people from many diverse backgrounds," Algood said. "It can benefit everyone."

Wilson foresees the possibility of training others to be moderators as well so that Algood will not have to carry the burden of future productions all by herself. She is hopeful that it may "encourage young writers to join and get involved" in the Guild when they see the Guild making increased use of social media.

Wilson noted that it is possible for members of the public to sign up for notification from the Hawaii Writers Guild's YouTube channel when future programs become available. While watching the pilot, just click on the red box on the right below the video that says "SUBSCRIBE."

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Birth of 1Heart HUB

By Delphina Dorrance

Through a group process that has lasted over a year, my husband, Bennett, and I (who met in Kohala and have been on-island for 22 years) have officially created a new umbrella management company to steward the many purpose-driven projects we have otherwise organically developed based on community need and personal passions over the past 16 years.

1Heart HUB, Centers for Food, Arts, Culture & Ecology cultivates health and wellness for people and planet prosperity and ways to "Feed Your Soul." We are proud to have a fabulous team, one happy work ohana, 1Heart.

Island HUBS:

RED--Kohala Village HUB campus--INN, PUB/ Caboose, community center, massage.

BLUE--Blue Dragon Tavern & Cosmic Musiquarium, Blue Dragon Bodywork/Massage.

GREEN--Dragon Heart Farm (formerly Blue Dragon Farm), Kohala Wishing Well in partnership with the Kohala Food Hub and HIP Ag, Touching the Earth Land Company property team.

Mountain HUB in Garberville, California:

EMERALD--Heartwood Mountain Sanctuary (eco-resort and holistic retreat center).

The new 1Heart HUB logo combines the historic Heartwood logo of concentric geometric hearts with the sun rays/ wheel spokes of the Kohala Village HUB campus theme.

COVID Care Actions

On March 13, 2019 the Kohala Village HUB PUB burned down. The fire helped us adapt and flex our resilience muscles as we dealt with shock, grief and then gratitude to help continue our offerings, welcoming the ability to pivot to reopening the Blue Dragon Tavern & Cosmic Musiquarium (closed for two and a half years for wastewater issues, reopened October 2019).

On March 13, 2020, the one year anniversary of the PUB fire, we closed the newly reopened Blue Dragon due to COVID (we also closed the INN, massages, community center, and Heartwood)! The same day, after a year of PUB inspections, permits, demo and cleaning, we launched the Kohala Caboose food truck. What a möbius head-to tail phoenix/dragon rising and recoiling...

1Heart HUB kept CA and HI property teams (buildings & grounds, housekeeping) busy, even expanding both farms teams to promote food and medicine production and produce original educational regenerative agriculture videos.

We offered online community cultural talk stories, helping many hearts get through these trying times together while honoring original values and intentions of farm and food connection, education and outreach.

Both the Blue Dragon and HUB PUB Caboose reopened June 9 for "grab & go." Stay tuned for our phasing-in of expanded hours and

menu items and then in-house dining and music at both locations. Much-needed healing arts classes will continue soon, and the INN will slowly open in August.

While ordering at the Caboose, visit the community-driven mural project capturing Kohala stories of what is valued and post-pandemic visions. Mahalo to all who joined those conversations and painting! And mahalo to all joining the vigil on June 26 in the HUB Barn to honor family members, what to let go of and what to manifest.

Blessings on our Future

On King Kamehameha Day, with no parade as perfectly usual, we held blessings at our farm and the HUB PUB zone. We planted

intentions in many ways. I am grateful for the sacred space held by our precious leadership and committed community members. Mahalo nui loa for your support and connection.

Only together can we birth an even more beautiful Kohala, even be a model of resilience. Imagine what we will co-create as we continue to heal old holes, weave our cultures and ages and become more whole, already graciously supported and embraced by an abundance of exquisitely inspiring nature.

The fire, pandemic and protests have taught us the need to become even more capable of gratitude and love, creating strength and flexibility in unimaginable times.

"If You Rest, You Rust" or What is Physical Therapy?

You have probably heard about physical therapy through friends and family members who had injuries or surgeries and received physical therapy treatments in the hospital and for a while afterward. But what exactly is physical therapy and why is it such an important part of healthcare?

Physical therapists (PT's) are trained individuals with a graduate degree in Physical Therapy and specialize in movement dysfunctions, pain management, and improved physical well-being for people of all ages. Physical therapists diagnose

movement disorders, create treatment plans for individuals recovering from injuries and chronic diseases, help prevent future injuries, and improve general well-being. Physical therapists can be found in many health care settings, such as hospitals, nursing homes, outpatient clinics, fitness centers, as well as schools, to name a few.

BodyPro Physical Therapy is an outpatient clinic that opened its doors in Waimea 12 years ago and has since become a well-known and respected part of the North

See Body, Page 9

Councilman's Corner

Aloha!

With the advent of the COVID-19 episode coinciding with our budget season, I think everyone can imagine the budgetary process was in disarray. The initial budget proposed by Mayor Kim on March 1, 2020, was \$626 million. Through the COVID-19 shut down and thus economic shutdown, the budget was revised down to \$585 million on May 5, 2020, by Mayor Kim; this is approximately a 7% reduction and very similar to last year's initial budget.

Two years ago, our County economy was approximately \$8.5 billion GDP. Last year in the post lava eruption economic climate, it was estimated we lost \$1 billion out of that GDP in addition to 4,000 jobs. Tourism comprised approximately \$3 billion or 40% of our County's economy (GDP). By any measure, in the last three months, we have lost all of the tourism or 40% of that economy. How much and how quickly that will come back is debatable and up in the air.

As I was planning for the budget, I estimated a \$5 billion GDP to be conservative. After participating in national calls and gleaning information from other jurisdictions, it can be projected we will have a 15-20% reduction in our revenue. The state government's budget is approximately \$15.5 billion, and they are projecting roughly a \$2.5 billion shortfall or 15%. A great deal of our funding comes from the state, but we have already been told we will get zero dollars for our share of the TAT, of which we usually receive approximately \$19 million. That all said, I am seriously concerned about our budget as we did not cut enough.

The budget cut proposal I had put forth was for approximately \$14 million from our County Mass Transit System. I was reducing our capital investment budget, new buses, bus stop structures, etc. What allowed us to do this, is we had just received federal funding to purchase 10 buses and had approved that in Council the day before. We still have buses coming in, but we are not obligated to spend more as these buses are grant-funded. This would have allowed us to reduce the budget; "hit the pause button" on capital improvements for Mass Transit until we saw where our projected revenues would be. (I fully support the need for Mass Transit, but that is based on the ability to pay for it.) I have been the most prominent critic of Mass Transit due to previous abysmal management, but I have faith in the current management team. Although my proposed budget amendment to cut these funds provided a great opportunity, it was not supported by my colleagues on the Council.

As projected now, the revenue for the General Excise Tax (GET) is \$37.5 million. This is where the funding for Mass Transit comes from. To collect that amount, the GDP for the county must be \$7.5 billion. It is currently not there and extremely doubtful we will come close this year. It would have been better to cut now and re-appropriate later if we had the funds as opposed to funding now and having a future shortfall. I believe we have made a mistake and will have to deal with the consequences of the outcome. Due to this, I was the sole dissenting vote on Bill 144, Draft 3 "Operating Budget for FY 2020-2021".

Mahalo for your support.

Herbert M. "Tim" Richards, III

Tim

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Body continued from Page 8



Photo courtesy of BodyPro Physical Therapy

The staff of BodyPro Physical Therapy at the Kapa'au clinic. Left to right: Linda Santiago, front office manager; Jana Howard, PTA; Bethany Thoresen, PT. Not pictured: Jenna Banks, PT.

Hawaii community. Two years ago, BodyPro's owner and founder, John Warneke, decided it was time to expand our services to North Kohala and opened a second clinic in Kapa'au. Our clients are grateful for us being so close to home and not having to travel to Waimea or Kona for Physical Therapy treatments, thus are more likely and willing to attend PT as part of their recovery.

So, what can Physical Therapy do for you, you ask? We at BodyPro believe it's A LOT! It can literally transform your life and get you moving and enjoy life again. All those aches and pains you attribute to "I'm just getting old" are often the result of years of inactivity and muscle imbalances which, believe it or not, can be treated and improved! If you rest, you rust; it's that simple. Over the years we've treated quite a few patients in their late 80s or even 90s and, besides being happy and having a great sense of humor, they have all had one thing in common: they stayed active throughout their life span! Regular activities like walking and swimming, stretching and a handful of general strengthening exercises can go a long way.

How do I get Physical Therapy and what can I expect from my visit at BodyPro? First, you will need to see your doctor and discuss the problem with him or her. Don't be shy; ask about physical therapy as

part of your treatment plan if the doctor doesn't bring it up. If you decide together this is the way to go, your doctor will send a referral to our office and one of our friendly front desk staff will give you a call to get you scheduled for your first physical therapy appointment. Here at BodyPro we take all insurances - yes, even Kaiser - and our staff will verify your eligibility for PT as well as what your copayment will be.

At your first visit we will have you fill out a health questionnaire, and then the physical therapist will ask you questions about your ailment or injury. Next the PT will take a series of measurements and assess your movement patterns, range of motion and strength, so please dress comfortably! The PT will also go over one or two exercises with you, which you can do at home. Yes, you will get homework! At the end of your session you will decide with your PT how often we

will be seeing you, which for most people it is once or twice a week for several weeks, and we will schedule your appointments for you. Then the physical therapist gets to work and puts together a treatment plan just for you, which might include manual therapy, exercises to improve your range of motion and strength, as well as use of heat or ice packs to relieve discomfort and pain.

A large part of physical therapy is educating our patients about their body and how small lifestyle changes can have a great impact

on regaining function and staying independent and active throughout their lifespan. We have been staying open for our patients throughout the COVID-19 crisis and can assure you that we are compliant with all state and federal health regulations. For those of you with health concerns or being more comfortable with treatments from your home, we are able to "see" you via video chat appointment from your home! Give us a call or come visit us at BodyPro Physical Therapy in downtown Kapa'au, right next to the pharmacy! Hope to see you soon!

Kohala's KOA Private School Halves Tuition

The KOA School, formerly named the Kohala Mission School, was founded in 1975 to fulfill the needs of North Kohala students for an affordable, well-balanced Christian-centered education.

Their passion and desire offers Kohala's children an opportunity to pursue a great future.

The Covid-19 pandemic has hit us all with many unexpected challenges. It has especially stretched the finances of families with school-age children.

Many have been furloughed from work. The "stay at home" order has given extra time at home, resulting in increased stress as well as concern for our personal and our children's health safety.

In these difficult times, the KOA School is offering to make private education in North Kohala more affordable. Effective for the 2020-2021 school year, the KOA school tuition for grades K-8 will be cut in half. This is a great opportunity for your children to receive a quality education.

KOA students benefit from being part of the nationally accredited Seventh-Day Adventist education system, the second largest school system in the world, with elemen-

tary schools, high schools, and colleges and universities in countries around the globe.

KOA students benefit from:

1. Individualized student attention with a low student-to-teacher ratio
2. Dedicated support, allowing each student to progress within their own abilities
3. Computerized assisted-learning, which develops computer skills, promotes participation and aids in measuring accountability

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Your keiki's COVID-19 safety is a priority. The classrooms meet the approved recommendations for physical distancing between students. Established rigorous cleaning protocols and distance-learning capabilities are in place.

All students desirous of a Christian-based education are accepted.

Academic performance is carefully studied and compared to counterparts in public and private schools.

Enrollment is now open for the 2020-2021 school year beginning August 3, 2020. For more information, call 880-5646 or visit www.koaschool.com.

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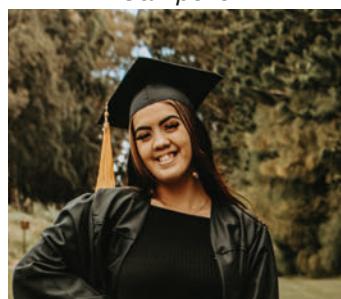
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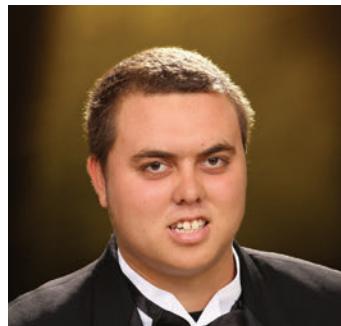
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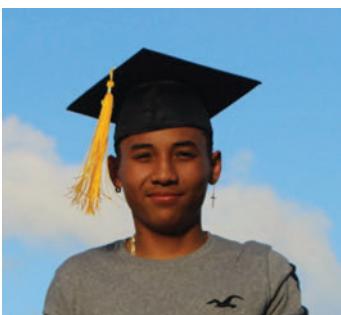
Kaya-lee Kaohelani Pikake Galan



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Jasmine Marie Kauluwehiokekai Hook



Zakary Keala Ako Javillonar



Kayla Joy Kelikoa'elakauaikakai Juan Kealoha



Oscar Kaawa-Culp



John Kahalioumi Jr



Summer Kanehailua-Coito



Hansen Kaliko Kapeliela



Kahiau Kapeliela

KHS continued from Page 10



Kaianna Kapeliela



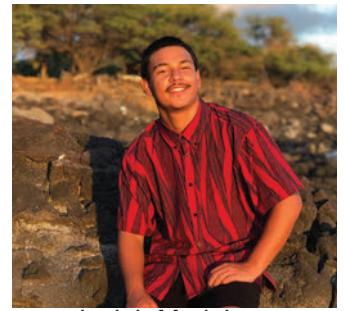
Shelly Keawe



La'akea Mamala



Hokani Maria



*Isaiah Medeiros
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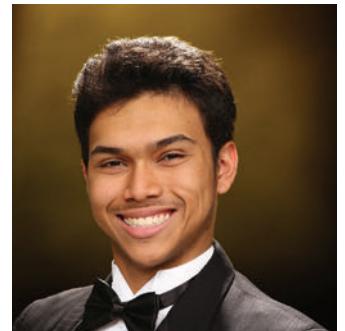
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Ku'umomimakamae
Perez-Fisher*



*Kamani-Loa F. Benford
Provencal*



Nicholas Quinn



Carl Rich



Jayden Resurreccion-Torres



Mark Romero



Brycen Roxburgh



Odin Rudd



*Brianna Wehileimamoleihw
ahiwaonāali'iokohala
Lim Ryder*



Destiny Souza



Benjamin Vakauta



Justus Elijah Kailan Ventura



Syro Rein Viernes



Imaiah Lyn Kaimalie Villon



Alyssa Wiegand

Kohala High School's graduating seniors may not have had a chance to walk across the stage to collect their diplomas and move tassels from the right to left side of their caps in unison, but Kohala did not let them graduate without recognition. In a special ceremony, students exited vehicles to pick up their diplomas as their name was called, then drove past the crowd lining the road from the high school to Halaula for an enthusiastic "Stroll and Roll" celebration.

Kohala is proud of our you, our 2020 graduates, and wishes you all the best of luck in the future!

Ten Home Improvements on a Shoestring Budget

By Holly Algood

Are you running out of things to do and still home due to the pandemic? Completing home improvement projects can provide your family big benefits, such as creating a healthier and more beautiful living space. For those who own their home, it can also add financial value.

Here's a list of improvements that can be easy on the pocketbook when your family supplies the labor:

Plant a food garden and fruit trees.

Jake at our local Sunshine Hardware reports that gardening supplies are flying off their shelves. Join the many people that are using this time to plant a food garden, including fruit trees. This fun and meaningful project will pay you back with fresh vegetables and fruit in the short and long term. Plant starts are available at the hardware stores, at the Kohala Food Hub (www.kohalafoodhub.localfood-marketplace.com); from Makana o Ka 'Aina (808-895-0279); at the Wednesday Waimea Paniolo Farmer's Market at Pukalani Stables; and from friends or family who can share seeds, seedlings or cuttings.

Deep clean your floors and baseboards.

With fewer people coming and going, now is a good time to

pay attention to your floors. First, remove anything stockpiled on your floors and store in more appropriate places. Next, remove dirt with a broom or vacuum and then mop. Dirt left on floors can scratch and dull the finish and prematurely wear out flooring. Removing things stored on the floor opens up the space and gives you more room. Most people feel better in cleaner, uncluttered spaces and cleaning the floors will help you delay replacement.

Make bathroom(s) and kitchen sparkle.

Both these rooms attract bacteria and mold, making for unhealthy environments. Few things are more inviting than a sparkling clean kitchen with everything put away in its place. A clean, organized kitchen makes cooking chores easier, is more healthful and encourages bugs to stay away. Bathrooms are also much healthier and happier clean. Try eraser-type sponges to remove stains on porcelain; scour stick/pumice for mineral build-up on porcelain and stone; and Barkeeper's Friend to remove sink, counter and toilet rust stains.

Organize your closets, drawers, and cabinets.

Still stuck inside? Now is the time to remove everything from the closet you have been avoiding and

See Ten on Page 13




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WEEKLY EVENTS IN JULY 2020					
EVENTS SUBJECT TO CHANGE DUE TO HEALTH CONCERNS					
DAY	START	END	EVENT	VENUE	CONTACT
MON	6:30AM	7:30AM	AA DAWN PATROL	KAMEHAMEHA PARK	889-5675
	9AM		KOHALA SENIOR CLUB MEETING KOHALASENIORS@GMAIL.COM	CIVIC CENTER	
	9AM	1PM	EARLY LEARNING WITH CATHY MORGAN	HUB CLUB	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
	5:30PM	8:30PM	OPEN STUDIO	CLAY COTTAGE	889-0404
TUES	6PM	6:30PM	FREE RMD TAIKO CLASSES	HISAOKA GYM	895-2025
	7PM		AL-ANON MEETING	KOHALA MISSION SCHOOL	895-2094
	6:30AM	7:30AM	AA DAWN PATROL	KAMEHAMEHA PARK	889-5675
	9AM	10:30AM	TAI CHI	HUB HALE	889-0404
	9AM	1PM	KEIKI HAWAIIAN CULTURE & CUSTOMS	HUB BARN	889-0404
	3PM	5PM	SCRABBLE FOR TEENS & ADULTS	NORTH KOHALA LIBRARY	889-6655
	5PM	6PM	MEDITATION COURSE	INTERGENERATIONAL CENTER	917-293-3427
	5PM	6PM	INSANITY CLASSES WITH ASHLEE CHEEK	SOLID ROCK NORTH CHURCH	989-0966
	5PM	6PM	BUTIFITNESS	HUB HALE	889-0404
	6PM	7PM	TABLE TENNIS/PING PONG	OLD COURT HOUSE	889-1099
WED	6:30PM	7:30PM	BELLY DANCING - TEEN-ADULT	HUB HALE	889-0404
	7AM		WALK WITH A DOC	KAMEHAMEHA PARK	889-1570
	8:30AM	9:30AM	PILATES PLUS	HUB HALE	889-0404
	9AM	1PM	EARLY LEARNING WITH CATHY MORGAN	HUB CLUB	889-0404
	1:30PM	3:30PM	AFTERSCHOOL LEGO® CREATIONS	NORTH KOHALA LIBRARY	889-6655
	1:30PM	2:30PM	BEGINNER BALLET	HUB HALE	889-0404
	2PM	4PM	TEENS X2 SOCIAL 11-19 YRS	ARTISTS' CO-OP	989-5995
	2PM	4PM	OPEN GUIDED ART STUDIO	ARTISTS' CO-OP	783-1158
	2:30PM	3:30PM	YOUTH BEGINNER BALLET	HUB HALE	889-0404
	5PM	6PM	TAI CHI	HUB HALE	889-0404
THU	6PM	6:30PM	FREE RMD TAIKO CLASSES	WALKER HALL	895-2025
	6PM	7:30PM	SEIBUKAN KARATE ACADEMY	HISAOKA GYM	889-0404
	7PM		ALCOHOLICS ANONYMOUS	WYLIE HALL, 'IOLE RD	889-6703
	6:30AM	7:30AM	AA DAWN PATROL	KAMEHAMEHA PARK	889-5675
	9AM	1PM	KEIKI HAWAIIAN CULTURE & CUSTOMS	HUB BARN	889-0404
	4PM	5:30PM	JAN'S YOGA - INTERMEDIATE	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
FRI	7PM	8PM	NARCOTICS ANONYMOUS MEETING	WILEY HALL ON IOLE	805-452-9501
	9AM	11AM	TAI CHI - ALL	HUB HALE	889-0404
	9AM	1PM	EARLY LEARNING WITH CATHY MORGAN	HUB CLUB	889-0404
	9AM	10:15AM	TAI CHI	HUB HALE	889-0404
	9AM		HEALING CIRCLE FOR ADDICTS, ALCOHOLICS	NANI'S GARDEN	805-452-9501
	10AM	10:30AM	PRESCHOOL STORY TIME AGES 2-5	NORTH KOHALA LIBRARY	889-6655
	3:30PM	4:30PM	YOUTH HIP HOP	HUB BARN	889-0404
	7AM	8AM	AA DAWN PATROL	KAMEHAMEHA PARK	889-5675
	10AM	11AM	QI GONG	HUB HALE	889-0404
	SAT	9AM	10:30AM	YOGA WITH JAN - BEGINNER	HUB HALE
10AM		11AM	SEIBUKAN KARATE ACADEMY	HAWI FARMERS MARKET	889-0404
10AM		11AM	WEST AFRICAN DRUMMING CLASS	ARTISTS' CO-OP	987-4243
10:30AM		12PM	YOGA WITH JAN - INTERMEDIATE	HUB HALE	889-0404
11:30AM		12:30PM	WEST AFRICAN DANCE CLASS	ARTISTS' CO-OP	987-4243
3:30PM		5PM	CRYSTAL ALCHEMY SINGING BOWL SOUND BATH - BI-WEEKLY	HUB HALE	889-0404
4:30PM		5:30PM	TANGO - BEGINNER	HUB HALE	889-0404
5:30PM		6:30PM	TANGO - INTERMEDIATE	HUB HALE	889-0404
SUN	6PM	7PM	DHARMA RECOVERY MEETING	HUB PURPLE COTTAGE	452-9501

Ten continued from Page 12

put back only the things you really love and have used in the last year. Take on one location at a time and see what satisfaction arises when you are done. You may be motivated to take on another and another. Consider using the Marie Kondo system for folding clothes.

For pants, fold in half lengthwise so one leg lays atop the other, then fold in thirds, bringing the waist to the knees and ankle area to top. When complete, fold in half. Stack the folded pants on end and be amazed by how many pants can fill one drawer. The best news is that you can see a bit of each pair of pants without moving any other pair.

Clean out the garage.

The thought of cleaning a disorganized garage or carport can be daunting. Break it down into small steps. First, remove all trash from floors, shelves and walls and take rubbish to the transfer station. Examine all contents and identify what is no longer needed. Put in boxes for sale, future donations or rubbish.

Mark boxes accordingly. Identify a purpose for each wall in the garage, i.e., garden supplies, tools, hardware, etc. Mark and move things to their new locations. Consider building or installing ready-made shelving, if needed. Put smaller like-kind things in boxes and label so you can find when needed. Sweep the floor and admire

your hard work.

Remove weeds and overgrowth from your yard.

Trim back all plants and trees within five feet of your house to avoid unwanted rodents and bugs. Cut back greenery blocking windows to make sure you have light-filled rooms and that greenery isn't damaging exterior walls. Remove unwanted plants so those left can better survive.

Clean or replace dingy, chipped or broken switch plates and outlet covers.

Switch plates and outlet covers get dirty quickly and are often ignored. Turn off all switches and remove plugs from outlets. It's best to turn off breakers to the areas you are cleaning. Remove the covers and soak in sudsy water. Clean off dirt and dry well before reinstalling. Make sure to replace any chipped or broken plates. The hardware store has new replacements for a dollar or two each.

Clean your windows and repair broken screens.

Dirty windows not only look less than wonderful, dirt on windows can cause permanent damage and cause future cleaning to take much longer. Cleaning yourself can save lots of cash. Arm yourself with a bucket of warm, barely sudsy water; a sponge; a squeegee; and a microfiber cloth for quick results. Holes in screens invite mosquitoes and other uninvited pests into your home. Patch and rescreen with tools available at the hardware store. If

you don't know how, check out a couple YouTube videos for both window washing and rescreening.

Fill and paint small holes and dents in walls.

Fill those nail holes and dings made at a time no longer remembered. Use a premixed, light filler. A small container can fill hundreds of nail holes. Use leftover paint to touch up for a nicer inside finish. It will look more attractive and discourage uninvited insects.

Paint, paint, paint.

Nothing transforms a room, entryway or exterior like paint. If you paint yourself, you can save up to 90 percent of the cost of a new,

professional paint job, says a study published in Consumer Reports. Paint itself isn't cheap, but even one front door redone can make a big difference for the cost of a quart of paint.

Science proves that keeping your home clean is good for you. A study led by Associate Professor NiCole R. Keith, Ph. D., research scientist and professor at Indiana University, found that people with clean houses are healthier than people with messy houses. Stay safe and healthy by choosing a few of these projects and give yourself a big pat on the back for your efforts.

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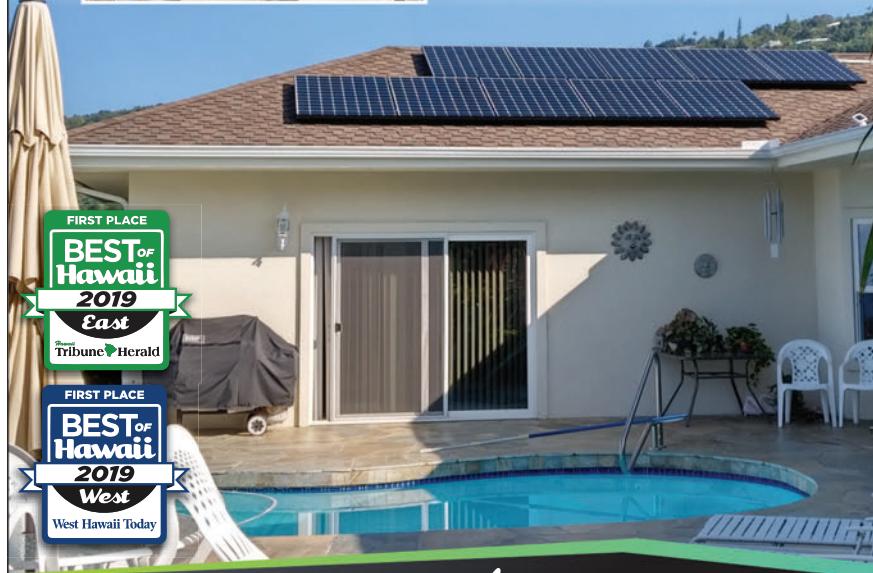
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Congratulations to Sharon Hayden for receiving the Award for Individual Achievement from Historic Hawai'i Foundation's Preservation Honor Awards for her continued care of the King Kamehameha Statue in Kapa'au

Save the Date! The 2020 Kohala Reunion has been postponed and rescheduled for July 2, 3, 4, 2021

While the Welcome Center remains closed, our online store is open at northkohala.org and NKCRC's office continues to serve community and project needs.

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

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Artists' Thoughts on Life During Self-Isolation

Story and photos by Cathy Morgan

Artists tend to be reclusive people, often coveting their time alone – apart from others so as to focus their hearts and minds towards creating art. I wanted to hear from our members of the Artists' Co-op. I asked how they dealt with and felt about what COVID-19 demanded of us during the last three months. Surprising to me, many of their responses seemed to strike a balance between isolation and creativity, fear and a deeper connection with the human family. The images some shared reflect these feelings. A common thread runs through their words: How lucky we are to have our art to express deep feelings. "Art saves lives!"



Print by Misty Bera

as well as my artist friends at the Co-op. Worried about my sister in New Jersey, my daughters in New York and California, my son in Colorado and their families. I turned to my phone for consolation. Daily calls to them became my lifeline. Time passed very slowly, and I slowed down with it.

Revving back up to try and rejoin my life has been challenging and somewhat overwhelming. But it beats life up on the hill."

- Catherine Morgan Standard

"I was very worried about my family members in NYC, Queens. I thought about people in our community losing their jobs and worrying about their family's futures. I am happy and proud of our community for stepping up with food support in so many ways. I also appreciated how Kohala people collectively have followed health protocol and have kept COVID out of Kohala. Keep it up folks."

- Brian Dugan

"Coming up with a response is harder than I thought it would be. As I ponder this question, it seems like ages ago that I put on a mask and stayed home more than normal, watching the news on my laptop and crying. I want to try and think positive lessons learned

I feel uneasy
Very, very uneasy
What is coming next?
- Kristan Valensky

"COVID for me was very isolating, so I started to journal my days in pictures. I would post them on Facebook and people would look forward to them and give my model a name for the day. Each day my picture would give me a way to think about that day."

- Donna Hawkins

"COVID 19 has meant I have

looked more to my immediate surroundings for inspiration and to social media for feedback. My flowering pineapple drawing reminds me of the shape found in COVID."

- Helen White

"During this time of isolation, I learned to milk a cow. I also got to fall in love with everyone on the property I live on. Otherwise our lives were busy and separate, and I never would have gotten to know them like I do now."

- Mary Toscani
"I appreciated distancing myself from the world to focus on my art. A refreshing relief to not have to keep up with the whole world. It has been a special time with my son and husband."

- Camille Dugan

"On March 13 when COVID shut us down, I felt as though a curtain had come down on the last act of my life. I was so lonely, not used to being cut off from my pre-school children and their families

See Life on Page 15

THE COQUI CORNER

The month of May has, as I am sure you know, been a challenging month. Persistent, the coalition's crew has continued to work hard. Wearing a mask is nothing new to them. Areas of treatment included the Kohala Nursery perimeter, Ainakea, the transfer station, Union Market, Union Mill Road, Pratt Road and Kaaahuu mauka. There are more. Numerous residents battled the nightly noise in their yards as the weather has grown favorable to the frogs. Mahalo for your good work.

Mahalo also to the volunteers and residents who continue their efforts to keep their neighborhoods quiet. It's appreciated.

For eradication strategies and ideas, check us out at kohalacoquicoalition.org. You can also call the **COQUI INFORMATION LINE AT 889-1777**

Mahalo to the State and County for supporting our efforts.

Tax-deductible donations are gratefully accepted through: NKCRC, P.O. Box 519, Hawi Hawaii 96719




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Life continued from Page 14



Print by Hana Masood

and to create a great lesson for myself from this experience. But 'positive' is hard to grasp in all this confusion. Add to it, protest in the world, police brutality shown in action on the news and collecting stories regarding both catastrophes make logical thinking difficult for an emotional person like me. What I can say is that I am grateful to live in Hawaii, a bit more removed from the danger. I learned to be hopeful that our human condition is more about love than anything else. I found myself very sad every single day. This is not who I am. I am deeply impacted by the collective consciousness of despair and fear that permeates the planet when I feel vulnerable. This reminds me that we are all connected. I learned that I am still a fighter for evolved thinking and must stay motivated to be strong, not scared. I learned to stay close to those I love and treasure each day. If I catch the virus and die, I know that I went out with a heart full of peace and

love."

- Catalina Cain

"It's about trusting in the unknown...that we will know the next move to make... we probably won't recognize the new person we are becoming."

- Kathie Babben

"Theater is about creatively becoming a character and sharing with others. As we assemble a virtual studio at the Co-op, our company NoKo Theater will begin rehearsing a timely Science Fiction Theater play 'Future Tense' by Frank Asch for summer. The world's theater has evolved from considering a room full of people sitting side by side watching life imitate life into something curiously different as we learn to better embrace distance and selfless care for all lives with smiling eyes."

- Jack Boyle

Keep posted on our ongoing opening of activities on our Facebook page at www.facebook.com/kohalaartistscooperative.

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•HUB Learning Center's Programs & Events
•Farm Tours •Blue Dragon Bodywork
•Kohala Village Bodywork

KOHALA MONTHLY CALENDAR JULY 2020

**ALL EVENTS ARE SUBJECT TO CHANGE
DUE TO CURRENT HEALTH CONCERNS**

DATE	DAY	START	END	EVENT	DESCRIPTION	VENUE	PHONE
7/1	WED	4:00 PM		KOHALA COMMUNITY ACCESS GROUP	MEETING	SENIOR CENTER	IMUAKOHALA@GMAIL.COM
7/1	WED	4:30 PM		NKAG MEETING		OLD COURTHOUSE	889-0404
7/11	SAT	10:00 AM	12:00 PM	RECYCLE PLASTIC	CLEAN AND REMOVE LABELS, ORGANIZE ACCORDING TO #: 1,2,4 OR 5	HUB PARKING LOT	LAVARROOTS@GMAIL.COM
7/11	SAT	10:00 AM	3:00 PM	KOHALA ARTISTS' CO-OP COMMUNITY SWAP MEET	SET A TABLE AND SELL, SWAP OR TRADE GOODS	ARTISTS' CO-OP	430-3131
7/13	MON	3:00 PM	5:00 PM	NORTH KOHALA PARENT SUPPORT GROUP	SUPPORTED BY N. HAWAII COMMUNITY CHILDREN'S COUNCIL	KINGS VIEW CAFE	989-4894
7/14	TUE	6:00 PM		HAWAII FARMERS UNION UNITED	6PM POTLUCK, 7PM PRESENTATION. FOR EVERYONE	THE HUB	KOHALA.HFUU@GMAIL.COM
7/18	SAT	4:30 PM	6:30 PM	FREE GRINDZ HOT MEAL	KOHALA BAPTIST CHURCH	BANYAN TREE	889-5416
7/22	WED	5:00 PM		PARKS, WATER & ROADS GROUP	MONTHLY MEETING	OLD COURTHOUSE	889-6238
7/23	THU	4:30 PM	6:00 PM	THRIFT SHOP	AT ST. AUGUSTINE CHURCH	NEXT TO WALKER HALL	889-5390
7/23	THU	4:30 PM	6:00 PM	COMMUNITY MEAL - TAKE OUT	AT ST. AUGUSTINE CHURCH	WALKER HALL	889-5390
7/23	THU	6:00 PM	6:30 PM	PRAYERS AROUND THE PEACE POLE	ALL ARE WELCOME, REGARDLESS OF RELIGIOUS AFFILIATION	ST AUGUSTINE'S CHURCH	895-5753
7/25	SAT	5:00 PM	8:00 PM	KOHALA ARTISTS' CO-OP ART PARTY	GALLERY SHOWCASE, THEATER PERFORMANCE, FOOD AND BEVERAGE VENDORS, LOCAL MUSICIANS	ARTISTS' CO-OP	960-3597
7/26	SUN	3:00 PM	4:30PM	AQUARIAN UNIVERSAL METAPHYSICS	DISCOVER ANSWERS TO "UNANSWERABLE" QUESTIONS.	AINAKEA SENIOR RES.	882-7047
7/28	TUE	6:30 PM	9:00 PM	BELLY DANCING		HUB BARN	889-0404
7/29	WED	4:00 PM	5:30 PM	RESTORATIVE YOGA THERAPY CLASS	WITH CARLA ORELLANA, CERTIFIED YOGA THERAPIST, BY DONATION	THE HUB	889-0404

Email monthly calendar listings to: kohalacalendar@gmail.com

Kohala Jodo Mission Cancels Bon Dance

Due to the coronavirus pandemic health emergency, Kohala Jodo Mission has cancelled planned O-bon activities, which would have been on Saturday, July 11. We are sad to cancel this year's bon dance and Lantern Festival, however, our primary concern is the health and safety of our members, families, friends and communities.

We pray for everyone's good health as the coronavirus continues to challenge us all. Please contact Joy Ohta at 310-347-5379 (cell/text) if you have any questions.



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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 7 PM
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Pastor Ilima Mo'ina
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St. Augustine's Episcopal Church
Kapa'au, North Kohala
Join our Sunday worship via FB livestream at 9:00 a.m.
In-person worship currently limited to 14 people. Face masks are required.
For more information: 889-5390
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KOHALA HONGWANJI SHIN BUDDHISM
Kohala Hongwanji Mission
Resuming temple services on Sunday, July 19, 10:00 am
Please bring your own face mask.
All CDC guidelines for social distancing, hygiene, etc. will be adhered to.
Welcome back to our sangha as we learn the dharma of Jodo Shinshu.

Towering Cliff

By Eila Algood

Reaching out, over the wild sea
Your jagged edge touches me
Red, ochre, burnt orange and
gray
Like strokes of artists brush say:

*I am here,
Strong and colorfull.
Yet the rushing sea can erode me;
Wear down the façade of rock
and dirt.
Crumbling my stones doesn't
hurt,
Mother earth's soul lives
Beneath, above, along fell cliff
Becomes ocean floor.
Waves throw boulders on land,
Become new ground.
Cyclical and transformational,
Ocean sprays my face,
Washes away dirt,
Leaves me salt.*

What have you seen great cliff?
What has passed your radiant
surface?

Has the ocean wet the top of
your grassy head?
Have you grown or shrunk in
size?
Has anyone died climbing up
your wall or
Falling off your roof?

*I am the cliff
Not the powerful wave nor
Arching rainbow*

*Who are you?
Perhaps best to be true to who
and
What you are.
To not wish to be the flying bird
above nor
Swimming whale below.
I stand up to strong winds and
Winter swells.*

*If pieces of me fall,
Those pieces will become part of
Land, sea or air.
Nothing is ever lost.
Release the need to control
Let life take you for a ride
Without judgment,
One moment at a time
Each no better
Nor worse than another.*

*Accept the hot sun and cool rain,
Raging sea and strong winds.
Dry salty air and muddy ground.
Acceptance is easy
Push back causes pain.*

*I have existed for eons
Changing each day.
However long you exist
Let change happen.*



Photo by Eila Algood



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Kohala High School Class of 2020 Scholarship & Grant Recipients

Many Kohala High School students have applied and been accepted to a variety of outstanding colleges and universities.

In doing so, they have also earned multiple impressive scholarship and grant opportunities. Their scholarships give testimony to the rigor of classes they have taken, their outstanding GPAs and their demonstration of exceptional academic promise.

Listed below are the scholarship awards granted to our students from universities, local donors and organizations, along with the federal grants.

Please note this list is not final. Additional scholarship monies are awarded during June and July. The present total awarded is \$646,082.

Congratulations and Good Luck to all!

Anderson, Duncan

- Pacific University Presidential Merit Scholarship
- Pacific University Grant
- Pacific University Campus Resident Scholarship
- Pacific University Pacesetter Scholarship
- Pacific University Preview Day Scholarship
- Pacific University Federal Pell Grant
- Federal Supplemental Educational Opportunity Grant

Cambra, Lehua

- Ho'omau Scholarship Award
- Choy Zane & Leora Wong Zane Scholarship

Campollo, Jessa-May

- Manuel Family Scholarship
- Ho'omau Scholarship Award
- Kohala Filipino Club Scholarship

Campollo, Jovylyn

- Oregon State University-Aloha Scholarship
- Oregon State University Federal Pell Grant
- Oregon State University Non-Resident Grant
- Manuel Family Scholarship Ho'omau Scholarship Award
- Kohala Lion's Club Scholarship
- Kohala Filipino Club Scholarship

Canniff, Mitchell

- Ho'omau Scholarship Award

Carvalho-Soares, Amber

- Grand Canyon University Antelope Scholarship
- University of Hawaii-Hilo B+ Scholarship
- University of Hawaii Federal Pell Grant

Cazimero-Roxburgh, Danyka

- Foodland Shop for Higher Education Scholarship
- Colorado Mesa University Federal Pell Grant
- Colorado Mesa University Western Undergraduate Exchange Scholarship
- Colorado Mesa University Supplemental Educational Opportunity Grant
- Colorado Mesa University First Generation Scholarships

Francisco, Jazz

- Hawaii Community Federal Credit Union Special Student Credit Union Scholarship
- Roy Cachola Memorial Scholarship

Hook, Jasmine

- University of Hawaii-Hilo Opportunity Grant

- University of Hawaii-Hilo Federal Pell Grant

Javillonar, Zakary

- Imagine America Scholarship
- Federal Pell Grant
- Tech Force Foundation Scholarship
- Ho'omau Scholarship Award

Maria, Hokani

- Hawaii Community College Achievement HS Scholarship
- 2020 Citizenship Awards Scholarship
- Manuel Family Scholarship
- Ho'omau Scholarship Award
- Hawaii Community College-Momentum Scholarship

Paro, Kailee

- University of Nevada, Las Vegas Western Undergraduate Exchange Scholarship
- University of Nevada, Las Vegas Federal Pell Grant

- KKR-4-year Full Ride Scholarship for UNLV

Provencal, Kamani-Loa

- Grand Canyon Antelope Scholarship

Quinn, Nicholas

- Vassar College Scholarship
- Vassar College Federal Pell Grant

Romero, Mark Lester

- Hawaii Community College-Momentum Scholarship
- Kohala Filipino Club Scholarship

Souze, Destiny

- Manuel Family Scholarship

Ventura, Justus

- Grand Canyon University Dean's Scholarship
- Ho'omau Scholarship Award
- Next Gen Personal Finance Pay Back Challenge

Mahalo Class of 2020 Scholarship Donors!

By Melody Nietfeld

Now that the trucks and cars are safely tucked back in the driveways after the Class of 2020 Graduation "Stroll and Roll," it is time to give thanks to our local scholarship donors. Such scholarships were awarded to Kohala seniors planning on pursuing a college degree.

On behalf of the Class of 2020, we are honored and genuinely grateful for giving our Kohala High students opportunity... opportunity of the impossible. It is impossible for Kohala High students to meet other brilliant young adults from all over the world or even another island and

not change from the experience. It is impossible for Kohala High students to build friendships with students from countries facing war and not change the way they see these nations.

The experiences of attending college have the potential to teach our Kohala students, that apart from the geographic distance, the culture, background and all the ideological differences, we are all so similar.

This similarity is the key for change, it is the key to make the world a better place and the chance of getting to know about other cultures through friend-

See Donors on Page 19



Donors continued from Page 18

ship while still young, eager and free-spirited. It is what makes the opportunity to attend a college so priceless. Scholarships granted to students for purposes of attending a college, have the power to gradually change the world. Scholarships can positively transform our Kohala High students.

By awarding such generous awards, students can focus on the most important aspect of school: learning. For many students, continuing their studies wouldn't be possible without kind support from scholarship sponsors like you. Thank you for your investment in Kohala High students and setting our students on the path of true discovery and true greatness.

We genuinely wish to thank the following local scholarship donors, sponsors, and benefactors:

Manuel Family; Lori Ann K. Kim, O.D.; Roy Cachola, Jr. Family; Kohala Filipino Club; Kohala Hospital Auxiliary; Kohala High Project Grad; Hawaii Department of Education; Hawaii Lodging and Tourism Association; Kalahikiola Congregational Church; Choy Zane, Jr. and Leora Wong Zane Family; Kohala Lions Club; Hawaii Community College-Palamanui; Hawaii Community Federal Credit Union.

Gill's
LANAI
RESTAURANT

OUTDOOR DINING AVAILABLE

MON - THU: 11AM - 6:30PM

FRI & SAT: 11AM - 3PM

SUN: CLOSED

Fish & Chips, Hot Dogs & Fries

Tacos, Quesadillas

FRESH FISH BY-THE-POUND

**Exercising proper social distancing
for the safety of our community**



TANTE
URBAN

FOR
MAYOR
2020
HAWAI'I COUNTY

NEW
LEADERSHIP
FOR AN
EFFICIENT,
EFFECTIVE &
RESPONSIVE
GOVERNMENT

- ✘ My Building Permit took over 2 years to get approved.**
- ✓ Bringing 35+ years of business success to Hawaii County.**
- ✓ Self-funded campaign means unbiased decision-making.**
- ✓ Will donate mayoral salary to nonprofits.**
- ✓ Govern with fiscal responsibility and equal treatment for all.**

Time for a BUSINESS MINDSET, NOT POLITICS AS USUAL.

Thinking outside the box, VOTE for Tante Urban!

Learn more at: www.tanteurbanformayor.com





Honor Roll

2019 - 2020

Congratulations to Members of Kohala High School's End-of-Year 2019-2020 Honor Roll!
The following students earned a spot on the prestigious list by achieving at least a 3.5 grade point average (G.P.A.).

Seniors

Anderson, Duncan
Cambra, Lehua
Campollo, Jessa - May
Campollo, Jovylyn
Caniff, Mitchell
Carvalho, Laila
Carvalho - Soares, Amber
Cazimero - Roxburgh, Danyka
Emeliano, Kalia
Francisco, Jazz,
Galan, Kaya - Lee
Hook, Jada
Hook, Jasmine
Javillonar, Zakary
Juan Kealoha, Kayla Joy
Maria, Hokani
Pagud, Manase
Pa'o, Kailee
Perez - Fisher, Tiani
Quinn, Nicholas
Souze, Destiny
Ventura, Justus

Juniors

Barco, Keoni
Emeliano, Donavon
Fernandez, Kara
Finau, Mya
Fuertes, Mia
Guerpo, Christian
Hooton, Cael
Jordan, Scarlett
Juan Kealoha, Ryan
Kaaekuahiwi, Alii Kai
Kaai, Pililai
Lapitan, Blake
Levine, Sean
Medeiros, Alain
Meikle, Zoe
Oandasan, Karylle - Cheyne
Sahagun, Mark
Todd, Grace
Van Housen, Wesley
Wiernicki, Sydney
Yamasaki, Harley

Sophomores

Bronson, Zayden
Carvalho, Leiana
Cazimero, Oshen
Cedillos, Iris
Geiger, Brooklyn
Gonzales - Oliveros, Joel
Isabel, Ayezha - Lynn
Lorenzo - Akamu, Teige
Padilla, Damien
Peritore, Angelina
Preston, Riley
Rico, Dhona Jayne
Salmoiraghi, Francesca
VanZandt, Skyla

Freshmen

Blanco, Aidan
Francisco, Ralph
Hart, Lola
Kaai, Anthony
Kauanoe - Galdones, Hailey
Kekoa, Jaylah
Lactaon, Kelii
Leitch, Adriana
Lewis, Jersey
Luga - Benedicto, Keith
Matsuda, Dennis
Perez, Anthony
Pinho, Camille
Remsen, Daniel
Reynolds, Prince
Sanchez, Talia
Terry, Kady
Tomas, Ethan
Vakauta, Lei

Tired of waiting in line? *Get online!*



With *free* online banking at Hawaii Community Federal Credit Union, you can manage your accounts anywhere at any time.

- ✓ Mobile check deposit
- ✓ Member-to-member payments
- ✓ Funds transfers
- ✓ Online bill pay
- ✓ And much more!

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COMMUNITY
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