

Vol.19, No. 07

About Kohala, For Kohala

July 24, 2020

## HWC Welcomes Big-Eyed 'Io Toddler



Photo courtesy of Hawaii Wildlife Center

The young patient gets a thorough exam. In addition to checking for injuries, HWC staff look for signs of head trauma and test visual response.

Interrupting the streak of manu o ku (white tern) youngsters that have been fairly frequent visitors to the Hawaii Wildlife Center (HWC) lately is a young 'io (Hawaiian hawk), rescued on June 30.

The hawk chick was found downed on the ground in Hilo and HWC was called. HWC alerted the State Department of Land and Natural Resources Division of Forestry and Wildlife (DOFAW) about the youngster. A biologist with the department went to check out the bird to see if it could be reunited with its parents. When no adults were found, the decision was made to take the bird into care.

One of HWC's Wheels for Wild-

life volunteers met with DOFAW staff to pick up the bird and transport it to the facility. When the bird arrived, staff performed an intake exam to check for any injuries or health issues. So far, all the patient's physical exams have looked good, s/he has a great appetite and normal behavior. Somehow s/he ended up on the ground or became orphaned, but luckily whatever happened hasn't seemed to do any damage. S/he is still really young, hasn't shed all the chick down yet, so likely will be with the Center for a while.

Wildlife rescue is definitely a team-effort. Mahalo to everyone involved for a quick response!

## Hayden Honored for Kamehameha Statue Preservation



Photos courtesy of North Kohala Community Resource Center  
Christine Richardson (left) and Sharon Hayden during the 2019 restoration of the King Kamehameha I statue in Kapa'au.

Last winter, Christine Richardson, Executive Director of the North Kohala Community Resource Center (NKCRC), nominated Sharon Hayden for an Individual Achievement Award with the Historic Hawai'i Foundation. Due to her outstanding effort toward the

preservation of the statue of King Kamehameha I, the Foundation chose Hayden to receive the award.

Honorees were recognized in a virtual event on July 22. Hayden and Richardson attended the event together in the NKCRC office, toast-

**See Statue, on Page 2**

## Vote in the Primary Elections on Saturday, August 8

Hawai'i's Primary Election is extremely important, as many key races will be decided in this election. Hawai'i is transitioning almost entirely to mail-in ballots, so watch your mailbox for your ballot and be sure to return it before the deadline. The League of Women Voters has long been a source of nonpartisan

information about all the candidates. They disseminate information given by the candidates about their positions without commentary. To see what's on your ballot, check your voter registration, and find each candidate's statement, website and social media information, go to the League's site at [www.vote411.org](http://www.vote411.org).

To update your existing voter registration or confirm your voter registration address, go to <https://olvr.hawaii.gov>.

Voter service centers will be open from July 27 to August 8 to provide accessible in-person voting, same-day voter registration and collection of completed ballots. A current list of centers can be found at <https://elections.hawaii.gov/voter-service-centers-and-places-of-deposit>.



Credit: Creative Commons  
<https://en.wikipedia.org/w/index.php?curid=31520967>

This badge was used by the New Orleans Branch NAACP and given to voters upon registration.

## Kohala Adventure Series Continues

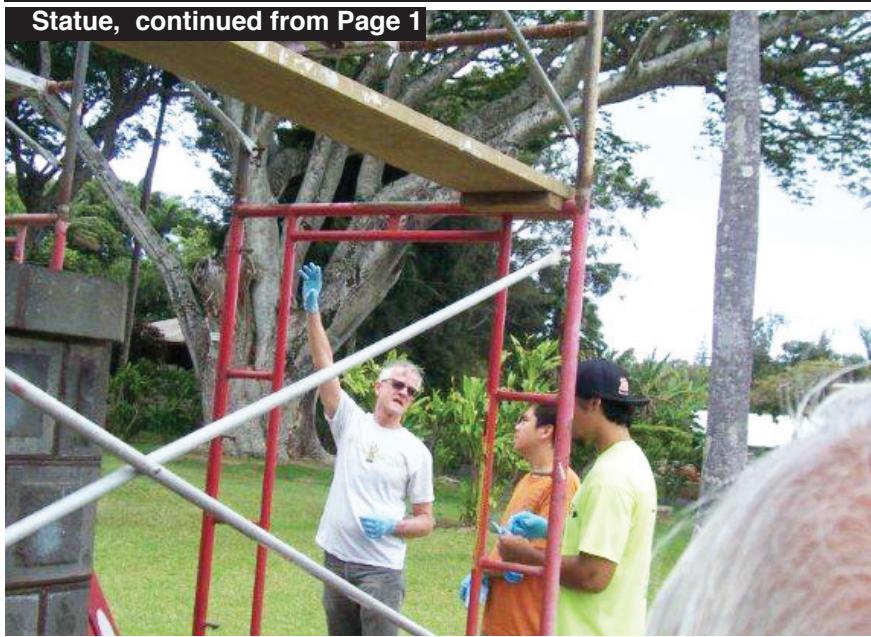
Kohala offers a wide variety of activities to delight those with a penchant for adventure.

See inside for the latest installment in our Kohala Adventure Series: **Hiking from Pololū Lookout to Honokane Iki!**

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Statue, continued from Page 1

In 2001, California-based conservator Glenn Wharton (left) mentors Kohala youth in proper care of the statue. During the first professional restoration since the statue was placed in 1882, twenty-six layers of accumulated paint were removed before a fresh layer was applied.

ing the achievement with a glass of champagne.

The following is the letter sent by the Foundation, outlining the scope and significance of the award.

"Dear Ms. Richardson,

"I am pleased to inform you that the outstanding preservation efforts of Sharon Hayden will be recognized with an Individual Achievement Award through Historic Hawai'i Foundation's 2020 Preservation Honor Awards program.

"This is the 46th year of the Preservation Honor Awards, which are Hawai'i's highest recognition of preservation projects that perpetuate, rehabilitate, restore or interpret the state's architectural, archaeological and/or cultural heritage.

"Sharon Hayden is being awarded for her work as a Kohala community volunteer, and especially for her role in preserving the original statue of King Kamehameha I for over 20 years. Her con-

tributions include organizing the maintenance team for the care of this sculpture and arranging for the assistance of multiple community volunteers, whom she also guided and trained.

Sharon sought out renowned art conservator Glenn Wharton to assist in creating a detailed manual that now serves as a record of the condition and treatments of the statue. A 45-year resident of North Kohala, Sharon is active with multiple local organizations. We congratulate and thank Ms. Hayden on her exemplary preservation efforts."

In addition, NKCRC and Hawai'i State Representative Cindy Evans helped Sharon to facilitate a contract with State Foundation for Culture and the Arts (SFCA) to receive \$20,000 every five years to support ongoing restoration efforts.

SFCA's Director John Johnson says, "This is the most beautifully conserved public sculpture in the State."

## Students Learn Stewardship of Coastal Lands and Preservation of Cultural Sites



Students map an ancient trail.



Students learning to use GPS units to map archeological features

Story and photos by Sienna Byrne

Kohala students, working with a variety of community partners, have been learning about archeology and land-use planning by better understanding how people use the coast. The stewardship project also included wildfire mitigation, reducing the potential for fires, in partnership with other community organizations, including National Park Service Ala Kahakai National Historic Trail, Kohala Lihikai and Malama Kohala Kahakai. The two primary locations of focus in this stewardship project were Kaihoolena and Pao'o, two frequently used areas with a high concentration of intact, precontact archeological sites.

With the support of Kohala High School staff, the project launched

with students given the opportunity to learn about coastal natural resource management from Kohala individuals such as Jeff Coakley, who has expertise in traditional fisheries management.

Students also learned about archeology and the role that archeological work plays in coastal stewardship and the identification and protection of cultural sites from Rick Gmirkin, an archeologist with the National Park Service Ala Kahakai National Historic Trail. The classroom extended to a hands-on experience in the field as students learned the skills necessary to begin identifying ancient trails, remaining alert to details such as curbstones and stone paving techniques. The students also learned

See Steward, on Page 3

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**Steward, continued from Page 2**

to use GPS technology to map new archaeological features. Work in the field also helped to identify future areas of concern for the community, such as the dismantling of cultural sites, likely used in the construction of rock walls. In response to this understanding, students began making signs to help educate land users and create awareness about this harmful practice, sometimes called "rock-picking."

Another component of the project was the students' creation of user surveys. The survey questions were designed to help students understand who uses the coast, when they use it and what their experience is like, as well as potential impacts and ways to better steward the coast. Students conducted the surveys in the field, speaking with fisherman, campers, swimmers, hikers, and various other individuals using Pao'o and Kaiholena coastal areas. Survey questions were also asked of willing community members outside of Takata Store. The most common activities on the coast are swimming and fishing, then camping. Most of the users are Kohala residents who don't want the areas improved.

The project was funded by the Hawaii County Parks and Recreation Maintenance Fund for lands purchased with the 2% Land Fund as advised by the Public Access, Open Space, and Natural Resources Preservation Commission (PONC). The North Kohala Community Resource Center was the fiscal sponsor for the grant.



*Students conducting user surveys at Kaiholena and Pao'o to better understand how the coast is being used to guide future stewardship.*



*Weed whipping creates a fuel break, which slows the spread of wildfires.*



*Students conduct user surveys at Takata Store.*

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# Kohala Lions Club Fights Little Fire Ants



Taking a rest after a busy day testing for LFA are (left to right) North Kohala Lions Aaron Sienkiewicz, Chris Brown, Rose Mae Watterson, Steve Hoffmann, Diann Wilson, Mariah Anderson and Kyle Morin. Photo by Frank Hustace

Members of the North Kohala Lions Club have joined with Stop LFA Kohala, a public service group, to fight an infestation of little fire ants (LFA) in our community.

On a recent weekday, Lions gathered at a private residence near Ho'ea Road to survey the property and determine the extent of the current LFA infestation. Popsicle sticks smeared with peanut butter were used to attract the ants. These were placed in areas where the ants typically live, including under trees, in shady areas, near gardens and compost piles, and in stacked lumber and building materials.

Lions were surprised and shocked by what they found.

"When we went back for our test sticks, they were absolutely covered with ants," said one Lion. "We surveyed a couple of acres, and we made a map of where we worked.

We found that the whole place was thick with ants."

Little fire ants are a significant environmental pest which were inadvertently introduced to Hawai'i years ago. Although mitigation efforts by the State and County governments are ongoing, LFA is a challenge to control and extensive colonies are now well-established throughout lower Puna and in Hilo.

Because LFA are so small – no bigger than the head of a pin – it's hard to see and are often brought to new areas, most commonly in garden products, including potted plants, topsoil, mulch, cinders and compost. Loads of lumber and other building materials are also potential vectors for LFA spread. As a result, LFA are now appearing in numerous locales throughout the island, including North Kohala.

Known for their painful and

long-lasting sting, LFA can be chemically-controlled, but they have proven to be difficult to fully eradicate. Left untreated, LFA form dense colonies with many thousands of individuals, and large infestations have the potential to depress property values, endanger pets and livestock, disrupt agricultural operations and degrade the quality life for residents and visitors alike.

A significant LFA infestation has been present in the Ho'ea Road area for years. In response to this danger, several local residents formed Stop LFA Kohala, a grassroots, community service group that works to expand public awareness about LFA and helps residents learn how to test and chemically treat their properties.

The new partnership between the North Kohala Lions Club and Stop LFA Kohala has been a big

help in controlling the spread of LFA in our community.

"We're so happy we're able to make a difference," said one Lion. "The property owner was having major problems with ants, and now he has a better idea of what to do to protect his property and keep his family safe."

Stop LFA Kohala is a community project sponsored by the North Kohala Community Resource Center. If you think your property might have LFA, call our hotline at 808-933-3340. Members of the Big Island Invasive Species Committee (BIISC) will answer your call and relay your message to us. They will also be able to provide immediate, practical information about what you can do. In addition, free LFA test kits with complete instructions are available at stations around the local area, including at Nakahara, Arakaki and Takata Stores; the Kohala Coffee Mill and Aloha Gas. Our website, [www.stoplfakohala.com](http://www.stoplfakohala.com), also provides much valuable general information.

If you would like to support the community work of the North Kohala Lions Club, send your tax-deductible donations to club President Steve Hoffmann at P. O. Box 487, Hawi, HI 96719.

Donations to Stop LFA Kohala can be made by contacting the North Kohala Community Resource Center at 889-5523 or by donating online at [www.northkohala.org](http://www.northkohala.org).

**Kohala Village HUB** Kohala COVID-Care Community Updates:

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## A Letter to Kohala

Friends and fellow Kohala residents:  
Kohala is the most wonderful place for all of us who call Kohala home. We have an election for mayor in a few weeks and we would like to select a mayor who cares about Kohala as much as he cares about Hilo and Kona.

### Mitch Roth, candidate for mayor:

1. He knows more about Kohala than any other candidate.
2. He cares about Kohala.
3. He has attended many community meetings in Kohala.
4. He listens and is easy to talk to.

He is a capable, energetic, sincere, knowledgeable, smart and a caring person.

We are a committee seeking to elect a candidate who is the best for Kohala.

# Vote MITCH ROTH for mayor.

Joe Carvalho, Bobby Glory, Collin Kaholo, Dixie Adams, Shiro Takata, Chris Brown

*Paid for by Friends of Kohala*

## Publisher's Viewpoint

### Kohala, Don't Let Your Guard Down

The first positive case of COVID-19 has been reported in Kohala. We have been fortunate for a long time.

In Kohala I see people wearing masks and keeping their distance from each other on a daily basis. But I also see people gathering in groups side-by-side, indoors, without masks. There may be churches that hold services indoors with no one wearing masks. In another setting, I recently saw fourteen people indoors, no more than two feet apart, with no masks for well over an hour.

The spread of the virus is a function of the time you are exposed and the intensity of the exposure. Outdoors, at least six feet apart,

wearing masks, the chance of transmission is small, compared to being indoors wearing no masks, shoulder-to-shoulder. In the latter situation, if one infected person coughs or sneezes, the whole group is exposed.

Forty-five percent of those infected show no symptoms but have the potential to spread it to others. Recently on Oahu, one person infected forty-four others in a total of three group settings.

If you must meet indoors, be sure that all of the windows are open.

Beginning September 1, visitors will be able to fly directly to this island again. They will have been requested to present a test show-

ing a negative result upon arrival. If they can't, they will be asked to quarantine for fourteen days. Good for the economy, bad for increased rates of transmission. Rates of infection here are bound to go up.

New cases on the mainland now exceed 70,000 per day. Cases in Hawaii are rising. This is far from over.

Wearing masks, keeping distance, not shaking hands or giving hugs, and avoiding congregating in groups is an inconvenience, and has been going on for what seems like a long time. But if we don't continue these practices, the risks to our community are great.

Tom Morse  
Publisher

## Letters

*Mr. Duncan Anderson teaches seventh grade at Kohala Middle School. Every year he asks his students to choose a problem on Hawai'i Island they would like to help solve. Students spend the earlier part of the school year researching and doing projects related to their chosen topic. Toward the end of the year, the students are charged with bringing their message out to the community in whatever way they see fit. Part of that goal can be accomplished by writing a Letter the Editor for publication in the Kohala Mountain News. The following are some of those letters.*

### Beware of Internet Scammers

Dear Community of Kohala, My name is Jean Luke Prentice; I am a seventh-grade student at Kohala Middle School. The problem I would like to address is internet scamming. Internet scamming comes in many shapes and sizes and is a danger to your personal information.

It is statistically proven that older people fall for scams more (which is pretty pathetic on the scammers' side).

It is understandable for the older generations to fall for scams due to

the fact that they have less experience with technology.

Hundreds of millions of dollars are lost each year to scamming on the internet and it will keep rising until we do something. Just recently my mother fell for a type of scam and gave information to a scammer.

I even had run-ins with pages riddled with viruses. Let me tell you, when you click those "download" buttons, it's not pretty. Your system is barraged with pop-ups and malware.

One of the most dangerous

scams is "phishing." Phishing is a malicious email disguised as a trusted business but is actually out for your information.

The outcome I'd like to see is where the money lost is below one thousand dollars.

A solution to make this wish a reality is to use AdBlock and have an anti-virus program, and if you can't afford it just educate yourself on these things.

Sincerely,  
Luke

### Stop Overfishing

Dear Kohala Community, I am Kalia Marquez. I'm in seventh grade and attend Kohala Middle School and will be discussing overfishing in Hawai'i. Overfishing is a very important issue around the Hawaiian Islands that isn't recognized to its importance.

Overfishing is a threat in the main Hawaiian Islands, with fish decreasing by 80-85% this century. The reasons that cause overfishing is a large part due to the worldwide

fishing fleets that are five times as large as what are actually necessary to catch fish that our oceans can realistically support. In addition, many fishing methods are causing the loss of many endangered and native species of marine life.

However, there are many ways we can bring back and restore the abundance of marine life to Hawaii's nearshore fisheries. For example, marine protected areas are a proven way to restore declin-

ing fish populations in Hawaii and around the world while producing large numbers with offspring and effort.

In conclusion, if we continue to disrespect and not malama but take more than what we need, this beautiful environment of all kine fish and other creatures will soon be gone and our next generations of this land won't ever be able to see how beautiful Hawai'i once was.

Mahalos, Kalia Marquez

### STOP Marine Debris!

Dear Readers,

Do you know what marine debris is? I hope you do. Aloha, I'm Madisyn Godoy, a 13-year-old seventh grade student at Kohala Middle. Marine debris is human-created waste dumped or thrown into the ocean, accidentally or on purpose. It's estimated that the plastic in the oceans is currently 100 million tons. Marine debris is killing ocean life, including mammals, fish, sharks, turtles and birds. It's sad.

It makes me sad when I go to beaches and there's rubbish on the shores, in the water and floating in the water and no one cares to take it out. COME ON PEOPLE! It's not that hard to take a piece of rubbish out of the water and throw it away. Even the tiniest piece of rubbish can kill a living animal, like manta rays. They eat tiny minerals and who knows what plastic could do to an animal that has done nothing wrong but put on shows for people when it jumps out of the water.

The outcome I wish to see is people helping to stop these plastics from killing innocent animals. I wish to see the population of ocean animals increase and the rubbish decrease.

In conclusion, ocean life is beautiful, but the trash and plastics thrown or dumped into the ocean are ruining it so PLEASE pick up at least one piece of rubbish. It is a start to saving the world.

Thank you for your time.  
Sincerely,  
Madisyn Ayngel K. Godoy

### 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.

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

**September Deadlines**  
Ads and News: 9/11/20  
Calendar: 9/18/20  
Distribution: 9/25/20

*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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#### Current Circulation 4,300

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  
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## Letters

### Protect Yourself from Human Trafficking

Dear Kohala Mountain News,

Hi, I'm Sophie and I'm a 7th grader attending Kohala Middle School. Today I'm talking about human trafficking in the state of Hawaii, and how to protect yourself from being a victim of human trafficking. Human trafficking involves the use of force, fraud, or coercion to obtain some type of labor or commercial sex act.

Quick statistics of approximately how many people are trafficked in Hawaii would be (these statistics are based on the contacts, phone calls, texts, online chats, emails, and webforms received by the National Human Trafficking Hotline that reference Hawaii).

Since 2007, total contacts have been 817; total cases are 260; total victims with a moderate rating (several indicators of trafficking but lack common details of force, fraud or coercion) are 278; total victims with high rating (high level of indicators) are 357. In 2019, there were 121 contacts with 35 human trafficking cases reported.

How can you protect yourself from being human trafficked? Here's how:

Never be alone in the dark, be aware of your surroundings, remember the stranger-danger rule, be wary of social media use, etc. It's important to spread awareness about the dangers of human trafficking because, statistically, human traffickers are less likely to find their victims in a place where people know about human trafficking.

Be aware, protect yourself, and stay safe.

Sincerely, Sophie Canine

### Plastics Pollute Ocean and Our Bodies

Dear Kohala,

Hello, my name is Stella Brooke and I'm in seventh grade. There's a criminal in town and it's ocean pollution. Ocean pollution is a bigger issue than most people think it is. Ocean pollution is created when pieces of garbage making their way into the ocean from trash cans, littering, landfills, sewers or being dumped directly into the ocean. Ocean pollution doesn't just affect marine life, but it also affects us. How? Well, some heavy metals invade plastics that contaminate our water supplies. Also, fishing in Hawaii is very popular. The fish we consume could possibly have eaten plastic, which could end up in us. Lastly, plastic in the ocean could affect businesses and tourism. Some ways you could help stop ocean pollution are buying fewer one-use plastics, picking up after yourself and others, recycling, and spreading the word.

Thank you for your time!

Sincerely, Stella Brooke

### Verbal Bullying Is Everywhere!

Aloha mai kakou, my name is T-sha Akima. I'm a seventh grader in Kohala Middle School. I am going to be writing about verbal bullying. Verbal bullying is still going on today. I think it should stop. Well, I'm sure everyone does.

Verbal bullying is worse than you think. For some people, verbal abuse can make the victim feel worthless and suicidal. Verbal bullying is worse than physical or any other type of bullying because verbal bullying stays with you all your life. Verbal bullying is not cool.

I want to see not just less bullying as before or other kinds of bullying. I want to see an end to bullying!

Thank you for your time,

Sincerely, T-sha Akima

### Dogs Have Feelings, Too!

Hello,

My name is Zoe Peleiholani; I am 12 and in seventh grade. Would you ever want to be abused? No, right? Well, dog abuse has been going on since the late 1800s and about 6,000 documented cases happen every year in the U.S.

Did you know that there is more than one type of dog abuse, including slaughter by electrocution, slaughter by beating, abandonment, starvation and dog fighting? Some dogs that have been abused have died or been severely injured. Having been traumatized, those who survived have scars and/or fractured bones throughout the rest of their lives.

Would you want to be put in their position? Just imagine being beaten, having fractured bones, being whipped, slashed, gushing out blood and in excruciating pain. Now, how would you feel if you were put in their position?

You shouldn't abuse dogs and if you witness anyone who is or was abusing or abused a dog, please report it to the police and let the word out to others. Mahalo for using your free time to read this.

Sincerely,

Zoe Peleiholani

### Coronavirus

(Note: This letter was written in January 2020)

Aloha fellow citizens, my name is Isaac Salvador-Libron from Kohala Middle School. I am here to write about the coronavirus breakout. If you don't want to get the virus, listen up.

The virus made a run and now it's in Oahu and Maui. Coronavirus is just like the flu, but worse. The way for you to get it is if someone that has it coughs or sneezes on you. Make sure to wash your hands and not be hanging out with someone that has it. Or if you have it, make sure the virus goes away before you go outside. Stay healthy by getting plenty of rest, fluids, and vitamins.

In conclusion, I want to see everyone that has corona, or doesn't, to wash their hands and not spread it to others so we have a great environment.

Mahalo,

Isaac Salvador-Libron

### Feral Pigs Make Good Smoked Meat

Dear Editor,

Hi. My name is Haley Ayala and I attend Kohala Middle School in seventh grade. What about those feral pigs? Are they giving you a headache? Feral pigs are invasive species. They live in the forest, but now they come in your backyard and live in urban and suburban areas. They are looking for their food to eat.

These pigs destroy the crops and other native plants. Feral pigs are a danger to the public. If you start to feed the pigs, they will not be afraid of humans. One way to control this is to let the hunters hunt them for meat to feed their family or other hungry people. Plenty of smoked meat for all!

Thank you for your time.

Sincerely,

Haley Ayala

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# Hawai'i State House of Representatives Update

From the Desk of District 7 Representative David Tarnas

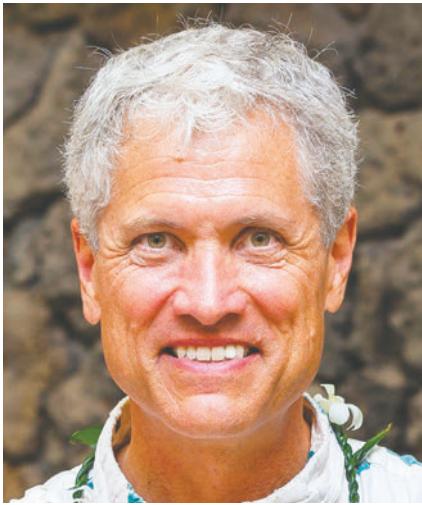


Photo courtesy of David Tarnas  
 Representative David Tarnas speaks for North Kohala as a member of the Hawai'i State House of Representatives.

Aloha, friends and neighbors! I am grateful to have had the opportunity to return to the State Capitol in May, June, and July as the State Legislature reconvened to complete the 2020 Legislative Session in an abbreviated and socially-distanced format.

The shortened session and modified procedures did not allow enough time for many of the bills which were introduced this year to complete the legislative process, and the Legislature will have to reintroduce these bills during our next session. However, the Legislature did pass a variety of important measures addressing the COVID-19 crisis and our State's most critical needs, including appropriating relief funds to provide direct benefits to Hawai'i residents, adjusting the State budget, and amending key State laws.

Through the Coronavirus Aid, Relief, and Economic Security (CARES) Act and the Paycheck Pro-

tection Program and Health Care Enhancement Act (PPHCEA), Congress designated about \$1.3 billion in federal funds for Hawai'i to address the COVID-19 public health emergency. In late May, the Legislature passed Senate Bill 75, which designated about half of these funds for immediate COVID-19 response programs, including upgrades to the State Unemployment Insurance (UI) and Pandemic Unemployment Assistance (PUA) systems. The bill provided funds for traveler health screening, contact tracing, personal protective equipment, and outbreak response to reduce the spread of COVID-19. Additionally, the bill appropriated funds to each of the counties, including \$80 million to fund COVID-19 response programs in Hawai'i County.

Upon reconvening in late June, the Legislature passed another bill (Senate Bill 126) to appropriate the State's remaining share of federal funding to programs providing relief directly to residents. The key programs supported by this legislation are:

- Enhanced Unemployment Insurance benefits of an additional \$100 per week to eligible recipients, available after federal unemployment benefits end (\$230 million)
- Rental housing assistance program (\$100 million statewide; \$12 million for Hawai'i County)
- Grants to assist childcare facilities to maintain or resume operations, clean and sanitize, and pay or train employees (\$15 million)
- Purchase and distribution of personal protective equipment (PPE) to hospitals, childcare facilities, elderly care facilities, businesses, non-profits, and schools (\$100 million)
- Health assurance security initiatives at airports statewide (\$90 million)
- Workforce development pro-

grams and retraining (\$36 million)

- Grants to support emerging industries to produce cleaning supplies and PPE (\$15 million)
- Food assistance to families in need (\$5 million)
- Commercial fishing industry support (\$3 million)
- Support for 2020 graduates of public high schools, including college counseling and an online class (\$2 million)

Beyond these fiscal and COVID-19 relief bills, the Legislature also passed a variety of measures amending State laws. These bills have now been sent to the Governor, who has until September 15 to sign or veto each one. A few highlights of the measures recently passed by the Legislature are:

**HB2543** expands the Preschool Open Doors Program, appropriates funding for early childhood education, and sets goals for the expansion of public early childhood education programs statewide.

**HB285** requires police departments to report instances of officer misconduct to the Legislature. It also requires the Law Enforcement Standards Board to review and recommend statewide policies and procedures relating to law enforcement, including the use of force.

**SB2060** amends coastal zone management laws to further protect against the impacts of sea level rise and coastal erosion.

**HB1854** requires the Department of Agriculture to identify and publish best practices for the treatment of little fire ants.

**HB1523** appropriates \$6.4 million of the federal COVID-19 relief funding to cover the costs of devices (such as electronics to support distance learning) for public schools with high student need.

**HB2425** amends the definition of "domestic abuse" to include coercive

control. This legislation increases legal protections for people experiencing domestic violence, which often includes non-physical control. I was the first primary introducer of this bill, in response to the suggestions of domestic violence prevention experts from our community. Mahalo to the many Kohala community members whose testimony helped this measure successfully pass the Legislature!

You can view the full text and more information about each of these bills via the State Capitol's website, [capitol.hawaii.gov](http://capitol.hawaii.gov). Please reach out to my office if you have questions or would like to view the full list of bills which passed the Legislature this session.

As we continue to move forward through the COVID-19 crisis, I urge you to take the simple precautions which can dramatically reduce the spread of COVID-19. Wear a mask when you are in public. Stay home when you are sick and keep your kids home when they are sick. Practice good hand-washing hygiene and social distancing. Your continued diligence helps keep our community healthy!

The COVID-19 crisis has brought hardship to many in our community. If you are experiencing depression, anxiety, or a mental health crisis, please know that help is available, and the Department of Health Hawai'i Crisis Line is available 24 hours a day, seven days a week. Please call (800) 753-6879, or text the word ALOHA to 741741 for support.

As always, I am honored and grateful to represent you, and welcome your questions and input. Please keep in touch through my regular email newsletter (visit [bit.ly/reptarnas-signup](http://bit.ly/reptarnas-signup) to read recent issues and sign up), via email ([reptarnas@capitol.hawaii.gov](mailto:reptarnas@capitol.hawaii.gov)), or by phone at (808) 586-8510. Mahalo!

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## Talk Story with Ilea



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

“Poverty is the greatest form of violence.” –Mahatma Gandhi

I often hear people who are financially well off blame people in poverty for their impoverished circumstances. As if they created them by choice.

As if anyone would consciously choose to live in poverty. The marriage of capitalism and the classism has many convinced that “if people who are poor just pulled themselves up by the bootstraps, they’d stop being poor.” But this is not accurate; it’s defeating and elitist.

In order to understand poverty, you have to look at history. You have to look at systemic racism and biases, inequity, colonization and cultural erasure, intergenerational trauma, and the role oppression always plays in gatekeeping access to good nutrition, education, resources, financial opportunities, or complete

lack thereof.

Poverty is often generational. It is insidious. It seeps into every aspect of a person’s life. It imprisons people’s minds and amputates their personal power, motivation, options and vision for the future. An individual cannot evolve to higher levels of functioning or community contribution when they are completely preoccupied with merely surviving. Poverty is dehumanizing and devastatingly full of grief and loss.

When I meet with individuals who use meth, for instance—an issue that is rampant on this island and in our small town of Kohala—it is almost always the same origin story.

They tend to be humans currently living in or who come from poverty.

They tell me they started using in attempt to numb their pain and traumatic histories. Living in a rural and underserved area, they don’t have access to opportunities for interesting stimulation. They tell me using “ice” finally lets them feel powerful.

It gives them motivation they can’t find otherwise. It helps them feel productive. At least while high, it gives them a sense of self-esteem and self-worth.

For some, it gives them the energy they need just so they can work 14-hour days doing intense manual labor. And then get up the next day and do it all over again. Because they have to in order to pay their bills. Using meth is not the root issue. It is a symptom of the much greater problem of poverty. If we take away the judgment often associated with drug use and instead look at what

people are attempting to achieve by using, it is a heartbreaking story. One that can be changed if we choose to stop turning a blind eye and start to acknowledge and work toward actually healing the devastating effects of poverty rather than repeatedly bandaging the symptoms of it. It can be changed if we collectively begin investing in creating systems of equity and sustainability regardless of our individual differences.

Want to participate in this

column? Please write to me your stories of the heart. 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. Please write to talkstorywithilea@gmail.com.

Disclaimer: The views and opinions of this column are solely those of the author and do not necessarily reflect the official position of Hamakua Kohala Health Center.

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## Hi There

By Toni Withington

I was driving past the Credit Union the other day when I waved at an oncoming driver I didn't recognize, who returned my gesture with a smile and a wave. It triggered a flashback to a time when most drivers in Kohala routinely greeted each other on the road.

It reminded me that the economic downturn and COVID isolation has, in a way, brought us back the old days -- the plantation days -- which those of us over fifty can remember. Hand waving between cars was what we all did routinely.

Back then most families had only one car, or truck, so neighbors knew neighbors by their vehicle. Everyone waved. Whether it was a quick lifting of the fingers from the top of the steering wheel, or a flapping hand out the window. Everyone waved. You waved at relatives, friends, co-workers; even enemies gave each other a nod or a single finger.

In a way, it was how we acknowledged that we were in this thing called Kohala together. A connection between all people. Strangers were quite rare back then, but were greeted along with everyone.

Jeff Coakley and I started talking about this several years ago at the last Kohala Reunion. A long-time resident of Kohala said at a meeting, "You don't know the Kohala that I knew. Plantation life was tough, where money was tight, but families were tighter. People fished and hunted to make ends meet with the low plantation wages.

It was a struggle but I noticed people were happy as long as they had to the freedom to go here and there. To be part of that, Kohala family honor started out with a simple wave."

Jeff himself learned about it when he arrived here:

"My friend Ed and I had only recently cruised into Kohala and the Cabrera family had offered us to stay at their Niuli'i home for free! It was getting run down and they hoped someone living there would help to bring it back to life. What was interesting is that we both had long hair. Hippies weren't too welcome in Kohala back in 1971. But even with long hair we were local or Hawaiian, but not totally accepted by some. I remember standing in one of those 1,000- person parties at the Keokea pavilion and this guy's little boy told his father. 'Daddy, how come the man get long hair?' We cleaned up the house and yard and soon were raising pigs and chickens and enjoying the Kohala lifestyle.

"One day while entering Takata store, with my long hair and hippieish look, Clara Takata greeted me and asked me to do her a favor. She wanted me to take my shopping cart and fill it up! We had a good laugh as I was unemployed and limited on funds. She was cool.

"While cruising the aisles I suddenly ran into Manuel, who blocked my cart with his. 'Excuse me,' he softly exclaimed. 'Are you angry at me?' I looked at him and for the life of me I couldn't remember ever meeting him. I told him,

'No, why would I be angry?' He then proceeded to tell me his story.

"He had been driving along the road by the Kohala High School and as he passed my car, had waved to me. I guess he recognized me as a stranger in town with long hair.

"Maybe he saw me somewhere before, I don't know. He said he waved to me, but I did not wave back. I mean, who drives around looking to wave to another car and seeing if they are going to wave back. . . but that was the Kohala I did not know at the time."

"It was the plantation era when people did things like that, waving to each other, just acknowledging and happy to see each other. I often thank Manuel for stopping me that day that started out with 'excuse me.' What a valuable lesson of aloha."

For a while after the sugar mill closed in 1975, the habit remained. I moved here at that time, not long after Jeff had arrived, and slipped easily into the waving habit, since I had grown up in a plantation town, Kahuku on Oahu. But roadway habits changed over the years. Akoni Pule Highway was built. Families bought extra cars to handle the commute to work. Cars were being built to look more and more alike. Visitors driving rental cars clogged the towns and slowed down traffic.

Waving never stopped, but it certainly slowed down as lives seemed to be going faster. Distractions of radio, cell phones and recorded music pull our attention away from those around us.

Wouldn't this be a good time to bring back the practice of sharing aloha with the drivers who share the roads? Whether you know them or not?

Perhaps when the tourists come back we might wave at them too.

## Hawaii Energy Continues Low-Cost Appliance Program

Your refrigerator and freezer are constantly running so, unlike air conditioning or lighting, you can't simply turn them off to cut back on energy costs. Hawai'i Energy has a solution for you, to not just save energy and money in the long run, but to get a brand new fridge or freezer for a fraction of price, delivery included.

For the first round of the Appliance Trade-Up Program in North Kohala, Hawai'i Energy distributed 107 appliances to local residents. Nearly half of those refrigerators went to Ainakea Seniors and Ainakea Elderly.

With this program, you can get a new ENERGY STAR® fridge or freezer for as low as \$250 each – that includes tax, shipping and delivery right to your front door! All you need to do is trade in your old fridge or freezer – we'll take care of the haul away and recycling. Taking old, energy-wasting appliances out of commission is a meaningful step towards decreasing our impact on the environment.

Beyond the upfront discount, you'll also see savings over the lifetime of the appliance. Since ENERGY STAR products use at least 20 percent less energy than regular models, replacing a ten-year-old refrigerator with an ENERGY STAR model could save you over \$200 every year.

To offer this program to North Kohala residents, we've partnered with Partners in Development Foundation. Given the current state of COVID-19, we're making sure to take proper precautions upon delivery and pickup of appliances.

Signing up is easy. All you need to do is fill out an application at the Partners in Development Foundation office located at Lamp Cottage in the student and visitor park-

ing lot next to Kohala Elementary School or download it at [www.hawaiienergy.com/north-kohala](http://www.hawaiienergy.com/north-kohala). You could also call (808) 319-8596 to sign up. Along with your application, you'll submit payment and from there, Hawai'i Energy will contact you to schedule delivery of your new appliance.

This offer is available for a limited time – until September 15 or while supplies last. For more information on Hawai'i Energy and other rebates that are available, go to [www.hawaiienergy.com/rebates](http://www.hawaiienergy.com/rebates).



Photo courtesy of Hawai'i Energy  
As of mid-July, 107 Kohala residents have taken advantage of Hawaii Electric's new appliance rebate program aimed at helping customers reduce electricity consumption. Qualified residents can get a new, energy-efficient refrigerator or freezer at a steeply reduced price.

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# Plans for Pololu Parking Lot, Subdivision Revealed

By Toni Withington

A proposed land agreement between Surety Kohala and the State of Hawaii at Pololu was made public in June. The draft of the plan shows Surety donating land for a parking lot and much of the valley floor in exchange for a subdivision of its land along the valley ridge top.

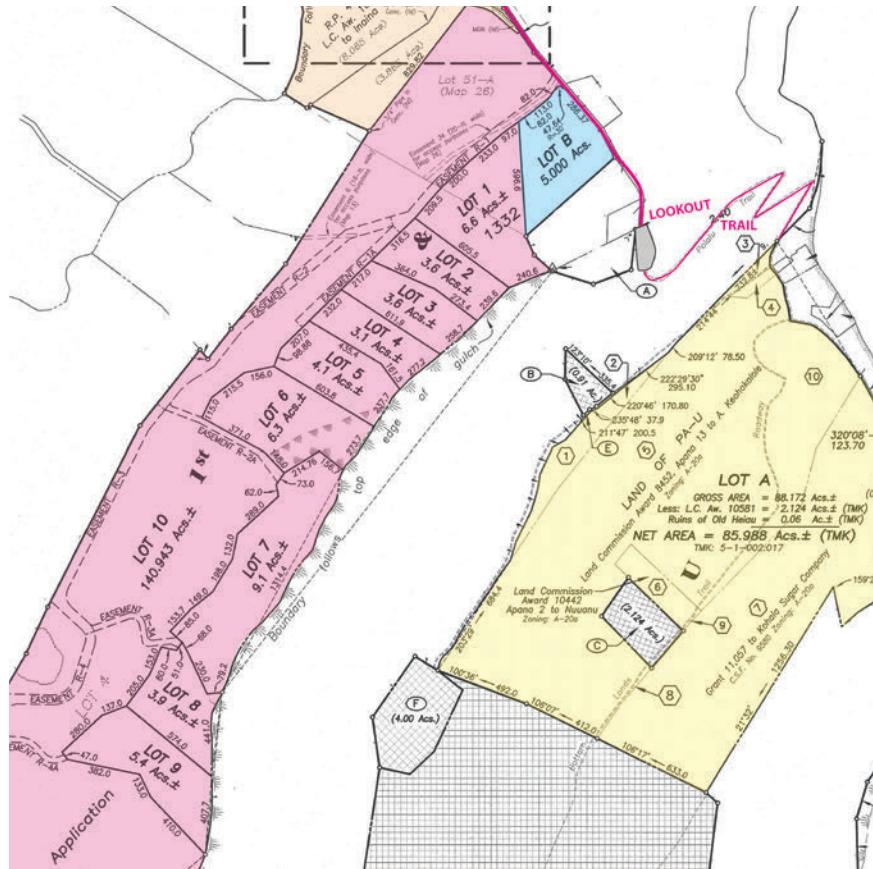
The plan and a map of the boundary changes were revealed at a meeting of the Na Ala Hele Advisory Council. Na Ala Hele Trail System (NAH) is a part of the Division of Forestry and Wildlife of the State Department of Land and Natural Resources (DLNR).

Under the plan, Surety would donate to the State its 86 acres of land holdings on the Pololu Valley floor and a five-acre parcel of land townside of the lookout for a parking lot in exchange for the creation of ten new lots stretching along the clifftop, mauka of the lookout.

The DLNR has drafted a Letter of Intent and, when Surety finalizes its proposal, it will be reviewed by the NAH Advisory Council. NAH staff has promised to conduct a public presentation of the plan in North Kohala.

The next step would be consideration by the DLNR's Land Board.

After that, it will be submitted to the County Planning Department as a Consolidation and



A highlighted map shows much of the land under consideration as part of a proposed land reconfiguration and donation between Surety Kohala and the State of Hawaii. The full map in its un-highlighted form was made public through the Department of Land and Natural Resources as a preliminary proposal for the exchange.

The clifftop lots are pink, the proposed future parking lot is blue, the Chilton's land is peach and land on Pololu Valley floor is yellow.

Credit: John Winter

Re-Subdivision (CRS). The Land Board meeting is subject to public review.

The CRS is most often just a procedural matter by the Planning Department with only adjoining land owners making comments.

The five-acre proposed parking lot would be located mauka of the Akoni Pule Highway between the houses next to the lookout and the gravel road across from the Mule Station.

The NAH Advisory Council was told that since a gully runs through much of the lot, only about two acres would be usable for parking and restrooms without major ground work.

The Parks, Water, Roads Group of the Kohala Community Development Plan has held multiple public sessions to recommend solutions to the congestion and health issues of the small lookout area and the valley trailhead.

At one meeting, Surety executive Bill Shontell agreed to allow five acres for the parking lot and restrooms.

The plan includes a total of 1,108 acres – State of Hawaii, 810ac; Surety Corporation and its subsidiary KP Holdings LLC, 281ac; and Greg Chilton, 16.6ac.

A portion of Surety's land is on the valley floor and the rest in Makanikahio ahupua'a, which is the plateau above the valley. The

See Polulu, Page 11

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**Pololu continued from Page 10**

State land is entirely in the valley. All of these acres are pooled together under a "consolidation" and new boundaries are drawn, or "re-subdivided," using the same number of legal parcels of record.

To create the ten cliff-top lots, Surety attorneys proposed ten Pre-Existing Lots of Record on the valley floor, which were confirmed by the Planning Department in March 2019.

These include several small portions of the bottom lands, some created by the crossing of trails as well as portions of Land Court Commission Awards carved out of the main valley parcel. Prior to that, most of the valley floor was considered one parcel.

Nine of the new lots proposed in the re-subdivision will be non-conforming, meaning they are smaller than allowed in the 20-acre agriculture zoning. They range in size between 3.1 to 9.1 acres. The area has no existing water or electrical service.

If completed the State would own almost the entire valley. However, the exchange leaves in private hands four family lots on the valley floor and two, the Sproat family's, next to the lookout in addition to Chilton's land.

The Na Ala Hele public presentation has not been scheduled but is likely to happen before the next Advisory Council meeting in September.

# Hiking from Pololū Lookout to Honokane Iki



*Credit: Maureen Garry*

*The bench at the crest between Pololū and Honokane Nui Valleys provides a spot to rest and enjoy the view.*

At the end of the road heading east out of Kohala, the hike from Pololū Lookout down to Pololū Valley draws ever-increasing numbers of tourists and locals alike. Since the trailhead can be found mere steps from the closest parking spaces at the end of Akoni Pule Highway, venturing down to the beach invites even those who wouldn't normally sign up for rocky, single-track dirt (or potentially mud) hiking. But because this trail is in virtually every guidebook for North Kohala, it's a destination that draws folks off the white sands of the South Kohala coast to the more rugged and treacherous

northern cliffs.

Dropping at an appreciable slope from the parking area, the Pololū trail can range from broad and dry to narrow and slippery, depending on the season and section. This variability can pose unforeseen challenges to those in flimsy slippers or who are out of shape – not so much on the easy 20-minute walk down, more so on the slower hike up.

The Pololū Valley floor has a black pebbly sand beach loaded with driftwood washed ashore by the notoriously rough surf. Since this beach has no lifeguard, is not easily accessible, and regularly threatens or claims lives, the local

Community Emergency Response Team has installed a rescue tube flotation device station on the beach to assist with ocean rescues.

The valley floor is also popular with campers. Campfires, slacklines, hammocks and the laughter of teens and young adults remind hikers passing through of the light-hearted joys of Hawaiian beach camping with friends.

Hikers not ready to turn back just yet can head up the eastern side of the beach, up out of the valley to the ridge separating Pololū Valley from the next valley over, Honokane Nui – more commonly known

**See Hike, Page 12**

*Aloha,*

I need to let everyone know that me and my ohana are supporting Stacy Higa for Mayor. He is the kind of leader we will need to help rebuild our communities.

Stacy has the experience, but more importantly, he is a local boy who has worked hard to gain the trust and respect of our community.

What he has done with the Americorps Program in Hawaii, and what he has accomplished at Na Leo TV, is just unbelievable.

I'm calling on my friends and ohana around our island, to please join me in supporting Stacy Higa for Mayor of Hawaii County.

**- Herring Kalua**

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**Previously a staff member in the NKCRC office, we welcome the transition of Denni Keyes to our Board of Directors.**

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# Please enjoy the Saturday farmer's market!



Hike continued from Page 11



Photo by Jill Kupitz

Remains of an old cabin still stand in Honokane Iki, the Third Valley.



Credit: Jill Kupitz

A hiker wades into the ocean at Honokane Iki.

as “the Second Valley.”

The path is narrow and forested, with multiple switchbacks, sections of quick vertical gain and plenty of mosquitoes. Don't forget your sturdy shoes, extra water and bug repellent. Once at the top you'll be rewarded with a million dollar view of the coastline and a bench on which to sit to enjoy it. Many folks consider “the bench” their turnaround point and, after stopping for selfies and a break to take it all in, head back to Pololu. But if you're looking for more adventure, keep going.

The trail down to Honokane Nui passes through heavy trees and can be walked, unassisted, the entire way. However, if you want to skip part of the trail and take the faster route, a heavy rope is tied off at the top of a steep vertical section of

trail, ready to support you on your steeper, expedited descent. You'll even find a stash of old gloves in a rock crevice by the top of the rope to save your hands from burns. Hikers who don't have experience using climbing ropes are wise make their way down the rocky face slowly. Otherwise, those who feel comfortable with a rope can rappel over the rocks and roots at a faster pace.

Once at the bottom of the rope, hang onto your gloves because you'll need them to climb back up on the way back out. You'll emerge from the trees on the bottom of Honokane Nui, the Second Valley, at a small stream.

Those looking to push further than most should take note of the cairns used to mark where to go back into the forest, then find

**See Hike on Page 13**

**WEEKLY EVENTS IN AUGUST 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	
	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	KOHALA MISSION SCHOOL	895-2094
TUES	6:30AM	7:30AM	AA DAWN PATROL	KAMEHAMEHA PARK	889-5675
	5PM	6PM	MEDITATION COURSE	INTERGENERATIONAL CENTER	917-293-3427
	5PM	6PM	INSANITY CLASSES WITH ASHLEE CHEEK	SOLID ROCK NORTH CHURCH	989-0966
	6PM	7PM	TABLE TENNIS/PING PONG	OLD COURT HOUSE	889-1099
WED	7AM		WALK WITH A DOC	KAMEHAMEHA PARK	889-1570
	2PM	4PM	TEENS X2 SOCIAL 11-19 YRS	ARTISTS' CO-OP	989-5995
	2PM	4PM	OPEN GUIDED ART STUDIO	ARTISTS' CO-OP	783-1158
	6PM	6:30PM	FREE RMD TAIKO CLASSES	WALKER HALL	895-2025
	6PM	7:30PM	SEIBUKAN KARATE ACADEMY	HISAOKA GYM	889-0404
THU	7PM		ALCOHOLICS ANONYMOUS	WYLIE HALL, 'IOLE RD	889-6703
	6:30AM	7:30AM	AA DAWN PATROL	KAMEHAMEHA PARK	889-5675
	5PM	6PM	MEDITATION COURSE	INTERGENERATIONAL CENTER	917-293-3427
	5PM	6PM	INSANITY CLASSES WITH ROSS PAGAT	SOLID ROCK NORTH CHURCH	989-0966
	6PM		TABLE TENNIS/PING PONG	OLD COURT HOUSE	889-1099
FRI	7PM	8PM	NARCOTICS ANONYMOUS MEETING	WILEY HALL ON IOLE	805-452-9501
	9AM		HEALING CIRCLE FOR ADDICTS, ALCOHOLICS	NANI'S GARDEN	805-452-9501
SAT	7AM	8AM	AA DAWN PATROL	KAMEHAMEHA PARK	889-5675
SUN	10AM	11AM	SEIBUKAN KARATE ACADEMY	HAWI FARMERS MARKET	889-0404
	10AM	11AM	WEST AFRICAN DRUMMING CLASS	ARTISTS' CO-OP	987-4243
	11:30AM	12:30PM	WEST AFRICAN DANCE CLASS	ARTISTS' CO-OP	987-4243

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- Acupuncture

**Hike, continued from Page 12**

the trail leading up the far side of Honokane Nui. Snake your way up the off-camber hillside and keep going to enter the "bamboo forest," a long stretch of trail through nothing but tall, thick stalks of bamboo. Many switchbacks later as you approach the crest of the slope out of Honokane Nui, you'll walk over a U.S. Geological Survey benchmark placed right in the trail. The top of the crest isn't as broad as the one with the bench – but it's enough to peer over the bushes to the beach of the Third Valley, Honokane Iki. Perhaps you'll be lucky enough to spot screeching 'io, Hawaiian hawks, circling overhead as they catch updrafts off the steep cliffs.

Keep going past the crest, descending through the scrubby brush and into the tall trees. The further you go down the trail to the valley floor, the fewer traces of human presence you'll see, until you come to the flat of Honokane Iki Valley. A peaceful stream flows on the eastern edge of the valley and an old cottage hailing from the days of Kindy Sproat sits overlooking the beautiful, narrow beach. (Please observe the "No Trespassing" signs posted on the cabin.) Take time here to enjoy your accomplishment, imagining what it would be like to live in the valley, before heading back home.

Hiking from Pololū Lookout to Honokane Iki and back is about 6.5 miles round trip and is equivalent to walking 184 flights of stairs.



Photo by Maureen Garry

The "bamboo forest," a stretch of trail in Honokane Nui – the Second Valley – that goes through a thick stand of bamboo.

**Pololū and Beyond**

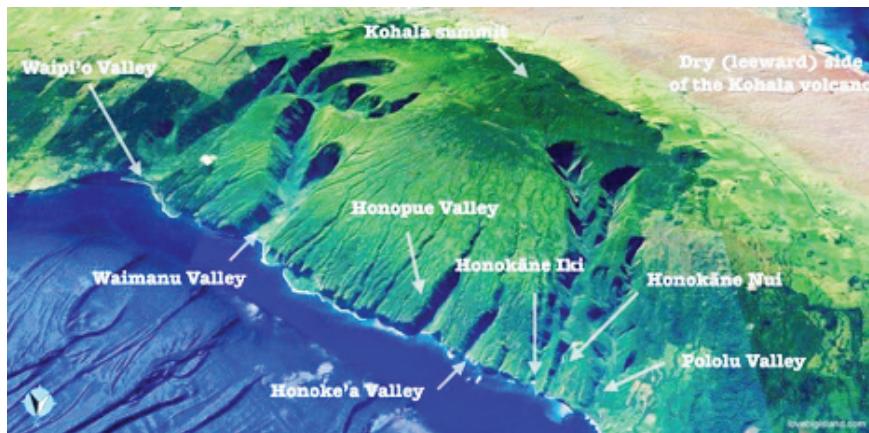
By Tom Morse

Archaeologists estimate that Polynesians first settled in Pololū Valley and the adjacent Honokane Valley in the 1400s. An abundance of water flowing through the gulches and fertile alluvial soil provided for the cultivation of taro (kalo) and sweet potato. Difficult to reach, people often lived their whole lives in these valleys. Water was more reliable in Honokane Valley.



Photo courtesy of Big Island Guide

Pololū, The Lookout, and Honokane. Paokalani Island is seen off the coast in the distance.



Courtesy of www.lovebigisland.com

Pololū is the first of seven valleys stretching across the north shore of Hawaii Island, ending at Waipio Valley.

The word pololū means 'long spear' in Hawaiian.

Pololū Valley was fed by the Pololū Stream, although at times it ran dry.

Early settlers built irrigation terraces to retain water for the crops. A particular variety of taro, kalo Pololū, was grown here, notable for its crimson stems.

Sometime after 1870, rice agriculture was introduced to the valley, ultimately supplanting taro. This practice continued until 1926, when rice farming was abandoned.

In 1905 the Bishop Estate, owners of much of the land in that area, financed the building of the Kohala Ditch to be able to sell much-needed water to Kohala's five sugar mills.

To accomplish this, they diverted water from the sources that feed Pololū, resulting in the end of farming there. The last family to live in Pololū Valley left in 1940.

In 1946 a massive tsunami roared up Pololū Valley, carrying away much of the fertile soil built up over the centuries.

In fact, there are seven valleys extending from Pololū to Waipio. There is evidence of pre-European colonization in each of them.

About 60,000 years ago, the Kohala Mountains erupted into what is called the Hawi series. At some time, an enormous landslide caused cliffs as high as fourteen hundred feet to form along this coast. Abundant rainfall eventually formed the valleys.

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# Join the Backyard Food Revolution with the 'Ohana Agricultural Resilience (Oar) Program



Photo by Malia Welch

Ohana Agricultural Resilience (OAR) families, Ho'okahua Ai students and KPM staff work together to grow food for our community.

Top row (left to right): David Gibbs, David Fuertes, Alicia Veloria, Jamiel Ventura, Vincent Aiona, Hope Keawe, Levi Keyes, Erika Cedillos, Malaqui Duque, Loa Patao, Aukea Ka'aekuahiwi, Beldon Kealoha, Kela Hoopai, Aii Ka'aekuahiwi.

Bottom row (left to right): Oliver Kai Gibbs, Mahana Gibbs, Leah Gibbs, Ilikai Perez, Aliana Perez, Leslie Nugent, Naomi Keawe, Shelly Keawe, Erin Pajimola, Andrea Dean.

Missing OAR 'Ohana: Aaron Perez, Karolina Garrett, Darien Garrett, Jamie Belmarez, Werner Geiger, Dale Hoopai.

The 'Ohana Agricultural Resilience (OAR) program provides training, land and equipment for North Kohala families to grow food for themselves and our community. The first cohort of 'Ohana Agricultural Resilience (OAR) families produced and distributed hundreds of pounds of food for the commu-

nity—beans, cucumbers, carrots, bitter melon, taro, poi, bok choy, lettuce, zucchini, tomatoes, pork and more. At the conclusion of the program, OAR families received a free aquaponics system or a chicken tractor so they could continue to grow protein and vegetables in their own backyards.

Kahua Pa'a Mua is currently recruiting ten new families for the second cohort. Please call David Fuertes at 896-0566 if you are interested.

The OAR project trains and equips families to grow fish and vegetables with backyard aquaponics systems, pork with back-

yard Natural Farming odorless pig pen systems, and eggs with chicken tractors. The project also provides training, land, equipment and infrastructure for growing taro, vegetables and other crops.

There will be ten training sessions in subjects such as Backyard

**See OAR on Page 15**

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**THE COQUI CORNER**

Aloha Kohala, coqui eradication continues through the pandemic. In June our crews worked at Union Mill, Ainakea, Kohala Nursery, Pratt Road east, Iole, upper Kynnersley, and Kohala Club Hotel. There were plenty of others, the crew totaled about twenty-five eradication. Please don't delay if you hear a coqui on your property, or at a neighbor's place that could use some help. We are fighting to manage the coqui. If you are apathetic your neighbors may suffer. Don't be that person. We have a new infestation in Halaula that could have been avoided. Mahalo to those of you that reported it.

Mahalo to those of you that asked for information about eradication methods. Your efforts are helpful and appreciated.

For eradication strategies and ideas, check us out at [kohalacoquicoalition.org](http://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: **NKCR, P.O. Box 519, Hawi Hawaii 96719**

**OAR, continued from Page 14**



Photo courtesy of Kahua Pa'a Mua  
MALAMA Aquaponics from Waimanalo teach OAR families how to construct low-cost aquaponics systems to grow fish, vegetables, taro, 'olena and more.

aquaponics with MALAMA Aquaponics from Waimanalo, animal husbandry (pigs and chickens), Natural Farming, crop cultivation, equipment use and preventative maintenance, food processing, farm and food safety, and agricultural entrepreneurship. Participating families receive their choice of a free backyard aquaponics system, a chicken tractor or a Natural Farming deep litter pig system with their commitment to attending required workshops.

The 'Ohana Agricultural Resil-

ience program trains North Kohala residents to grow food for themselves and their community. Kahua Pa'a Mua believes that the North Kohala community is strengthened through a family-based approach to training and gives first priority to training multi-generational family units. The 'Ohana Agricultural Resilience (OAR) program is free for participants, funded by USDA National Institute of Food and Agriculture, Community Food Projects Competitive Grants Program. Learn more at [www.kahuapaamua.org](http://www.kahuapaamua.org)



Photo by Malia Welch  
Alicia Veloria and her keiki make poi from OAR-grown taro.

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# KOHALA MONTHLY CALENDAR AUGUST 2020

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

DATE	DAY	START	END	EVENT	DESCRIPTION	VENUE	PHONE
8/1 OR 8/8	SAT	10:00 AM	12:00 PM	RECYCLE PLASTIC	CLEAN AND REMOVE LABELS, ORGANIZE ACCORDING TO #: 1,2,4 OR 5	ARTISTS' CO-OP	LAVARROOTS@GMAIL.COM
8/5	WED	4:00 PM		KOHALA COMMUNITY ACCESS GROUP	MEETING	SENIOR CENTER	IMUAKOHALA@GMAIL.COM
8/5	WED	4:30 PM		NKAG MEETING		OLD COURT-HOUSE	889-0404
8/8	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
8/10	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
8/11	TUE	6:00 PM		HAWAII FARMERS UNION UNITED	6PM POTLUCK, 7PM PRESENTATION. FOR EVERYONE	THE HUB	KOHALA.HFUU@GMAIL.COM
8/15	SAT	4:30 PM	6:30 PM	FREE GRINDZ HOT MEAL	KOHALA BAPTIST CHURCH	BANYAN TREE	889-5416
8/25	TUE	6:30 PM	9:00 PM	BELLY DANCING		HUB BARN	889-0404
8/26	WED	4:00 PM	5:30 PM	RESTORATIVE YOGA THERAPY CLASS	WITH CARLA ORELLANA, CERTIFIED YOGA THERAPIST, BY DONATION	THE HUB	889-0404
8/26	WED	5:00 PM		PARKS, WATER & ROADS GROUP	MONTHLY MEETING	OLD COURTHOUSE	889-6238
8/27	THU	4:30 PM	6:00 PM	THRIFT SHOP	AT ST. AUGUSTINE CHURCH	NEXT TO WALKER HALL	889-5390
8/27	THU	4:30 PM	6:00 PM	COMMUNITY MEAL - TAKE OUT	AT ST. AUGUSTINE CHURCH	WALKER HALL	889-5390
8/27	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
8/29	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
8/30	SUN	3:00 PM	4:30PM	AQUARIAN UNIVERSAL METAPHYSICS	DISCOVER ANSWERS TO "UNANSWERABLE" QUESTIONS.	AINAKEA SENIOR RES.	882-7047

**Email monthly calendar listings to: [kohalacalendar@gmail.com](mailto:kohalacalendar@gmail.com)**



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**Kohala SDA Church**  
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Divine Service: 10:45 AM  
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55-3361 Akoni Pule Highway, Hawi HI  
(808)889-5646  
Kohalasda.com

**Kalahikiola Congregational Church**  
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www.kalahikiolacongregationalchurch.com  
889-6703

**Kohala Baptist Church**  
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**Gospel of Salvation Kohala**  
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Adult Bible Study: Monday 7 PM  
Prayer Meeting: Friday 7 PM  
Pastor Ilima Moiha  
www.gos-kohala.org

**St. Augustine's Episcopal Church**  
Kapa'au, North Kohala  
Join our Sunday worship via FB livestream at 9:00 a.m.  
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Deacon Thomas Adams  
Telephone 889-6436

**KOHALA HONGWANJI SHIN BUDDHISM**  
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For more information call: 987-1791  
Rev. Bruce Nakamura  
brucejunshin@gmail.com

# Hurray, It's Back to School Time!

By Jana Howard

The moment all of us parents have been waiting for is finally here: the kids are going back to school! It might not be in the same fashion as before COVID-19, but nevertheless, there will be (hopefully) a regular schedule of kids going to the classroom and an online learning portion at home.

This brings up the subject of how to properly set up and sit at your and your kids' desks to minimize low back and neck soreness at the end of the day.

A good place to start is finding a workspace in your house because, let's face it, the couch with your laptop balanced on your knees can only work for so long before things start to get tight and sore. A proper chair that is adjusted to your height and supports your low back is very important.

The angle of your knees and hips should be close to 90 degrees and your feet should be flat on the floor (use a stool or box if your

feet don't quite reach the floor).

Periodically, the chair should have a lumbar support but using a small pillow or towel roll in the small of your back will work as well.

Having that support behind your low back helps you maintain the natural curves in your spine, decreases strain on your postural muscles, and even helps support your shoulders and head by reducing a slouching posture.

Sitting on an appropriately sized therapy ball is a great option too, especially for the kiddos, as it keeps you moving, activates the core muscles while you are working, and let's be honest, it's just more fun to bounce while you work.

Next, check your desk surface. The correct desk height should be where your elbows are bent at about 90 degrees when you're typing with your wrists relaxed somewhat extended. Laptops and tablets are convenient, but unfortunately are not designed

for hours of working on them, as you are forced to look down and hence increase the strain on your neck muscles and cervical spine a lot.

A desktop computer often is a better choice, as you can set up the monitor at the ideal height, where your eyes look at the upper third of the screen and it is about 24 inches away. If that is not possible, try to use a wireless keyboard with your laptop or tablet, so you can place the screen higher.

An option you might want to consider is setting up a standing desk or workstation and periodically alternating between sitting and standing. The same rules apply for the keyboard and monitor setup: elbows at 90 degrees and screen height at eye level. Don't forget, though, that no matter how well your desk is set up, you will get tired of staying in one position and staring at a screen for too long.

It is recommended to get up and move around about every 30

minutes. Go get some water, take the phone call while standing, do some light stretches by moving your body and spine in different directions, go for a little walk and send those kids outside to play for 15-20 minute breaks.

Some activities you can do together with your kids include tag, hide and go seek, backyard games (volleyball, badminton, tossing a football, shooting hoops, etc.), an obstacle course with balance challenges, going over/under objects (those pool noodles come in handy for that), or simply going for a little family walk through your neighborhood!

If your neck and low back pain become more of an issue over time, go visit your doctor and ask for a referral to physical therapy. We can help you with manual therapy, range of motion exercises and posture-strengthening exercises right here at BodyPro Physical Therapy in Kapa'au. Come see us, we are here to help!

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KA LA CORP PRESENTS: "COVID-19" THE LIFE AND TIMES OF KA AND LA, MENEHUNE COUSINS OF KOHALA

ILLUSTRATED BY KRISTI KRANZ

# Young Artists Create Prints at Co-op



Photo by Debasish Bera  
"Nene" by Misty Bera, age 14.



Photo by Leslie Mahmood  
"Hawaiian Fish" by Tarzan Mahmood, age 13.

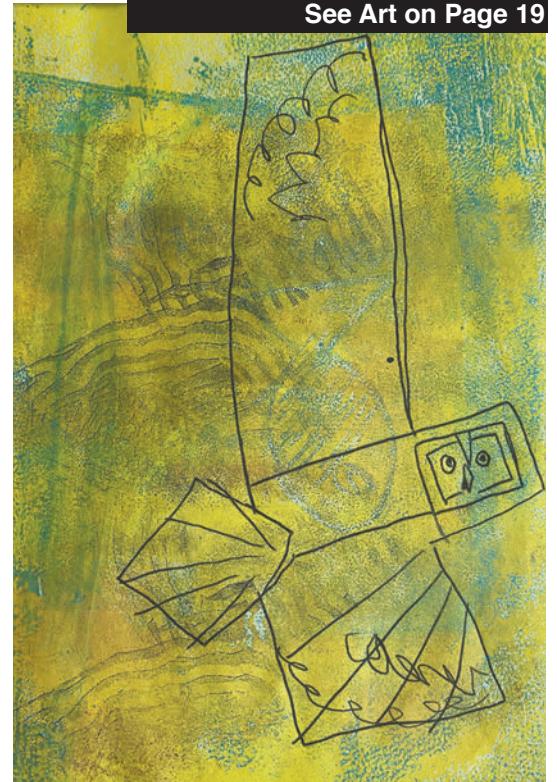


Photo by Leslie Mahmood  
"Minecraft Pueo" by Tarzan Mahmood, age 13.

See Art on Page 19

Cathy Morgan teaches a variety of printmaking techniques on Wednesday mornings at the Kohala Artists' Co-op. One student, Misty Bera, created a print of nene as a way of keeping them in her heart. "I recently started volunteer-

ing at Hawaii Wildlife Center and I got to meet a lot of different native birds. My favorites were the nene geese, because they were really funny and interesting to watch. They did have to leave the Center, though, and that was sad. I miss them, so I made some while

learning print art at Kohala Artists' Co-op to keep me company." Fellow students Hana and Tarzan Mahmood also appreciate what they are learning. Hana says, "The Kohala Artist Co-op is amazing Cathy our teacher is awesome she teaches us so much. And there

is so much art to look at; it's very inspiring." Her older brother Tarzan adds, "I love learning printmaking techniques and the resources available at the Kohala Artists' Co-op are more than I could experience anywhere else."

## Aloha! Councilman's Corner



I'm sure most of you saw the tariff increase Young Brothers, Inc. (YB) is asking for; 47%. This is a staggering increase, it is not surprising given the repeated communication from YB of their dire financial position and the need for financial support. They have been very communicative of their financial problems before COVID-19, and now they are in a desperate situation with the COVID-19 pandemic reducing their revenue stream by one-third. In the legislature this year, two bills were proposed to help Young Brothers. Final versions of House Bill 2475 and Senate Bill 1427 had metrics to aid our only interisland carrier, but unfortunately, both died in committee. Senator Lorraine Inouye was able to quickly craft Senate Resolution 125 that gave a platform for further discussion. Although non-binding and no financial support attached, it is a legislative declaration of the importance of solving our intrastate shipping crisis.

A few weeks ago, Councilwoman Sue Lee Loy and I introduced Resolution 679-20, which unanimously passed on July 8. Our County Council resolution supports and backs up Senate Resolution 125 Relating to the overwhelming concern for our intrastate shipping future. The Senate Resolution calls for a working group to solve the problems. Currently, the Public Utility Commission (PUC) is doing a financial review of YB, and their findings are due soon. Our resolution supports all of this and calls for seeking all solutions available.

Looking to COVID-19 economic recovery, unless we have a functioning interisland shipping industry, our economy will collapse. Our interisland/intrastate transportation is the lifeline of our neighbor island communities and part of the fabric of our economy. Moving the needed societal inputs from suppliers to consumers is one of the foundations of any economy, highlighting the importance of sound and reliable transportation. Currently, Hawai'i imports the vast majority of its needs for energy, durable goods, and consumables, including approximately 90% of its food. Distribution in this supply chain is paramount.

The resolution is non-binding, it set's the stage for several crucial conversations going forward. The first conversation is funding; although no funding is attached to these resolutions, it emphasizes the need for financial support for the near term to keep our interisland shipping functioning. If any funding is provided to YB, it should be viewed as a bridge to keep our transportation functioning as we pivot to a possible new structure. The resolutions start the conversation on establishing a working group to solve the more significant problems and needs of interisland shipping for the long term.

My support of agriculture is unwavering. A key component of agriculture is the market, which implies transportation to that marketplace. Under USDA, there are programs for disadvantaged farmers and ranchers to get their products to market. A model that should seriously be considered is the Marine Highways program. In 2018, the waters around our islands were designated by the Federal Department of Transportation as the Daniel Akaka Marine Highway. One example is the Alaska Marine Highway, which supports its communities and constituents solving many of their transportation problems.



For our island state, the transportation component is crucial. The Government heavily subsidizes mass transportation programs. However, the State of Hawai'i does not enjoy the benefits of our national highway system and is disadvantaging our people for their transportation needs. Working on a program that supports our current transportation supplier in the short term is far more cost-effective and may yield the solutions that we all look for in the long run. **We are in unprecedented times where a re-tooling of how we will function is at hand. Providing proper guidance and leadership during this process will make a difference for generations to come. I am that Proven leader, Willing to make changes to pivot Hawaii for a sustainable future.**

Mahalo for your interest and support, please Vote on or Before August 8th in the Primary Mail-In Election. *Tim*

Herbert M. "Tim" Richards, III [VoteTimRichards.com](http://VoteTimRichards.com)



## Kohala Swimming Pool Reopens

On July 10, the County of Hawai'i announced the re-opening of several swimming pools across the island beginning the week of Monday, July 13. All pools will operate on modified schedules with interim rules and use procedures in place.

The Kohala Swimming Pool will provide 45-minute time slots for individual lap swimming at 9 a.m., 11 a.m., 1 p.m. and 3 p.m. on a first-come, first-served basis on Wednesday, Thursday and Friday only.

The County will continue to evaluate sanitization procedures as well as the adherence to modified pool rules to ensure the safety of staff and swimmers. Available days/hours may be expanded in the coming weeks provided COVID-19 public health conditions and other variables are amenable to such.

The COVID-19 Modified Pool Rules will be posted at each facility and accompany this press release as a separate document.

Kohala Pool may be reached at 889-6933. For more information, contact the Department of Parks and Recreation Aquatics Section at 961-8740.

## Computer Time at the Library

What: Computer Reservation  
Who: North Kohala Public Library  
Where: 54-3645 Akoni Pule Hwy

Limited computer access is currently available by reservation. Please call the library at 889-6655 for the current schedule of available computer sessions and to make an appointment. Equipment is cleaned between each 60-minute session.

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](http://www.librarieshawaii.org).

Art, continued from Page 18

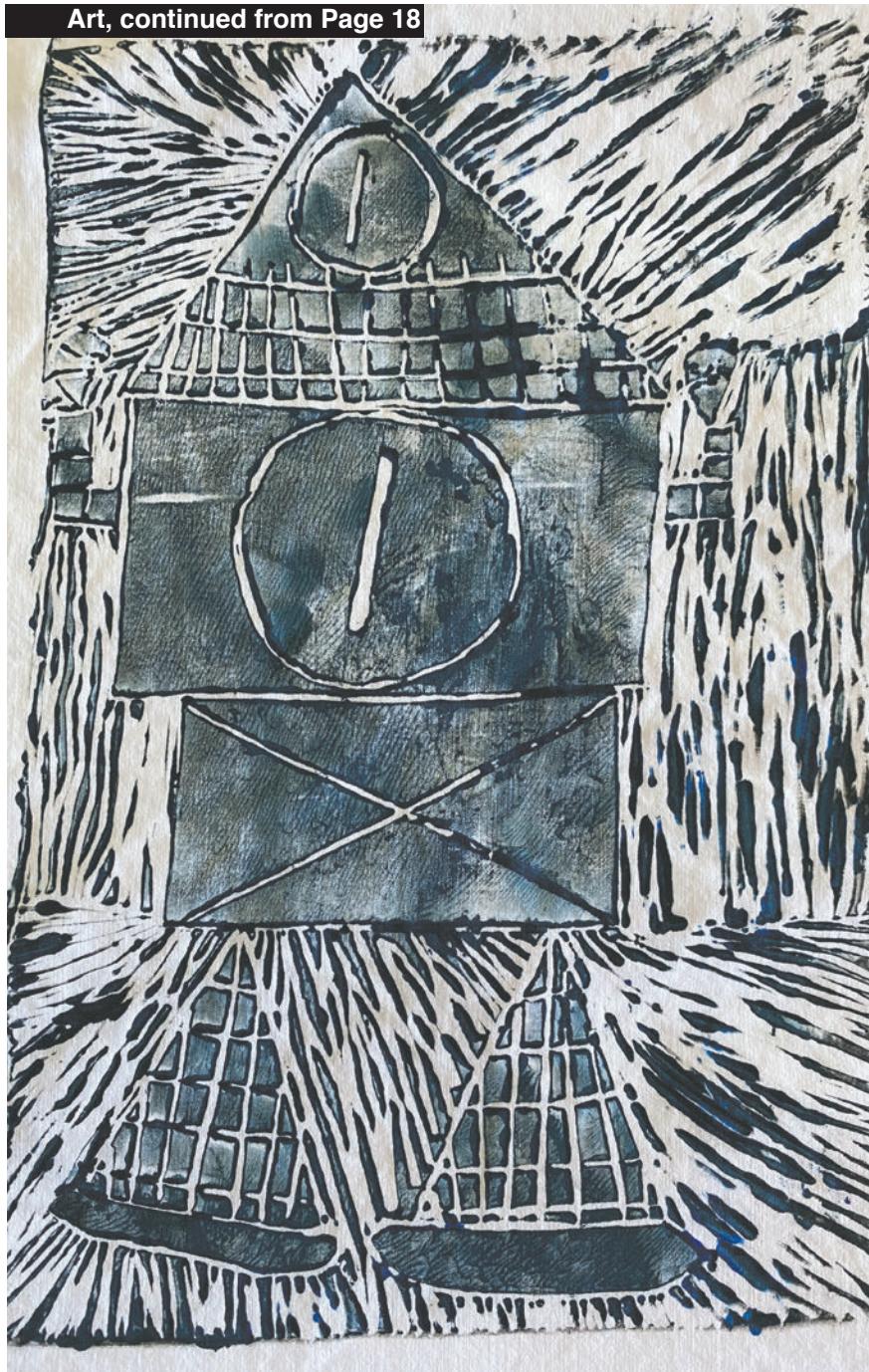


Photo by Leslie Mahmood  
"Hawaiian Fishing Hut" by Hana Mahmood, age 11.

## Offering

By Helena Kim  
Mahukona, June 2020

Four men glide across the steel blue-gray on their paddleboards. Clouds cover the sun almost touching the horizon.

"Malcolm," we say out loud, as if we knew him, feeling his sunken body in the depth. Those men stop at the rocky coastline searching, searching in every crevice.

B and I clutch our hearts for this young man, for George Floyd, For all those who were lost in this pandemic: Parents, children, brothers, sisters, lovers.

We pick up white corals to bring home put next to the cow bones from the pasture next to the owl wings from the mountain road, to make our humble, our fervent offering.



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# Kohala Grown Supports Local Agriculture

Started in 2015 by husband-and-wife team Leo and Jeannie Woods, Kohala Grown Market is a specialty food store in downtown Hawi featuring local produce and value added products, with an emphasis on natural and organic selections.

Originally a joint venture with the couple's farm tour business, the store was akin to a gift shop for tour company, with tour groups meeting and being dropped off at the store. With fresh enthusiasm for local agriculture gained during the outing, tourists spent their money shopping for local farm products, including from some of the very farms they had just visited.

In 2017, the couple decided to discontinue the farm tours and focus on the shop. They moved from their original location to bigger, more visible space fronting Akoni Pule Highway. Supporting farms and products made in Kohala remains their focus. Fully 80 percent of their inventory comes from either North or South Kohala, with the remaining 20 percent coming from other parts of the island.

The fresh produce section is fully stocked, with the selection rotating as different foods are ready for harvest. Across the seasons one might find such tropical treats as avocado, mango, white pineapple, lychee, rollinia, soursop, ulu, bananas, a variety of greens, purple sweet potatoes, Hamakua mush-



Photo courtesy of Leo Woods  
Jeannie and Leo Woods emphasize locally grown, organic and natural products at their specialty food store in downtown Hawi.

rooms and heirloom tomatoes.

Value-added products include sauerkraut, goat cheese, macnut cheese, kombucha, taro burgers, ulu chips, ulu hummus, fresh bread, medicinal mushroom mixes, bulk foods and peanut butter.

Omnivores are not left out of the picture, as they can choose from local beef, lamb, chicken, eggs, milk and seafood as the day's catch dictates (e.g., ono, mahi mahi, mon-chong, and shrimp from Kauai).

Those looking for a sweet treat

made from healthy ingredients can indulge guilt-free, choosing from the extensive smoothie menu featuring local fruits, crunchy toppings and cacao options galore.

The store features a daily Hot Plate Special, with both vegetarian and non-vegetarian choices, as well as a Grab 'n Go menu of sandwiches, wraps and salads to take away.

In keeping with the times, the store now carries masks with beautiful Hawaiian prints sewn by a

local seamstress and locally made hand sanitizer.

The store has participated in several programs helping to support those in need, donating produce to Kohala Cares, participating in the double-value EBT program coordinated by One Island, and supporting efforts of the Feed Kohala initiative.

Although most businesses closed when the coronavirus hit, leaving downtown Hawi eerily quiet, Kohala Grown stayed open and offered phone orders with curbside pick-up. Now that it's been a few months of sheltering in place, people are coming in more often - masked and socially distanced - to shop and chat in person.

Apparently, the statewide stay-at-home orders have altered people's habits beyond their mandate. Leo notes, "Shopping habits have changed. People are less likely to drive to Kona and are staying and shopping in Kohala, even though Kona stores are opening."

Local shoppers comment that, even though they know we need tourists to sustain our economy, they are enjoying this little window of time when they can park right in front of the store and have room to talk story and shop local.

Find the store online by searching for Kohala Grown Market on Facebook, @kohalagrownmarket on Instagram, www.Kohala Grown Market.com, or (808) 937-4930.

<b>LIBBYS CORNED BEEF HASH</b> 15 OZ <b>\$2.59</b> <small>reg \$3.89</small>	<b>GM CEREALS HONEY NUT, LUCKY CHARMS</b> OR <b>\$3.19</b> <small>reg \$5.39-\$5.89</small>	<b>CINN TOAST CRUNCH</b> 10.5-12 OZ <b>\$3.29</b> <small>reg \$5.89</small>	<b>KOHALA KIM CHEE</b> 12 OZ <b>\$2.79</b> <small>reg \$3.99</small>	<b>OREO COOKIES/ NUTTER PATTIES</b> 10.5-20 OZ <b>2/\$7</b> <small>reg \$6.59</small>
<b>TALENTI ICE CREAM PINTS</b> <b>\$4.99</b> <small>reg \$6.99</small>	<b>CORAL TUNA</b> 5 OZ <b>\$0.99</b> <small>reg \$1.19</small>	<b>BEST FOODS MAYONNAISE</b> 30 OZ <b>\$4.39</b> <small>reg \$6.99</small>	<b>LANGERS APPLE JCE</b> 64 OZ <b>\$2.59</b> <small>reg \$4.09</small>	<b>FRANKS FOODS PORT SAUS</b> 12 OZ <b>\$4.19</b> <small>reg \$4.69</small>

**Takata STORE**  
"Always leave with a Smile"

**HOT DEALS FOR 7/29 - 8/11/20**  
**OPEN MON TO SAT 8AM - 6PM**  
**SUNDAY 8AM - 1PM**