

Vol.19, No. 09

About Kohala, For Kohala

September 25, 2020

Kohala Hospital Responds to Positive Test for COVID-19

Kohala Hospital confirmed that on the evening of Friday, September 11, emergency department physician and Lieutenant Governor Josh Green tested positive for the COVID-19 virus. He is currently quarantining at his condominium in Honolulu. Dr. Green was on staff in the Kohala Hospital emergency department on September 5, 6 and 7.

"Per our emergency management protocols, we immediately began tracing and testing all employees who had contact with Dr. Green," said Hospital Administrator Gino Amar. "I have also been in touch with the patients who Dr. Green treated over the weekend."

Dr. Green and his staff did not go into the long-term care hospital



Credit: Kohala Hospital
Emergency room physician Josh Green, MD tested positive for COVID-19 on September 11.

at any time over the weekend.

Mr. Amar and the Kohala Hospital responded very quickly.

September 5: Dr. Green is sus-

pected to have been unknowingly infected by his driver on the drive from the airport to Kohala Hospital.

September 5, 6, 7: Not aware that he has been infected, Dr. Green sees nine patients in the emergency room.

September 11: After learning that his driver had tested positive earlier, Dr. Green tests positive.

September 12: Mr. Amar contacts all patients who been treated in the E.R. Those patients, plus those that accompanied the patients (17 in total), plus 21 hospital staff, are tested for the virus.

September 13: All tests are found to have negative results. The tests were PCR tests, considered to be the gold standard. The tests were free for those tested.

Earlier in the day on September 11, Kohala Hospital conducted a deep cleaning after receiving the

See Hospital, on Page 2

Kohala Coffee Mill Appreciates Past, Looks to Future



Kohala Coffee Mill Owner Karen Rosen (third from left) has sold the longstanding Hawi business to Max Mejia (seated on ground), a fellow coffee aficionado and owner of the Waimea Coffee Company.

By Karen Rosen

As I turn the page on the calendar for the last time in my office, I am awestruck by the memories and gratitude I feel after owning

and operating the Kohala Coffee Mill for the past 23 years. There are so many memories!

I think back to the kids in the

See Coffee, on Page 2

2020 Wahi Kūpuna Internship Program Supports Research into Hawaiian Culture and Natural Resources

The 11th annual Wahi Kūpuna Internship Program (WKIP) was focused on the moku (district) of Kohala during the summer of 2020. The WKIP is a community, cultural and 'āina-based internship for college haumāna (students) interested in future careers in stewarding Hawai'i's wahi kūpuna (ancestral and sacred places).

The program is funded by Kamehameha Schools and run by the social enterprise Nohopapa Hawai'i and the nonprofit Huliauapa'a, whose mission is to grow Hawai'i's communities through culturally based forms of innovative learning, leadership development, and collaborative networking in wahi kūpuna stewardship. Seven Native Hawaiian haumāna (four of whom were born and raised in Kohala) participated in this years WKIP and worked hard this past summer on their individual and original cultural and natural resource research projects. Through a range of ethnohistorical and ethnographic research methods, the haumāna gained an

intimate pilina (relationships & connections) to their project areas and recently shared their research outcomes and experiences at a virtual community hō'ike that was recorded and can be found at www.huliauapaa.org.

Their projects spanned a range of places throughout Kohala and 'āina/cultural-historical based topics including:

- A King's Journey to Safety: a story map that explores the intimate relationship between Kamehameha's birth mo'olelo (story) and nine traditional inoa 'āina (place names) of Kohala by Mekaila Pasco.

- 'A'ohe u'i hele wale o Kohala: An inventory of inoa 'āina, genealogies of land management, agricultural resources, and cultural infrastructure within a land portion of Honomaka'u and Kapu'a ahupua'a by Pua Souza.

- Pūlama Ka'auhuu: Researching Mahele documents, maps, and Hawaiian Language Newspaper of Ka'auhuu Ahupua'a to learn about the different kīhāpai (small

See Wahi, on Page 2

Kohala Mountain News
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ECWSS
POSTAL CUSTOMER



Coffee,continued from Page 1

community I hired for their very first jobs ever, who return after 10-20 years to thank and tell me what a great first working-world experience it was serving the community.

I also think back to who I was when I first embarked upon this adventure and how I have grown during this time. Many of you may not know that I started out washing towels and taking out the trash, learning every aspect of the food and hospitality business as I went along.

My team and I always strived to make all of our customers, locals and visitors alike, feel welcome and comfortable. Over the years, we did our best to listen to the community and really hear what would nourish you in food, drink, music and art. Together, we all created a special place to gather and talk story over our morning coffees and scones, air

differences of opinion and find common ground and understanding. You helped create the friendly vibe we became known for, and that fellowship is something I will always treasure.

The Coffee Mill became a hub in the heart of Hawi and a home away from home for so many of us. How many friendships have started here? How many couples had their first date at one of the tables I painted? I think back to the people who lingered over their lattes here as a reprieve when they were in the middle of unpacking their own homes and still hadn't located their own coffee makers....who then came back even after their kitchens were up and running because they enjoyed the coffee and company here so much.

Now, I've reached the time to step aside and open the space for someone young and inspired to carry it forward. I found that someone who will carry on with

the same heart and love for coffee, food and community – Max Mejia. Max lives with his wife and young sons on Kynnersley Road and is happy to call North Kohala his family's home. He worked his way up from dishwasher to barista to owner of the Waimea Coffee Company, and tells me he is excited to renew what already exists at Kohala Coffee Mill and give it new life. He is committed to providing great coffee and food. Quality, consistency and fostering a great sense of community are most important to him. He will offer non-GMO, organic, and local food and drink whenever possible.

These past few months, as I've sorted and reviewed my files, photos and Coffee Mill mementoes, I have often thought of all of the people and experiences I encountered. I have such profound appreciation for all the support the Coffee Mill received. The environment created here

was not all my doing. The camaraderie that is experienced here is due in no small part to the humor and warm, welcoming aloha spirit from the dozens of employees who have worked behind the counter since I made Kohala Coffee Mill my own. You truly feel like family after all this time. Great coffee, good food and Tropical Dreams ice cream have drawn people from all over the world. To my partner in business and life, Bob, thank you for all of your patient advice and guidance. Thank you to all of you for helping to create the spirit of camaraderie and connection -- I couldn't have *and wouldn't have* done it without you.

I moved to Hawi when I was 29 and I'm 63 now. I'm looking forward to what the next decade of my life brings me here in Kohala. And I look forward to being able to linger over a coffee and delight in just watching the world go by. With a lot of love, thank you all.

Wahi,continued from Page 1

land divisions), hale (house sites), and inoa 'āina of this 'āpana (land parcel) within what is known today as the Hāwī town area by Ka'āina Ishimine.

- The Tradition of Remembering: Ethnographic Interviews with Kama'āina about the area of Hōkū'ula in the Ahupua'a of Lālāmilo by Ho'oipo Bertelmann.

- He Leo Wale Nou E: A Compilation of Oral Histories of Kohala Kua'āina (Natives) & a return to

'Āina-based forms of Education by Kaiakahinali'i Kaopua.

- Kūikaunupa'a: A Research Inventory of Kukuipahu Heiau by Tahiti Ahsam.
- Cultivating traditional knowledge of agricultural systems of Kohala by Keahi Kahler.

Throughout the internship, the haumāna focused on the theme of resilience and how the resiliency and steadfastness of our kūpuna from Kohala can teach us much about how to be resilient and thriv-

ing kānaka today.

As one of our haumana shared, "The pilina I have to this 'āina is even more pa'a (solid), knowing about the kupa'āina (Natives) who cared for this place. Whether it be their innovated 'auwai systems or agriculture feats, their intelligence and deep sense of identity to this place continue to inspire me."

And another stated, "Over our time together, we have gained insight into the innovation, deter-

mination, and resiliency of Kohala and its people. As we move forward, we hope to embody these traits both as individuals as well as a hui."

Over the next few months we look forward to sharing the interns research projects with the Kohala community and hope that this 'ike (knowledge) is valuable and inspiring. To learn more about the WKIP please visit our website at www.huliaupaa.org.

Kohala I Ka Unupa'a!

Hospital,continued from Page 1

news that Dr. Green and his staff were being tested.

A deep clean is a more thorough process that includes extensive cleaning of beds, equipment and fixtures to reduce the risk of infections spreading.

Kohala's protocol calls for a deep cleaning of the emergency department twice daily, and after every potential COVID patient discharges. High touch surfaces are cleaned a minimum of four times daily.

The morning of September 12, the physicians' cottage, which is home to traveling doctors at Kohala Hospital, also received a

deep cleaning.

Since the onset of the COVID-19 pandemic, Kohala Hospital has been actively monitoring all staff for signs and symptoms of the virus and providing testing when appropriate.

Amar commended Kohala Hospital staff for their teamwork in initiating infection control as well as employee and patient testing plans, saying their response, "was fast, efficient, and done with maximum urgency." "We wanted to put the patients' minds at ease and to be transparent with the community," said Mr. Amar. "This is something that we had been preparing for since March."

‘Ōlelo Hawai‘i for Kepakemapa 2020 (September)

Me Ke Aloha Pumehana

Me ke aloha pumehana means with warm regards – pumehana meaning warm or warm-hearted. The phrase is often used as a close for correspondence.



Kohala Artists' Cooperative

October's featured Artist
will be
Melody Moore
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Here Come the Mail-In Ballots



*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

By Toni Withington

In just a few weeks, the ballots for the November 3 election will be arriving in your mailbox. The Hawaii County Clerk has announced that the initial mailing of ballots to all registered voters will be on Wednesday, October 7. Voters should receive their ballots within two to three days of the mailing date. Any registered voter who does not receive a ballot within five days of the mailing date should contact the Elections Division at 808-961-8277. The last day to register to vote, either by mail or online, is October 5.

This will be the first general election without polling places, so

don't go to the gym. Go to the post office and mail your ballot early.

If you want to put your ballot into an official box by hand, you can take it to a Place of Deposits that will be opened at several places starting October 14 and up until 7:00 p.m. on November 3, General Election Day. The North Kohala and Waimea Police Stations are the two closest drop-off sites. At the Elections Division in either the Hilo or Kona Civic Center, you may still register to vote up until Nov. 3 as long as you have the right ID, such as a driver's license or State ID.

All ballots must be received by 7 p.m. on Nov. 3, so mailing it early is a good idea. If it arrives the next day, whoops, doesn't count.

The ballots for North Kohala will have six races to choose candidates and sixteen County Charter amendments to vote either yes or no. Some of the races were already decided in the primary election – such as State Representative and County Council member. Others like the governor and State Senator are not up for election this year.

The noisiest of all races is for President of the US between Democrats Joe Biden and Kamala Harris and Republicans Donald Trump and Mike Pence.

Since U.S. House of Repre-

sentative member Tulsi Gabbard stepped down, the field is wide open. The six names on the ballot will be Kai Kahale, a Democrat; Joe Akana, a Republican; Jonathan Hoomanawanui of the Aloha 'Āina party; Ron Burrus, a Non-partisan; Michelle Rose Tippens, a Libertarian; and John Giuffre of the American Shopping party.

The choice in the non-partisan Mayor's race will be between Mitch Roth and Ikaika Marzo.

Kohala voters will have a chance to choose representatives to the Office of Hawaiian Affairs in three different races. Running for the At Large seat will be Keli'i Akina and Keone Souza. The Hawaii Resident seat will be between Keola Lindsey and Lanakila Mangauli. For some reason we get to vote for the Molokai Resident member, and that race is between Luana Alapa and Colette Machado.

To sort out the choices between candidates the Hawaii County League of Women Voters has a website that is loaded with information on these candidates and all voter information. You can see who is on your ballot for each office with photos, biographies, candidates' statements, what are their top two goals, what do they want to do within the first 100 days in office. There are dates for

online forums (no in-person ones this year) and videos of previous debates. Whew.

To get there online, type in VOTE411, then click Personalized Ballot and enter your address. There is more information at the League of Woman Voters Hawaii County site at <http://my.lwv.org/hawaii/hawaii-county>.

You can register to vote or to confirm your voter registration information online at olvr.hawaii.gov.

The League is also preparing a summary of all sixteen of the County Charter amendments being proposed as part of the ten-year review by the Charter Commission. It will include a brief description of why some voters support the changes and why some oppose the changes – the pros and cons. The more controversial of the amendments proposed is a change of term limits for County Councilmembers from two years to four years; the establishment of a Disaster Fund; changes to the administration of the County's 2% Open Space Fund; and stricter qualifications for the Fire Chief and Corporation Counsel. The summary of charter amendments will be available at many sites, including the Kohala Mountain News, during the month of October.

OREO FAMILY SIZE 12.2-20 OZ	HONEYMAID GRAHAM CRACKERS 14.4 OZ	MARCA EL REY CHORIZO 3LBS	TWIN DRAGON WON TON PI 14 OZ	LOVES KING WHITE OR WHEAT BREAD 20 OZ
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Kohala Food Hub Fall Harvest

With the passing of the autumnal equinox, the Kohala Food Hub is ramping up for the fall harvest. Kohala Food Hub opened its virtual store late last year, offering an online farmers market experience with the freshest fruit and vegetables grown by North Kohala farmers. Also available are plant starts, homeopathic herbal tinctures, and locally made specialty products like soap, vegan spreads, cheese, hummus, cocktail/mocktail syrups, honey, roasted mac nuts and more.

Customers can place their orders weekly at <https://kohalafoodhub.localfoodmarketplace.com> from Friday at 3 p.m. until Monday at 11 p.m., and then pick up their orders at the Wishing Well at 55-230 Ho'ea Road on Wednesday any time between 12:30 and 5:30 p.m. It's easy and helps support locally grown food – and EBT is accepted for payments.

The Food Hub recently welcomed Lehua Ah Sam as its new director and Gabriela Schneider as its assistant manager. Together, they are infusing their years of experience as nonprofit leaders and community advocates to strengthen and expand local farmers' opportunities to grow food to feed the community and kūpuna.

Lehua comes from a long line of local caregivers of the 'Aina. Her 'ohana (family) manages their lo'i kalo (taro patches) in Kohala, and they continue the family traditions of hānai kaiaulu (feeding community) through catering and community initiatives. Lehua brings that passion and her academic background as an expert on Hawaiian culture and the socio-economic development of Kohala and other Hawai'i communities to her work at the Food Hub.



*Credit: Hawaii Institute of Pacific Agriculture
Typical contents of a Kūpuna Care Bag from the Kohala Food Hub include leafy greens, sweet potatoes, bananas, leeks and assorted other vegetables.*

For 20 years, Gabriela tirelessly championed political and anti-corruption reforms in Washington, D.C. She led communications for nonprofit journalism and advocacy organizations, and the D.C. Public Library. She also volunteered at urban agricultural organizations and farmers markets before the Big Island called her in 2019. Together, Lehua and Gabriela are gearing up for a busy fall and hope to see you soon.

Are you a local farmer, artisanal food producer or a value-added producer (VAP) who would like to expand your business and reach more local customers? Or would you like to volunteer? Please get in touch at kohalafoodhub@hipagriculture.org.

Are you a kūpuna (elder) who could use some fresh produce? Kohala Food Hub encourages folks aged 55 and older on fixed incomes to take advantage of the Food Hub's Kūpuna Care Bag initiative. Every week, the Food Hub distributes fresh vegetables and produce to the local elders through this program that is partially subsidized by the Hawaii Community Foundation and The Healy Foundation.

Email kohalafoodhub@hipagriculture.org to sign yourself or your kūpuna up for this wonderful opportunity.

Anyone can help support this program by adding a "Kūpuna Sponsorship" item to their weekly purchases on the online marketplace. (Deliveries are available upon request.)

Latest updates can be found on Facebook (www.facebook.com/KohalaFoodHub) and Instagram (www.instagram.com/kohalafoodhub).

Be Safe, Stay Safe North Kohala



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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.*

In this COVID-era economy, it is essential that we have current information on how Hawaii residents and businesses are doing in our community. Timely information is needed for community leaders, business owners, and government leaders to make the best policy decisions.

In today's article, I'd like to tell you about two Hawaii-based organizations that are helping to supply relevant, timely and accurate information about this topic - The Hawaii Data Collaborative and UHERO.

The Hawaii Data Collaborative

The Hawaii Data Collaborative advocates for more data-driven decision making in Hawaii. See their website for more information at www.hawaiidata.org.

The Hawaii Data Collaborative has a great dashboard of metrics for measuring Hawaii's community well-being at www.hawaiidata.org/indicators-dashboard. These metrics include Civic Engagement, Economic Opportunity, Education, Health, Housing, Safety & Security, Social Capital and Transportation. There's even a data plotter that can show the relationship between various well-being data points. This is available at www.hawaiidata.org/data-plotter. For example, you can see if there is any correlation between high school graduation rates and voter turnout. And you can see if this relationship varies from island to island, or region to region. It's a great tool to explore the data.

Another project of the Hawaii Data Collaborative is to track and

monitor federal funds awarded to the State in response to the pandemic. This is a very useful tool since these CARES Act funds need to be spent by the end of December 2020 or they will need to be returned to the federal government. Check out their data at www.hawaiidata.org/hawaii-covid-federal-funding.

UHERO

The other organization I want to tell you about today is UHERO, or the UH Economic Research Organization. Please check them out at <https://uhero.hawaii.edu>.

UHERO is a talented group of economists researching current economic issues facing our state. UHERO Director Dr. Carl Bonham is a member of the Hawaii Council on Revenues, which sets the key economic projections for the State on which all State government budgetary decisions are made. Dr. Bonham is also a critical member of the House Select Committee on COVID-19 Economic and Financial Preparedness. His presentations at this regular Committee meeting are always informative.

The latest news from UHERO is that they have developed a weekly coincident index of economic activity in Hawaii, called "UHERO Economic Pulse" which will be helpful for policy decision makers to use as they assess and decide on which economic recovery strategy is working or not.

Peter Fuleky, an economist at UHERO, wrote a blog dated September 9, 2020 entitled "Nowcasting the Trajectory of the COVID-19 Recovery: The Weekly UHERO Economic Pulse" which is available at

www.uhero.hawaii.edu/nowcasting-the-trajectory-of-the-covid-19-recovery-the-weekly-uhero-economic-pulse.

In this blog, Fuleky says, "COVID-19 has brought the longest period of economic expansion in modern history to an abrupt halt. The pace and magnitude of decline in economic activity has been unprecedented, and the recovery ahead will likely be drawn-out and uneven. Making good business and public policy decisions in such a rapidly changing environment requires data that is as timely as possible. With this in mind, we have developed a weekly coincident index of economic activity for Hawaii. As

we will show below, this new UHERO Economic Pulse index captures both the steep drop and sluggish recovery seen across many economic indicators in the wake of the COVID-19 outbreak."

The UHERO Economic Pulse index is a weighted average of the observed time series data, with higher weights given to more informative data. The data used by UHERO consists of numerous variables which cover various aspects of the State's economy, including:

- Number of deplaning passengers in Hawaii (year-over-year)
- Businesses open % change relative to January 2020
- Continuing claims of unemployment insurance benefits (year-over-year)
- Employees working % change relative to January 2020
- Hours worked % change relative to January 2020
- Average level of job postings relative to January 4-31, 2020
- Deviation from normal mobility behaviors induced by COVID-19
- Typical distance traveled in a day
- Year-over-year % change in seated diners
- Volume of processed payrolls (year-over-year)
- Search volume for "covid" in Hawaii
- Time spent at grocery and pharmacy location relative to January 3-February 6, 2020

Keep Informed

The Hawaii Data Collaborative and UHERO both provide useful data analysis, as well as new analytical tools that business, government and community leaders can use to make informed policy decisions about managing our economy and protecting public health. The Hawaii Data Collaborative and UHERO are two reliable sources of relevant, timely and accurate information.

If you have questions or concerns about issues facing Hawaii, contact me anytime at 808-586-8510 or reptarnas@capitol.hawaii.gov. I am eagerly preparing for the 2021 session and welcome your ideas. To keep up-to-date, please sign up for my e-newsletter at bit.ly/reptarnas-signup. I am grateful to work as your State Representative. Please take care of each other. 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.

October Deadlines
Ads and News: 10/9/20
Calendar: 10/16/20
Distribution: 10/23/20

November Deadlines
Ads and News: 11/6/20
Calendar: 11/13/20
Distribution: 11/20/20

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

www.kohalamountainnews.com

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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

Church Bazaar Cancelled

St. Augustine's Episcopal Church Bazaar, which was scheduled for Saturday, September 26, is cancelled.

County Council Update

From the Desk of District 9 Councilmember Tim Richards



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

BRIDGES

As everyone knows, due to COVID-19 unemployment has skyrocketed. Financially, most businesses are being devastated. Many people have been laid off, most cash flow has dwindled and bills are stacking up. As discouraging as this sounds, there is always hope. Hope that our people have their needs met. Hope that we continue to be resilient as we walk through this chapter in our lives.

In my continual quest for enhanced agriculture and food self-reliance for Hawai'i, I found a

way to instill hope by developing a program entitled BRIDGES. Big Island Rural Agricultural Industries, Distribution & Growing Enterprise Strategies (BRIDGES) is a program with a simple concept: support local agricultural production by supporting the agricultural economy to feed our people.

As the numerous feeding programs have been organized and growing, it is critical that we keep our local agricultural producers in business.

Specifically, maintain the local production chain and model by funding the purchase of local agricultural food and other products that, in turn, are donated to recognized and appropriate community organizations for distribution to our residents in need. It is truly a win-win opportunity as BRIDGES works toward addressing both needs.

This program is being administered by the Hawai'i Farm Bureau with public and private funding going towards the purchase of agricultural commodities. The program has expended upwards of \$200,000 thus far and has recently received federal government CARES funding in the sum of \$325,000. The goal is to support agriculture now and, thus, for the

future. Maintaining rather than starting fresh will help our agriculture stabilize and then show its importance as we move into recovery phase.

None of this is simple nor without inherent challenges. As we rebuild, we will also have the opportunity to re-examine and retool our county's economy as a whole. Rough numbers, one third of our county's economy is tourism-based. Currently, that is essentially gone. We have the opportunity now to help agriculture greatly expand, which will then help us towards our goal of greater food self-reliance and security.

The next several years will be challenging but the opportunity is there if we, as a community, choose to be open minded, support sound decisions, and work towards a dynamic and growing agricultural economic expansion.

If you are a farmer or rancher and want to participate or an organization needing food to distribute and want more information, please contact my office.

Māmalahoa Highway – Mud Lane To Mana Road-Widening Project

Recently a question came up concerning the roadwork between Mana Road and Mud Lane. There

was a concern raised about the how uneven the road is currently. Apparently, a rumor is circulating that the large dips etc. are going to remain. This is absolutely not true. I had a conversation with the contractor, Goodfellow Bros., last week and there is still a great deal of leveling and matching of surfaces before they are completed. Notably, near Mana Road there are some pretty good dips. This is a temporary surface as there is still the final paving and roadwork to be completed. According to their project manager, when they have the project completed the roadway will be level and all the transitions will be unnoticeable. If the weather holds and things progress, and some 24-hour shifts are able to be completed, the project manager is estimating the project should be completed by the middle of November. Last year another question was raised about a complete resurfacing. As a reminder, that is not a scope of this project.

This project was only for widening the road to improve traffic flow. Funding has already been approved for the resurfacing and that project will be going out to bid. As always, it continues to be a great privilege to serve as your Councilman.

Talk Story with Ilea



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

The Bones, Part 2

He walks into my office carrying a heavy burlap backpack. He shifts it from his back to his side. Sits down across from me. Nods hello and then stares off at a wall. Body tense, rigidly stiff. Muscles like armor. He waits for me to make the next move.

"What brings you in today?" I ask.

He pauses. Swallows hard. Begins to sweat.

"What brings me in." He repeats to himself softly, looking around the room, in every direction except mine. He forces a small laugh and slowly opens the

burlap sack tied not only around his shoulder but also to his ankle.

He extracts a rib bone. Sets it down in between us.

"You see, I cracked one of my duck eggs for breakfast and inside there was this teeny, tiny baby duck." His eyes stare into mine; he is close but far away. "There I am holding this broken egg and I just start weeping. And whoosh! Suddenly I'm back in Iraq, looking around in paralyzing horror at all the dead women and children lying in the street." He pauses to wipe the sweat from his face, glances at me, shakes his head. "I go from making an omelet to having a sobbing panic attack on

my kitchen floor in a matter of seconds. How do you explain that kind of crazy to your family?"

He shakes his head again. Slaps the bag next to him. Rattle, rattle. "Nobody really wants to hear about all these." He sighs. But his words continue to pour out into the room like a bubbling water fountain.

"What brings me in..." He reaches into the bag once more. Pulls out a few more bones. Small hand bones. Examines them. Sets them down gently.

"Every night, I wake up in a cold sweat because an old woman, a civilian caught in the

See Ilea, Page 7

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Ilea, continued from Page 6

line of fire and accidentally killed, she comes back in my dreams and shows me her face. Her gaze penetrates my soul. It happens every night, on repeat.

Always the same. She stares at me and asks with her eyes, 'All of this, for what?'" His voice chokes into a sob, which he cuts off quickly and stuffs back down. Takes a shallow inhale. Pulls out another bone.

"I am pretty sure I am a monster." He examines his hands front and back like maybe they aren't his own. His eyes flash upon mine.

"I fight with my wife a lot—she's the one who wants me to see you.

I don't feel like I deserve to connect with my daughter. If she only knew half of what I have done. What I have seen. She'd want nothing to do with me. I guess I expect everyone to feel that way about me. It's how I feel about myself. So I don't see my friends anymore. I don't go out. I absolutely hate loud noises." He clenches his teeth and balls up his fists at just the thought of it. His shirt is drenched in sweat. He runs his fingers slowly along the knots of material connecting his ankle to the bag of bones.

"I am a prisoner." He says quietly. "That's what brings me in."

Want to participate in this column? Please write to me your stories of the heart. Each month I will select a story or theme to share in this column. I will not disclose any names or identifying information. Please write to talk-storywithilea@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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Story and photo by Tom Morse

Every Wednesday afternoon, cars begin lining up as much as an hour early to receive a free bag of groceries in front of the former Sushi Rock restaurant. Thanks to founders Peter Pomeranze and Drew Chance, the Kohala Cares program has been distributing the food to needy families since the beginning of the pandemic.

"This is the most gratifying thing that I have done in my life," says Peter. "The beauty of the community really shines through."

In the middle of March, the program gave out ten bags of groceries. The number is now up to 150 bags each week.

Closing the restaurant in August because of the loss of visitor traffic was a real blow to Peter, but his landlord has graciously allowed the food distribution to continue at the Sushi Rock site.

Food donations come in from local farms and stores, and the program purchases food using cash donations from the community. Peter travels to Costco every weekend buy what is needed.

On Tuesday and Wednesday afternoons, local volunteers assemble the bags, which include produce, pasta, sausage, chips, a bag of homemade soup, and something sweet.

Distribution begins at 4:30 each Wednesday.

Food and cash donations are accepted in person Tuesdays 1:00-3:00, and Wednesdays 12:00-3:30.

You will find Peter at the site every Tuesday and Wednesday afternoon, or you can contact him

Community Spirit Shines Through in Free Food Distribution to Needy Kohala Families



Peter Pomeranze and Drew Chance organize the distribution of food to Kohala families in need every week through their Kohala Cares program.

via Facebook.

There are three ways to make a cash donation:

Go to the Go Fund Me link on the Kohala Cares page on Facebook. The link is in the post

pinned to the top of the page.

Use PayPal – send donation to alohapeter@yahoo.com.

Mail a check made out to Peter Pomeranze, Box 842, Kapa'au 96755.



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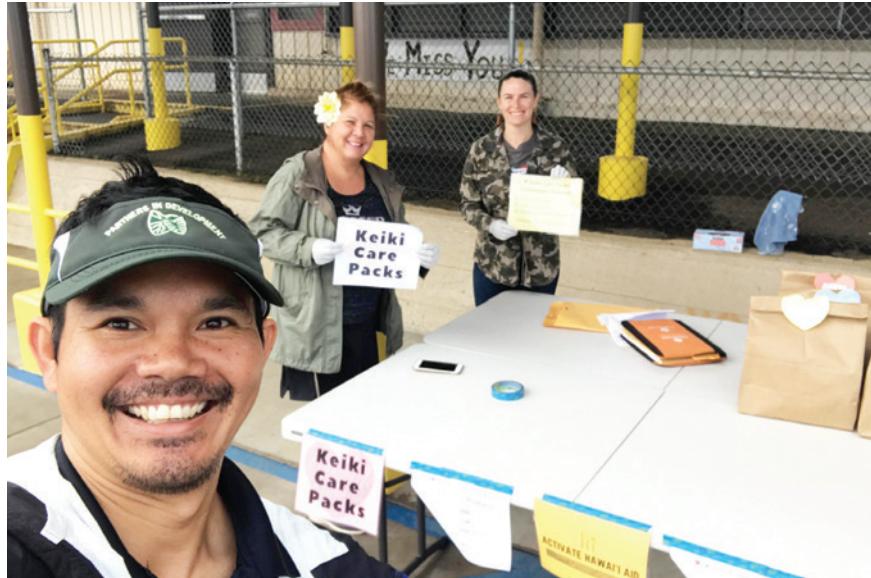
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Community Bright Spot: Partners in Development Foundation, Kohala



Photos courtesy of Hōkūpā'a

(Left to right) Ross Pagat, Amoo Kainoa and Leslie Nugent help distribute Keiki Care Packs as part of an effort to both feed and uplift members of the community negatively impacted by the current economic conditions.

By Kamela Souza

Since the start of the COVID-19 crisis, communities across the island have risen to the occasion to support one another. In Kohala, Partners in Development Foundation lives up to its name, working closely with other organizations, schools, churches, community groups, politicians, and businesses to meet community needs and build toward a better future.

A basic need important to Hawaii's culture is feeding one another. In March, April, and May, Partners in Development Foundation helped to distribute a portion of approximately 9,000 "Keiki Care Packs" of snacks, masks, and activities for students in all grade levels with the intention to feed and uplift. The island-wide Keiki

Care Pack effort was spearheaded by District 4 Councilwoman Ashley Kierkiewicz, with funding in Kohala provided in part by District 9 Councilman Tim Richards, Dixie Adams of North Kohala Student Cultural Enrichment Program and a number of Kohala residents.

Packs were assembled by Connect Point Church in Hilo, delivered by Liliuokalani Trust, and distributed using spaces provided by Kohala public schools with assistance from Complex Area Superintendent Janette Sneling and Principals Amy Stafford and Hannah Loyola. Representatives of North Kohala Community Resource Center, Partners in Development Foundation and other volunteers provided many



Richard Teanio (right) from Liliuokalani Trust delivering Keiki Care Packs to Ross Pagat from Partners in Development Foundation.

hours coordinating to ensure that interested families could make it to pick up their packs.

As the unusual fourth semester of school ended, priorities shifted toward feeding families, not just students. The Food Basket, Kohala High's culinary department, The Big Island Giving Tree, North Kohala Community Resource Center, various churches, local farmers and community members continue to work together to provide food for everyone that might be in need.

Now as the new school year begins, the need for school supplies is also being met with help from the Hamakua Health Center and people in the community helping to donate and distribute. The next issue to tackle is technol-

ogy access, and plans are already in motion. In partnership with Councilwoman Ashley Kierkiewicz, Vibrant Hawaii, the Hawaii County Economic Opportunity Council, and Liliuokalani Trust, Partners in Development Foundation is helping to bring mobile units for children and families to use at county parks.

By featuring all these collective efforts, including people from within the Kohala area and island-wide, we hope you feel inspired to work together and find ways to serve if you are able. There are many opportunities to join in ongoing efforts during and after this crisis has passed. One such opportunity will be at the future Kohala Resilience Hub, which

See Spot, Page 9

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Mahalo to the volunteers and community members that help us. Being proactive and preventing new infestations is important if we want to manage the nighttime noise. Mahalo to the community groups that have formed and taken on the coqui in the areas that they live in.

For eradication strategies and methods check us out at the kohalacoquicoalition.org website. You can also call and leave a message at 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

Spot, continued from Page 8

(Left to right) Traci Figueroa, Ross Pagat, Becky McPeek, Leslie Nugent, Fred Figueroa, Jared Miyamoto, Rhonda Bell and Trevor Figueroa at Overflow Church, taking the time to snap a picture before handing out protein boxes to families in Kohala.

will be started in partnership with Vibrant Hawaii. This Hub will be a place where community members can come and access resources, gather and take classes. If you are interested in teaching a small class or workshop related to sustainable or resilient life skills, email Community School Manager Ross Pagat at rpagat@pid-foundation.org.

Story contributed by Hōkūpā'a, a partnership created through the

investment of West Hawai'i youth and community leaders from University of Hawai'i at Hilo, Hawai'i Department of Education, Kamehameha Schools, Hawai'i Community College – Palamanui, County of Hawai'i, Hawai'i County Council, Hawai'i County Prosecutor's Office, West Hawai'i Community Health Centers, The Learning Coalition and Friends of the Future.

More information at www.hokupaa.org.



(Left to right) Pam Mauro, Mana Pasco, Ross Pagat, Trisha Coito and Leslie Nugent volunteer their time and energy to create Keiki Care Packs.

Hawaii Writers Guild Announces “Write On”

The Hawaii Writers Guild has debuted a new series of videos on its YouTube channel. “Write On,” hosted by Guild President Diann Wilson, is a program with tips, instruction and inspiration for writers.

The most recent episode, which premiered on September 8, was presented by Guild member Laura Burkhart. Burkhart, who has lived in North Kohala for 16 years, has taught writing and has worked as both an editor and as a “literary midwife.” She directed her episode of “Write On” to the beginning writer struggling with how to get started.

Burkhart focused on three aspects of getting started: 1) developing a mindset for success; 2) creating a supportive writing space; and 3) inviting the muse to join you. She offered concrete suggestions useful not only to the beginning writer but also to more experienced writers in need of re-invigorating their enthusiasm.

Burkhart also offered three “final tips”: 1) write when you are “fresh”; 2) leave your writing

project at a place where you can easily pick it up when you return; and 3) have fun!

The “Write On” episodes are planned to alternate with episodes of “Inside the Writers Studio,” a series of author readings hosted by the Guild’s North Kohala director, Eila Algood. Each episode of “Inside the Writers Studio” focuses on a writer reading an original work, followed by a “talk story” with the host.

These two series were developed as digital replacements for the Guild-sponsored in-person author readings and writing workshops cancelled due to the social distancing requirements necessitated by COVID-19.

New episodes are being added to each video series on an ongoing basis. Once an episode premieres, it remains available to the public on demand. Episodes can be accessed by searching for “Hawaii Writers Guild YouTube Channel.” Members of the public can sign up on the site for notification when future programs become available.



The Big Island Giving Tree, with the help of Parks and Recreation staff as well as other volunteers, preparing for produce box distribution at Kamehameha Park.

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Crossing Continents and Oceans to Bestow Lessons from the Past

By Ingeborg Dickerson's Family

Ingeborg Dickerson died in North Hawai'i Community Hospital on Sept. 2, 2020. She started her journey to North Kohala, back in 1929, as Adolf Hitler's Nazi government was taking over Germany and eyeing world domination.

She grew up on a farm in Kleppen, a small town in Lower Silesia, where her father was pioneering advances in agriculture that increased crop and livestock yields many-fold. She learned a great deal during that time about people, animals, and plants, which she carried with her throughout her life, and she did her best to keep these lessons alive. When her father repeatedly denounced Hitler and the Nazis, he was consistently jailed and his mouth beaten so he couldn't talk, but she saw that the great value of his contributions and productivity kept the Nazis from killing him.

Her parents explained to her how the official "pillars of the community" (high-level politicians and religious figures) consistently aligned to maintain their positions of power, including cooperating with the Nazis to inform on resisters in the community.

Another great lesson was that the Nazi government was only able to impose its will after the population's guns were first required to be registered and ultimately relinquished, with the government ruling that only they, and not the citizens, could be trusted with weapons.

When the war ended, she saw that the ruthless Russian occupiers, who raped, murdered, and pillaged throughout the land, completely softened when her mother baked them their favorite cakes, played their favorite songs on the piano, and properly tailored their ill-fitting uniforms. They were unhappy and lonely, and craved and appreciated compassion and care.



*Courtesy of Ingeborg Dickerson's family
Inge with her older son, ca. 1966.*

When the day came for Silesia to be assumed by Poland and locked behind Russia's Iron Curtain, everyone in the town was told to gather whatever they could carry and leave the rest behind. When these exiled Germans gathered along the street, they were stripped of these most valuable belongings, saving the Russians the effort of finding them, and then sent down the road with absolutely nothing...often, not even with shoes, although winter was coming.

Inge was 15 at this point and risked her life by hiding gold coins in her raised hands, as she was frisked to ensure she took nothing of value...violators were shot immediately.

The mass migration across the vast cold countryside called

for resilient resourcefulness, with the displaced masses fending for themselves while helping each other. The hidden gold coins helped on many occasions. In their brutal trek to the remaining, now much smaller, Germany, Inge's family hit the Iron Curtain. Barbed wire and walls had been erected to ensure that no one left, and any unauthorized attempts were met with immediate death.

There was a bridge across the fortified river, with a guard post. Inge's father would try every day, at every shift change, to cross the bridge with his family.

He had an expired American passport and he explained that they were trying to get to Germany's "American sector." After the war, the four Allies (America, England, France and Russia) were

each responsible for a sector of the defeated country. They were also each responsible for a sector of its capitol district of Berlin, and Berlin was contained like an island within the Russian sector. The Russian sectors of both Germany and Berlin were locked behind the Iron Curtain as "East Germany" and "East Berlin."

Inge's father obtained his American passport while he worked for International Harvester, improving their farm equipment.

After his older brother died in World War I, the responsibility fell on him to return to Germany and run the family farm. He intended to settle it for the family and return to America.

As he was doing this, the Nazi party came to power and he was no longer able to leave the country, so he started his family in Germany. It was this course of events that found him on that bridge, explaining to a Russian guard, who happened to love America, that he needed to get to the American sector with his family. The stars finally aligned for this guard to let them pass. Inge often recalled how large their "family" had grown and as soon as they crossed the bridge, everyone but her true family members scattered to the wind, excited to be in their own country, not under a totalitarian regime.

Inge learned every language she could access (English, French, Spanish, Dutch, Italian, Portuguese and Greek), and became a translator for the Allies, supporting the Americans and British in the Berlin Airlift. Even though Berlin was overseen by all four Allies, the fact that it was fully contained in the Russian Sector enabled Russia to starve the city, with the goal of taking all of Berlin and eliminating the democratic outpost of West Berlin from their communist block (behind their Iron Curtain).

The Berlin Airlift coordinated

See Past, Page 11

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Past continued from Page 10

fully loaded bombers delivering food and coal nonstop, day and night, to keep the city alive while a land-transit agreement was negotiated. It was during this time that Inge met her true love in an American-trained pilot turned contracting officer, Harold "Lee" Dickerson. With the airlift operation complete, his reassignment and the U.S. military marriage protocols kept them apart.

She moved to America, where her language skills and business sense enabled her to help American companies branch out and supply the Western world, which had been devastated by the war. She later worked for the US Department of Energy's Plutonium Refinement Program (in support of the Cold War that kept Russia at bay), helping U.S. government scientists write, using correct grammar that was easy to read. Her life was a testament to the fact that doing things well makes you an invaluable asset in all settings, and she showed that languages and writing are critical skills.

After Inge's aunt in New York tried to marry her into a mafia family for financial security, Inge fled to Chicago to stay with a friend she knew from Germany, Theodor. They made a great team, and although her heart belonged to her lost true love, she and Theodor married, started a gear-manufacturing company and had a family. They both had had their childhoods stolen by the Nazi regime and war, so they both went to school in America – he for physics, math and engineering, and she for business.

The stresses of business and family wore on Theodor's health. He sacrificed precious sleep to be a warm and loving father, husband and son to his mother. He was about to retire from working so hard, since the gear company had reached a level to allow him to travel the world, but died before those dreams could come true.

After grieving, Inge went back to school and received her M.B.A., positioning her to work for Ger-

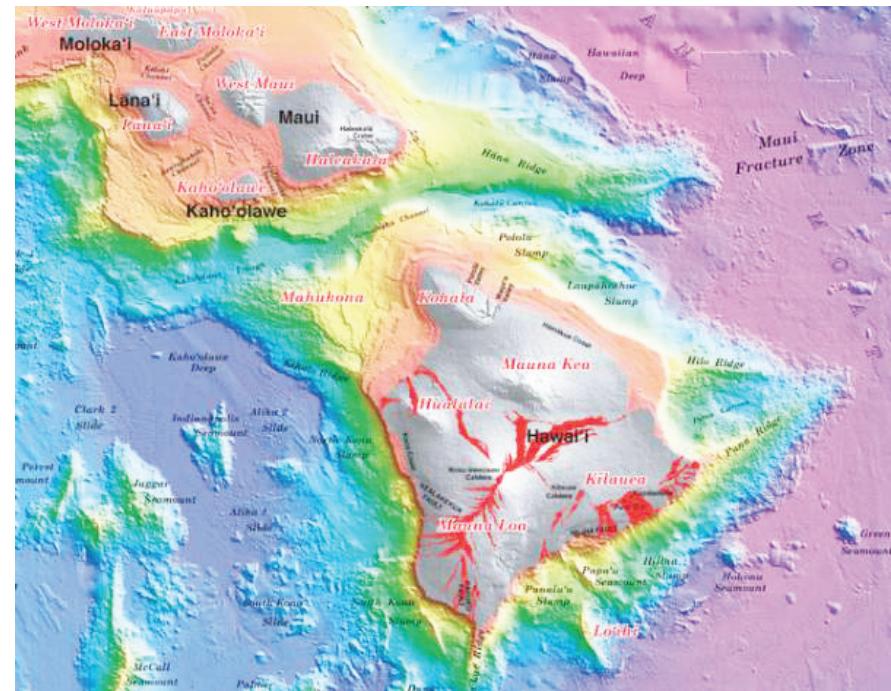
many's Otto Versand to help them integrate their recently acquired "Spiegel" catalog house in Chicago. Her two sons ultimately moved to Hawaii. Her older son was a math teacher on Maui and transitioned to be an organic off-grid farmer and rancher on the Big Island. Her younger son – also on the Big Island – is a physicist, engineer and applied mathematician, working on technologies for sustainable food, water and energy. He is establishing an off-grid center to research how best to return native forest to the denuded western face of Kohala Mountain.

After her children were grown, Inge re-found her true love, Lee, and they finally married. She nursed him to health, and they had a wonderful 15 years together, traveling the world and enjoying each other. After Lee's death in 2011, Inge came to the Big Island to be with her sons' families, helping both by digging garden plots and identifying proper plant selection and co-planting, including how different farm animals fit into these mini-ecologies.

She also focused on studying the best germination procedures for different water salinities and air temperatures, as well as potential succession plans to return native forest to hot, dry and very windy leeward North Kohala. For many years she was an active member of the Kohala Seniors Club and cherished the friendships she made there.

Inge is survived by her two sons and their families. She was looking forward to meeting her new grandchildren and she, along with everyone else, was surprised that she died how and when she did. We, her survivors, are certain that she is happy, enjoying beautiful love, and blazing new trails to do good in the Universe. We owe her everything, having given us our lives and having brought her knowledge, skill and ingenuity to help return health to the land where we live. She was beautiful, sharp, strong, generous and kind, and worked incredibly hard and effectively. We miss her dearly and will remember her always.

Mahukona Volcano Submerged Off West Coast of Kohala



*Credit: Japan Marine Science and Technology Center, University of Hawaii
Most have never heard of Mahukona, one of the smallest volcanoes in the
Hawaiian Island chain. The 3,000-meter volcano is submerged some 30
miles west of Kohala.*

By Maureen Garry

North Kohala residents frequent Mahukona Beach Park to swim, dive, snorkel, picnic and camp, most never realizing that one of the smallest volcanoes in the Hawaiian Island chain, Mahukona, lies submerged some 30 miles from the shore.

Standing at approximately 3,000 meters, Mahukona rises farther above the sea floor than the tallest mountain in the Canadian Rockies does above sea level. But even at this great height, the newest research indicates that the volcano's tip has likely never reached closer than a few hundred meters below the ocean's surface.

J.D. Dana predicted the presence of Mahukona in 1890 based on a gap in the chain of volcanoes. His prediction was confirmed, and the volcano was named for the Mahukona ahupua'a (land division) in 1987. It's the most recently discovered shield volcano in the Hawaiian Islands and the oldest

of the six volcanoes that make up Hawaii Island. Beginning about a million years ago, from oldest to youngest, these volcanoes are Mahukona, Kohala, Mauna Kea, Hualalai, Mauna Loa and Kilauea. Only Hualalai, Mauna Loa and Kilauea are still active; Mauna Kea is dormant; Kohala is inactive.

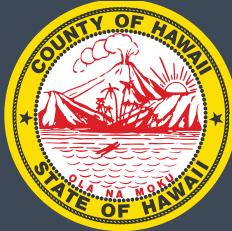
Hawaii Island volcanoes are somewhat unusual because they are over 3,200 kilometers (approximately 2,000 miles) away from tectonic plate boundaries, where volcanoes typically form. The "hot spot" theory, as posited in 1963 by the geophysicist who discovered transform faults, J. Tuzo Wilson, explains how this can happen. The Hawaii Island chain sits on the Pacific Plate, which moves very slowly (about 10 centimeters per year) over a deep, stationary hotspot in the Earth's mantle. The heat from this hotspot melts the tectonic plate into magma, which is lighter than the surrounding

See Volcano, Page 12

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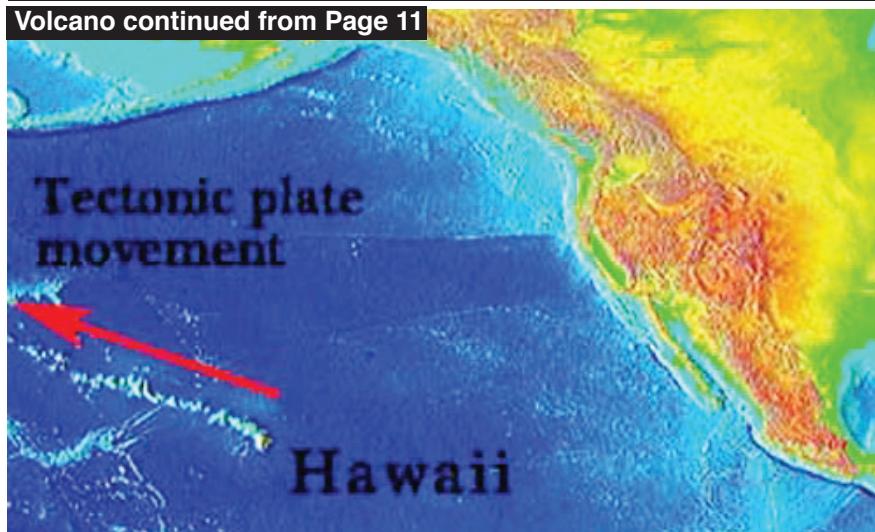


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Volcano continued from Page 11

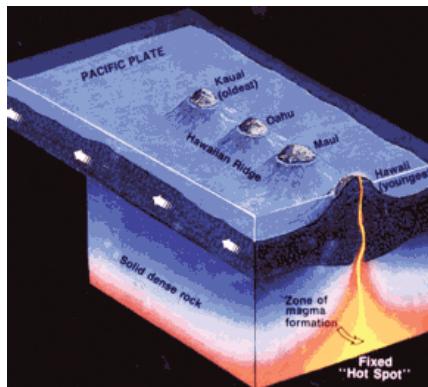


The trail of underwater mountains created as the tectonic plate moved across the Hawaii hotspot over millions of years.

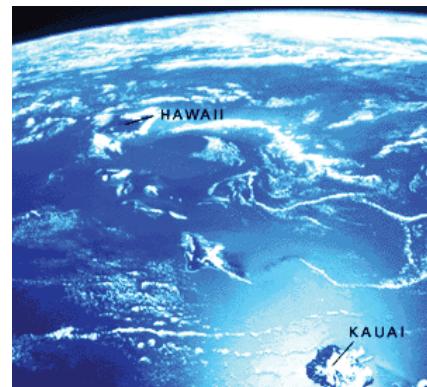
solid rock. This magma then rises through the mantle and crust to erupt onto the seafloor. The constant eruption eventually produces a seamount and, when it finally reaches the ocean's surface, an island volcano.

Wilson's theory goes on to state that the Pacific Plate continues to move across the hotspot, eventually cutting the volcano off from the source of magma and causing the volcano to go dormant. However, a new area of the plate is now over the hotspot and a new seamount begins to be formed,

eventually to form another volcano. This explains the chain of Hawaiian Islands stretching from the oldest in the northwest to the youngest, Hawaii Island, in the southeast. As further proof of his theory, a new seamount (Lo'ihi) is growing just off the coast of the youngest Hawaiian volcano, Kilauea. With its peak at about one kilometer below the ocean's surface, scientists estimate it will take another 10,000 to 100,000 years before Lo'ihi will rise above sea level and become an island volcano.



Artist's conception of the movement of the Pacific Plate over the fixed Hawaiian "Hot Spot," illustrating the formation of the Hawaiian Ridge-Emperor Seamount Chain. (Modified from a drawing provided by Maurice Krafft, Centre de Volcanologie, France.)



*Courtesy of National Aeronautics and Space Administration
Space Shuttle photograph of the Hawaiian Islands, the southernmost part of the long volcanic trail of the "Hawaiian hotspot." Kauai is in the lower right corner and the Big Island of Hawaii in the upper left corner. Note the curvature of the Earth (top edge).*



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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	WOMEN'S RECOVERY DHARMA MEETING	ZOOM	464-4411
	6PM	7PM	TABLE TENNIS/PING PONG	OLD COURT HOUSE	889-1099
WED	7AM		WALK WITH A DOC	KAMEHAMEHA PARK	889-1570
	12PM	3PM	THRIFT SHOP	ST AUGUSTINE'S	889-5390
	2PM	4PM	OPEN GUIDED ART STUDIO	ARTISTS' CO-OP	783-1158
	2:30PM	4:30PM	TEENS X2 SOCIAL 10-19 YRS	ARTISTS' CO-OP	989-5995
	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, 'OLE RD	889-6703
THU	6:30AM	7:30AM	AA DAWN PATROL	KAMEHAMEHA PARK	889-5675
	9AM	10:15PM	HEALING CIRCLE	NANI'S GARDEN	805-452-9501
	4PM	6PM	THRIFT SHOP	ST AUGUSTINE'S	889-5390
	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
	7PM	8PM	NARCOTICS ANONYMOUS MEETING	WILEY HALL ON OLE	805-452-9501
FRI	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
	6PM	7:15PM	RECOVERY DHARMA MEETING	KAVA CAFE	805-452-9501

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KHS Learning During the Pandemic

By Maureen Garry

Kohala High School has been using new ways to accomplish the goals of teaching a quality curriculum while maintaining safety for all students and teachers.

A brief outline of how it's all working follows.

Teachers returned to school July 29. Students were supposed to start on August 4, but the unfolding events due to COVID-19 delayed the opening for another two weeks, with students coming onto campus August 17-20 for instruction in how to access online platforms and learn how to use the technology that would allow them to virtually attend their classes. Teachers also took the opportunity to explain the expectations for all students while "teleworking from home."

On August 24, classes began. The school has 270 students enrolled this semester, broken into four categories, or groups. The first group is the 77 "full distance learners," who take all seven of their classes completely online. These classes are self-paced, so the student can move faster than in a regular classroom, if desired. Adults monitor their progress to be sure they are keeping up with the regular school schedule, so there's no lagging behind.

The bulk of the remaining students are placed into a "Blended Group," either Group A or Group B. Group A students meet online, "face-to-face", on Mondays and Wednesdays for instruction from their teachers.

On Tuesdays and Thursdays, Group A has time to work on assignments and lessons independently. Group B has the opposite schedule, meeting for instruction on Tuesdays and Thursdays, having time for independent work assignments on Mondays and Wednesdays. Fridays are Advisory days on Google Meets, where 10-15 students at

a time will check in with their advisor during the first period. If a student is struggling, PLO (Personalized Learning Opportunity) time is recommended. PLO is the chance for students to meet with a course's teacher for extra assistance. After the 8:00-9:25 Advisory Meeting, there are two 77-minute PLO sessions available each Friday.

The Blended Groups are using Google Classroom – a free service for schools, non-profits, and anyone with a personal Google account – as a platform. It enables teachers to create an online classroom area in which they can manage all the documents that their students need. Documents are stored on Google Drive and can be edited in Drive's apps, such as Google Docs, Sheets, and so on. Face-to-face instruction is accomplished via video calls on Google Meet. Teachers are able to conduct their standards-based lessons virtually utilizing state-directed curriculum, assigned projects and practice or Acellus Academy class content.

Students enrolled in full distance learning use the Acellus Learning Accelerator by Acellus Academy, which has been endorsed by the State of Hawaii Department of Education, for their curriculum.

Each student has a "teacher of record" for each subject who is available for tutoring and support at the student's or family's request. Other adults monitor the full distance students' progress in general, seeing each one's standing on the Acellus dashboard. If a student doesn't understand a concept, Acellus will deliver additional help via "vectored instruction," a short video specific to that topic. After the video, the student will answer a set of questions to check comprehension.

If more practice is needed, additional instructional videos will be provided, with checks of comprehension and more

instruction given until the concept is understood. The full distance learning students have ongoing quizzes and unit exams. Midterms and the final exam, together accounting for 70% of the course grade, are proctored. This cohort has advisory on Friday but no PLO; they are independent of the school's instruction.

A fourth group of students is those with Special Needs or deemed as vulnerable. This small cohort stays in their own physically-distanced bubble on campus during their Monday through Thursday, 8:00-2:15, schedule. Federal law mandates that these students be on campus if their IEP team determines their goals and objectives cannot be met via virtual means because of their need for in-person attention.

All students are on a 4x4 block schedule, with year-long classes taught in 77-minute blocks and compressed to one semester. The first four courses will end on December 18, followed by four more courses from January through May. All of the high schools in the West Hawaii Complex chose this schedule to make hybrid and online learning more manageable for our students. The regular bell schedule is followed, and students are expected to be "in school" from 8:00-2:15 Monday through Thursday and until 12:29 on Fridays.

Also available Monday through Friday is the Learning Hub. The Hub is for students who may not have Wi-Fi accessibility at home or are recommended by school staff and/or parents to access additional assistance on specified days. This group is usually small, ranging from four to ten students, and meets in the school library.

Teachers from different content areas are available throughout the day to work with students in the Hub while the students participate in their online classes.

Students are liking the new schedule in varying degrees, depending on their personalities and learning styles. Some miss the in-person learning and social connections more than others. The mix now is approaching a happy medium, where students can still see each other and chat in real time while continuing to learn and stay safe.

When students were told in March that if they were passing classes then everything done online was supplementary, engagement and uptake were low. But now that everything has switched over and does count, engagement and uptake are very high.

Attendance is taken every day. Students need to check in at the beginning and submit an exit pass at the end of each period. Video, audio and chat room activity show engagement, and students keep each other accountable in small group breakouts.

Teachers and students agree that, in adapting to the new routines, they have never worked harder. Many would like to return back to campus. On September 17, the Department of Education announced it will use newly released guidance from the Hawaii State Department of Health to decide when and how students might return to on-campus learning. Superintendent Dr. Christina Kishimoto stated, "We will be not be returning to full [face-to-face] instruction until after the winter break."

Even if on-campus classes resume, the schedule will stay the same, with the blended learning groups, full distance learning groups and the full-time face-to-face group.

This allows for minimal disruption, the students to socially distance at school with only half the student body on campus at a time, and the ability to quickly go back to online learning should the need arise.

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Remember Thru Music Partners with NKCRC



*Courtesy of Remember Thru Music
Thanks to the "Remember Thru Music" program, iPod recipient Fusae Suwa smiles while listening to her personalized playlist.*

"Remember Thru Music," originally "iPods For the Elderly," a no-cost program providing customized music on MP3 players to those diagnosed with memory loss related to dementia (including Alzheimer's dementia) or traumatic brain injury, announces their partnership with the North Kohala Community Resource Center (NKCRC), located in North Kohala. With over 50 iPods and MP3 players already distributed to kupuna throughout the Big Island and neighbor islands, "Remember Thru Music" is now a fiscally sponsored program of the North Kohala Community Resource Center (NKCRC), a 501(c)(3) nonprofit.

"We are so excited and grateful to now be part of the NKCRC's family of over 80 projects that benefit the community of North Kohala," says founder Jen McGeehan. NKCRC provides local support and bridges to funding and education for projects that benefit the community of North Kohala. "Remember Thru Music" fills a tremendous community need in

providing support to both those with memory loss as well the families and facilities that serve them. "Remember Thru Music" was established in 2016 and closely mirrors the national program developed by Music and Memory (www.musicandmemory.org).

The use of an iPod or, most recently, an MP3 player customized with the music of a person's life often has the capacity to help those with memory loss remember who they are, who their family members are, what they did for work and hobbies, as well as to communicate again...even after years of silence!

Extensive research indicates that the portion of the brain that remembers music is the last portion lost to Alzheimer's and other dementias... hearing the music of one's life has the ability to open the door to those memories when little else can.

In addition to helping those with dementia reconnect with their old memories, music helps recipients manage stress, supports positive interactions, and encourages and coordinates muscle movements. The partnership with the NKCRC now affords the group the opportunity to apply for grants while also offering corporate and personal donors a tax deduction.

One caregiver noted that, "My husband received an MP3 player. His eyes and brain were unable to track the TV, but when he listened to his personal music list, he seemed happier and it calmed him down. At times, I could hear him singing along quietly with his special songs. I think it helped make the last part of his life better."

For further information on the "Remember Thru Music" program, to become a participating facility, request an MP3 Player for a family member, or to make a tax-deductible donation, please contact Jen McGeehan at 808.747.2365, RememberThruMusic@gmail.com or visit www.rememberthrumusic.org.

Remember thru Music

May the Mind and Heart be Opened Once Again

Remember thru Music is a no-cost program that provides customized MP3 players to residents on the Big Island, as well as throughout Hawaii. Following the revolutionary discovery documented in the film, "Alive Inside" (available on Netflix or www.musicandmemory.org), MP3 players carefully customized with music relevant to its recipient have the capacity to bring back the memories of those suffering with memory loss. When listening to the music, recipients are often able to remember who they are, who their family members are, what they did in work and hobbies, as well as communicate once again. Music helps them manage stress, supports positive interactions, and encourages and coordinates muscle movements. Joy returns to the recipients, their families, and their caregivers!



First recipient with founder,
Jen McGeehan



Components

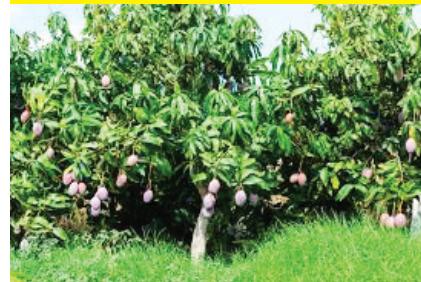


Recipient with his caregiver

For further information on how you can be a participating facility, receive a customized MP3 player for your loved one, or to make a tax-deductible donation, please contact:

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*glean verb (used with object)

1. to gather slowly and laboriously, bit by bit
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Filipino Fiesta 2020 Cancelled



Photos courtesy of the Kohala Filipino Club
Filipino Club members dress in fashions of the Philippines.

By Shirley Garcia-Nakamura

With regret, the Kohala Filipino Club is cancelling the 2020 Kohala Filipino Fiesta due to restrictions on social distancing during this COVID-19 pandemic. Each year, for the past two years, we have hosted supporters from throughout the Big Island and visitors throughout the State at

the Fiesta.

This year we were honored to give out three scholarships to deserving seniors who applied based on their Academic Interest or Vocational Plans, Financial Need, School and Community Involvement and the Importance of their Heritage. This year's recipients were Jovylyn Campollo,



(Left to right) Jessa-May Campollo, Jovylyn Campollo and Mark Romero are recipients of the Filipino Club Scholarship.

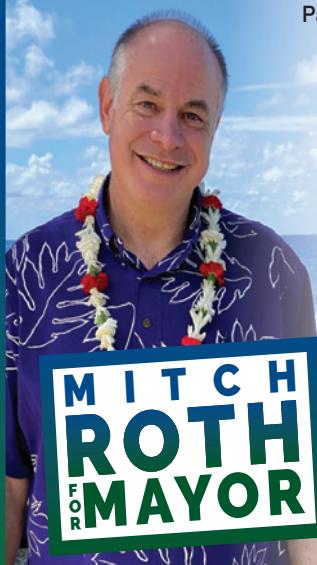
Jessa-May Campollo and Mark Romero, all of whom had a very important role in our past two Fiestas.

The Kohala Filipino Club sees the importance of reviving our cultural practices and traditions to pass on to future generations and we continue to carry out our mission to revitalize, sustain and

perpetuate our Filipino Culture throughout the year.

We look forward to celebrating the Kohala Filipino Fiesta in 2021. Until then, please keep our community safe by practicing social distancing, wearing a face mask (that covers your nose and mouth), and washing your hands often.

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KOHALA MONTHLY CALENDAR OCTOBER 2020

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

DATE	DAY	START	END	EVENT	DESCRIPTION	VENUE	PHONE
10/5	THU	4:30 PM	6:00 PM	COMMUNITY MEAL - TAKE OUT	AT ST. AUGUSTINE EPISCOPAL CHURCH	WALKER HALL	889-5390
10/7	WED	4:00 PM		KOHALA COMMUNITY ACCESS GROUP	MEETING	SENIOR CENTER	IMUAKOHALA@GMAIL.COM
10/7	WED	4:30 PM		NKAG MEETING		OLD COURT-HOUSE	889-0404
10/10	SAT	10:00 AM	12:00 PM	RECYCLE PLASTIC	CLEAN AND REMOVE LABELS, ORGANIZE ACCORDING TO #: 1,2,4 OR 5,7,8	HUB PARKING LOT	LAVAROUTS@GMAIL.COM
10/10	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
10/12	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
10/13	TUE	6:00 PM		HAWAII FARMERS UNION UNITED	6PM POTLUCK, 7PM PRESENTATION, FOR EVERYONE	THE HUB	KOHALA.HFUU@GMAIL.COM
10/17	SAT	4:30 PM	6:30 PM	FREE GRINDZ HOT MEAL	KOHALA BAPTIST CHURCH	BANYAN TREE	889-5416
10/19	THU	4:30 PM	6:00 PM	COMMUNITY MEAL - TAKE OUT	AT ST. AUGUSTINE EPISCOPAL CHURCH	WALKER HALL	889-5390
10/22	THU	4:30 PM	6:00 PM	THRIFT SHOP	AT ST. AUGUSTINE EPISCOPAL CHURCH (EVERY WED & THU SEE WEEKLY CALENDAR)	NEXT TO WALKER HALL	889-5390
10/25	SUN	3:00 PM	4:30PM	AQUARIAN UNIVERSAL METAPHYSICS	DISCOVER ANSWERS TO "UNANSWERABLE" QUESTIONS.	AINAKEA SENIOR RES.	882-7047
10/27	TUE	6:30 PM	9:00 PM	BELLY DANCING		HUB BARN	889-0404
10/28	WED	4:00 PM	5:30 PM	RESTORATIVE YOGA THERAPY CLASS	WITH CARLA ORELLANA, CERTIFIED YOGA THERAPIST, BY DONATION	THE HUB	889-0404
10/28	WED	5:00 PM	6:00 PM	PARKS, WATER & ROADS GROUP	MONTHLY MEETING	OLD COURT-HOUSE	889-6238

Email monthly calendar listings to: kohalacalendar@gmail.com



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Follow us on [Facebook](#) Kohala Baptist Church

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

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Beside, Behind and Beyond



*Source: Donna Hawkins
Artist Donna Hawkins has created a journal of watercolor images and brief captions reflecting on COVID-19's impact in her life.*

By Jack Boyle

Artists often mirror our culture in words and images. At times like this, the image speaks thousands of words out of an artist's silence. The thirty-seven images in Donna Hawkins' self-published book entitled "Covid 19 2020... My journal" is a collage of watercolor images with captions that share her time alone. We feel her solitude, as well as the attention long stretches of time lend to each long moment. We see a woman, from the back, washing her hair, pulling it upwards with a caption, "Extreme stress of a not so understanding landlord and not being able to work." On the facing page a woman silences

herself, her thumb on her lips saying, "No words...stress."

This is the magic of art that takes us all to a familiar place expressed beautifully. Her journal is a journey through the last six months in water and color; we see a solitary birthday, a lonely Mother's Day, a Bath Day, and as each image of the day



*Source: Donna Hawkins
An image from Donna Hawkins' book chronicling her quarantine experience during the COVID-19 pandemic.*

spills forward into the next, "It is a new day" sits in just the right place.

Her images show us the back of a woman gazing out a window to another peeking through the crack in a door, her quarantine shared in simple frolicking lines and areas of color amongst greys and whites.

Skillfully and quietly she slowly leads us to a day when she can say, "It's going to be ok..." and leads us to "make a wish..."

One woman's time with heart, mind and brush touch those leaden moments, where a person, covered in paint, could put on a mask and write, "Well

let's get dressed and go out to the patio..." This is the same woman who we've seen inside the image of a warm hug of oneself... "No words...love yourself." Donna has shared these images in an attractive bound paperback which she has on sale at the Artists Co-op.

During the month of October the featured artist will be Melody Moore, who will show her watercolors of rare, endangered and extinct Hawaiian birds. Her beautiful images of past and present avian worlds are only missing the song and call of this place in other times.

She spent four years creating these exquisite watercolors to educate people about the complex, fragile life of birds in the Hawaiian Islands.

At the time she painted these birds, she was teaching high school art in Salt Lake City, where many of her students were from Polynesia.

The project gave her a reason to return to Hawaii, where she had previously lived.

Her collection was shown at the Salt Lake City Library. We are fortunate to be able to view these remaining originals in her collection.

As we find our way navigating these times, our corner theater becomes a virtual streaming studio, an artist's journal touches our hearts with fine slow strokes and we take the time to look beside ourselves, behind ourselves and into our collective future.

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Touring Pao'o and Kaiholena



Coastal portions of the Kaiholena ahupua'a have been purchased by the County to be designated as open space in perpetuity. The area is the highest concentration of intact, pre-contact archeological features in the State.

By Maureen Garry

On August 23, current and former Kohala students – Ashton Kamaehu Bolson, Sienna Byrne, Camille Helmuth, and Clyson Marquez – led a small group of curious hikers on a tour of makai areas of Pao'o and Kaiholena ahupua'a.

The multi-hour outing passed numerous pre-contact archaeological finds on the coast, with estimated origins dating back at least four hundred years.

Of note, participants made their way down the slope via a rugged, ancient trail which the

students themselves had discovered. With the help of archeologists from the National Park Service Ala Kahakai National Historic Trail, students have already begun mapping it with GPS technology to share with the community.

At the conclusion of the hike, former Kohala High School teacher Ms. Fern White, who had been instrumental in supporting student involvement in coastal stewardship projects, asked the students what they envision for the area, what they would like to see in the future in

order to both share and protect it. Too much information given to the public may draw people who might desecrate sacred ancient grounds. Too little attention and funding allocated for its protection and maintenance may be inadequate to steward it properly. Other adults present on the hike, including conservationist Gail Byrne Baber, also instrumental in the area's preservation, and archaeologist Rick Gmirkin, who is now guiding mapping efforts, are also grappling with this important question.



(Left to right): Clyson Marquez, Sienna Byrne, Ashton Kamaehu Bolson and Camille Helmuth helped to create the interpretive sign at Kaiholena, which they hope will help visitors to the area understand and respect its cultural significance.

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- ¤ We welcomed two new projects this past month: Give and Grow and Rogue Panda Farms.
- ¤ The Board and Staff want to thank the North Kohala community for being safe and supportive in this challenging time.
- ¤ Please check out our Summer Newsletter at northkohala.org

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Prologue to the Ballad of the Gree Gree Giants

By Shawn P. Canon, a.k.a. Bits and Peaces

The last day of 1968

Sitting upon some sandbags that are situated aloft tower three, I closely watch the waves aimlessly break in a frantic and melodic pattern. While gazing at the formidable horizon with a slight on-shore wink of the wind, I can see them rapidly race toward the sulken-barred sands...

The object of this quest is to terminate all pass-byers, to and fro thee vintage gate. Good grief! "Could ya zing at mischievous rascals or dumb animals." However, "Listen up...I hear tell that these tiny little islands are full of ghouls—with fortunes of matchless box-tops."

Once upon a little poem...

In the land of pneumonoultramicrocomb
Lived Topper Dan, the pirates's fate
Got a mischievous son called Chuck
Who simply has been...plumb out of luck
But, is loved like Dan's 1st mate.

The tremular setting lives on
Amongst places that's outdated
Tis! Called RVN—Sam's back lawn
Now, I ask you "Isn't war much inflated."

Ahem! Topper heads one of the notorious ...
(I say that with no ficatacious notion)
Band—of god-forsaken porpoises
How's that for a neurotic portion?

It happened one midnight...croon
I believe...when Jimi Hendrix
Pierced Andy Warhol's broom
Over a julip corn-mix
That's a drink.
...I think.

The enemy approached the 13th lateral path
_____ in the Meantime_____
The whole crew was taking a bath
In two shakes of a lamb's tail,
The good guys demolished the foe, like a noon-day sail.
Once again, topper Dan...did not fail.

Kohala Kowbotics Still Going Strong

The Kohala Kowbotics program continues to flourish amidst challenges. The numbers declined due to several team members graduating after a stellar state championship win and world championships accolades and awards in 2018. However, this didn't hold back Team 2460A, which went on to compete in 2019-20 season. Traveling to Tokyo, Japan, placing in the finals and winning an International Robotics Exchange Award in December 2019, the tiny team of two students held strong.

In this upcoming robotics season, Kohala Kowbotics will host the first Big Island Virtual VEX Robotics tournament, with the Kohala High Robotics shop as the hub. The planned date is March 2021.

The Kohala High School robotics program will begin an aerial drones curriculum on October 20, according to Program Direc-

tor Fern White. Following both CDC and DOE guidelines regarding COVID-19, Kohala Kowbotics will continue as an Afterschool Program. The curriculum that will be used is from FTW (For The Win) Robotics, a STEM-based experiential education company using drones as an effective way for students to explore engineering, computer science, aviation and more.

Founded in 2018, FTW is an official partner of the REC Foundation's Aerial Drones (RAD) competition.

Kohala Kowbotics is one of many robotics programs that facilitate student-driven competitions that promote collaboration, stimulate critical thinking and encourage exploration, which are essential skills for a next-generation workforce. If interested in participating, email Ms. Fern White at fern.white@k12.hi.us or call 896-0316.

Concrete Shapers Are Busy as Skatepark Progresses

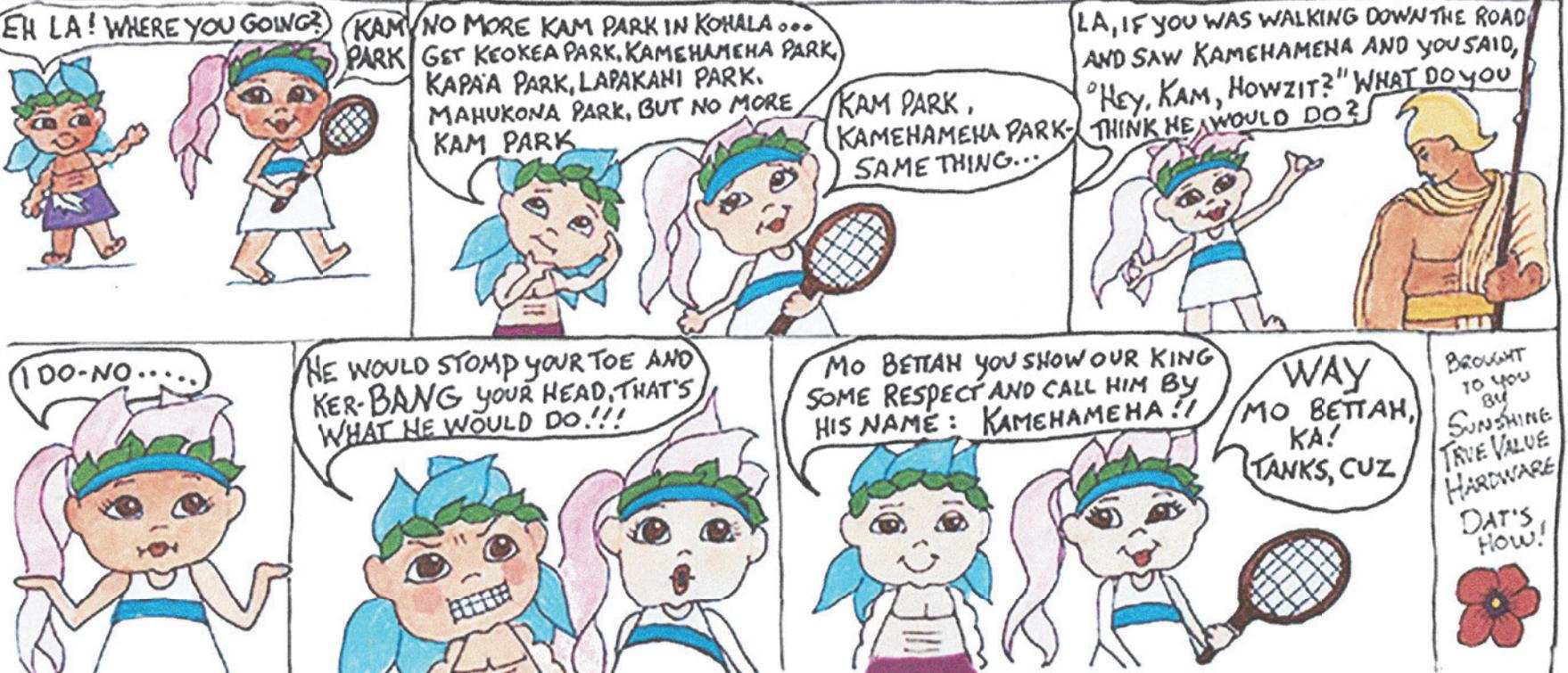
Roots Skatepark expansion nears completion and the project needs support from the community.

To find out more, email skate4roots@yahoo.com or check out the project website at skate4roots.wordpress.com.



Credit: Roots Skatepark

KA LA CORP PRESENTS: THE LIFE AND TIMES OF KA AND LA, MENEHUNE COUSINS OF KOHALA



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"A caring voice for the people"

"I'm a business owner running a culturally responsible ecotour company so I understand the hardships we in the visitor industry are experiencing. As a cattle rancher and commercial fishermen, I know firsthand that our agricultural businesses need more support and opportunity—positive change—to succeed!" -Ikaika Marzo



ikaikamarzo.org

TOP PRIORITIES

- COVID-19 Smart Policies And Reopening The Economy:
 - Improve Testing
 - Early warning system monitoring sewage
 - Use quicker, economical tests more often
 - Move Business Outdoors
 - Temporary road closures for commerce
 - Outdoor classrooms where possible
 - Indoors: better ventilation utilizing quality, low cost filters
 - Boost existing and new business
 - Streamline permitting process
 - Push tech and health sectors
 - Agriculture, food, novel crops like hemp
- Manage the County Budget:
 - Boost income with federal & state grants
 - Fund balance rollover within departments
 - Eliminate unnecessary spending
 - Suspend new hires except for health & safety divisions
- Better Communication between Government and People:
 - Connect with every district, listen to the people
 - Modernize and improve Civil Defense
 - Advocate for Hawaii County at the State level

Fresh Bold Leadership
For A Safe, Smart, Resilient Future

Let's Correct Our Course Together - It Starts With Us



Paid For By Marzo 4 Mayor