

Vol.20, No. 2

About Kohala, For Kohala

February 26, 2021

Hamakua-Kohala Health Purchases the Kohala Club Hotel



Courtesy of Hamakua-Kohala Health
Hamakua-Kohala Health has purchased the former Kohala Club Hotel to house the new Kohala Health and Wellness Center.

With the help of a bridge loan from Bank of Hawaii, Hamakua-Kohala Health has recently purchased the former Kohala Club Hotel to become the new permanent home for the Kohala Health and Wellness Center.

With nearly 25% of Hawaii Island residents filing for unemployment due to the COVID-19

pandemic, the reality of thousands losing their healthcare insurance is a grim reality. Our goal is to help lift the anxiety and uncertainty for residents of Hawi and Kapaau to ensure them that they don't need health insurance to access care at our new center. This new center will enable us to expand and

See Hotel, on Page 3

COVID-19 Vaccination Update

Kona Community Hospital (KCH) vaccinations as of February 10
3805 = Total vaccines administered (1st and 2nd doses)
1349 = Total kupuna vaccinated (1st and 2nd doses)

KCH Kupuna COVID-19 Vaccine Registration & Scheduling

Kupuna vaccines are for individuals 75+ only.
Register on the KCH COVID hotline, (808) 322-4451, or by email at kchcovidvaccine@hhsc.org

- Voicemails will not be returned.
- Please do not call the hotline if you are not 75 and older, as this delays the process for our kupuna.
- Pre-registration form with instructions can be downloaded from the KCH website: <https://kch.hhsc.org/wp-content/uploads/Kona-Covid-vaccine-registration-form-inst-III.pdf>

Note: First download the form, complete the form and then send it to the vaccine email address.
Submit registration form via email to kchcovidvaccine@hhsc.org.

Please expect a call back within 3 – 4 business days.
Be assured they are working diligently to schedule all appointments.

Mass Vaccine Clinics to Be Launching Soon in West Hawaii
KCH is coordinating with Ali'i Health Center, West Hawaii Community Health Center and the County of Hawaii to launch large-scale vaccine clinics at the Kona Aquatic Center Gymnasium. They have a generous commitment of support from Civil Defense. Details will follow soon.

Wider Focus on Pololu Valley



Photo by Toni Withington
View from the proposed five-acre parcel Surety Kohala would donate for a parking lot at Pololu Valley, in addition to a lot on the valley floor, in exchange for ten residential lots along the valley ridge.

Story and photo by Toni Withington

Pololu Valley continues to capture the attention of a widening audience, with many focused on protecting the valley from accelerating change.

Activity, both in Kohala and outside, was ignited in December when the State Board of Land and Natural Resources voted to work with land owner Surety Kohala Corporation in a proposed project that would end with the State receiving land donated by Surety in exchange for opening the door to creating a subdivision of ten lots along the valley rim. One result of the deal would be the creation of a five-acre parcel for use as public parking near the lookout.

Both Surety and the Department of Land and Natural Resources (DLNR) had earlier promised to hold public discus-

sions of the fully defined project in Kohala about the land changes before a vote by the Land Board. This promise was not kept.

As negotiations proceeded, however, it became apparent that Surety's goal was to create a subdivision of ten marketable residential lots on its own land along the valley rim immediately mauka of the lookout and the Sproat property. It would do this in exchange for donating the valley floor parcel to the State.

The subdivision element of the proposal surprised some Kohala residents who had supported the initial project of the parking area and proposed restrooms because the plan for ten new lots had not been previously mentioned (see the Kohala Mountain News' January issue).

See Pololu, on Page 2

EXCLUSIVE SERIES: "THE RISE AND FALL OF SUGAR IN KOHALA"

REMNANTS OF THE SUGAR CANE INDUSTRY ABUNDANT IN KOHALA, CEMENTED BOTH IN PHYSICAL FORM AND LONGTIME RESIDENTS' MEMORIES. WHAT HAPPENED TO THE SUGAR INDUSTRY? WHY DID IT START IN KOHALA, AND WHY DID IT STOP? HOW DID IT HELP TO CREATE THE COLORFUL MOSAIC OF CULTURES WE FIND IN OUR COMMUNITY TODAY? THESE QUESTIONS, AND MANY MORE, WILL BE ANSWERED IN OUR EXTENDED SERIES, "THE RISE AND FALL OF SUGAR IN KOHALA." READ THE NEXT OF MANY ILLUMINATING INSTALLMENTS INSIDE!

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Pololu, continued from Page 1

Public objections to the Land Board vote started with an online Protect Pololu Valley Petition on change.org. It describes Pololu as "... a place of refuge that we must protect for our future generations." It charges that "There was NO discussion about the proposed subdivision along the ridge," and tells Surety, DLNR and the County Planning Department that "Our voices will be heard and that we do not want more desecration of this sacred place of refuge."

By February 13 the petition had 15,655 signatures.

A day-long Instagram rally was held on February 4 for people to hang a sign or banner, or create a video, song or poem about Pololu.

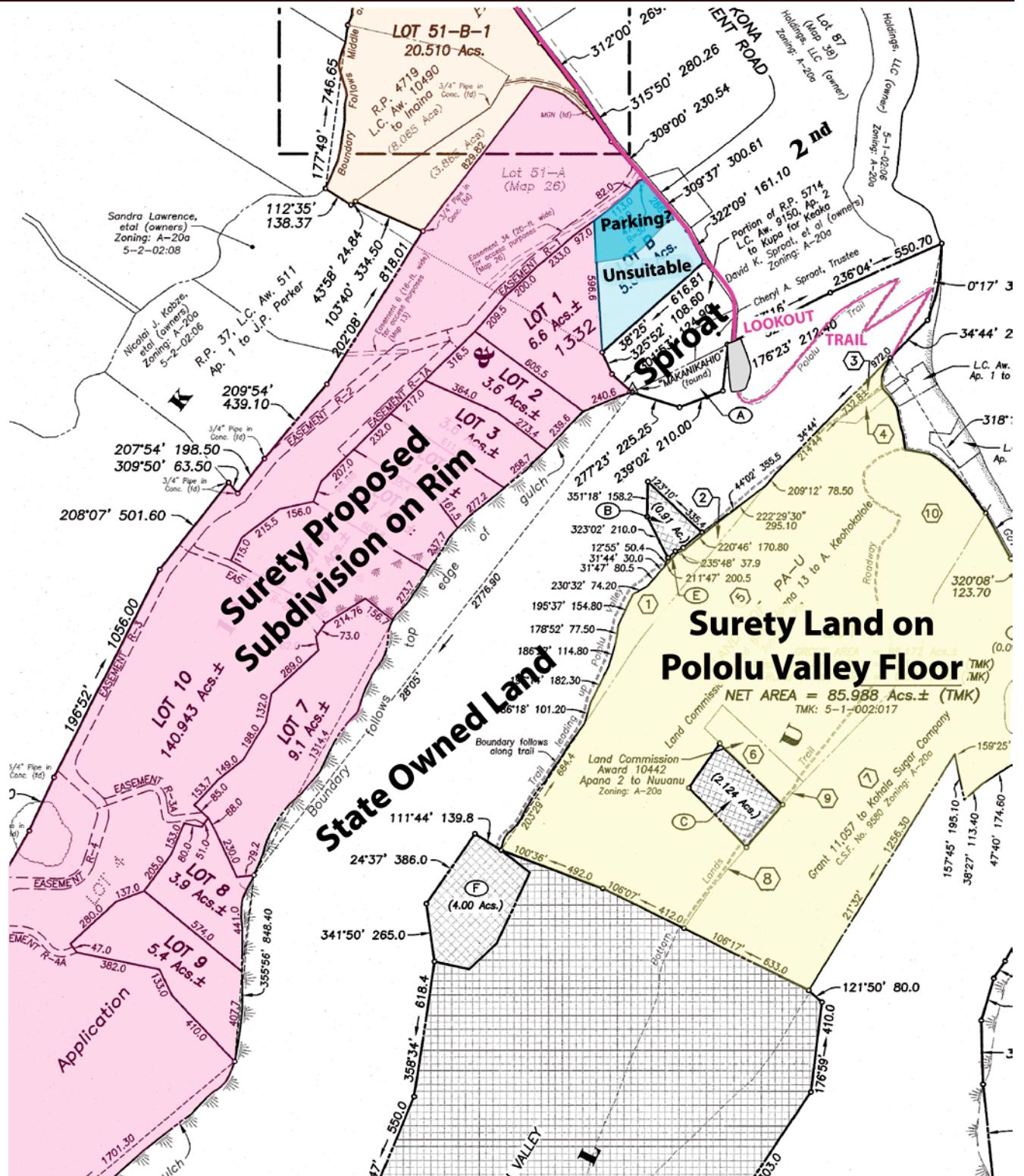
Students of Kohala High School teacher Loa Patao posted a five-and-a-half-minute video called "Save Pololu" on YouTube and sent copies to government representatives and agencies. In it they said the land deal would bring more tourists and keep them from enjoying the valley. "Pololu is home," they each said.

Pololu was the topic of two radio programs on KNKR hosted by Jeff Coakley, one including the students in the video. During the same week, three rescues, including a helicopter evacuation of seven people, took place in the valley.

It was also the key topic in the recently emerged monthly meetings of the Parks, Water Roads Group and the Kohala Community Access Group.

Suzanne Case, chair of the DLNR and Land Board, in a letter of response to a complaint made by this writer, called the Board's action a "non-binding process to facilitate Surety's ability to donate the five-acre parcel." As far as the consolidation and resubdivision, she wrote, "...that process is wholly within the County of Hawaii's Planning Department."

"We understand community engagement is a key to successful projects that benefit the affected community. As such, our Hawai'i Island Division of Forestry and Wildlife (DOFAW) staff have



This highlighted map shows much of the land subject to a Letter of Intent approved by the State Land Board. Surety Kohala is expected to submit it to the County Planning Department for Consolidation and Resubdivision. The pink area is the valley ridge, the State land is the cliff, the blue area is the 5-acre parking lot, and the yellow parcel is on the valley floor.

taken the lead on this project and are committed to keeping an open dialog with the Kohala Commu-

nity," Case wrote. A phone conversation with David Smith, head of DOFAW,

confirmed that the division would carry out its promise to let Kohala

See Pololu, on Page 3

ELEMENTS

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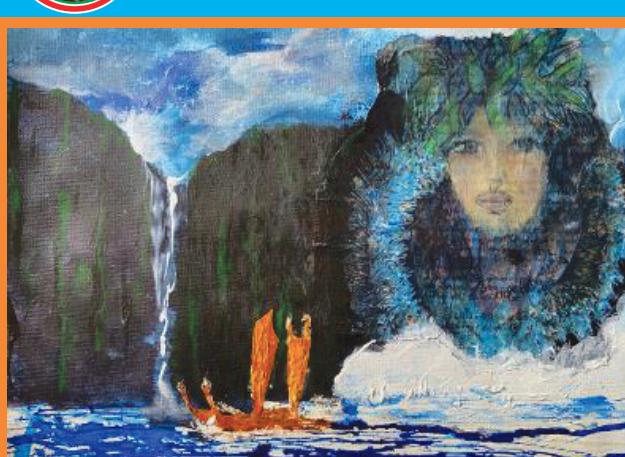
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Our paddle is in the water and we are pulling together. We can do it!

Navigator by Donna Hawkins

Pololu, continued from Page 2

give feedback on the plans. He said he had not expected the blowback from the community because he felt that after personally attending two meetings in Kohala, he thought those he spoke to had agreed to the parking lot because of the dangerous traffic congestion, and the unsafe and unhealthy conditions of the lookout and trail. He admitted those meetings were held prior to revelation of the ridgeline subdivision plan.

Smith also confirmed that the Land Board vote was only preliminary. Because the proposal is to go through the County it will return for needed public hearings and another vote of the board. He confirmed that the division would carry out its promise to let Kohala give feedback on the plans during

this process.

The lookout and trail are within the jurisdiction of the State Na Ala Hele Trail System, which is a part of DOFAW.

Several days later at a meeting of the Hawaii Island Na Ala Hele Advisory Council, the DOFAW staff repeated the statement that the State's role was non-binding and that all action, once Surety submitted an official proposal to the Planning Department, would be at the County level subject to its subdivision regulations.

"We will have public meetings when we can," Jackson Bauer, the island's Na Ala Hele Trails and Access Specialist, told the council. DLNR is seeking funding for a Zoom process that will allow it to hold open meetings to gather input from the community.

A spokesman for the County

Planning Department confirmed on February 12 that the application for consolidation/resubdivision had not been received from Surety. He pointed out that the land on the valley floor involved in this project is subject to Conservation zoning and is within the Special Management Area. Both conditions are likely to invoke a public hearing on the matter.

The plan expected to be submitted to the County, as outlined in the BLNR's Letter of Intent, is to consolidate the State land along the cliff of Pololu with a 86-acre parcel Surety owns on the valley floor and several large parcels KP Holding (Surety) owns town-side of the lookout and nearly a mile up the valley ridge.

In 2019, Surety received County Planning Department approval of ten new Pre-Existing Lots of

Record within its single parcel on the valley floor. The intent of the re-subdivision of the consolidated land is to move those newly-found floor lots to the ridge reaching mauka from the Sproat family's land at the lookout. Surety would then donate the valley floor land to the State.

The five acres Surety proposes to donate for the parking lot will not accommodate over 200 cars, as has been claimed several times on the internet. DLNR staff has suggested only two of the acres could be used for parking and a restroom. The rest is in a winding gully. Leveling it would be too costly for use as parking. Parks, Water Roads Group had suggested space for only forty cars initially, the number that often parks alongside the access road now.

Hotel, continued from Page 2



enhance our services to the community in a beautiful and healing environment.

"We decided to take a leap of faith by borrowing money to secure the property before it was sold to another potential buyer," commented Diana Moriarty, Hamakua-Kohala Health Board Chair.

Fundraising efforts have recently begun to raise the \$1.7 million needed to open the Center debt-free later this year. "We are humbled by the support that we are already receiving from donors at every level and look forward

to sharing more about our vision for this new center in the coming weeks. It will take all of us to make this dream a reality for our community.

No gift is too small, and we welcome everyone's support," shared Irene Carpenter.

It is important to open the Center debt-free so that program funds can go directly to patient care and not be diverted to pay for a mortgage. This will ensure that we can continue to serve the emerging healthcare needs of our community. Funds raised will go toward the purchase of the prop-

erty, minor ADA renovations and purchase and installation of new equipment.

A capital campaign committee has recently been recruited that includes our Capital Campaign Chair, Christine Richardson, RN; and Vice Chairs Ken Kaneshiro; Diana Moriarty, RN; Diane Ashley; Fred Burian; Kaye Lundburg; Dixie Adams, RN; and Sara Neely.

For more information on how you can help with the campaign, please contact Stephanie Dullum at (808) 930-2745 or email sdullum@hamakua-health.org

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*** The Current Variable Index Rate is based on the Weekly Auction High of 3-month U.S. T-Bill plus a margin of 3.50%, subject to a floor of 5.00%. The Current Variable Index Rate shown is current as of January 1, 2021 and will not exceed 15.00% APR.

Mauna Kea from Kohala Mountain Road



Photo by Cindy Morse

What We Do at NKCRC

By 'Ekela Kahuanui

"So...what do you do, anyways?" is a question recurringly asked of North Kohala Community Resource Center (NKCRC) staff. This unique non-profit was developed in 2002 to serve the North Kohala Community, so it's important that people who live here know about this organization.

NKCRC's mission is to support successful community projects that benefit North Kohala. There are different ways NKCRC fulfills this mission. This first article will share about this organization's main support service, fiscal sponsorship.

What is fiscal sponsorship, you might wonder. Fiscal sponsorship is a service that supports community projects with financial, administrative and/or tax advantages.

This arrangement typically arises when a person or project with a charitable idea wants support from a private foundation, a government agency, or tax-deductible donations from individuals or corporate donors. These agencies, by law or preference, will only make payments

to organizations recognized by the IRS as tax-exempt.

Applying for and receiving this status is a major endeavor not undertaken by many smaller groups and organizations.

NKCRC uses their "not for profit" 501(c)(3) tax-exempt status to accept these grants and donations on behalf of a wide variety of community projects. NKCRC, in turn, passes the awarded money onto the project and charges a minimal fee for the operations of the center.

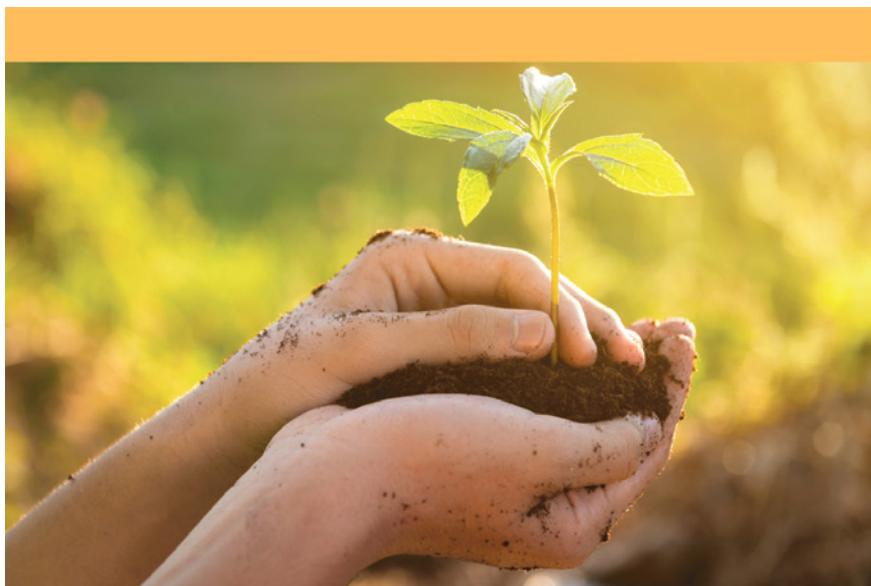
The NKCRC staff works with project organizers to find and apply for funding. They then support each project in fulfilling the various reporting requirements of the funding sources.

The Center has been fiscally sponsoring North Kohala projects for 19 years.

They are currently working with 85 projects that benefit our community.

Information on other support services offered by the NKCRC staff will be shared in additional short informative articles.

To learn more, visit NKCRC's website at www.northkohala.org.



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ISLAND LIFESTYLE

Letters

Honoring Shiro's Lead

The passing of Shiro Takata really touched me. From the moment I set foot in this community 30 years ago, it was clear he was a pillar. Quietly, with no desire for recognition, he brought dignity, kindness and generosity

to all of us. The devotion of all his employees to him speaks volumes. He became a role model for me, both as a businessman and in community service. A few years ago he quietly complimented me, and I have never before or since

been so moved and thrilled by a kind word. I hope we can all honor him by remembering how special and fragile this community is and follow his lead.

Peter Pomeranze
Kohala Cares

Transparency and Public Review Absent

Failure to provide the promised public review by DNL and the lack of transparency by that department and Surety Kohala does not give assurance all concerns will be heard or met.

The idea of a "donation" to solve the problems is disingenuous. Trading parcels in the valley bottom and a 5 acres (mostly on a slope) for parking and restrooms is a pretty good deal for Kohala Surety. The large lots on the ridge

will certainly bring many big dollars. Who will be purchasing? Anyone in Hawi or Kapaau?

The lack of access and opportunity in North Kohala makes Pololu one of the few options for visitors and residents.

Without expanding opportunity, no amount of parking and restrooms will be enough in the future.

Kohala Surety could demonstrate true Community Corporate

Citizenship by donating the ridge lots.

Careful planning and execution, with all concerns met, would expand the opportunities for protection of sacred sites, cultural education and recreation for more people and take pressure off the lookout and valley.

Slow this down!
Aloha,
Craig Herd
Hawi

Letters from Kohala Middle School Students

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. Additional letters from other students will be published in upcoming issues.

Drug Abuse Can Ruin Your Life

Dear Editor,
Aloha, my name is Princes Rain Cureg. I was born in the Philippines and raised in Hawaii. I am a seventh grader at Kohala Middle School. Today I am writing about drug abuse.

I chose drug abuse because a lot of people in the world are getting sick and dying thanks to drugs. It is not okay to take drugs

because it is harmful, and it can get very addictive. It can also lead to death.

The current situation with drug abuse is that many people have been getting sick and with the COVID epidemic, they could get infected and die. Lots of people have stopped using drugs but many still do use them. Drug addiction is very harmful to the

entire world. If I am impacted by this situation, it could change my life in many negative ways. It would be dangerous for me and I would probably get sent to the hospital and get treatments. Drug abuse could ruin my life if I were to start using. This is why I chose the topic of drug abuse.

Mahalo,
Princes Rain Cureg

Protect Our Reefs

Dear Kohala,
My name is Pela Terrell and I am a seventh grader at Kohala Middle School. Several months ago I heard about the ban on non-reef-safe sunscreen. When I first found this out, I was ecstatic. But after doing some research I found that sunscreen, although it contributes to destroyed coral reefs, isn't nearly as harmful as other factors such as global warming, unsustainable fishing and invasive species. So, while the efforts our government is making to protect coral reefs are wonderful, there is so much more that we could and should be doing.

To fully understand the importance of protecting our reefs, you must first understand what coral is.

A coral reef is the result of a symbiotic relationship between tiny organisms called polyps and a type of algae called zooxanthellae. These polyps make up the reef structure, giving the algae a place to live, and in turn, the algae uses photosynthesis to make food for

the polyps and itself. But, when water temperatures get too warm, the polyps will eject the algae. This is called coral bleaching.

But what does any of this have to do with you? Well, over half a billion people depend on coral reefs for, food, safety or a source of income. Coral reefs also provide over half the world's oxygen, not only for you but also for many of the things we eat. Without coral reefs, our world economy would take a major toll, and poverty rates would likely go up due to the number of jobs that rely on coral.

So, what can you do to protect coral reefs? The main thing is to lower your carbon emissions. Carbon leads to global warming and rising ocean temperatures. These are some things that you can do in your everyday life to reduce your carbon footprint and protect our reefs:

- Drive less. Your car emits a lot of carbon.
- Choose organic/ local food. Organic food doesn't use pesti-

cides that can harm coral and local food doesn't use gas on transportation.

- Buy from sustainable companies. Many companies are trying to become more sustainable! By buying from these companies, you are supporting a good cause.

- Eat lower on the food chain. Did you know that meat, dairy, and eggs have the highest carbon footprint as far as food goes? This doesn't mean you have to go vegan, but try choosing a couple of days a week that you don't eat meat.

- Switch to LED lights. These are more eco friendly and last up to 25x longer.

- Practice safe boating. Unsustainable boating can damage coral.

- Finally, get involved in your community. See if there are any local organizations working to help coral reefs.

Thank you for your time and consideration!
Sincerely,
Pela Terrell

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.

March Deadlines
Ads and News: 3/12/21
Calendar: 3/19/21
Distribution: 3/26/21

April Deadlines
Ads and News: 4/9/21
Calendar: 4/16/21
Distribution: 4/23/21

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

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Letters to the Editor and Viewpoint articles must address issues affecting North Kohala and be accompanied by the author's name, address and telephone number. Letters and Viewpoints are subject to editing, and shorter submissions will receive preference for publication.

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

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Kohala Mountain News
P.O. Box 639, Kapa'au, Hawaii
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Letters from KMS Students

Deforestation

Dear Kohala,
My name is Jussaine and I'm a seventh grader from Kohala Middle School. I'm here because I want to prevent deforestation in Kohala. If you cut a tree down, do you feel good? Cutting down trees is bad for the environment and it makes our land so dry that it affects our lives. Trees give us oxygen and cutting them down is a bad choice. So if we cut down trees, many things will be gone including the air that you're breathing right now. If we cut down

trees, make sure to replant them because if we don't, then people might die.

It is worse if you cut down trees without a license and spend your lifetime behind bars. So if you are thinking about doing it, just stop and think how many people will be affected negatively by your wrong move. Please don't hurt our mother nature and just be helpful to others, rather than ruining lives.

Aloha,
Jussaine

Opioid Addiction

Dear Residents of Hawaii,
Howzit, everyone my name is Jeremiah Medeiros. Recently, has one of your loved ones become addicted to opioids? Here are some facts that could help you or a family member who has been addicted to opioids. First, in Hawaii, 59 people died of opioid drug overdoses last year. Don't be death number 60! In 2018, 33.4 opioid prescriptions were written for every 100 Hawaii residents. Studies show opioid abusers will become distant and selfish.

Also, opioid abusers might engage in illegal behaviors. Worst of all, you can die from opioid addiction. If you or a family member abuse opioids you can destroy your ohana. The outcome I would like to see is people getting help for themselves or a loved one that abuses opioids. If help is needed, go to 54-3886 Akoni Pule Hwy #6, Kapaau, HI 96755 or call (808) 889-5099 for help.

Thank you for your time.
Sincerely, Jeremiah Medeiros

Help Stop Overfishing

Dear Editor,
Aloha, my name is Wyatt Rabang and I attend Kohala Middle School. I love to fish! So do a lot of other people, but there needs to be a limit on catching fish. Overfishing is a huge problem. There was one time when I went fishing and I saw a guy catch a big fish. Then he went to get a bucket to carry back to his truck. When he got back, the fish was dried up and all crispy. So, this guy threw the fish back and wasted the fish.

If people keep overfishing, there will not be any fish in the future. Don't keep fish in your freezer when it might go to waste. It's okay to catch fish to feed your ohana, but don't take too much. Take only what you need. Please malama our fish in the ocean. Obey the fishing rules.

If we all work together, we can stop the overfishing. In the future, we will only fish to feed the ohana. Thank you for your time.
Sincerely, Wyatt Rabang

Little Fire Ants Invade Kohala

Dear Editor,
Aloha, my name is Tyler Sullivan, I'm in 7th grade and I attend Kohala Middle School. I am writing about little fire ants and why they are a problem on the Big island. The problem is that little fire ants are an invasive species in Hawaii.

ship that was shipping plants to Hawaii. They are known in Hilo, Kona and Waimea. Kohala has just started getting them.

The background of little fire ants is that they originated from South America and came here on a cargo

Do you want painful bites, blind pets, and other horrors? I don't! Hopefully we can control the little fire ant population in Hawaii. Thank you for your time today.

Sincerely,
Tyler Sullivan

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.
The 2021 Legislative session is underway at the State Capitol as we work to address the many challenges we currently face in Hawai'i.

This session, the Legislature is focused on addressing the impacts of the pandemic by protecting public health, adjusting the State budget to compensate for the significant shortfall in revenues, and charting the path to restart our economy safely and sustainably. This month's article provides updates on how the Legislature and other government entities are working to address these issues.

The House Committee on Pandemic and Disaster Preparedness (PDP) was created this session to focus specifically on public health issues, program operations, and budget requirements related to COVID-19.

The Chair of the committee, Representative Linda Ichiyama, has outlined the committee's goals: to carefully review Hawaii's overall pandemic response, learn lessons from the challenges the State faced in addressing COVID-

19, and utilize that knowledge to better respond to similar issues in the future.

The Pandemic and Disaster Preparedness Committee meets regularly with members of government agencies and private sector partners, and informational briefings and meetings can be viewed via www.capitol.hawaii.gov.

This session, one of the greatest challenges facing the legislature is the State budget.

Our economy continues to grapple with very high unemployment rates and businesses continue to struggle to survive. As the State is facing a \$1.4 billion shortfall in each of the next four years, economists estimate that it will take at least three years for our economy to recover to pre-COVID pandemic level. To address these tax revenue shortfalls, the State budget will need to be cut.

The Governor has offered proposals to government workers in collective bargaining negotiations that include pay cuts, no increase in employer health plan premium contributions, and reduction in paid professional development allocations. The possibility of furloughs was postponed by the Governor until July 2021 at the earliest.

The Legislature is currently reviewing the Governor's proposed budget and newly announced strategies as we develop our own version of the State budget.

We are looking at ways to cut costs by hiring for only the most essential vacant positions, eliminating non-essential programs, consolidating programs to improve efficiency, and changing the means of financing for different programs and positions.

Additional federal assistance may also be on its way via President Biden's proposed federal stimulus package.

If passed by Congress, this package could provide flexibility

See HI Rep, Page 7



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HI Rep continued from Page 6

for States to fund public education and offset the shortage of funds to pay for public school teachers and important public education programs.

Although the proposed federal funding would include rent relief for renters and landlords, a key missing element is the provision of rent relief for commercial properties.

Many businesses are unable to keep up with store rental payments, and landlords struggle with their mortgage payments.

Although the Governor has extended the statewide moratorium on residential evictions for another two months, he has also acknowledged that the lack of rental relief for commercial properties continues to be a challenge.

One key bill that the legislature is fast-tracking for passage, HB1278, may offer some much-needed relief for local businesses. The bill aims to prevent a significant increase in the unemployment insurance premiums for employers triggered by the depletion in our Unemployment Insurance Trust Fund due to the extremely high number of unemployment insurance claims.

This would greatly assist businesses that are already struggling and may have been unable to survive the additional financial burden of increased unemployment premiums.

HB1278 has passed through the House and is now under consideration by the Senate with the hope it will be finalized and passed by both chambers in early March 2021.

To reopen our economy safely and sustainably, the Hawai'i Safe Travels program has begun to provide some relief, with hotels

starting to reopen and traveler-dependent small businesses beginning to see some business return. Unfortunately, Hawai'i's hotels are still a long way from the occupancy levels needed to support bringing back all the staff that were laid off during the pandemic.

Widespread vaccinations will also assist in rebooting the travel industry, with more travel to the islands anticipated once more individuals are vaccinated.

Lt. Governor Josh Green has suggested that visitors who have received the necessary vaccination may eventually be able to forego quarantine if it is proven that the vaccination prevents the individual from carrying the virus.

However, as the science is not conclusive yet, his proposal is not currently accepted policy.

As we continue to address the effects of the pandemic on our community, I would like to urge you to stay connected, reach out for assistance when you need it, and support our fellow community members.

Information can change quickly during these unprecedented times, and I urge you to sign up to receive my e-newsletter, which provides district-specific information regarding issues such as COVID-19 response efforts, legislative updates, and community events.

You can sign up to receive my e-newsletter at bit.ly/reptarnas-signup.

I am grateful to continue to serve as your State Representative and welcome your calls and emails.

You can contact me and my staff at (808) 586-8510 and reptarnas@capitol.hawaii.gov. Stay safe, and mahalo!

County Council Update

From the Desk of District 9 Councilmember Tim Richards



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

Aloha! Once again, it is time for the monthly update from our office.

Bill 18: Two-Tier Tax Structure
Recently there has been a conversation about the two-tier residential tax structure in our county. This tax structure created last year increased the tax liability on residential properties with a value over \$2 million. This only applies to residential/second home properties. It does not apply to agriculture or individuals who have the homeowner exemption. How this works is that the value in excess of \$2 million, the rate for that value went from \$11.10 to \$13.60 per \$1,000 assessed value. (Homeowner tax rate is \$6.15 per \$1,000 assessed value.)

I did not support the two-tier tax structure and still do not, and here is why. First off was the concern that we needed the funds to balance our budget. We did not.

There were areas in our 2020-2021 budget that we could have cut. The State of Hawai'i has seen a 22% reduction in its revenue stream. They are making hard budget cut choices right now. Yet the County of Hawai'i only cut its budget by 7%. I had found \$10 million in our budget that could have been cut with realistically no impact on our services. We could have deferred some of the expenses like bus purchases for one year. (My justification was we accepted a \$5 million federal grant that we could have replaced that year.) The last Council did not have the political will to cut the budget and so the tax structure was approved. Fast forward, we have yet to order those buses and the fund balance (unspent funds) coming forward from the 2019-2020 budget was increased by \$10 million! We did not need to increase taxes.

Secondly, this two-tier tax structure only affected approximately 935 properties of the 140,000 properties we have in our County; about 1/2 of 1%. Those same 935 properties already paid 19% of the total real property tax collection. (The other 139,000+ properties pay the other 81%). Statements were made that this demographic should pay more; they already do.

Thirdly we have local, kama'aina families that are inadvertently caught up in this, having an old-style beach house on lands where the value has skyrocketed. We are still trying to figure out how to help them.

Finally, had this two-tier tax structure been proposed doing normal economic times, and

See CC, Page 8

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CC continued from Page 7

we had discussed this with the affected parties with the intent of funding an affordable housing fund or the like, then I might have supported it. Conversely, now we are in an economic crisis. Recovery will depend on investment in our county. Many of the people affected by the two-tier tax structure might invest in our county if we can show that we are a responsible county government that controls our costs and is interested in

investing in our future. Most of the people affected by the two-tier tax structure do not live here thus cannot vote here. They have no ability for self-determination. Many of our charitable organizations on this island have reported a decrease in giving, in part attributed to the two-tier tax structure.

Bill 18, which relates to establishing a real property tax credit for properties classified as residential two-tier properties, offers those who pay the increased tax

liability to self-direct that increase into a charitable 501(c)(3) organization or county-sponsored homeless program that will benefit our county as a whole. This fits in with our desire for more public-private partnerships and supports those organizations that have worked so hard to provide for the people in our county during this pandemic.

I support Bill 18, as I see it as a way forward for the County of Hawai'i in the short term, as well

as potentially in the long term. We must continue to think outside the box, by working on opportunities to reduce our government budget without increasing taxes yet be able to provide the necessary services for our island community, pandemic or not.

As always, it continues to be a great privilege to serve as your Councilman. If you have any specific questions, please do not hesitate to reach out to my office. Stay healthy and safe!

Talk Story with Ilea



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

"I have been having panic attacks again. Old, bad memories have been resurfacing. They feel out of the blue, which of course makes me think something is wrong with me. I start to spin out in my mind and then suddenly I am having anxiety about my anxiety. Can you believe that? What a freak I am. And then I start to focus on that thought-- that I am such a freak-- and I compare myself to other people and I feel like I am too much, too messy, too complicated. I feel like an inconsolable burden. I don't want to talk about it with anyone. So round and round it goes, circulating inside of me, ruminating, and it makes me feel like I am crazy. It all makes me feel like such a loser."

In Buddhist philosophy, there is a parable about pain and suffering which describes two differently injurious arrows. The first

arrow is the original injury that comes from the inevitable pains of life such as illness, loss, and death, while the second arrow that follows is our aversion, resentment, or resistance to our initial pain. The second arrow is essentially how we relate to and make meaning of what happens to us, which can create loads of additional suffering on top of the original wound. We often cannot control our first arrows but we can become more skillful at whether or not we shoot a second arrow at ourselves by changing how we relate to what happens to us.

I began this article with just one of many examples I hear of second arrow suffering. The first arrow is of course the original wounding that caused pain and was out of the person's control. The second arrow is their harsh negative self-judgments, beliefs, and criticisms of their experience. In other words, their strong resistance to what is. As they struggle to accept their own experience without judging and analyzing it negatively, they assume they are equally unacceptable to others. The painful belief of being too unusual or un-relatable leads to more anxiety, fear, sadness, alienation, and hopelessness. It then feels unsafe to open up about or share with others. Pent up anxious and fearful energy can then lead to muscle tension, stress, and other troubling physical symptoms. Adding on the layer of uncomfortable bodily reactions can lead to even more negative thoughts and judgments, painful emotions,

physical pain, and even greater suffering on top of that first original pain, prolonging a very challenging cycle. The longer such a cycle continues, the more out of balance and emotionally isolated a person can become. It's a terrible but rather commonplace predicament, especially for those of us who, for whatever reason, have a greater proclivity toward anxiety and negative self-introspection. The good news is that this second arrow suffering can be greatly improved when we start to become consciously aware of it happening. By increasing our awareness, we can start to catch these self-sabotaging patterns when they happen, and begin to shift our inner narrative. In doing so, we gradually re-pattern our brains and allow ourselves to have greater choice over our emotional reactivity. With greater choice, comes greater self-control,

freedom, and empowerment. I encourage all of us to experiment with this idea the next time there is a strong response of pain or annoyance at a situation. Can we pause and ask ourselves "What is my inner narrative here? Is this the first arrow of suffering or the second? Is there anything about my inner story that is adding to and prolonging my suffering? How might I shift my perspective to become more neutral?"

Want to participate in this column? Please write to talkstory-withilea@gmail.com. Each month I will select a story or theme to share in this column. I will not disclose any names or identifying information.

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.

Memorial Service for Shiro Takata

By Kim Takata

*The community is invited to a
Memorial Service for Shiro Takata
on Saturday, March 27,
at Kamehameha Park
from 10:00-11:00 a.m.*

The event will comply with all COVID-19 regulations on social distancing. Guests are asked to park in designated areas, stay in their vehicles, and turn on the radio to KNKR 96.1 to listen to the service in their cars. Tributes will be read by an MC, and anyone wanting to share their personal experience or memory of Shiro is asked to write their story and drop it off at Takata Store.

We look forward to seeing you there!



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New Promises for Mahukona Park Improvements



Maurice Messina, new head of the Parks and Recreation Department.



Save Mahukona Committee meets at Mahukona.

Story and photos by Toni Withington
New County administration. New focus on bringing Mahukona Beach Park back to life? It's possible.

Concerned Kohala citizens met with the new head of the Parks and Recreation Department this month to re-ignite efforts to replace the well-loved pavilion that was condemned and boarded up two years ago.

In the morning light, standing beside the crumbling structure, Maurice Messina, the new department head, listened to ideas for an action plan for future use of the entire park area in stages, using help from Kohala.

While outlining what he saw as the next steps, he apologized for the previous administrations talk of "highest priority" without any action.

"Hold me accountable," Messina told a gathering of a dozen people arranged by the Save Mahukona Community Action Committee. "We want to build a park that will be the pride of several generations.

"Choosing to pull down the pavilion was a hard decision, but we have no choice," he said.

The structure has lead paint and the ground under and around it is contaminated with dieldrin, a powerful insecticide that was very widely used during the 1950s to early 1970s.

The County is preparing bids for crews to remove the pavilion and the toxic soil. This will create a "clean slate" which will allow the department, with community participation, to plan and go through the many-years long process of permitting and funding a new park.

While this is being done, Messina suggested the County build a platform deck on which park users can hold dances, meetings and get-togethers. Whether or not it will be used in the final plans is up for discussion.

Architect Michael Yamamoto said skills are available locally to help the process along.

The master plan is expected to take \$175,000 and possibly be covered by Fair Share funds.

The committee presented him with a list of eight parts of the project that could be done with community help. The needed elements, if undertaken within the budget in a timely way, would



A gift of respect for the old pavilion accompanied a pule.

mean that when funding for the actual construction becomes available, the department will be ready to go.

One thing that will have to be addressed is stabilizing the shore for projected sea level rise and storm surf.

This will probably mean the structures will have to be located on higher ground. The land parcel on which the park sits is significantly larger than the area used by the park now.

Karen Martinez said the committee wants to work with the department on all aspects. When Messina agreed to another meeting in a month, she asked that he bring to the session materials,

such as a map of the available land and ideas for the platform.

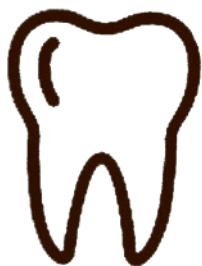
An Environmental Assessment was prepared for park restrooms in 2008 with data that will be needed for approving the new plans. The North Kohala Community Development Plan has guidelines for desired park outcomes.

"Let's move forward with what we have, not start all over again," said Cheryl Rocha.

Messina said he would personally watch over the project step by step.

"Like our mayor, I want to focus on transparency, even when the truths are hard," Messina said. "We can make the park better than it has ever been."

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THE RISE AND FALL OF SUGAR IN KOHALA

A One Hundred-and-Twelve Year History

1863–1975

By Tom Morse

PART FIVE

THE MILL – THE PROCESS OF MILLING SUGAR CANE

The cane was removed from the carts and loaded into the mill. Rollers run by water were set into motion. A laborer fed the sugar cane stalks one by one onto these rollers. Cane must be crushed within twenty-four hours of being cut. After this time the sugar begins to “invert” into different sugars that will not set solid. Crushing efficiency is the most important factor in good sugar yields. Every possible amount of juice needs to be squeezed from the cane. Cane is about 15 percent soluble sugars.

A dirty mixture of cane juice, dirt, and cane stalk was produced. This flowed into a basin and then ran out a spout.

This mixture produced was then clarified to remove the impurities. Huge vats set over ovens were used for this process. Wood and cane trash were used for the fires under the vats.

Milk of Lime (powdered lime and water) was mixed with the sugar mixture in order to coagulate impurities, which then settled out. The mixture was brought to a near boil. Sediment settled to the bottom of the vat during boiling and was dredged out. Scum rose to the top and was skimmed off.

The mixture was boiled again for ten minutes and allowed to settle once more. The end point of the boiling process was judged from experience, from the sight and sound of the boiling juice. Then clear juice was drawn from the top of the vats. Finally, the mixture was moved to the cooling vats.

Once the sugar cane juice had cooled, it became two substances: molasses and sugar. It was then sent to centrifuge for separation.

A wood furnace was fed to keep the centrifuge’s steam engine working. The sugary mass was shoveled from the cooling vat into a brass cage. A tub inside the brass cage held the mass.

The cage was set into motion. It revolved slowly at first, then went faster and faster. As the sugary mixture spread throughout the tub, the molasses began to seep out of the screens of the cage and was collected.

Because the molasses might still hold crystals, it would be sent back for more boiling until all the recoverable crystals were collected.

Nothing was wasted during production. Even the sugar cane refuse (bagasse) was stored and later used as fuel for the mill furnaces. Early mills were extremely inefficient, producing molasses in four hours using an entire cord of wood to do so. This level of wood use caused dramatic deforestation.

Mill workers worked in sweltering conditions with machinery including presses, boilers and furnaces. Once electricity powered lights, they worked in shifts around the clock. It was dangerous work. The boiling vats had no covers. The machinery was constantly churning. Accidents occurred in the mill with terrible consequences. The noise and heat were awful.

Equipment in the mill, from pressing to grinding, also changed over the years. Sugar boilers and chemists came from the mainland to refine the process.

All this effort produced crude raw sugar that contained a high level of impurities. It then needed to be shipped to the C&H Sugar Refining Corporation in San Francisco for further processing into refined sugar. Refined sugars were purified through a series of cycles that included re-melting, filtering, evaporation and centrifuging.

The effort required to get the raw sugar from Kohala’s remote mills to ocean-going vessels for shipment to the mainland was considerable. More on this later.

WORKERS

All of that planting, growing, harvesting and milling required lots of labor. Hawaiians were employed by landowners for field clearing and planting during the industry’s early years, but not so much at its peak. Hawaii’s indigenous culture largely chose self-sustaining fishing and farming over plantation life. Also, the Hawaiian population was shrinking. In 1860 it was only twenty-two percent as large as it had been in 1778. Yet, in 1873 a survey found that eighty percent of the workers on Hawaiian plantations were Hawaiians. Clearly, if the sugar industry was to grow in Hawaii, laborers would need to be imported.



Credit: Bishop Museum
Kaukau time in the fields. “Kaukau” is Hawaiian pidgin slang meaning “food” or “to eat.”

See Sugar, Page 11

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Sugar continued from Page 10

The King was in favor of importing foreign labor, as he told the legislature in 1864.

A Board of Immigration consisting of the Minister of the Interior and five other members of the Privy Council was established in 1866 to recruit workers for plantation.

To acquire the needed labor, plantation owners turned to importing laborers from other countries, the first arriving from China in 1850.

Although help was needed to work the fields, new problems – like feeding, housing and caring for new employees – were created for many of the planters, since the Chinese immigrants did not live off the land like Native Hawaiians, who required little support. To maintain a workforce unable to organize effectively against them, plantation managers diversified the ethnicities of their workforce, and in 1868 the first Japanese arrived to work on the plantations.

| Immigrant Workers for All the Islands of Hawaii | | |
|---|----------------|---------|
| Nationality | Arriving Years | Numbers |
| Chinese | 1852-1887 | 46,000 |
| South Pacific Islander | 1878-1886 | 2,500 |
| Portuguese | 1878-1887 | 17,000 |
| Japanese | 1885-1924 | 200,000 |
| Puerto Ricans | 1900-1901 | 5,000 |
| Okinawans | 1900-1907 | 9,000 |
| Filipinos | 1900-1931 | 120,000 |
| Koreans | 1903-1910 | 7,000 |

Credit: Tom Morse

Immigrant workers across the Hawaiian Islands.

In 1853, indigenous Hawaiians made up 97 percent of the islands' population. By 1923, their numbers had dwindled to 16 percent. By then the largest percentage of Hawaii's population was Japanese.

The majority of the early immigrants who arrived at the sugar plantation were young bachelors, largely uneducated and engaged in semi-skilled or unskilled occupations. Many returned to their homelands when their contracts were up, although the percentage returning varied greatly: 55 percent for Japanese, 37 percent for Chinese and Filipino, but only 16 percent for Korean. In all, about 300,000 never returned to their native country. Even greater numbers left the plantations for other employment on the mainland's West Coast.

Next month: The Chinese, The Portuguese, The Japanese, The Puerto Ricans, The Okinawans

Hawaii Writers Guild Holds Fourth Annual Meeting



Courtesy Carol McMillan
 Carol McMillan is the newly elected president of the Hawaii Writers Guild.

By Joy Fisher

In keeping with the times, Hawaii Writers Guild held its Fourth Annual Meeting and Election of Officers via Zoom on January 16.

"We missed the in-person contact," Secretary Diane Revell said, "but this did allow for attendance by others not on the Big Island, including one international member from Bosnia." The Guild added 17 new members during the year, ending with 72 active and two student members.

The annual meeting included a report of the Guild's achievements during 2020. Despite limitations imposed by COVID-19, the Guild flourished during 2020. Early in the year, the Guild achieved status as a 501(c)(3) tax-exempt nonprofit organization, which enabled it to qualify for its own YouTube channel. When COVID-19 put an end to in-person public readings and writing workshops, North Kohala Regional Director Eila Algood and President Diann Wilson combined efforts to create two on-line programs to replace the in-person programs.

"Inside the Writer's Studio," hosted by Algood, offered readings and interviews of writ-

ers, and "Write On!" hosted by Wilson, offered workshops on aspects of writing and publishing. So far, 21 episodes of the former and 11 episodes of the latter have been posted and are available for viewing at no cost by the public on the group's YouTube channel. New episodes of both programs are planned for 2021.

Another major achievement in 2020 was publication of the first issue of the Guild's on-line literary review, "Latitudes," coordinated by Laura Burkhart from North Kohala, and a committee from the Big Island. Latitudes, led this year by Bob Lupo of Hakalau, is set to publish its second issue on-line in February. Latitudes, which features the writing of Guild members, is available at no charge to the public on the Guild's website. The inaugural issue can be found at <https://www.hawaiiwritersguild.com/litreview-first-edition.html>.

Other new activities developed during 2020 included a Writing Buddies program which enabled members to pair up and meet online to encourage each other's writing endeavors.

At the annual meeting, members were encouraged to offer suggestions for new activities and programs for 2021. A planning meeting will examine these suggestions and make decisions in the near future.

One feature of Guild annual meetings is a tribute to members who published their work during the previous year. This year, that tribute was presented in a PowerPoint slide show. Fifteen members published books in 2020, and many others published writings in anthologies, magazines and newspapers. One member even had her Christmas musical staged on Kahilu TV.

The election of officers for 2021 was also announced at the annual meeting. Carol McMillan was elected as the Guild's new president.

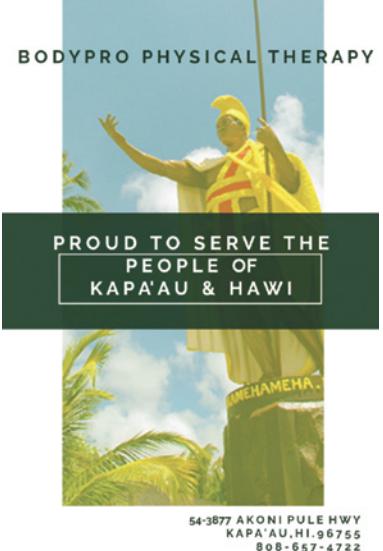


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**KOHALA
GROWN
MARKET**

Laura Gonzales



Courtesy of Roland Pacheco
Laura Gonzales passed away on January 31, 2021.

By Roland Pacheco

On January 31, 2021 my grandmother, Laura “Mother Nature” Gonzales, quietly passed. She was born May 18, 1926 in the small town of Pu’unene on Maui, and grew up with six brothers and sisters.

When she was a teen, a tragic accident involving one of her sisters changed the course of her life, and was instrumental in shaping her into the person that she would become, as such things tend to do. In order to help provide for the family, she was taken out of school and sent to Oahu to work. It was while working at the USO that she met her future husband, my grandfather Jose “Pake” Gonzales.

I have to admit that when I was a kid, I was scared of her. She just had a way of looking straight into your soul and speaking volumes, without saying a single word. That was too much for my tiny brain to handle. Plus, she was very strict! I remember her taking my cousin and me down to Doi Store in Kawaihae, and buying us whatever toy we wanted. But when we got back to her house, she wouldn’t let us play with them, because she didn’t want us to mess up her house. That sort of contrast defined her in a nutshell. She did not suffer fools gladly, and made it apparent from the moment you stepped foot into her home that she was a force of nature that you did not mess with.

She raised her five children with an iron fist. In fact, she ruled everything around her that way. Everything had its place, and nothing should appear out of order. This no-nonsense disposition was all she knew. Having to help provide for her family at such a young age had made her strong, and with that

strength came little room for compromise. It took me a while to finally understand that about her, and once I did, I could only respect her more.

But this isn’t to say that she was always a tough cookie. She had many friends, and was quite charismatic. She was often the center of attention and loved to be seen, often wearing something purple, her favorite color. She was very creative, and was always engaged in producing some sort of art, whether it be calligraphy, macrame, ceramics or painting. She was also an avid gardener, which is how she got the nickname Mother Nature. She grew all manner of things, and had a collection of the rarest and most difficult plants to grow. Her garden was the best in town, and people would come from all over to buy plants from her.

When she began working at the Mauna Kea Beach Hotel back in the 70s, she had finally found her calling. The staff and guests loved her, and it was her caring and compassion that made her a mentor for countless people, and also galvanized her role as Mother Nature. She was an active member of the Sacred Heart Catholic Church and the Kohala Senior Center.

I’m going to miss her acerbic wit and keen wisdom the most. I’m going to miss bringing her fish to eat, and the way she inhaled a box of candy before anyone could get a piece for themselves. I’m going to miss talking story with her, and catching up on all the town gossip. But I’m going to miss the connection that I had with her and my grandfather the most; they were the thread that held me to the past. A time when Hawaii was still a simple place, full of hopeful, happy people that wanted nothing more than to enjoy life with family and friends. A time that should never be forgotten.

She is in a better place now, and I’ll have to let that knowledge comfort me in her absence. Ko’u akua ho’omaha i kou ‘uhane. E aloha mau ‘ia ‘oe.

Our ohana would like to thank the wonderful nurses and staff at Kohala Hospital for their professionalism and expertise while she was under their care over these past few years.

Memorial mass at Sacred Heart Catholic church will be held on Saturday March 6 at 5:30 p.m., and Sunday March 7 at 9:30 a.m. Funeral services will be held at Valley of the Temples in Kaneohe.

Our family asks that any donations may be made in her honor to Kohala Hospital Charitable Foundation and/or North Hawaii Hospice in Kamuela.

WEEKLY EVENTS IN MARCH 2021

EVENTS SUBJECT TO CHANGE DUE TO HEALTH CONCERNS

| DAY | START | END | EVENT | VENUE | CONTACT |
|-----|---------|---------|--|--------------------------|----------------|
| MON | 7AM | 8AM | AA DAWN PATROL | KAMEHAMEHA PARK | 889-5675 |
| | 9AM | | SENIOR CLUB @ CIVIC CENTER | KOHALASENIORS@GMAIL.COM | |
| | 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 | 7AM | 8AM | AA DAWN PATROL | BAPTIST CHURCH |
| 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 | 8AM | AA DAWN PATROL | BAPTIST CHURCH |
| | 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 |
| | 4:30PM | | KOHALA CARES FOOD DRIVE | HUB PARKING LOT | |
| | 6PM | 6:30PM | FREE RMD TAIKO CLASSES | WALKER HALL | 895-2025 |
| | 6PM | 7:30PM | SEIBUKAN KARATE ACADEMY | HISAOKA GYM | 889-0404 |
| | 7PM | | ALCOHOLICS ANONYMOUS | WYLIE HALL, 'IOLE RD | 889-6703 |
| | THU | 7AM | 8AM | AA DAWN PATROL | BAPTIST CHURCH |
| 9AM | | 10:15PM | HEALING CIRCLE | NANI'S GARDEN | 805-452-9501 |
| 4PM | | 6PM | THRIFT SHOP | ST AUGUSTINE'S | 889-5390 |
| 4PM | | | FREE FRUIT SHARING MARKET | ST AUGUSTINE'S | 889-1282 |
| 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 IOLE | 805-452-9501 |
| FRI | | 7AM | 8AM | AA DAWN PATROL | BAPTIST CHURCH |
| | 9AM | | HEALING CIRCLE FOR ADDICTS, ALCOHOLICS | NANI'S GARDEN | 805-452-9501 |
| | 12PM | 2PM | MUSIC LAB | ARTIST'S COOP | 333-8026 |
| SAT | 7AM | 8AM | AA DAWN PATROL | KAMEHAMEHA PARK | 889-5675 |
| | 8AM | 12PM | FARMERS MARKET | THE HUB | 313-338-7090 |
| SUN | 7AM | 8AM | AA DAWN PATROL | BAPTIST CHURCH | 889-5675 |
| | 10AM | 11AM | SEIBUKAN KARATE ACADEMY | 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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Hawaii Farmers Market - Update, Featured Farmer, and Recipe Unity in Community Can Build our Immunity



Source: Donna Maltz
Howie and Ladda Simon, of Lotus Farms sell duck eggs at the Hawi Farmers Market.



Greens are always available from the open garden.



Ulu, or breadfruit, grows on gigantic trees.

By Donna Maltz

The Hawi Farmers Market is on a roll! More vendors and customers are bringing joy to Saturdays. We are blessed to have so much variety and fresh food in the middle of winter and a community that supports and values our farmers.

This month's recipe comes from Howie and Ladda Simon of Lotus Farms, named after the cafe in Kona and the food truck they used to operate in Hawi and Waimea. Their farm specializes in growing organic fresh greens, greenhouse cucumbers, heirloom tomatoes, a range of citrus, white pineapples, avocados and mangoes. Overall, they focus on growing the freshest, healthiest, and tastiest produce in the deep Kohala soil on their farm.

Not only do they provide us with a bounty of beautiful organic produce and big smiles, Lotus Farm has eggs – both chicken and duck eggs. The farm raises a mixture of chickens and ducks, which get fed certified organic grain with lots of fresh herbs and insects from the garden.

Eggs are a nutritious and

affordable source of low-calorie protein that we have eaten for millions of years. Eggs contribute to optimal human health, packed with protein, fat, vitamins, minerals, antioxidants, and bioactive peptides.

Let's talk about duck eggs. Have you ever eaten them? Duck eggs contain even higher amounts of some nutrients than chicken eggs, including folate, iron, and vitamin B12. People with allergies to chicken eggs can usually safely consume duck eggs and vice versa because of differences in the proteins causing the allergy. (Check with your healthcare provider.) Duck eggs are usually more expensive because they're larger, harder to find, and considered a delicacy in some places. We are lucky to have them right here at the Hawi Farmers Market!

I have noticed duck eggs have a richer creamier taste. They display a vibrant shade of golden orange yolks and make stunning deviled eggs. They are deliciously scrambled, made into quiche, and maybe substituted in any recipe calling for chicken eggs. Just be mindful of how many you use, as

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See Market, Page 14



Dragonfruit cactus vines are forbidding in their appearance but bear the brightly colored tropical delicacy.

Market continued from Page 13

duck eggs can be 50–100% larger than an average-sized chicken egg.

Howie's wife, Ladda, is from Thailand, where duck eggs are a staple. She offers us this easy-to-make, traditional salted duck egg recipe. You can buy her traditional salted duck eggs from their stand at the market or make your own.

SALTED DUCK EGGS

- 2 1/2 quarts water
- 3 cups kosher salt
- One dozen (12) duck eggs

1. Combine the water and salt in a medium saucepot and place over medium heat. Whisk water and salt until salt is completely dissolved. Remove from heat and allow to cool to room temperature.

2. Layer duck eggs in a seal-tight glass or plastic container. Pour brine over duck eggs until completely covered. Cover container and store in a cool place away from direct sunlight for at least three weeks until egg yolk is firm. Cured eggs can be stored in the refrigerator for up to two weeks.

A few words from Market Manager Amber Smith: "I am honored to help bring the Hawi Farmers Market back to life!

Organic, locally grown food and handcrafted items are the cornerstones of a resilient economy. Kohala has so many passionate farmers and talented artists, and it's more important than ever to support each other. Each week the market is growing, and we envision it being a community hub for the island. Together, we are more powerful! I hope to see you all on Saturday, remember your reusable market bag and masks! Market hours are Saturday from 8 to 1."

For more information on how you can become a vendor or support the market. Contact Amber @ thejourneytosoul23@gmail.com



Cucumbers are grown in the greenhouse.

Mimic

Poem and photos by Diane Revell

Down the mountain six miles away
White froth on the choppy waves
Mimics the sight of egrets in flight
As they move up mountain in morning light



Got ideas? Wanna talk?

By Toni Withington

Kohala's most topical radio program, "Kukakuka with Kalani," has been bringing together speakers and callers on many topics for two years at 7:00 p.m. Thursday evenings on KNKR, 96.1 on the FM dial. Host Jeff Coakley talks with folks close to Kohala issues, our elected officials and neighbors talking about day-to-day activities in Kohala.

If you have ideas about topics or people and you want to hear their stories for future broadcasts, contact Jeff at jeffreykcoakley@gmail.com or call 808-443-8687. Another way to participate is to call in while on the air to ask questions or add your opinions.

The phone at KNKR is 808-443-8586.
Stay Kohala. Stay in touch.

Winter is a Dark Time

*By Light
Co-Founder of Gentle World*

Winter is a dark time. It is a time of faith that there will be light. Your faith in the light is not an impossible dream of the blind. Your faith is firmly supported by your knowledge, and that knowledge rests comfortably upon reason and upon truth. Your faith in the light you have learned from spring, who, on every ledge of your knowing, waits in front of winter. Reason tells you it shall be so again. Winter and spring are God's dark and light. Your faith, therefore, is an understanding of God.



NORTH HAWAII HOSPICE

North Hawaii Hospice is looking for patient and office volunteers. Patient volunteers help patients and their families by providing respite care, companionship and emotional support. Volunteers can also help with grocery shopping, light household chores or meal preparation. Hospice provides in-depth and detailed training via an on-line training program to give you the confidence and knowledge to work with Hospice patients and their families. Additionally, Hospice staff members are always available to assist and answer questions. During the pandemic, Hospice also makes available masks, gloves and cleaning supplies for volunteers. Patients and their families are screened and volunteers are only placed in homes where they will feel safe.

Volunteers are an essential part of the care we provide at Hospice, and our volunteers truly feel that they always come away with more than they give. Please volunteer, help a neighbor, or reach out to a friend with the confidence to offer compassionate support and guidance during a difficult time.

To volunteer
please call **885-7547** or email **volunteer.manager@northhawaiihospice.org**

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KMS Students Learn How to Cook Lumpia Virtually

Kohala Middle School's Leadership students pre-recorded and then showed a video demonstrating to other students how to prepare and cook lumpia for the January Virtual Ohana Night.

Free ingredients and a recipe to follow were given to the first 31

students to sign up for the cooking night.

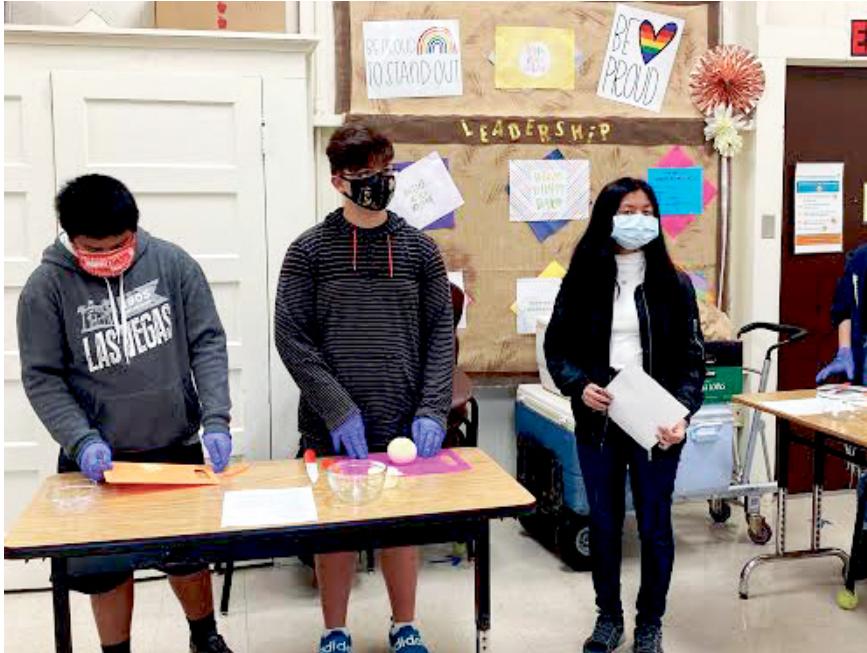
Families were instructed to go to the Kohala Middle School website at 6:00 p.m. on January 28 to cook along with the video. The Virtual Ohana Night included Principal Alan Brown's message,

a Portal Lesson by Tim Buli and Wendy Nickl, and then the cooking activity. It was a family event with delicious lumpia to sample at the end of it.

Mary Ann Fuertes advised on the cooking. Leadership Advisor Keali'i Carvalho and her students

did the cooking video and the final editing of the entire Virtual Ohana Night. Interested parties may still view the Virtual Ohana Night by finding the link posted on the KMS website, www.kohalams.org.

See Lumpia, Page 17



Kenneth Matsuda (left) minces garlic while Esaias Hook cuts onions. Merice Jose fills the role of emcee.



Sophie Canine (left) slices carrots while Mari Ontiveros cuts cabbage.



Amy Ishimine is cooking the hamburger while Mahea Pang waits to add in the sprouts.



Kalea Perez and Samuela Emeliano get the wrappers ready to roll.

NORTH KOHALA COMMUNITY RESOURCE CENTER

Kohala has experienced a great loss in the passing of Shiro Takata. We will always remember him as a generous friend of the Center and a champion for Kohala keiki. He was head of the project, Kohala Coalition Against Drugs. If you would like to help carry this initiative forward, please contact us.

NKCRC is excited to welcome Kynan Kawai and Nathan Trump to our Board of Directors!

You can support our projects and the Center with a tax-deductible donation to NKCR, P.O. Box 519, Hawi, HI 96719 • 889-5523 • www.northkohala.org
A great way to love Kohala!

THE COQUI CORNER

Aloha Kohala, I hope you are all well and staying safe. Our eradicators work continues at upper Kynnersley and the perimeter of the Kohala Nursery. Several spots around Hawi town were also treated. Cool weather often quiets the coqui but they are still there. Do your best to keep your neighborhoods quiet. Warmer weather will bring back more noise.

HELP WANTED

Join the Coqui Coalition - Part time work - \$15.00 an hour
For details and information text 808-896-9226

For eradication strategies and methods, check us out at the kohlacoquicoalition.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 NKCR, P.O. Box 519, Hawi Hawaii 96719



KOHALA MONTHLY CALENDAR MARCH 2021

ALL EVENTS ARE SUBJECT TO CHANGE DUE TO CURRENT HEALTH CONCERNS

| DATE | DAY | START | END | EVENT | DESCRIPTION | VENUE | PHONE |
|------|-----|---------|----------|-------------------------------|--|------------------------------|-----------------------|
| 3/3 | WED | 4:00 PM | | KOHALA COMMUNITY ACCESS GROUP | MEETING | SENIOR CENTER | IMUAKOHALA@GMAIL.COM |
| 3/3 | WED | 4:30 PM | | NKAG MEETING | | OLD COURTHOUSE | 889-0404 |
| 3/3 | WED | 4:30 PM | | KOHALA CARES | FOOD DISTRIBUTION | HUB PARKING LOT | ALOHAPETER@YAHOO.COM |
| 3/4 | THU | 4:00 PM | | FREE FOOD SHARING MARKET | KOHALA GLEANING | ST AUGUSTINES | 889-1282 |
| 3/8 | MON | 4:30 PM | 6:00 PM | COMMUNITY MEAL - TAKE OUT | AT ST. AUGUSTINE EPISCOPAL CHURCH | WALKER HALL | 889-5390 |
| 3/9 | TUE | 6:00 PM | | HAWAII FARMERS UNION UNITED | FACEBOOK.COM/ KOHALACHAPTERHFUU/ | THE HUB | KOHALA.HFUU@GMAIL.COM |
| 3/10 | WED | 4:30PM | | KOHALA CARES | FOOD DISTRIBUTION | THE HUB | ALOHAPETER@YAHOO.COM |
| 3/11 | THU | 4:00 PM | | FREE FOOD SHARING MARKET | KOHALA GLEANING | ST AUGUSTINES | 889-1282 |
| 3/17 | WED | 4:30 PM | | KOHALA CARES | FOOD DISTRIBUTION | THE HUB | ALOHAPETER@YAHOO.COM |
| 3/18 | THU | 9:00 AM | 11:00 AM | SACRED HEART FOOD BASKET | | SACRED HEART CATHOLIC CHURCH | 889-5115 |
| 3/18 | THU | 4:00 PM | | FREE FOOD SHARING MARKET | KOHALA GLEANING | ST AUGUSTINES | 889-1282 |
| 3/20 | SAT | 4:30 PM | 6:30 PM | FREE GRINDZ HOT MEAL | KOHALA BAPTIST CHURCH | BANYAN TREE | 889-5416 |
| 3/22 | MON | 4:30 PM | 6:00 PM | COMMUNITY MEAL - TAKE OUT | AT ST. AUGUSTINE EPISCOPAL CHURCH | WALKER HALL | 889-5390 |
| 3/24 | WED | 4:30 PM | | KOHALA CARES | FOOD DISTRIBUTION | THE HUB | ALOHAPETER@YAHOO.COM |
| 3/24 | WED | 5:00 PM | | PARKS, WATER & ROADS GROUP | MONTHLY MEETING | OLD COURTHOUSE | 889-6238 |
| 3/25 | 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 |
| 3/25 | THU | 4:00 PM | | FREE FOOD SHARING MARKET | KOHALA GLEANING | ST AUGUSTINES | 889-1282 |
| 3/31 | WED | 4:30 PM | | KOHALA CARES | FOOD DISTRIBUTION | THE HUB | ALOHAPETER@YAHOO.COM |

SHORT LINK to google map of FOOD DROP locations ON THE BIG ISLAND: <https://bit.ly/3gH0xUm>

actual link: <https://www.google.com/maps/d/u/0/viewer?mid=1CWvnP9F3yFbncrwjFExqd4JxP-7vlec4&ll=19.60204042869492%2C-156.05109755417124&z=10&fbclid=IwAR3u5CoPZCiVyB9kVBYjN1IKWjjtqpcxECTPfSexw7ajmD35JWIG1KIEY9Y>

Email monthly calendar listings to: kohalacalendar@gmail.com



Kohala Churches

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

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

Kohala Baptist Church
 Across from Makapala Retreat
 'Come to Me, all you who labor and are heavy laden, and I will give you rest.'
 (Matthew 11:28)
 Please join us Sundays for Bible study at 9 AM in the chapel and Worship at 10:30 AM outside under the Royal Poinsianna tree
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Gospel of Salvation Kohala
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 Service: Sunday 9:00 AM
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 Prayer Meeting: Friday 7 PM
 Pastor Ilima Mo'oha
 www.gos-kohala.org

St. Augustine's Episcopal Church
 Kapa'au, North Kohala
 Join our Sunday worship via FB livestream at 9:00 AM
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 For more information: 889-5390
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 Face masks are required. Safe distancing.
 Community Meal:
 March 8 & 22 @ 4:30pm till pau
 www.staugustineskohala.com

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

KOHALA HONGWANJI SHIN BUDDHISM
MARCH SERVICE
 Sunday, March 21, 10 am
 Please bring your own mask, outdoor service
 For more information call: (808) 895-9670
 Reverend Daido Baba

Hua'olelo / Hawaiian Word for Pepeluai (February) 2021
U'i: youthful, handsome, pretty, beautiful
 By Ka'aina Ishimine
 'Olelo: Language, speech, word, statement
 'Olelo No'eau / Hawaiian Proverb:
 "'A'ohe u'i hele wale o Kohala."
 Translation: "No youth of Kohala goes empty handed."
 Explanation: This is said in praise of people who do not go anywhere without a gift or a helping hand.

Lumpia continued from Page 15



Jasper Romero slices carrots.



Jasper Romero's ingredients are prepped and ready to add to hamburger.



Kaimana Nakamura cooks the ingredients.



Kenneth Matsuda fries the lumpia.



Ryder Leitch enjoying the finished product.

KMS Students' Work Highlights Invasive Species Threatening Pulelehua



Credit: Jasmine DeCosta

Madelyn Jessop (left) and Kale`a Perez are in Ms. DeCosta's Current Events class at Kohala Middle School. The brochures they created on threat of the invasive Ramie caterpillar on the nesting site of the Kamehameha butterfly, the māmaki plant, were used by Dr. Koh Ming Wei to educate Hawaii island farmers.

By Maureen Garry
Through a professional development course last summer, Kohala Middle School Science Educator Jasmine DeCosta learned about the native plant species māmaki (*Pipturis albidus*) and its relationship with our state insect, the pulelehua, or Kamehameha butterfly (*Vanessa tameamea*). The pulelehua, a

large butterfly with striking red and black wings, is one of only two butterflies native to Hawai'i. An endangered species, it lays its eggs and feeds on the leaves of the māmaki plant.
During the course, DeCosta teamed up with a Maui educator and collaborated on building lesson plans around the topic
See KMS, Page 18

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KMS continued from Page 17



The image above shows the Ramie Caterpillar. Recently this insect has been spotted on The Big Island eating Mamaki. This insect is an invasive species so it is harmful to the environment. The Ramie Caterpillar is native to South-East Asia.



The image above shows the Mamaki plant. The plant has many purposes such as tea, medicine, food for Pulelehua, etc. Mamaki is grown here on The Big Island. Recently an invasive specie called the Ramie Moth/Caterpillar has landed here and is eating all of the Mamaki!

Resources: [The Maui News](#)

[Article:](#) Invasive moth found on Maui, eating mamaki

[Windy.com](#)

Kale`a Perez's brochure.

PROTECT MAMAKI

By: Kale`a Perez
Kohala Middle School
Kapa`au, Hawai`i
11/30/2020, period 2.



Invasive specie, the Ramie Moth landed on the Big Island. What can we do to protect the Mamaki plant? What are some ways we can help out?

Credit: Kale`a Perez

of māmakī. The lesson series launched with students learning about a problem on the nearby island of Maui, one that might spread to Hawai`i Island. The invasive Ramie moth, which eats the māmakī plant, is now established on Maui. This non-native moth creates competition in the ecosystem of pulelehua.

Last quarter, Kohala Middle School sixth grade students in Ms.

DeCosta's Current Events class investigated the Ramie moth and as Ms. DeCosta stated, "In true citizen-scientist fashion, they gained the skills to identify the invasive species and made predictions on the possibility of Ramie moth spreading to Big Island." She also discussed that while in production of a brochure to raise awareness for locals here on Big Island, students learned that the Ramie

caterpillar had been seen in the Keauhou Forest. Ms. DeCosta's professor for the māmakī course, Koh Ming Wei, Ph.D., subsequently confirmed that the Ramie caterpillar has been spotted on the Big Island. It is believed to have arrived on plants shipped to our island, and māmakī farmers need to be preparing for its possible spread across the island.

On February 4, Dr. Koh held

a Talk Story with Hawai`i island farmers, where she used the educational brochures prepared by two KMS sixth grade students.

All the students who diligently worked on this project have been pono in their efforts to bring awareness of the threat of the Ramie caterpillar to Hawai`i Island's ecosystem, and especially to the Kamehameha butterfly.

See KMS, Page 19

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KMS continued from Page 18



People think that the Ramie caterpillar made it to Hawai'i by plant shipment. We need to stop the Ramie caterpillar and help the Kamehameha caterpillar! This may not seem like a big deal, but it is! Just think about it, a single **invasive** species can completely harm to whole environment. The Ramie caterpillar isn't the only invasive specie on the Big Island, but since it's new it's important to try and stop it before it's too late.



Eaten Mamaki by Ramie caterpillar on Maui

The invasive Ramie caterpillar eats the Native Mamaki plant, food to the Native Puleluea (Kamehameha caterpillar)



The Kamehameha butterfly on Mamaki

Resources:
[The Maui News](#)
[Article](#): Invasive moth found on Maui, eating mamaki

[Windy.com](#)

Ramie Caterpillar is here on Big Island!

By: Madelyn "Maddie" Jessop
Kohala Middle School
Kapa'au, Hawai'i
11/30/20 second period



The Ramie caterpillar sighted on big island eating Mamaki

The Ramie Moth/Caterpillar is invasive to Hawai'i. Recently, we found out that the Ramie caterpillar made it to Big Island! What can we do to help the Native Puleluea (Kamehameha butterfly/caterpillar) and the Native Mamaki plant.

Madelyn Jessop's brochure.

Credit: Madelyn Jessop

SUNSHINE HARDWARE PRESENTS: "TOP SHAPE" THE LIFE AND TIMES OF KA AND LA, MENEHUNE COUSINS OF KOHALA

STORY BY KALA CORP ILLUSTRATED BY KRISTI KRANZ

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YA, KOHALA REALLY GONNA MISS DAT BUGGAI!

HE WENT PROVE YOU CAN BE ONE GOOD GUY AND ONE GOOD BUSINESSMAN TOO!

YA, NO

YA, NO

THEY RUN THEIR BUSINESS SO THEIR CUSTOMERS "ALWAYS LEAVE WITH A SMILE"

EVERY TIME I WENT ASK HIM "HOWZ-IT" HE ALWAYS, FOR YEARS, TOLD ME THE SAME THING... LET'S TRY ASK HIM AGAIN "HEY, SHIRO.. HOWZ-IT?"

TOP SHAPE!

BROUGHT TO YOU BY TRUE VALUE HARDWARE DAT'S HAU!

Aloha Bob Keys

Story by Toni Withington

Kohala farmer Bob Keys, who led an extraordinary life as a cameraman, died late December of cancer. He was 84.

Friends and neighbors knew him as a humble and generous man who bought his macadamia nut farm in the mid-1990s. He was an active member in the Kohala Lions, Kalahikiola Church and the Macadamia Nut Farmers Association.

What few knew was that for decades he was an award-winning video camera operator. For his work behind the lens he was given five Emmys and a Lifetime Achievement Award from the Society of Operating Cameramen.

He filmed four Presidential Inaugural Galas, the Academy Award Presentations, the Hallmark Hall of Fame and the 1986 hundred-year rededication of the Statue of Liberty.

A lover of adventure, he shot stories from helicopters, rooftops and a stunt



Courtesy of Layne Staral
Bob Keys passed away in December 2020.

glider. He filmed underwater on the Great Barrier Reef in Australia, and he dove with humpback whales in Hawaii.

A story he loved to tell was of two trips aboard a small submersible filming some of the early views of the Titanic where it sits on the Atlantic Ocean floor over two miles deep. Another was to be part of the first American television production filmed in China – The Bob Hope Special.

He filmed television specials for Ben Vereen, Neil Diamond, Julie Andrews, John Denver, Barbra Streisand, Mikael Baryshnikov, Andy Williams, Dean Martin, Frank Sinatra, Henry Fonda, Fred Astaire, Bing Crosby, Perry Como, Doris Day and Elvis.

From the bright lights of Hollywood to the quiet of Kohala, he touched many with his kindness. Keys is survived by his companion Layne Staral and a brother on the mainland.

A memorial will be held later this year.

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