



"E Ala Na Moku Kai Liloloa"

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NORTH SHORE NEWS January 18, 2017 VOLUME 34, NUMBER 1



Happy New Year from Waialua Farmers' Market

By Edith Ramiscal



"Keep the Country, country!" that is exactly what Waialua Farmers' Cooperative and Waialua Farmers' Co-op Market do. Waialua Farmers' Cooperative rents 135 acres of Dole lands to former sugar workers and other immigrant farmers. A variety of exotic fruits, ethnic vegetables and tropical flowers are grown on farms then sold at Waialua Farmers' Co-op Market.

Waialua Farmers' Co-op Market is a branch of the Cooperative.

The Market services its members and other North Shore farmers. Buyers can directly interact with the growers. Twin Bridge Farm specialize in asparagus, Rasa Farm cultivates turmeric, Fields of Aloha harvests ice cream bananas and there is more...coconut, passion fruit, spinach, starfruit, guava, flowers, plants and more locally grown crops.

Hungry? Try baked goods made from local fruits. Ethnic dishes, fish or chicken plate

lunches will arouse your appetite. Coconut peanut butter, local honey, jams and salad dressings make great aloha gifts.

Waialua Farmers' Market is on the compound of historic Waialua Sugar Mill. It is open every Saturday from 8:30 a.m. to 1 p.m. Enjoy the drive to the quiet sleepy country town of Waialua. You will be buying directly from farmers. You will be getting the best prices. You will be supporting local farmers. You are helping to "Keep the Country, country!"

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Waialua Bakery



OFF da Island in Israel

North Shore residents Ed & Karen D’Ascoli, Chet & Sylvia Naylor and Jacque & Randy Rarick took an early fall trip to Israel. Along with visiting the religious sites in the Holy Land, they also enjoyed a side trip to the Dead Sea and bathed in the Spa Bath complete with seaside mud baths. Luckily Randy had a copy of the North Shore News to remind them of the beautiful beaches and the good times back on Oahu’s North Shore. For more information on the OFF da Island campaign turn to page 23.

**North Shore
Neighborhood Board #27
Tuesday, January 24, 2017
7 p.m.
at Waiialua Elementary School**

The next meeting of the North Shore Neighborhood Board will hear updates from the City and County, HPD, HFD, and other elected officials. Sign up for minutes and agenda the meetings at: <https://www.honolulu.gov/esub/email-subscribe-nco> or call Kathleen at 637-8545 for more information or any questions.

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Kama'aina keiki 12 and under enjoy free admission every Wednesday! Bring the entire family for a fun-filled day of Hawaiian activities, games, and much more for all ages



Hale'iwa Farmers' Market

Thursdays 2 - 6pm at the Pikake Pavilion

Join us every Thursday, rain or shine, at this award-winning weekly market featuring fresh produce, local vendors, arts and crafts, and live music



Plant Sale

Saturdays 8am - 12pm at the Waimea Valley Nursery

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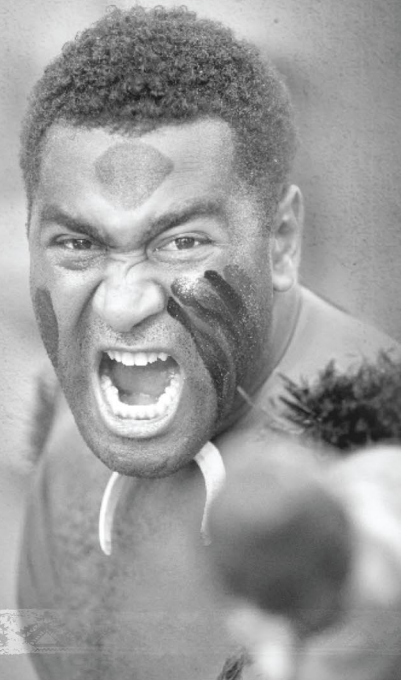
How's that for a game plan?

Join the free Ohana Club for a chance to win two tickets to the Polynesian Football Hall of Fame Enshrinement Ceremony.

Tickets include a luncheon, autograph session, canoe parade, and free admission to the PCC. Plus, get a special autographed football. To sign up, visit PCCOhana.com.



- Save on a Kama'aina Annual Pass
- Get special offers & coupons
- Plus free "members only" events



Must be a Hawaii resident. Winner selected on 1/20/17.

A Brief on Polynesian Cultural Center

Located on the beautiful North Shore of O'ahu, the Polynesian Cultural Center (PCC) is the only cultural tourist attraction of its kind in the world and a favorite of all visitors to Hawai'i. An engaging, interactive celebration showcasing the people, culture, arts and crafts of Polynesia, the PCC has entertained more than 37 million visitors from around the world since opening in 1963.

The PCC features six island villages in a beautifully landscaped setting representing Hawai'i, Samoa, Tahiti, Tonga, Fiji, and Aotearoa (New Zealand), plus exhibits for Rapa Nui and Marquesas. A manmade freshwater lagoon winds throughout the Center. Cultural presentations and activities are offered throughout the day.

Go Native! activities allow guests to get hands-on with the culture of Polynesia. Learn to throw a wooden spear, paddle a canoe or cook like a Polynesian.

In 2011, PCC opened its doors to the renovated Gateway restaurant, resulting in one of the largest enclosed restaurants and special event venues on O'ahu. Now boasting a 24,400 square-foot grand dining hall with seating for more than 1,000, Gateway offers two bountiful, buffet spreads.

The award-winning Ali'i Lu'au takes guests on a nostalgic trip back in time. Experience the royalty of Hawai'i while enjoying traditional Hawaiian lu'au food and entertainment, cultural demonstrations

and service served with the Aloha Spirit in a beautiful tropical setting.

Ha: Breath of Life, a critically acclaimed story of passion ignited by fire, song and dance, is performed each evening. The world's largest Polynesian revue features over 100 performers, special effects, animation and original songs and choreography. The \$3 million show brings the performance into the audience and utilizes exciting technology.

Sign your keiki up with Polynesian Cultural Center's Keiki Passport, which includes spaces for the keiki to collect stamps from each island village to show that they completed the games or activities, plus spaces to write down the greetings for each island. The Keiki Passport also has a schedule of the day's activities geared toward the family experience and a fun illustration and the name of each island's games and activities. The Keiki Passport serves as a keepsake to bring home as well as a learning tool for the keiki.

Residents can also join Ohana Club Membership, which is Polynesian Cultural Center's loyalty program designed just for Kama'aina and is completely FREE to join and provides local residents with exclusive offers and deals to visit the Polynesian Cultural Center and Hukilau Marketplace.

For more information, visit Polynesia.com or call (808) 293-3333.

Happy New Year and Mahalo Nui from Mālama Pūpūkea-Waimea for an Amazing 2016!



This year we **educated 4,806 people** at our outreach tent, **removed 5,475 pounds of invasive weeds** and **1,617 pounds of rubbish**, **planted over 600 Native Hawaiian plants** for our coastal erosion project, **hosted ten community events**, helped to successfully **rehabilitate the Pūpūkea Play Courts**, and so much more! Check us out at: **Pupukeawaimea.org**

All of this was made possible by our incredible Volunteers, Board, Donors, Partners, Staff, and Community!

Mālama Pūpūkea-Waimea is a 501(c)(3) federal non-profit organization, so donations are fully tax-deductible!

200 RYT
Yoga Teacher Training
Feb 4, 2017- May 26, 2017

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YOGA
North Shore Studio

66-590 Kamehameha Hwy Suite 2D (808) 232-8851
YogaOpenSpace.com

NOTICE:
The Annual Waiialua Community Association general Membership meeting will be held on Wednesday, February 15, 2017. Sign-in begins at 6:00 p.m. with meeting to follow at 7:00 p.m.

CELEBRATE THE NEW YEAR WITH PKB

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Grand Opening of the PŪPŪKEA BALL COURTS!



**Please Join Mālama Pūpūkea-Waimea
as we celebrate the Grand Opening of the Pūpūkea
Ball Courts with a Ribbon Cutting Ceremony, Keiki
Basketball Shooting Competition, and Lunch!**



COME JOIN THE FUN!

10:00am, Saturday, January 28th, 2017

Pūpūkea Ball Courts, adjacent to the Fire Station



**Senator
Gil Riviere**
**Serving Oahu's North and
Windward Shores**

Counting the Homeless

Last year, the official count of unsheltered homeless in all of Wahiawa and the North Shore was 198, and only 49 homeless were counted between Kahuku and Kaneohe. Surely, many more people in our region are homeless. This lack of accurate counting adversely impacts funding for support services.

The Point in Time Count is an annual census of homeless, both sheltered and unsheltered, used by the Federal Department of Housing and Urban Development (HUD) to determine federal funding for homeless initiatives in each community. In other words, it is important to make sure we go out and properly count.

Volunteer training sessions are ongoing around Oahu in advance of the January 23-26, 2017 counting period. Volunteers will spend 3-5 hours with a team of other volunteers, during daylight hours, either in the morning or in the afternoon. Volunteers are not expected to go out at night. The goal is to identify as many people as possible who were homeless on the night of January 23, 2017.

On Thursday, January 19th, a training session will be held at the LDS Church on 538 Avocado St. in Wahiawa. Another session may be held on the North Shore, but details have not yet been confirmed. Please call my office at 586-7330 for more information or check out PartnersInCareOahu.org.

Large numbers of homeless residents have been a concern for several years now. Sadly, the official counts have not matched the reality in our district and the low numbers have limited supportive services. Without volunteers to help conduct this census, our district will continue to be shorted funds

and services.

In addition to the surveyors, other volunteers are needed to help process and count the data, assist the surveyors by driving and refreshment support, and coordinating small, \$5 gift cards to be donated to the homeless. Time and money are always in helpful.

Please help me and the other volunteers put in a strong effort this year to bring more attention and support to the homeless within our communities.

PUC to hold windmill meeting at Kahuku High & Intermediate School on February 2, 6:30 p.m.

Na Pua Makani plans to build new wind turbines as tall as 66 story buildings less than a half mile from Kahuku Town. The public is invited to comment on the 23 additional poles and transmission lines needed to support the new project. This may be the last opportunity for our community to comment directly to the Public Utilities Commission on Na Pua Makani's plans. Please mark your calendar and take time to share your opinions with the PUC on February 2nd.

My phone number is 586-7330. My email address is SenRiviere@capitol.hawaii.gov. If you still use a fax, you can transmit to 586-7334. Follow us on FaceBook or online at SenatorRiviere.com. Please visit us in Room 217 at the Capitol; or let's talk closer to home, maybe the next time we pass in the street. Mahalo.



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Lauren
Matsumoto**
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History of the Hawaii State Legislature

Aloha Friends!

I hope you all had a happy holiday season! With 2016 now behind us, we are looking forward to a new legislative session and the opportunities it will afford our state. With the new year now upon us, it is important to reflect upon past legislative sessions and our history. One of the many aspects worthy of looking back on is the creation of the Hawaii State Legislature.

In 1959, the Hawaii State Legislature was formed to represent the citizens of the newly established state of Hawaii. The foundation of the legislative process is to listen to the will of the people, create bills and introduce them each legislative session. Structurally, the Hawaii State Legislature is split into two chambers. This bicameral legislature includes both the Hawaii State House of Representatives as well as the Hawaii State Senate. In Hawaii, the Senate holds 25 members and the House contains 51 members, respectively. As individual ideas begin the process and are drafted into bills, they are filed and subsequently assigned to an appropriate committee. In each committee, bills go through discussion, debate, and a series of hearings before a final determination is made to send the bill to the House floor. If a bill receives enough votes to pass in the House of Representatives, it then moves to the Hawaii State Senate. If also passed by the Senate, the bill is sent to the Governor for a final decision. The Governor has three options when it comes to each bill. These options include signing the bill into law, vetoing the bill, or refraining from signing the bill. After a certain amount of time, the bill automatically becomes a law even without the signature of the Governor.

For over fifty years the Hawaii State Legislature has represented the voice of the people and when the people have ideas, they are presented by their duly elected Representative or Senator. Ultimately, change starts with responsible members of the community, like you, voicing their opinions and ideas. As members of our community, it is necessary to make our opinions heard to try to improve our state and leave behind a better Hawaii for future generations.

As we begin this New Year, let us continue to acknowledge our past and look forward to the positive changes that await us in 2017. If you can, stop by the State Capitol or simply take some time to look into the history of our State's government. Furthermore, opening day for the 2017 Legislative Session

is Wednesday, January 18th. We invite you to join our office as we participate in the opening celebrations or just to say "hello". As always, please feel free to contact me if you have questions or concerns about happenings in our community. Please call me at (808) 586-9490, email RepMatsumoto@Capitol.Hawaii.gov, or visit RepMatsumoto.com.

Olakino Maika'i

(Good Health)

by Naty Camit Hopewell

Is Laughter Good Medicine?

Studies have been done on the health benefits of laughter. This began with Norman Cousins, an author, political commentator and peace advocate. He was diagnosed with a painful spinal condition. He noticed that watching comedies decreased his pain and that he subsequently slept better. I heard him speak in the 1980s extolling the benefits of laughter. He cited a study on nursing home patients, which indicated that ones who laughed more tended to live longer. A skeptic could respond that the healthier patients had more reasons to laugh.

Researchers aren't certain whether it's the act of laughing or other factors associated with laughter that impacts our health. For example, do people who laugh more, spend more time with others laughing? Is it the laughter or is it that person's association with others (a good support system) that benefits him or her? Does a person's positive attitude promote better health or is it that a positive person laughs more often? Does a healthy person laugh more than an unhealthy person? If so, is it because the person has fewer problems or is he or she healthier because of more laughter?

Physiologic changes occur in our bodies when we laugh. Our pulse and blood pressure increase and we breathe faster. All this sends more oxygen to our cells thereby improving our body responses. Another effect is on our immune system. Increased stress is associated with a decrease in our immune response. In contrast, laughter may increase our ability to fight infections by increasing the number of immune cells. Another study shows lower blood sugar levels in people who watched a comedy in comparison to those who had to listen to a boring presentation. Another effect is a more relaxed state in people who laugh more.

Although we don't know if it's the act of laughter that promotes better health it really doesn't matter. Laughing with family and friends is fun and we should resolve to do more of it in 2017. Who knows? You may feel healthier!

“There’s A New Kid In Town”

Haleiwa welcomes “a new kid” to town: New Horizons Counseling, (est.1980). New Horizons specializes in addiction and relationship counseling, but goes about it therapeutically in a unique fashion. *“Most counseling takes place in an office where you come for one hour a week.”* Says, Mark Turansky, Executive Director (CSAC). *“But that traditional method can lose the momentum and synergy needed for quick and efficient results. I like to work with couples or individuals in a retreat format where they get away from their busy life to focus on success. My methodology is based on practical, easy to grasp principles that helps each individual become their best self.”*

Mark is no stranger to the North Shore. He has been running his “Marriage 911 Retreats” and “Treatment Camps” for addiction and recovery in Waialua and Mokuleia since 2013. New Horizons has operated out of Mililani since 2008 however, *“It made sense for me to move my office to Haleiwa, since most of my work is on the North Shore already.”* Turansky adds.

Located at 66-526 Kamehameha Hwy, the New Horizons office is behind Sprouts Sandwich shop on the Weed Circle end of town. If you have relationship challenges or struggle with addictions of any kind, perhaps you might want to give Mark a call (808-484-1000), or check out the work of New Horizons at: www.newhorizonshawaii.com. In either case, we want to welcome “the new kid in town” to our Haleiwa Ohana.



New Horizons Counseling

www.newhorizonshawaii.com

808-484-1000

Celestial Celebrates 43 Year Anniversary Saturday, January 21 & Sunday, January 22, 2017

On Saturday, January 21, and Sunday, January 22, from 9 a.m. to 7:00 p.m., Celestial Natural Foods will be celebrating it's 43rd year in business, in Hale'iwa. Celestial was originally established on January 16, 1974 as a Natural Foods Store and Juice Bar. The company has chosen a majority of their product selection to be organic foods. They support organic foods farmers both locally and around the globe by selling organically grown foods. The variety and selection is so diverse that you will just have to come in and see for yourself.

On Saturday and Sunday, Celestial will be collaborating with all of their brokers and suppliers to offer a great discount to all of our loyal customers. The day will be full of drawings, displays and free samples.

The Celestial Foods Management wishes to thank all their customers for their continued support throughout the years, and helping to make this Natural Foods experience a great success.

Giant Sale – All Day
20% OFF all purchases

Celestial Natural Foods 43rd Year Anniversary

Come help us celebrate 43 years in business on the North Shore!



SATURDAY, January 21, & SUNDAY, January 22

Sat. 9am-7:00pm • Sun. 9am-5pm

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North Shore Chamber of Commerce News

CHAMBER SPOTLIGHT – V BOUTIQUE

Tucked in the corner of a building at the Waialua Sugar Mill site next to the North Shore Soap Factory is V Boutique. Here Vanessa Pack makes and sells her own line of jewelry along with an eclectic and colorful collection of accessories, clothing and gifts. Her original handmade jewelry is all made in her workshop on site. Major pieces are made of sterling silver, 14-carat gold or gold fill. Open hours are 10 a.m. to 6 p.m., seven days a week.

If you plan to pay her a visit, however, she'll be moving her shop by the end of the month to Haleiwa Town Center at 66-165 Kamehameha Highway between Mahiku and Bank of Hawaii. At her new location she not only plans to sell her jewelry, but also to offer classes in jewelry making and wine glass painting.

"We're excited and thrilled about the challenge," she says about the move.

Although her shop at the Sugar Mill has only been open about two years, Vanessa has been busy developing and marketing her line for much longer. She and her husband, Joe, have been there for more than six years. Originally, Joe had a side shipping business, and she worked at developing her craft. As her jewelry line took off, she took over more and more of the space until her husband's business closed up and hers took over.

Both Vanessa and her husband have had interesting lives. Born in Southern California, she moved with her family to Park City, Utah, when she was in junior high school. She met her husband, Joe, in high school. After graduation, Joe competed as an Olympic skier and earned several medals including a silver medal in freestyle aerial skiing at the Salt Lake City Winter Olympics. Vanessa worked as a Delta Airlines flight attendant, which brought her to New York City. The couple moved to Hawaii in 2010 after Joe retired from skiing. He trained in Kaneohe to become a golf instructor and went to work at Turtle Bay Resort where he's become the head golf pro.

Meanwhile, in 2001 Vanessa took a break from the airlines after the September 11th World Trade Center disaster. She started a beading jewelry line which she marketed in Utah boutiques. She soon returned to Delta, but decided to change direction and create and market her jewelry full-time in 2011 when daughter, Gabriella, was born. She clearly has talent, and now she discovered she has passion - crafting in metals where she employs artistry, strength and skill.

Running a business requires savvy marketing, and Vanessa appears to have what it takes. Over the years, she's done local trade shows including Honolulu Fashion Week, and pop-up shops including some at the Royal Hawaiian Shopping Center. Currently, in addition to her own shop, her line is featured in at least four Sand People stores, including the one in Haleiwa, Noelani's Boutique in Haleiwa, and a gift shop in Turtle Bay Resort. Her jewelry is also at five Maui Clothing Company stores. Her wave and coral branch collections are her most popular lines. Now she looks forward to "strengthening her presence in the Mainland."

She recently decided to join the North Shore Chamber of Commerce as a way to network with other businesses. "As I get to know business people on the North Shore," she says, "I see a close community with aloha among business owners. The Chamber helps us to get to know and support each other."

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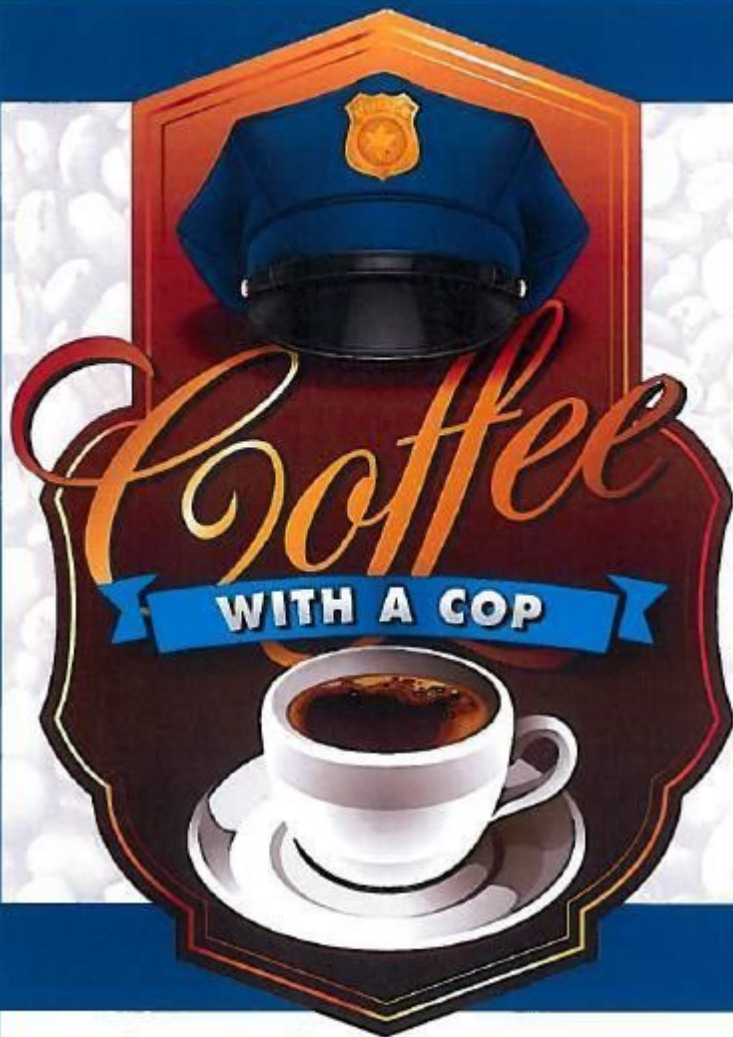
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HONOLULU POLICE DEPARTMENT





**Civic Engagement and
Community Building
By
Blake McElheny**

Our Beloved Community

The beginning of the New Year is a good time to ask “Wait, what?”

The powers that be are trumpeting the fact Oahu had at least 5 million visitors last year and boast about record-breaking visitor numbers for the past 5 years. In fact, every year tens of millions of tax-payer dollars are spent to recruit even more visitors to our shores. Additionally, many residents persistently post alluring images of our community on multiple social media platforms viewed around the world. Perhaps the global spotlight, all these visitors, and the subsequent changes may be good for some residents, but maybe not for all of us along this coastline.

If more than half of all visitors to Oahu make it to the “North Shore” during their visit, it follows that on average, approximately 7,000 visitors pass through this area daily. One begins to wonder then about the carrying capacity of our community, or the point at which the maximum daily population size and activity levels will exceed the ability of the environment to sustain itself.

That being said, one must also ponder our individual and collective responses to the rapid, dramatic, and unsettling changes we are experiencing in this community.

Will we allow ourselves to name-call, label, and blame our neighbors for impacts that may be predominantly caused by external, non-resident factors? Will we be able to maintain a broad, cohesive social identification as “North Shore residents,” or will regional pride break down so that people identify themselves with more exclusive, narrower categories?

Perhaps it would be easier for all of us to work together if the eruption of tour buses, visitors, new businesses and commercial areas, over-night accommodations, lunch trucks and surf schools, and new luxury homes resulted in good quality infrastructure, plentiful affordable housing options, living wages, well-paid teachers and world-class schools, clean and safe parks, and high quality and functioning roadways.

However, it seems widely agreed that this community in particular is experiencing all the impacts, but not the corresponding benefits of “development” and “progress.”

More development and impacts are right around the corner. The Laie Marriott and Polynesian Cultural Center recently expanded; Turtle Bay plans hundreds of more units; hundreds of condominiums and house lots are proposed for Haleiwa Town, Dillingham Ranch, and Gunstock Ranch; new lots are planned for

the former lo’i by Achiu Lane; new commercial areas are planned for multiple parts of Haleiwa (including around Loko Ea Fishpond); and Kamehameha Schools plans hundreds of new homes in and around both Papailoa and Haleiwa Town. This is not to mention the new lunch truck areas at Shark’s Cove and behind the Sunset Chevron as well “high-end ag-lots” at Pāhipāhialua, Kawaihoa, and Kaukonahua.

To large degree, most of these development decisions and impacts are outside the control of individual North Shore residents.

Moreover, even in the face of our desire for peace and quiet and a healthy environment, it seems inevitable that:

1. There will be more visitors and tour buses each year – and more traffic jams in familiar and new places;
2. More homes will be purchased by non-residents and turned into vacation rentals;
3. The cost of housing will continue to rise and taxes such as the GET will be extended and/or increased to pay for Rail;
4. More jobs will be in low-paying service industries with few to no benefits;
5. More agricultural land will be utilized by chemical companies for pesticide experiments;
6. There will be more military training, convoys on the highway, and increased over-flights;
7. More countryside will be covered with inefficient and destructive windmills;
8. Less of our infrastructure will be properly maintained and improved relative to the increased usage;
9. Public beach access will be further restricted by no parking signs, park closures, sea-level rise, erosion, and the simple fact of not enough parking stalls; and
10. There will be more water pollution and more substances detected in our drinking water.

Given the strength of these external forces, the gravity of the changes, and the resident reactions we are seeing to date (“go home if you don’t like it,” “let’s close parks,” “no more parks,” “we should form our own County,” toll roads, etc...), we must ask ourselves what truly matters to most North Shore residents.

Perhaps we can at least agree that there are some things that bother all of us equally – and that the majority of residents agree should be addressed. Perhaps we can at least agree that there are certain universal beliefs and convictions we all hold (like the value of family and friends) that will drive us to help improve the community for future generations.

If it is a fact that there are shared common human values that both: a.) Keep long-time residents here and b.) Bring newer residents here – then perhaps we can draw on these shared common values to work together to do a better job to make sure that we respect and cherish both each other and this community.

In the face of the daunting challenges this region faces, what are you willing to do to make sure young people of all backgrounds and this community itself feel valued and loved?

Hawaiian Humane Society Contest Offers Top Prizes for Students Helping Animals

Teens can be an animal hero and participate in the Hawaiian Humane Society's annual youth contest, Mission PAWsible.

Oahu youth in grades 6-12 are eligible for a chance to win a Samsung Galaxy Tablet™, Beats by Dre™ and other great prizes. Contest closes at midnight March 31, 2017 HST.

Mission PAWsible Contest categories include Traditional Art (drawing and painting), Digital Art (photography series and video) and Written Word (poetry, short story and creative writing). Students must identify and describe a creative solution to an issue that compaion animals in our community face, such as animal abuse and neglect, puppy mills or overheating in cars.


Visit HawaiianHumane.org/education for contest details. For more information, call 356-2206 or email education@hawaiianhumane.org.

The Hawaiian Humane Society is an education and advocacy organization that shelters, protects, rescues, reunites and rehomes animals. It is Oahu's only open-admission shelter that welcomes all animals. Established in 1883, this non-profit organization is not a chapter of any group as there is no national humane society. Gifts made directly to this independent, local organization help local animals and people. Visit HawaiianHumane.org to learn more.




Aloha Shirt in Boston Library

To warm the cold days of winter the William Morris Hunt Memorial Library in Boston has a selection of Hawaiian textiles on display. This "Aloha Shirt" hand made by Jane Oda and Katherine Kawaguchi's shop H. Miura of Haleiwa is on display in the Boston Library.



HO'OLA NĀ PUA

Sex Trafficking in Hawaii: Creating awareness



Tue. Jan 24th 6:00p

Adults, parents, children, and teens are encouraged to join us for an educational presentation, by Ho'ola Na Pua, on the dangers of sex trafficking in Hawaii. Awareness is the greatest protection that our children can have against the dangers of those who prey upon the young and innocent. The topic will be appropriate for all ages with parental guidance.

Kahuku Public and School Library, 56-490 Kamehameha Hwy, Kahuku 96731. PH: 293-8935. If a sign-language interpreter is needed please contact the library 2-weeks in advance.

2017 Neighborhood Board Elections

YOUR VOICE. YOUR COMMUNITY.

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Be a candidate!



REGISTER NOW
THROUGH
FEBRUARY 17, 2017!

More information:
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Neighborhood Commission Office
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Pick up a candidate form at your local Satellite City Hall or at the Neighborhood Commission Office located at 925 Dillingham Boulevard, Suite 160

Vermicomposting - Scraps into Supply

By Parker Powell

A simple way to create a natural fertilizer from household waste can be achieved through vermiculture composting. It is a convenient, low-maintenance, low-odor waste-processing method that requires little space, making it possible for use in most places including the urban environment. By recycling food scraps and other organic waste in a bin with composting worms, the organic matter is digested by worms and other natural micro-organisms developing a nutrient-rich black soil much quicker than with traditional composting methods.

As you dig in the soil outside it is likely you will encounter what is commonly known as an "earthworm". Most likely this is a soil dweller, with a primary job of soil aeration. They require soil to survive, eating minerals and some organic matter as it falls on the soils surface. These are not the type of worms used in a composting worm bin. Other species that can be found in Hawaii such as the blue worm, *Perionyx excavatus*, have a primary job of breaking down organic materials, and produce finer worm castings more efficiently. Composting worms reproduce quickly, tolerate the environment of a worm bin, and consume around half to their full weight in waste each day.

Worms are sensitive to light, so when choosing a composting bin, consider it's resistance to light penetration for the ecosystem inside. Making a bin can be as simple as stacking plastic storage bins for the patio, or using recycled cinderblocks and ply-

wood for the backyard. By stacking plastic storage bins, the top two bins should have holes drilled in the bottom, and are used to rotate the worms, readying the vermicompost for harvest. As the worm bin finishes a desired amount of compost, the other bin can be placed on top of it with fresh food and bedding, and the worms will find their way up into the new food source. The lower bin is then full of ready to use, nutritionally packed soil enhancing humus. Another bin or a tray should be placed underneath both of these bins to serve the purpose of capturing excess liquid as it accumulates, which can be used as compost tea.

Begin a worm bin using bedding such as shredded paper or small pieces of cardboard. Make sure the material is damp but not soggy, and cover the bottom of the bin with a 1-2 inches of the bedding. Add an initial 1-2 cups of green waste with the worms and cover them with an additional 1-2 inches of bedding. Let them begin the process for about two weeks before feeding them again. Rotating the materials can speed up the process.

Vermicomposting is an easy way to make a positive environmental impact by reducing the amount of green waste that makes it into landfills, incinerators, or the ocean. Also, it could reduce our dependence on imported synthetic fertilizers, by making it naturally at home. The nutrient-rich product that is developed is an organic, environmentally sound amendment to improve soils for plant growth.





North Shore Wireless Betty Depolito

FORMER WORLD JUNIOR CHAMP MAEDA MAKES THE FINAL, FINN EQUAL 3RD

North Shore Kahuku grad and 2016 22nd WSL ranked Mahina Maeda catches practically no waves in final of Junior World Championship at New South Wales, Australia. What the? Let me rephrase. Our former World Junior Champion got so close to making it so that it was hard to watch the final. Aussie Macy Callahan killed her, scoring 15.67 to 4.60, what a romp! Later Maeda just said she could not catch waves and that her selection was bad. For sure, but we look forward to a great year next year. Maeda got so close to qualifying for the World Tour and can do it this year. So let's cheer her on! On the mens side our own Finn McGill surfed well and to an equal third with Maui surfer Cody Young! McGill had a great 2016 getting a 49th ranking on the WCT! Onward.

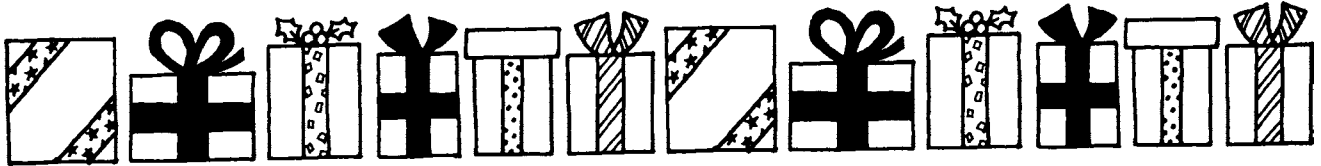
WORLD SURF LEAGUE CEO PAUL SPEAKER STEPS DOWN

Paul Speaker the head of the World Surfing League has resigned from the position. He released a statement recently about his decision. Dirk Ziff will take over until a new one is brought on board. Both

Speaker and Ziff are owners of the WSL and Speaker will remain on hand as "special advisor". Speaker made some changes to the organization including changing the name from ASP to WSL. He also did some great things for the WSL including working on a deal to own the media rights, organizing more staff and the formation of the "Commissioner's Office" that oversees the technical stuff of the sport of surfing. There was also an increase in the prize money for the men and equal pay for the women at the WCT level. He also worked on the Olympics and launched the WSL app which now has over 2 million downloads, Facebook 5,868,728 likes! The WSL also took hold of the Big Wave World Tour and the Kelly Slater Wave Company which hopefully go big! There have been local changes, especially development programs, fan engagement and a more professional quality around surfing. Hopefully making it all seem so professional does not damage things. No changes so far for Hawaii according to our local chapter. We just have to see what happens. The WSL surf season kicks off in Hawaii at Sunset Beach with the Mens and Women's Pro Junior and a Men's WQS event. The Waiting period is January 18 through the 28th.



Mahina Maeda



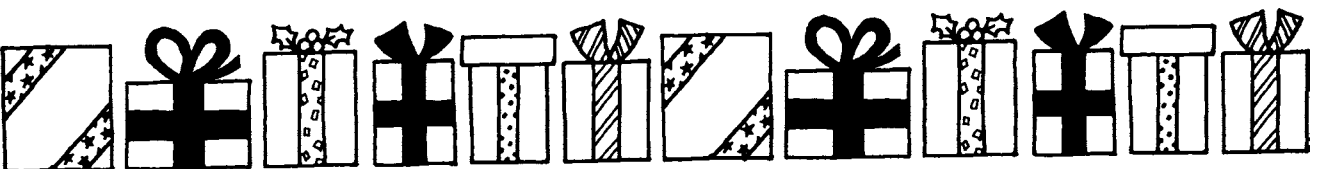
2016 OPERATION: TOY BOX & CHRISTMAS EVE BREAKFAST

December 24, 2016, Christmas Eve morning was a perfect day to celebrate the joy of giving in Haleiwa. MAHALO to all the businesses, organizations, individuals and volunteers for your support and donations to help make the 2016 Operation: Toy Box & Christmas Eve breakfast a great holiday event.

A Special MAHALO to Chef Marcos & Staff at YMCA Camp Erdman, Coffee Gallery, Waialua Bakery, Cackle Fresh Eggs-Laie, Ted's Bakery, Dole Pineapples, Hawaii Food Bank, Hawaii Polo Club, Haleiwa Outrigger Canoe Club, Lee-North Shore Equipment Rentals, Surf N Sea, Kumu Hula Ku'uipo Garrido-Na Lei Nani O Waialua, Ron Artis Jr., Kolohe Wahine, Peggy Agosto & Santa Richard Kamakea.

Volunteers: Robin Antone, Diego Argueta, Joey Bagasol, Lovi Bajo, Dean Barbadillo, Bridget Bourdeau, Breeze, Ginja Brewer, Fred Broughton, Clyde Casugay, Nova Casugay, Jennifer Chii, Teddy Fernandez, Paige Hagen, Lynell Hardin, Lisa & Gene Hyatt, Daniella Haynes, Savannah Hon, Kalani Keawe, Piilani Keawemauhili, Layla, Leon & Sarah Kendrick, Mitchell Kiyohiro, Erica Lehmkuhl, Gina Le Toumeur, Robin Mark, Maria Marieiro, Ryan Miller, Elizabeth Nishimura, Val Oga, Kip Orian, Beverly Paracuells, Bozo Parker, Jaime Parker, Z. Pololu, Cora Rada, Rebecca Ribe, Makana Robinson, Jules Seabrooks, Anuhea & Ole Seyler, Annette Smith, Dave Sodini, Robbin Suan, Matt, Nani & Nicole Verdadero, Mai Tani Waye, Kanoe & Samantha Wood & Bernie Zukevich.

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**MARCH 4, 2017 6:30AM
HAWAII'S FIRST TRIATHLON OF YEAR!**

400 Meter Swim • 12 Mile Bike • 3 Mile Run

Course/ Entry Information

SWIM: A safe, fast 400 meter swim inside of the reef at Haleiwa Beach Park near Haleiwa Canoe Club. Beach start, one wave going clockwise.

BIKE: 12 Mile bike ride, 3 loops circling Haleiwa via Joseph P Leong by-pass road & Kamehameha Hwy. Kamehameha Hwy Mauka Lane closed to cars for 1.5 hours going in the East direction.

RUN: 3 Mile out & back run that takes place on trails, WW2 runways & soft beach sand! Train hard! Do not trespass on the run course before race day!

ENTRY FEE/DEADLINE: \$95 Individual / \$125 Relay includes Finisher T-Shirt (no guarantee of finisher t-shirt for late entries). Entry Fee is non-refundable. Do not mail after February 20, 2017!

LATE FEE & Day of Race: \$110 Individual / \$140 Relay
Enter on line at: Active.com

MAIL TO: North Shore Triathlon c/o Linda Moran 94-463 Alapine St, Waipahu, HI 96797 * Checks payable to: **North Shore Triathlon**

No refunds, no transfer of entries without approval. We reserve the right to refuse entry to anyone for any reason.

*** Limited to 200 participants!**

Divisions / Awards / Information

INDIVIDUAL: Awards for top 3 Male & Female in 5 year age groups

ELITE: Awards for top 3 Male & Female

TEAMS: Awards for Male, Female & Mixed teams, top 3 in each division. Geared bikes are only allowed in the team/relay division.

SINGLE SPEED: Awards for top 3 Male & Female, no teams in Single Speed. Fixies must have a brake! **Helmet required!**

INFORMATION, RULES & MAPS: www.haleiwatriathlon.com
* 808-372-8885 * Facebook: "North Shore & Haleiwa Triathlon"

CHECK IN & RACE DAY SIGN UPS: 4:30am - 6:00am * \$5 donation to Waiialua High School Football for race day packet pickup & \$15 late fee for race day registration, IF AVAILABLE.

PACKET PICK UP & LATE REGISTRATION (IF AVAILABLE):

- Wednesday March 1st at BOCA HAWAII from 3pm - 6pm
- Thursday March 2nd at RUNNERS HI in Aiea from 3pm to 6pm
- Friday March 3rd at Haleiwa Beach Park venue from 3pm- 5pm

***Price Increase after February 13, 2017**



| | | | | | | | | | |
|---|------------|---|-------|-----------------------|---|--------------------------|--------------|---------------------|-----------------|
| | | F | M | | S | M | L | XL | |
| Last Name | First Name | Sex | Age | D.O.B. | T-Shirt Size | | | | |
| | | F | M | | S | M | L | XL | |
| Relay Team Member - Last Name | First Name | Sex | Age | D.O.B. | T-Shirt Size | | | | |
| | | F | M | | S | M | L | XL | |
| Relay Team Member - Last Name | First Name | Sex | Age | D.O.B. | T-Shirt Size | | | | |
| | | Individual | Relay | Female | Male | Mixed | Single Speed | | |
| Signatures (Parent if under 18) | | Teammate Signature 2 | | | Circle Individual, Relay, Single Speed & Gender | | | | |
| Email Address | | Teammate Signatures 3 | | | | | | | |
| Release Statement: I AGREE to comply with the rules, regulations, and event instructions of the Haleiwa Triathlon hosted by Runners HI. I know that competing in a triathlon may be hazardous, I am aware of and assume all risks with participating in this event. I understand that competing in the Haleiwa Triathlon could result in my injury or death. I understand that I must abide by the rules of the Haleiwa Triathlon, obey water safety personnel, race officials and ocean safety officials of the State of Hawaii, City & County of Honolulu and the United States of America. In consideration of this application being accepted, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against race officials, volunteers, sponsors, Aqua Sphere, Waikiki Swim Club, North Shore Triathlon, Steve's Gardening, Runners HI, Boca Hawaii, Kona Deep, Pacific Sport Events the City & County of Honolulu, State of Hawaii & The United States of America resulting from my involvement in this event. I will additionally permit the free use of my name, photograph and interviews in association with this event. I agree to the use of my name, image or reproduction of for broadcast, telecast, web, internet, websites, advertisements, films, videotapes of any reproduction thereof. I understand there is no refunds and that the Haleiwa Triathlon race officials reserve the right to refuse service to anyone, for any reason, and transfers of entries are forbidden. | | Individual & Single Speed by 2/13/17 | | Relay Team by 2/13/17 | | Late Entry after 2/13/17 | | Day of Race Entry | Total Enclosed: |
| | | \$95 | | \$125 | | add \$15 | | \$110 / \$140 Relay | |
| | | Checks payable to North Shore Triathlon | | | | | | | |

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The North Shore Seniors in memory of Sally Amantiad who started the program 28 years ago is having an open enrollment for our North Shore Elder Community. This is the longest ongoing grassroots senior citizen program on the North Shore. If you are 55 years and over, and enjoy dancing hula and/or other exercises, bingo, crafts, cultural activities, and socializing with others this might be a program for you. Our program is every Tuesday at 9 a.m. to 12 p.m. at our new location at the Waiialua Court House in Haleiwa.

Contact Melvin for more information at (808) 469-5256 (enrollment is limited, please call soon)

North Shore Senior Program for new members will start on Tuesday February 7th 2017.

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North Shore News



2017 Schedule

| PUBLICATION DATE | EDITION | DEADLINE DATE |
|-------------------------|----------------|----------------------|
| February 1 | #2 | January 20 |
| February 15 | #3 | February 3 |
| March 1 | #4 | February 17 |
| March 15 | #5 | March 3 |
| March 29 | #6 | March 17 |
| April 12 | #7 | March 31 |
| April 26 | #8 | April 14 |
| May 10 | #9 | April 28 |
| May 24 | #10 | May 12 |
| June 7 | #11 | May 26 |
| June 21 | #12 | June 9 |
| July 5 | #13 | June 23 |
| July 19 | #14 | July 7 |
| August 2 | #15 | July 21 |
| August 16 | #16 | August 4 |
| August 30 | #17 | August 18 |
| September 13 | #18 | September 1 |
| September 27 | #19 | September 15 |
| October 11 | #20 | September 29 |
| October 25 | #21 | October 13 |
| November 8 | #22 | October 27 |
| November 22 | #23 | November 10 |
| December 6 | #24 | November 24 |
| December 20 | #25 | December 8 |

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from the

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The North Shore Food Bank distributed 6,644 plus food bags in 2016! Thank you for all your support and donations, you are appreciated.

The North Shore Food Bank distributes food bags every Wednesday at the Hale'iwa gym from 10 a.m.-12 p.m.

Donations of non-perishable canned foods can be dropped off at the North Shore News office (above the Hale'iwa Post Office).

If you would like to contribute financially checks can be made out to:

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For more information call 637-3138

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WAIALUA PUBLIC LIBRARY UPCOMING EVENTS

Waialua Used Book Sale

Saturday, January 21 from 9AM to 2PM
First Book Sale of the Year!

Waialua Readers' Group

Thursday, January 26 from 9:30AM to 11AM
Pick of the Month: "Lonesome Dove" by Larry McMurtry

Waialua Library Re-Occurring Events

Computer Instruction - Fridays at 9AM
Toddler Time - Fridays at 10AM
Children's Storytime & Crafts - Saturdays at 10AM

Library Volunteers Appreciated

We are a small library doing big things for the community. We need your help...please stop by to ask how you can make a difference!

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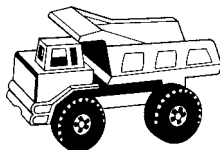
Blessed to be A Blessing



"Children's Church"

Operation: Toy Box Update

Mahalo for your support and donations to the 2016 Operation: Toy Box. All leftover toys were donated to Ka Hana Pono, Waialua HCAP & Kamehameha Preschools.



Haleiwa Senior

Thelma McKinon (93 yrs)
wanted her picture in the
North Shore News!



The North Shore News is published every other Wednesday and mailed free of charge to all North Shore homes and businesses. Extra copies may be obtained at our office.

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Betty Depolito

Naty Hopewell

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Deadline Date - Jan. 20, 2017

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Luibuenos Mexican & Latin Cuisine. Now hiring: dishwashers, cooks, preps, AM/PM and all front of house.
 silva@luibueno.com

Oahu SPCA has immediate opening at our new Wahiawa facility for volunteers, front desk & management positions.
 Please email: info@OahuSPCA.org or call 754-1519.

Retail Sales Surf & Sea
 Hawaii's Ocean Sports Headquarters is always looking for hard working, energetic people to become a part of our sales team. Good pay, bonus, benefits. Japanese speaking a plus. Ocean sports experience and dive instructor wanted. Please contact surfnsea@surfnsea.com for details.
 Apply in person daily 9am-7pm
 62-595 Kam. Hwy., Haleiwa

Dude, Where's My Food is hiring delivery drivers. P/T, on-call, flexible hours. \$2.50-\$5.00 per delivery & tips
 Apply @ DudeFoodHI.com

FOR SALE
 Full size bed, good condition
 \$150./obo
 780-8037

FOR RENT

Downstairs, 3 bd/1.5 bath, no pets. \$1600/mo, includes water/electric
 Applicants provide credit history
 637-6300/223-6288

TABLES & CHAIRS
780-8037

MISCELLANEOUS

BLOOD BANK OF HAWAII
 Saturday, January 21, 2017
 LDS-Kahuku Bloodmobile
 7:00am-12:00pm
 To make an appt. or for more info call (808)848-4770
 Or visit BBH.org

Sunset Beach Community Association Meeting
 Wednesday, January 18, 2017
 7:00pm-9:00pm
 Sunset Beach Rec Center

The Other Meeting CLEAN IN DA COUNTRY
 A Brand New NA Meeting
 Mondays 6:30pm-7:30pm
 Saturdays 9:30am-10:30am
 Sunset Beach Recreation Center
 59-540 Kam Hwy

North Shore Food Bank
 Food bag distribution
 Wednesdays at Haleiwa
 Gym across from Post Office
 10am-12pm

Koolauloa Health Center
 1st & 3rd Wednesday
 Haleiwa Gym, 9am -12
 Assistance with insurance & other public benefits, health education & medical care.
 For more info call 792-3843

New Hope Haleiwa Garage Sale
 Saturday, Jan. 21, 2017
 8am-12noon
 67-429 Kioe St.
 Waialua

U.S. VET CENTER
(808) 674-2414

OFF da ISLAND
 Are you leaving Oahu on vacation or business? Do you live on a neighbor island, the mainland or foreign country and subscribe to the North Shore News? Try send us a photo of someone in front of a sign or landmark holding a copy of the NSN. Email your photo along with the person or persons' name, community of residence, telephone number and photo location to: NShoreNews@aol.com.

Parkinson's Group Meetings
 Group meets at the Waialua United Church of Christ on the 1st Saturday of every month.
 Next meeting Jan. 7 @ 10am
 Abel 253-9541

BRRRR
 It's been cold lately! Perhaps you have an extra blanket or two, used or new to donate to our homeless neighbors. Drop off blankets at the North Shore News office.
A Warm Mahalo
 637-3138

Animal Rescues & Investigations
356-2256

FREE ADS
Garage & Yard Sales, Reunions, Lost & Found.
 Email ad to:
 NShoreNews@aol.com

AA MEETINGS
 Sun- 10am Kaiaka Park
 Tues- Waimea Church Nooners
 Big Book, Cottage #2-8pm
 Wed- Lava Ladies, Cottage #2-6pm
 Primary Purpose, Cottage #2-8pm
 Thurs- Cottage #2-8pm
 Fri- Cottage #2-8pm
 Sat-Pancake Meeting, Cottage#2-6:30am, Cottage#2-8pm



KŌKUA KALAE

fundraiser

LIVE MUSIC PERFORMANCE BY

SHERIFF BROWN

JERRY'S PIZZA

01.21.17

DOORS OPEN AT 6:30 PM

ALSO INCLUDING...

DJ | RAFFLES | BYOB | \$20 COVER