



“E Ala Na Moku Kai Liloloa”

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1950, Courtesy of UH Oral History Dept.

NORTH SHORE NEWS February 15, 2017 VOLUME 34, NUMBER 3



Community Gathers to Celebrate Waialua’s Exceptional Earpod Tree

He that plants a tree loves others beside himself —Thomas Fuller

The public is welcome and encouraged to join members of the Nakamura Family, the North Shore Outdoor Circle (NSOC) and The Friends of the Waialua Library as they host a tree blessing and plaque installation ceremony. The ceremony will take place

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OFF da Island in Madrid, Spain

Lovely Pupukea resident Christina Noel Hilfiker is pictured at the 17th century La Plaza Mayor, it is the central plaza in the city of Madrid, Spain. The Plaza Mayor was built during Philip III's reign (1598-1621), his statue is placed at the center of the square. Christina brought along a copy of the North Shore News to remind her of the good times back on Oahu's beautiful North Shore. For more information on the North Shore News OFF da Island campaign turn to page 23.



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North Shore Neighborhood Board #27 Tuesday, February 28, 2017 7 p.m. at Waialua Elementary School

The next meeting of the North Shore Neighborhood Board will be filling a vacancy in the Sunset Beach Subdistrict 5. Anyone interested in being considered for the seat should be at the board meeting no later than 6:30 p.m., present yourself to the Neighborhood Assistant James Skizewski and he will verify that you live in the Sunset Beach subdistrict. Please bring your ID (driver's license or state ID and/or a utility bill in your name showing your current address). Please note that your ID must have your current address, if it does not, then be sure to bring the utility bill with your current address. 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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Continued from page 1

at 10:30 a.m. on Saturday February 25, 2017 at the tree fronting the Waialua Shopping Center and will serve to rededicate the majestic Earpod as an “exceptional tree”.

It has been 26 years since the NSOC, Waialua Lions Club and Friends of the Waialua Library stood under the Earpod to recognize its place in history on the North Shore. The NSOC tree committee, under the leadership of NSOC President Kerry “Gidget” Germain, decided it was time to reenergize and revisit the tree as well as coordinate the grooming of the tree and see to it that an official exceptional tree plaque be installed as the original plaque disappeared years ago.

The Waialua Sugar Company planted the Earpod tree 115 years ago when the mill started operations. The Waialua Shopping Center was a major hub in the plantation community of Waialua at that time and continues to be so today. Multiple generations have enjoyed the beauty and shade the tree provides. The Earpod earned its name because of the lustrous, deep mahogany, ear shaped pods the tree bears each year. Nominated as an exceptional specimen in 1976 it was the fourth tree to make the Exceptional Tree List on Oahu. It is the only exceptional tree in Waialua.

Members of the NSOC tree committee, Friends of the Waialua Library and John Nakamura Sr. and Jr. began meeting last year to initiate the process of applying for permits to have the tree groomed, decide the best course to determine the health of the Earpod and ensure the well being of the tree going forward.

Many of the tree limbs were the size of large trees that nearly touched the ground near the Waialua Library or extended over the road, electrical lines and the adjoining service station. Germain contacted the Aloha Arborist Association (AAA) for assistance in assessing the need for the grooming of the tree. Steve Nimz, the “go to” tree expert for the state of Hawaii and a member of AAA, determined that the tree was healthy but that there was grooming needed. Removing substantial amounts of dead wood and trimming the overgrown limbs were necessary to ensure the safety, integrity and beauty of the canopy. The arborist determined the health of the tree at its center with the use of a shigometer that can discern possible decay.

Arborist Jon Perry from Oahu Tree Works along with Hawaiian Electric Company (HECO) arborists worked for several days in November of 2016 to complete grooming the massive tree. The only other



Jon Perry, Oahu Tree Works

pruning in the last 26 years took place on the Goodale Avenue side of the tree by HECO in order to protect the wires.

The Hawaii State Legislature passed the Exceptional Tree Act, Act 105, in 1975. The purpose was to protect noteworthy trees statewide from being desecrated by construction or to preserve them for the well being of future generations. Exceptional trees are recognized by the state of Hawaii for their beauty and ecological functions and are protected by law, so they may not be cut down. To be considered for exceptional status a tree must meet one or more of the following criteria: have a his-

toric or cultural value, age, rarity, location, size, aesthetic quality or endemic status. For more information on exceptional trees visit: outdoorcircle.org

The Nakamura Family, who manage the shopping center, along with the Friends of the Waialua Library, and the NSOC who are deeply committed to the Earpod’s continued good health shared the cost for the grooming of the tree. Many thanks to: Barbara Hazenfield, Friends of the Waialua Library, John Nakamura Sr. and Jr. NSOC tree committee Ruth Holmberg, Peggy Cutting, Lea Albert, Barbara Ritchie, and Gidget Germain. Myles Ritchie TOC, David Orr, Aloha Arborist Association, Dudley Holbert, Joshlyn Sands, Steve Nimz, Stan Oka, and Jon Perry. A special thank you to John Nakamura Sr. who admonished the group to “take good care of the tree.”

Trees provide many things for humans— shade, shelter, most importantly, they provide harmony and balance in a constantly changing world. Trees help “keep Hawaii clean, green and beautiful” which is the mission of the NSOC. The NSOC, a non-profit founded in 1987, is a branch of the Outdoor Circle; the first statewide environmental organization in the Hawaiian Islands designed to protect Hawaii’s unique beauty for future generations through community improvement projects, public education and advocacy. New members are always welcome as the NSOC works to plant and protect trees, protect view planes, preserve natural resources, eliminate illegal signage and educate through beautification. If interested, please contact membership chair Peggy Cutting at 638-5695.

In the meantime please join those in the community who will rededicate the Exceptional Earpod on Saturday, February 25, 2017 at 10:30 a.m. There are many who love and admire the stately Earpod that has and will continue to grace the lives of all who visit or call Waialua and the North Shore home.



Council Chair Emeritus
Ernie Martin
Serving You in District 2

Kahuku Golf Course Saved From Development

The City and County of Honolulu has purchased a beautiful stretch of open North Shore oceanfront where the city's Kahuku Golf Course is located, saving it from a planned development. The city closed the purchase with owner Continental Pacific for \$12.1 million.

Council Chair Emeritus Ernie Martin said "It is very gratifying to see this purchase actually happen after years of calling for public acquisition of the land beneath the golf course.

The City Council remained supportive of my efforts to acquire the Kahuku property by the approval of money from the Clean Water and Natural Lands fund. This acquisition will help the district to retain its historic character by preventing development of the property, which now provides protection for migratory sea birds, turtles, and seals. The environmental, recreational and economic benefits of acquiring this property are immeasurable and I want to express my gratitude to all of the many supporters of this important public initiative."

The purchase includes 114 acres of land including approximately 4,696 feet of shoreline. The land includes pristine beach frontage and sand dunes amidst a vibrant ecosystem. It is home to the only municipal golf course on the North Shore, which the city has operated under a lease agreement since 1937.

The former landowner in recent years had announced plans to close the golf course and develop luxury homes on the shoreline, which is now prevented by this purchase. The city intends to keep the golf course open and provide improved public access to the shoreline. Approximately 25,000 rounds of golf are played at the Kahuku Golf course every year.

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Fiscal Year 2018 Budget

The Honolulu City Council will begin its annual budget process in March. Here is a quick reference guide



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MAHALO CHAIRMAN EMERITUS ERNIE MARTIN!



When local resident Michael Newman presented his plan to rebuild the Pupukea Ball Courts to Chair Martin in 2016, he received an immediate offer of support and help.

Chair Martin played a significant role in getting donations to support the project. In addition, he assigned his Special Projects Coordinator, Cliff LaBoy, to help manage the contract.

Cliff identified contractors to do the work and negotiated keen pricing so the project could be completed with the funds that had been raised. Cliff was at the courts almost every day that work was being done and made sure that timetables were met, weather permitting.

The result is that we now have top quality courts that will last for many years.

Malama Pupukea Waimea and the North Shore community is most appreciative of Chair Martin's support for this unique public private partnership!



**Senator
Gil Riviere**
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Visitor Impacts and Assorted Senate Bills

Record numbers of visitors are putting a strain on infrastructure, beaches, parks, and trails, and testing the patience of many residents. Nearly nine million visitors came to Hawaii last year, up from seven million only six years earlier. Meanwhile, the department responsible for managing our state parks and natural resources is critically underfunded.

The Department of Land and Natural Resources, who manages forests, watersheds, near shore waters, small boat harbors, endangered species, parks and several other divisions, survives on a budget of \$129 million. Compare this to the Hawaii Tourism Authority whose \$82 million budget is directed at bringing ever more people to Hawaii.

I introduced SB703 to transfer a percentage of HTA's budget to DLNR to support our parks, trails and natural resources whenever the number of statewide visitor arrivals exceeds 9 million, or when Oahu receives 6 million visitors in a year. In this way, HTA will be invested in helping manage visitor impacts and supporting our natural resources.

As the 2017 Legislative Session approaches the one-third point, many bills have already died in committee, and the picture is getting clearer as to what may pass. Several of my bills are still in consideration.

SB690 would support monitoring of the expenditures and effectiveness of various habitat conservation plans. These plans are designed to mitigate impacts to threatened and endangered species caused by projects like industrial wind turbines, but comprehensive oversight is missing.

In light of the massacre of more than a dozen albatross last year at Kaena Point, it was obvious that our native birds need added protection. SB700 increases the penalty for cruelty to indigenous birds from a misdemeanor to a felony.

The State has tried to encourage upgrades of cesspools to septic systems in sensitive areas like shorelines and alongside streams through tax credits. This year, we are looking to increase the economic viability of these upgrades and stimulate more conversions with SB1180.

Structures on agricultural land, auxiliary to agricultural purposes, like sheds, were exempted from building permits a few years ago. Unfortunately, this exemption has been exploited and many buildings have been built, including "house like" structures. SB689 grants clear authority to county permitting

agencies to enter these properties to investigate and ensure agricultural structures are built according to the laws.

The Environmental Court was created to improve the processing time and adjudication of this specialized area of law. SB1229 allows parking and vehicle violations previously in the jurisdiction of the environmental courts to be moved to other courts. This will improve the case load completion and efficiency for each of the courts.

As always, my staff and I welcome your comments, questions and suggestions. Please visit us in Room 217 at the Capitol, call us at 586-7330, or email us at SenRiviere@capitol.hawaii.gov. Mahalo.

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**Representative
Lauren
Matsumoto**
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Aloha Friends, Family, and Neighbors!

All across the country, women legislators are initiating a bi-partisan endeavor to discuss the epidemic of opioid abuse. On January 17th, myself and the women of the Hawaii Women's Legislative Caucus introduced their proposed legislation in a press conference to help battle this nationwide issue and unveil Women In Government's Mental Health and Substance Use Disorders' Policy Toolkit. The toolkit is to inform legislators that the solution to the problem needs to be all encompassing, therefore, it addresses issues such as: access to coordinated quality care, housing, training professionals, education, the judicial system, recovery, and data collection. The overall goal of the toolkit is to educate the members of the legislature on the problems that coincide with substance abuse and mental health. It also aims to supply a best-resources guide to support our legislators in cultivating procedures to aid their communities and pass effective legislation. One of the main focuses that I and of many women in the Hawaii Women's Legislative Caucus is the growing epidemic of substance abuse relating to opioids.

Approximately 2.1 million Americans suffer from substance abuse disorders related to prescription opioid pain relievers. Currently, abuse and overdose of opioids is growing at an unprecedented rate and is now the leading cause of accidental death in the United States. In 2015, the total number of drug overdoses nationwide exceeded 55,000. Of that 55,000, approximately 33,000 overdoses were a result of opioid use. In the years between 2006 and 2014, drug overdoses increased 83 percent in Hawaii. The number of Americans who develop a dependency on opioid drugs has more than quadrupled since 1999. As we can see given these staggering statistics, the opioid epidemic is one that threatens to damage our community and loved ones. According to the Hawaii State Department of Health, opioid pain relievers contributed to more than one-third of the 778 drug overdose deaths in Hawaii from 2010 through 2014. It is absolutely imperative that we act swiftly and precisely to curb this problem and ensure the safety of our communities for future generations to come, before it is too late. The Mental Health and Substance Use Disorder policy toolkit is a sign that legislators across the nation are recognizing the severity of this issue and are coming together to share ideas, best practices, and shine a light on this epidemic which affects each and every one of us.

Being introduced this legislative session are a number of opioid related measures. I have introduced a couple of bills relating to this issue, House Bill number 666 and House Bill number 1164. HB 666 limits initial prescriptions for opioids and benzodiazepines to a maximum of seven consecutive days. HB 1164 enhances the electronic prescription accountability system to inform prescribers of their prescription habits compared to their peers. Both of the bills which I have introduced are pieces of legislation aimed to prevent the catastrophic phenomenon of deaths related to opioid overdoses and abuse. As a member of the national board of Women in Government and a co-convenor of the Hawaii Women's Legislative Caucus, I feel it is important to bring this issue to light and work on fighting the battle against deaths caused by opioid abuse.

It is important to get involved and voice your opinions on issues that matter to you. If you would like to observe hearings and/or provide testimony on legislation, please visit www.capitol.hawaii.gov, sign-in, and click on the orange "Hearing Notification" icon located in the center screen. As always, please feel free to contact me if you have any questions or concerns about happenings within our community. Please call me at 808-586-9490, email RepMatsumoto@Capitol.Hawaii.gov, or visit RepMatsumoto.com.

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Olakino Maika'i

(Good Health)

by Naty Camit Hopewell

Inflammatory Bowel Disease

Today's column is authored by Marcus Angulo, Family Nurse Practitioner, one of my colleagues. In the future, some of the articles will be written by me and others by various health providers, such as mental health and dental providers.

Inflammatory Bowel Disease (IBD) is a chronic disease affecting the digestive tract. It is considered an autoimmune disease--a disease in which the body's natural defenses attack normal, healthy cells. There

are two types of IBD: Crohn's disease, and ulcerative colitis. Crohn's disease can occur anywhere along the digestive tract, including the mouth, esophagus, stomach, small intestine, and large intestine, while ulcerative colitis occurs only in the large intestine. The exact cause of IBD is unknown. IBD is usually diagnosed by a combination of laboratory tests, imaging such as bowel x-rays or CT scans, and endoscopic procedures such as a colonoscopy or upper endoscopy. When an instrument is introduced into the colon or esophagus, the tissue can be visually inspected and this can assist with diagnosis.

Crohn's disease can affect all layers of the digestive tract, leading to deep ulcerations; ulcerative colitis affects the superficial, or inner most layer of the large intestine only. Both forms of IBD have similar symptoms, such as severe diarrhea, an intense urge to use the restroom, rectal bleeding (causing anemia), pain, cramping, fatigue, and weight loss. Patients with Crohn's disease can also form a fistula, or tunneling through the bowel wall, as well as develop a bowel obstruction due to thickening of the bowel from inflammation or scar tissue formation. Patients with IBD may also suffer from anxiety, depression, or have a fear of being away from the restroom. Treatments for Crohn's and ulcerative colitis are similar and include medications to suppress the immune system, anti-inflammatory drugs, and antibiotics if infection develops. In severe cases, surgery may be required. Ulcerative colitis differs from Crohn's disease in that surgery to remove the entire large intestine can cure the disease.

**Kahuku Hospital Health Education
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8 a.m. - 12 p.m.**

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North Shore Chamber of Commerce News

Chamber Spotlight – North Shore Roling - Easing Movement Naturally

If you're interested in improving mobility and reducing stress and pain, it may be time for you to discover North Shore Roling. Appointments may be made by calling 808-769-2097 or 956-383-2086. The website address is: www.northshoreroling.com. This business is one of more than 20 that will be participating in the North Shore Chamber of Commerce's Health, Wellness & Fitness Fair scheduled 9 am – 1 pm, March 25th, at the Waialua Community Association gym across from Haleiwa Post Office.

For Terri Keppinger and Arnold Molina, North Shore Roling is not only their business but their lifestyle. Their diverse and circuitous journeys through life eventually brought them to Waialua via common interests and chance meeting. However, both agree that where they are now in place and profession is exactly where they are meant to be.

Originally from Oregon, Terri moved to Oklahoma in high school and pursued college on a Navy scholarship. After that, she worked for the Navy for 12 years, first in Guam, then Spain and Japan. She traveled with United Nations to Western Sahara and Croatia. Her employment eventually brought her to Hawaii, where she joined a paddling club and the yoga community. Her dedication to yoga took her to India where she ended up living for 16 years, regularly returning to Hawaii for visits.

During that time, she joined Doctors Without Borders as a logistician helping with supply, security, and financial management in countries including Nigeria, South Sudan and Papua New Guinea. Along the way, she was introduced to Roling Structural Integration, a hands-on therapy and movement education described as providing ease of movement naturally by bringing body alignment into harmony. Developed by Ida P. Rolf, Ph.D., approximately 40 years ago, the massage method provides a system of connective tissue manipulation and body training.

"I wanted to be a first-care provider," she said, "and with Roling, I knew I could do that."

That notion led her to pursue training at the Roling® Institute of Structural Integration in Boulder, Colorado, where she earned certification. After that, she decided she needed to find home again, and the peace she found on North Shore Oahu convinced her that was where she needed to be. So she came back to stay in June 2016.

It was in Boulder at the Roling Institute that Terri met Arnold, who also has an unusual background. Originally

from South Texas and later Dallas, he first followed his passion for theater and moved to New York to study at a professional conservatory. Throughout the mid-1980s and 1990s, he performed in on- and off-Broadway productions. However, his interests soon drifted toward movement training, and he relocated to Los Angeles for a while.

Meanwhile, the different places where he lived and visited provided opportunities to study various movement and massage techniques. He extensively trained in yoga and aikido (a nonviolent martial art form). He also attended Chicago School of Massage Therapy and learned neuro-muscular therapy, a technique to alleviate body pain. For a while he worked at an AIDS alternative health clinic. When his mother became ill, he moved back to Dallas to help her, all the while practicing aikido and teaching yoga and massage practices. He also had a stint as a high school theater teacher and director.

When he saved enough to obtain certification and attend the Roling Institute in Boulder, he was on his way to a new calling.

"I learned about it 16 years ago," said Arnold. "The Roling 10 Series dramatically affected me. It was a profound experience, and I had already trained for this opportunity."

Terri and Arnold began working together in Boulder where they strove toward living more naturally and embracing community. Since last

summer when they moved to Waialua, they have become a part of the local and business community. Their goal is to embrace the Hawaiian concept of "aina", developing a sense of place. With that goal in mind, at home they employ permaculture, a gardening method which relies on renewable resources and a self-sustaining eco-system, and they are anxious to share what they have learned.

Now, as a team, Terri and Arnold are developing their home business as certified Rolfers and building a network of providers internationally. Their concept is establishing community and rendering service as needed to bring adaptability back into people's lives. After all, they say, if you allow your body's natural intelligence to take over, there is no limit to your potential.



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Kuamo'ō Olelo

by
Malia K. Evans

Hale Ipukukui...Lighthouses of Waialua...Past and Present Ka ipukukui pio'ole i ke Kaua'ula. The light will not go out in spite of the blowing of the Kaua'ula wind. Lights and other navigational aids are imperative to people who dare to venture out into the sea. Prior to the invention of lighthouses, our ancestors utilized star constellations to mark specific islands. They also used fires at night to guide canoes home. The fires were usually lit on headlands near canoe landings or at prominent heiau sites to guide seafarers safely home. The first navigational aid in Hawai'i (and throughout the Pacific) was erected in 1840 at Lahaina under the rule of Kamehameha III. With the influx of foreign ships stopping in Hawai'i to re-provision, the Hawaiian Kingdom government began the process of constructing lighted beacons near important harbors. Prior to the construction of lighthouses, foreign vessels that arrived in Hawaiian waters would moor offshore until morning. They then would be towed safely into harbor by several canoes manned by Kanaka who were intimately familiar with the local reefs, shoals and coastal waters.

The first Honolulu Harbor hale ipukukui was built in 1869 and stood on pilings in the middle of the channel. Built of wood with a metal roof, the light was tended by lighthouse keeper Captain McGregor who would often wave at vessels passing on both sides of the structure. Records indicate by 1885, Waialua Bay had 2 lighted "boxes" which were painted white and lit at sunset when the steamer Waimanalo visited Waialua twice a week. In 1903, the U.S. Lighthouse Board recommended the establishment of additional lighthouses around O'ahu, including Ka'ena Point. Sixteen years later, in 1919, the Bureau of Lighthouses decided to place an unmanned acetylene light on Ka'ena Point. The area was surveyed and a site selected about 500 feet from the tip of Ka'ena on the coastal dunes. Before construction began, a 1,300 linear foot wooden track was laid across the sand, connecting the main road to the lighthouse site. The track made it easier to haul building materials and supplies across the sand dunes. The reinforced concrete pyramidal tower was built at a cost of \$2,479.84 and could be seen from 10 miles offshore (Lighthouses of Hawaii 1991).

During the ensuing years, this important light was frequently vandalized and has the dubious distinction of being the most vandalized navigational aid in the Hawaiian islands. Between 1980 and 1985, the light was extinguished eleven times, when people shot out the lens or stole the beacon's batteries. In 1990, the

concrete tower toppled as the coastal sand dune experienced heavy erosion from off road vehicles and winds. The concrete hale ipukukui was replaced by a metal navigational pole and light which was visible for 7 miles (The Lighthouses of Hawai'i 1991).

In the 1980s, the Navy requested that the range of the Ka'ena Point Light be increased to assist submarines. Rather than install a more powerful light on the beach at Ka'ena Point, the Ka'ena Point Light was renamed the Ka'ena Point Passing Light, and a navigational light was activated at the Ka'ena Point Satellite Tracking Station on the pali behind Ka'ena point. This new location for the Ka'ena Point Light was selected due to the availability of electrical power and protection from vandalism. Two DCB-24 optics weighing a total of 470 pounds were mounted on a unused radar pedestal on the top of a building. The light is one of the highest in Hawai'i at 931 feet above sea level and has a range of 25 miles and is one of the primary seacoast lights on O'ahu. From fires lit on headlands by our ancestors to high tech navigational lights, the ability to make it home safely has always been a primary concern of ocean voyagers... in the past and into the future. Ka ipukukui pio'ole i ke Kaua'ula. The light will not go out in spite of the blowing of the Kaua'ula wind.



The original tower toppled due to erosion.



The original Hale Ipukukui built in 1919.



7th Annual “Celebrating the Arts” Art Auction

- 7th Annual “Celebrating the Arts” Live and Silent Auction Friday, February 24th
- Location: Waimea Valley’s Pikake Pavilion from 6 – 10 p.m.
- Ticket price is \$25 and can be purchased at the door or online. *THIS IS AN ADULTS’ ONLY EVENT.
- To purchase tickets or to learn more please visit www.friendsofsunsetbeach.org

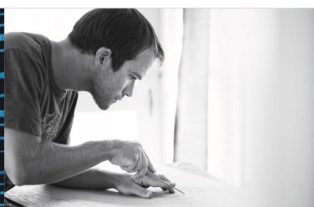


Celebrating the Arts

Feb. 24, 2017 6-10pm



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FOSB is 100% Volunteer Based And They Work Very Hard To Prepare For The Event At Waimea Valley. They Were Recently Presented The “Agent Of Change” From Surfer Magazine And Banzai Bowls At The Recent Surfer Awards. They Depend On Support From The Community To Continue Their Mission To Provide Free Art Programs To The Children Of The North Shore.

Please Join Us In “Celebrating The Arts” On Friday, February 24Th!



Thank you to Banzai Bowls for giving back to the North Shore!

We want to express our deepest gratitude to BANZAI BOWLS! Their ongoing generosity and help has been crucial to the success of Friends Of Sunset Beach. With their support we have been able to provide a fully funded art program to Sunset Beach Elementary School as well as sponsor many other art based educational programs to benefit all children on the North Shore. Each time you visit their Sunset Beach location (next to Chevron), please show your support by ordering the "Friends Of Sunset Beach" bowl.



www.haleiwaoutrigger.com haleiwaoutrigger@gmail.com

Haleiwa Outrigger Canoe Club Open House February 25th 8am

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Beach House Restaurant

La'au Hawai'i

By Hinano Tangaro, Propagator, Waimea Valley located on the North Shore of O`ahu

Here at Waimea valley we have a Hawaiian medicinal garden located on the makai end of the Ethnobotanical collection. The plants that are grown here could easily be grown anywhere on the North Shore.

In this article I would like to talk about la'au lapa'au, or (traditional) medicine. Traditional medicine in ancient times met the primary health care needs for the native population. La'au lapa'au is the use of natural chemical properties in terrestrial and marine aid, suppress, and even cure illness. La'au lapa'au is quite complex. It requires observation, preparation and faith through practice and administration.

Illnesses as we know today did not exist back then until contact with western influences. During these times la'au lapa'au essentially treated first aid, superficial wounds, tissue bruises, broken bones and sprains, and conditions specific to women and children. Gathering and preparation of herbs and things were dependent on place based, moon, season and timing.

Hawaiian treatment for superficial infections for example was to gather specific herbs, apply mashed herbs to the wound, bind and leave on the wound for a certain amount of days. This process excluded germs and assisted healing, like a form of antibiotic. Broken limbs were set and sprains treated using an almost similar approach. Herbal infusions was used in Hawaiian remedies, none created gastric disturbances or allergenic reactions.

Here are some medicinal plants growing at Waimea Valley and example of their uses:



Kukui (Aleurites moluccana) - The sap from a young fresh fruit was used to cure thrush and cold sores. The plant was also used as a purge or laxative. Fresh leaves also served as a poultice for swelling and deep bruises.

Fortunately literature is available to the general public like "La'au Hawaii Traditional Hawaiian Uses of Plants" by Isabella Aiona Abbot and "Kahuna La'au Lapa'au" by June Gutmanis for resource. As mentioned earlier, availability of specific plants were place based. People who were in different regions may have used different plants to treat the same illness.



Laukahi (Plantago major) - used as a poultice to help heal boils, sprains, bruises, broken bones and torn muscles. When eaten, the seeds are used for cleansing the digestive system.



Popolo (Solanum americanum) - used for all disorders of the respiratory tract, skin eruptions and cuts. Accompanied with other plants popolo is made into a poultice and used in teas.



`Uhaloa (Waltheria indica) - The bark is used to cure sore throat. Pounding the root and drinking the juice helped cure colds. Also making a tea using the leaves, root, flower and buds was used to treat asthma.



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CHAMPION SURFER SOPHIA TIARE BARTLOW PASSES THROUGH THE RAINBOW

Sophia Tiaré Bartlow was a real-life mermaid. She was a third generation water woman known for her love of life and her vibrant smile. She was a competitive athlete who excelled at many sports and especially loved the sport of SUP racing and surfing. Her grandmother was a competitive swimmer and her mom a World Champion surfer who started the first ever pro surfing circuit, Women's International Surfing Association, 40 years ago. The surf world is mourning her death. She died in a tragic car accident in Waialua, she was 26. Sophia Bartlow who grew up mostly in Long Beach California graduated from the University of Hawaii with an anthropology degree and was an avid environmentalist who hope to some day be in that field in some way. She also aspired to be a professional athlete and won many titles in longboard, shortboarding and SUP surfing. The full of life bright star "SeaSister Sophia" would always says, "love & light" with a giant smile that will never be forgotten!

to take over and get the permits through in time. But there could be a silver lining. Another organizer could mean the door is open for the WSL Big Wave Tour to enter the picture and run the contest in the coming years, making the event factor into crowing a big-wave world champion. This year's event was staged to host the first women's heat ever held at the contest in Northern California. The Titans are a no go!



LOCAL SURF STAR MASON HO GETS REEF CONTRACT

Mason Ho, at 28, is an icon on the North Shore already, following in his family's footsteps. Ho is know for his quirky and warm aloha spirit all over the world! Mason is one to watch for sure and has captured the hearts of many fans with crazy antics and a progressive surf style as well as his big wave surfing skills. He has been invited to many pro events including the "In Memory of Eddie Aikau" event at Waimea Bay. Now Reef has invited him to be on the team as a footwear ambassador. "When I was a kid I'd always see that iconic REEF logo on my uncle Derek's surfboard, so I'd draw the logo in art class at Sunset Elementary School. Now to have Reef on my surfboard and be part of such a solid team and company makes me feel really special," says Ho. Congratulations on the new partnership!



Aloha

Sophia Tiare Bartlow

August 27, 1990 - January 28, 2017

TITANS OF MAVERICKS FILE FOR CHAPTER 11

Earlier this year Titans of Mavericks, LLC and its affiliate Cartel Management, Inc. filed for voluntary Chapter 11 petitions in United States Bankruptcy Court. At the time it was thought they could still squeak off an event should conditions deliver, but now that scenario is not possible.

There is not enough time for a new organizer

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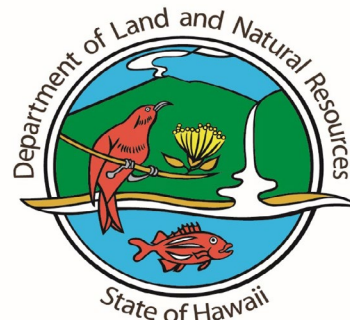


Injured Pueo Rescued by Trio of Citizens and Docare Officer

Native Hawaiian Owl Under Care & Citizens Recognized for Efforts

When 7-year-old Malia Rillamas first spotted the bird, she pointed it out to her dad Jonathan. The family, from Haleiwa, pulled off the country road on O'ahu's north shore on the afternoon of Jan. 15, 2017 to see if they could help. A short time later Brian Smith of Wahiawa also pulled over. Together the trio watched as the pueo (Hawaiian short-eared owl), hopped across the road and ultimately into a deep roadside ditch. They discussed what to do and who to call and eventually called 9-1-1 which put them in touch with the DLNR Division of Conservation and Resources Enforcement (DOCARE).

DOCARE Enforcement Chief Robert Farrell said, "When these folks contacted us we dispatched Officer Brent Murphy. There was a lapse of several hours between the time Jonathan, Brian, and Malia first encountered the pueo and Officer Murphy's arrival. Yet, rather than just driving away, they kept watch over this native rare bird (listed as endangered on O'ahu), and did their best to keep it calm and safe." Ultimately they helped Officer Murphy extract the bird from the ditch and put it into a plastic crate. Officer Murphy then drove it to Aloha Animal Hospital. It's one of just a few veterinary



clinics on the island with a permit to care for endangered or threatened species. Chief Farrell continued, "We can't protect our natural and cultural resources without the engagement of all of Hawai'i's residents and visitors. Our officers can't be everywhere all the time and we deeply appreciate when folks get involved to the extent they did with this hurt pueo."

Dr. Douglas Chang is the veterinarian at Aloha Animal Hospital. For several decades, he and his team have provided care for endemic, endangered and threatened species to Hawaii. As for the condition of the pueo currently under their care, Dr. Chang said, "Radiographs revealed fractured bones in the elbow. Our hope is this pueo will survive and regain full capability to survive back in the wild." In the event that doesn't happen, staff from the DLNR Division of Forestry and Wildlife (DOFAW) have been in contact with several licensed facilities that are interested in accepting the bird.

Jonathan Rillimas explains that there was little question that he, his daughter, and Brian would wait with the bird until it could be rescued. He said, "We believe, like many Hawaiians, it's Hawai'i culture; it's an 'aumakua (family deity). The more that we protect and preserve them and take care of them, they spiritually watch over us."

At a news conference, DLNR Chair Suzanne Case presented the Rillimas', Smith, Dr. Chang & staff with the first DLNR & YOU Citizen Conservationist awards. Case said, "This is our way of recognizing people who go that extra step toward helping us effectively manage and protect Hawaii's precious resources. In the future we hope to single out many of our citizen partners for the roles they play in making Hawai'i the special place we all cherish; by helping watch over and care for all creatures great and small."

The recipients of the DLNR & YOU Citizen Conservationist awards receive a framed certificate. DLNR staff across all divisions are now being encouraged to nominate other people for their contributions to the preservation and protection of our resources.



The Waialua Festival Foundation is pleased to announce the coming of the second annual Waialua Carnival to be held at the Waialua High and Intermediate School from March 3rd to March 5th of this year.

The celebration will feature the EK Fernandez Midway of rides and games, famous live entertainment, and lots of delicious local foods. Enjoy local bands, hula halau, live DJs, and more.

The kids, and the kids at heart, will love the famous EK Fernandez midway of thrilling rides while everyone enjoys some of our famous North Shore delicacies. Try your luck at some of the exciting games and win a prize! It will be a great opportunity to see and talk story with friends, neighbors, old friends, and classmates. Pull up a chair and enjoy a full slate of live entertainment under the shade of the big top.

The 2017 Waialua Carnival follows in the footsteps of last year's success. The carnival is designed as an annual fundraiser to benefit special projects at Waialua High and Intermediate School.

We look forward to seeing you there!

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February Training Advisory for Schofield Barracks

Local military units are scheduled to conduct various training here in February that may be heard by surrounding communities. For the community's awareness, the training is as follows:

- Feb. 1
Marines helicopter gunnery training, Schofield Barracks. Training is planned for nighttime hours (7 p.m.-midnight).
- Feb. 1-3
Marines training with blank ammunition and explosive simulators, East Range. Training will occur during daytime and nighttime hours.
- Feb. 3
Marines demolitions training, Schofield Barracks
- Feb. 1-16
Army Lightning Academy training with blank ammunition and explosive simulators, East Range. Training will occur during daytime and nighttime hours.
- Feb. 6-10
Army Lightning Academy aviation operations, East Range. Training will occur during daytime and nighttime hours.
- Feb. 6-17
Army artillery training, Schofield Barracks
- Feb 9-10
Marines mortar training, Schofield Barracks
- Feb. 14-17
Marines artillery training, Schofield Barracks
- Feb. 25-27
Army artillery training, Schofield Barracks

- Feb. 28-March 3

Marines helicopter gunnery training, Schofield Barracks. Training is planned for nighttime hours (7 p.m.-midnight).

Training dates are subject to change based on environmental and other factors. Weather, such as overcast conditions, can increase noise and vibrations. Should individuals hear noise, there is no immediate danger.

The military in Hawaii appreciates the community's understanding and continued support for local military training. While sometimes loud, the sounds of training represent how the military ensures the nation's service members are ready to accomplish the mission and return home safely.

To report concerns related to noise or training, community members can call the U.S. Army Garrison-Hawaii (USAG-HI) Noise Concern Line at (808) 656-3487 or email usaghi.comrel@gmail.com. The USAG-HI Public Affairs Office responds to all reported concerns during regular business hours, Monday through Friday, 8 a.m.-4 p.m.

The Army produces this monthly schedule to alert neighbors of upcoming training activities that are louder in nature and may be heard outside the military installation. This schedule is subject to change and is not inclusive of all Army aviation/UAV activities, or East Range training activities (between Wahiawa and Mililani Mauka). To receive Army training advisories directly, email usaghi.comrel@gmail.com with "Subscribe Training" in the subject line.

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2017 Schedule

PUBLICATION DATE

EDITION

DEADLINE DATE

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
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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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WAIALUA PUBLIC LIBRARY UPCOMING EVENTS

Waialua Used Book Sale
Saturday, February 18, 9am to 2pm
Weather Permitting

Waialua Readers' Group
Thursday, February 23, 9:30 to 11am
Pick of the Month: "Age of Innocence" by Edith Wharton

Diverse Voices #5
Professional storyteller Jeff Gere will present
"Generally Fun Family Stories including Something Strange"
Saturday, February 25
Refreshments - 12:00 noon
Presentation - 12:30 to 1:30pm
Diverse Voices is a program dedicated to showcasing the varied interests and talents of North Shore residents

Waialua Library Recurring Events
Computer Instruction - Fridays, 9am
Toddler Time - Fridays, 10am
Children's Storytime & Crafts - Saturdays, 10am

The Library will be closed Saturday, February 18

For ADA accomodations call the Waialua Library: 637-8286

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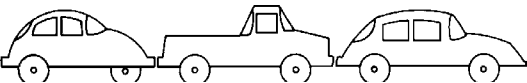
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*For more information please call the library at:
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Saturday, February 25, 2017
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Waialua Community Assoc. in Hale'iwa

Proceeds to benefit the North Shore Food Bank
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Get your fill. Fill a need.

Empty Bowl Hawai'i is a unique event where artists and chefs get together to help support food security and end hunger. Each ticket purchase includes soup, bread and a bowl. Select from thousands of beautiful bowls created by local potters and community members. Each bowl is meant as a keepsake to remind us of the reality that each day someone goes hungry and a bowl is left empty. You'll also be able to choose from a variety of gourmet soups made by local Chefs.

The Hawai'i Potters' Guild started Empty Bowl Hawai'i in 2009 as a biennial event in conjunction with the 42nd anniversary exhibition at The ARTS at Marks Garage. Since then, the event has grown to a over 5,000 bowl effort. This year's beneficiary recipient is Aloha Harvest, a non-profit organization that rescues quality, donated food and delivers it free of charge to social service agencies feeding the hungry in Hawai'i.

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Friday, March 31, 2017
6pm - 8:30pm
(VIP Admission begins at 5pm)

Pōmaika'i Ballrooms @ Dole
Cannery

more info:
808.537.6945

#EmptyBowlHawaii

TICKETS AVAILABLE AT
WWW.EMPTYBOWLHAWAII.ORG

**Participating
Restaurants:**

12th Ave. Grill, 40 Carrots,
Highway Inn, Hula Grill, KCC
Culinary School, Pili Group, MW
Restaurant, Side Street Inn, Sushi
II, The Nook, Tiki's Grill & Bar,
Mahina & Suns, Real A Gastropub,
Mariposa, Koko Head Cafe, Pig &
the Lady, Juicy Brew, ChadLou's
Coffee & Tea, Murphy's Bar &
Grill and more!

**Hawai'i Potters
Guild Members:**

Students from local schools, Jack
Lewin, Leah and Bob York, Mark
Kuhn, Jean Garry, Emily Lee,
Janet Kelly, Fuki Ikeuchi, Holly
Oyadomari, Gemma Yamamoto and
many, many more!

