

"E Ala Na Moku Kai Liloloa"

In This Issue:

Hale'iwa Improvement District Project Page 6

> 'Ukulele Experience Page 11

Kuamo'o Olelo By Malia K. Evans Page 16

NORTH SHORE NEWS April 27, 2016 VOLUME 33, NUMBER 9



Local Skydiver Wins Slot on the U.S. Parachute Team

Waialua resident Gage Galle earned a coveted slot on the prestigious U.S. Parachute Team at the 2016 U.S. Parachute Association National Skydiving Championships of Canopy Piloting at Skydive City Zephyrhills in Florida. The eight man team will compete against the best canopy pilots from around the world at the World Championships this August in Farnham, Canada. Galle, 30, has completed more than 9,000 skydives and is a member of the Performance Designs Factory Team and he works at Skydive Hawaii.

The canopy piloting, often called "swooping", skydivers fly high-performance parachutes that can generate high vertical and horizontal speeds. By performing speed-inducing maneuvers, these very experienced skydivers can glide inches above the ground for hundreds of yards at speeds approaching 90 mph. Photo: Galle, accuracy.

> PROUDLY PUBLISHED IN Hale'iwa, Hawai'i Home of Celestial Natural Foods

66-437 Kamehameha Hwy., Suite 210 Hale'iwa, HI 96712

PRE-SORTED STANDARD U.S. POSTAGE PAID Honolulu, Hawaii Permit No. 7479



OFF da Island in California

Pupukea residents Ole, Anuhea, Ella & Eva Seyler spent a week in California with family and friends. They had two days of magical fun at Disneyland then they were off to Legoland with "newly engaged" cousins Kalani Hiramoto and Nicole. Little Ella shared her North Shore News with cousin Kalani to remind them of the good times on Oahu's beautiful North Shore. For more information on the OFF da Island campaign turn to page 23.



The Hale iwa Family Pental Center, Ltd.



now offering



- Adults and children
- Most cases completed in 4-12 months
- Clear braces available
- Lower cost
- University tested
- Used for over 20 years

Produced by Todd R. Okazaki and Staff

"Straighten those crooked teeth that have bothered you for years"

Conveniently located behind First Hawaiian Bank in Historic Hale'iwa Town Call 637-9652 for your reservation



April 27, 2016





City Council Approves ADU Bill to Address Rental Housing Shortage

At the April 20th City Council meeting, a measure designed to increase our short housing supply passed first reading. Bill 27 should create incentives for the construction of accessory dwelling units. ADUs are smaller, separate housing units complete with kitchens, bathrooms and sleeping quarters that are attached or detached from a main house and can be rented out to either family members or outside parties. ADUs are a flexible housing option that meets the needs of a wide variety of people, including low-income households, elders seeking to age in place and young adults.

Bill 27 provides incentives to boost construction by waiving sewer hookup charges, building permit fees and other charges for homeowners seeking an ADU permit through June 30, 2018. The waiver is meant to stimulate interest among the estimated 20,000 homeowners who would be eligible to build ADUs, considering that sewer hookups cost over \$6,000 and building permits typically cost between \$2,000 and \$4,000. The wavier is similar to the temporary waiver the City provided for photovoltaic solar panels several years ago which helped to establish the solar industry.

Bill 27 will now be taken up by the Zoning and Planning Committee for further deliberation. I plan to introduce an amendment to further expedite the ADU application process. My proposed conference draft (CD1) will provide for a building official to review an application within 30 days. If found incomplete, the official must provide written notice along with necessary action to correct the application. If written notice is not provided within 30 days, the application will be deemed acceptable. The department will then have a maximum of 30 days to approve or deny the accepted permit application. If the application is denied, the building official will need to provide written notice of the reason and recommend the necessary corrective action. However, if the department fails to act within 30 days, the permit will be deemed approved.

Other municipalities have encouraged ADUs as a vehicle to boost their affordable rental housing inventory. On Oahu where ohana dwellings have been used for intergenerational living, ADUs would help to alleviate Oahu's housing shortage. ADUs are also an additional source of income that help homeowners pay their mortgage and other expenses, allow the elderly to stay in their own homes as they

age, use less sewer capacity due to their smaller size and require fewer parking spaces than new developments. Developing affordable rental housing is challenging since it requires government subsidies to make it feasible. Stimulating ADU construction adds another option for affordable rental housing development and represents a straightforward way of addressing this shortfall without government subsidies.

I support efforts to increase the supply of affordable housing rentals on Oahu and will see to it that ADUs are included in the City's multi-pronged strategy to address this long standing problem.





Tity our Sada's Malassadas MADE FRESH DAILY Stop by our bakery in Watalua and try one today! www.pkbsweets.com



YOU ARE INVITED: Public Informational Meeting and Environmental Impact Statement Preparation Notice Scoping Meeting HALE'IWA IMPROVEMENT DISTRICT PROJECT Hale'iwa, North Shore District, O'ahu

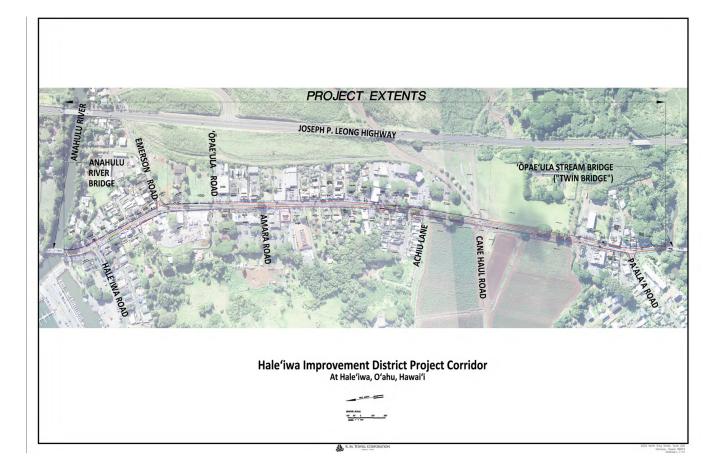
On behalf of the City and County of Honolulu ("City"), Department of Design and Construction (DDC), the public is invited to attend a Public Informational and Environmental Impact Statement Preparation Notice (EISPN) Scoping Meeting for the Hale'iwa Improvement District (ID) Project. Improvements being contemplated include the construction of walkways, undergrounding of utilities and installation of landscaping along Kamehameha Highway between the 'Opae'ula Stream Bridge, also known as "Twin Bridges", and the Anahulu River Bridge within the Hale'iwa Special District. The project limits are shown on the attached figure.

The purpose of the meeting is to present and gain community input on preliminary conceptual design alternatives and Complete Streets features contemplated for the project. Community feedback will be used to refine the project alternatives prior to evaluation in the Draft Environmental Impact Statement (EIS) being prepared for the project, in conformance with Hawai'i Revised Statutes Chapter 343 and Hawai'i Administrative Rules Section 11-200. In addition, we are asking for the community's help to identify relevant environmental, social and technical issues related to the ID project that should be evaluated through the EIS process.

Meeting Location and Time:

 Place: Waialua Elementary School Cafeteria 67-020 Waialua Beach Road Waialua, HI 96791
Time: Wednesday, May 4, 2016 6:30 p.m. to 8:30 p.m.

For more information about the project or meeting, or if you require special assistance, auxiliary aid and/or service to participate in this event (i.e. sign language interpreter; interpreter for language other than English, or wheelchair accessibility), please contact Jim Niermann, Planning Project Manager, at (808) 842-1133 or email your request to jimn@rmtowill.com at least 5 business days prior to the event.





Oahu is Hawaii's Breadbasket

By Sen. Laura Thielen and Sen Gil Riviere

Most people in Hawaii have heard we import approximately 90% of our food, yet many people may not realize the vast majority of locally-grown food is grown on Oahu.

Hawaii's two largest produce farms and the majority of mid-sized farms are located on Oahu. One farm harvests over a million pounds of produce each week. While some farms sell high-end produce to select locations, most produce goes to outlets like Costco, Subway, and other places where we all rely on low-cost, nutritious food.

Oahu farms are productive and remain competitive with imported produce for two reasons. First, they are close to the state's largest market and population center. Farmers drive their product to market cheaply and quickly, where it is fresher and lasts longer than imported produce. Second, the scant acreage of farmland remaining on Oahu contains some of the best soils in the state and access to water, resulting in very productive farms.

Despite these successes and the potential for expanding local food production, Hawaii agriculture is at a tipping point. Hoopili will displace a significant amount of active farm land and Koa Ridge will displace even more. The Oahu General Plan calls for additional housing in the primary urban centers and preservation of agriculture on Oahu's North Shore.

Large and mid-sized Oahu farms have been unable to obtain long-term land leases on most of the private lands on which they operate. This is not due to any business failure – any farm steadily producing thousands to a million pounds of produce a week is a solid business. This is because the land owners can make a greater profit if the land is, now or later, developed for housing.

Oahu does not have much farm land left; less than 17% of the island is usable Agricultural land. Perhaps 10% is located in the Oahu breadbasket with the soil, water, infrastructure and access to markets. In contrast, nearly 30% of the island is classified Urban, with the remaining lands in the mountains and other Conservation areas.

Dole Food Company, the last Oahu plantation with significant land holdings, is now selling 16,000 acres of agricultural and conservation lands in the middle of this breadbasket. If we take a passive approach, these lands may ultimately be sold to investors who have no interest in agricultural production, but would rather develop gentlemen estates, fake

farms or suburban housing.

Historically, zoning and land use regulations have had marginal success in limiting housing developments on agricultural lands. But even if they can stop development, zoning cannot force an owner into agricultural production. What we need are working farms with long-term leases that allow them to invest in their business, and sufficient land to produce the steady crops our market demands.

We have an opportunity to achieve this goal by purchasing the best agricultural lands on the market today, and providing long-term leases to active farms. The timing is right because interest rates remain at historical lows and land values will not be cheaper in the future.

State acquisition of 8000 acres of high quality agricultural lands from Dole will help fulfill our Constitutional mandate to "conserve and protect agricultural lands, promote diversified agriculture, increase agricultural self-sufficiency and assure the availability of agriculturally suitable lands." Let's do this.

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.





Aloha Friends and Neighbors,

I want to start by saying thank you to all of you who took the time to come to our joint North Shore Community Meeting at Waialua Elementary School on April 18 with Representative Feki Pouha, Senator Gil Riviere, and myself. We were encouraged by the number of community members wanting to get involved in the legislative process. For those who were unable to attend the meeting I wanted to provide you with a quick recap of what was discussed.

First on the agenda was explaining the Hawaii State Legislature's website-how to navigate it to submit testimony and stay up to date on specific bills. The State provides a wonderful resource, the Public Access Room, to assist the community on understanding the legislative process. Their office is located on the 4th floor of the State Capitol building in room 401. You can stop by in person anytime, call at (808) 587-0478, or visit their website http:// hawaii.gov/lrb/par. We were privileged to have Mr. Dann Carlson (Dept. of Education Assistant Superintendent for Facilities and Support Services) present to give us an update on current projects underway at our North Shore schools. Next, we designated time for an update on the status of Wahiawa General Hospital, as it is a pressing issue we are all invested in. Through the conference committee process, the budget bill which concerns the possible appropriation of funds for Wahiawa General Hospital will be discussed and hopefully passed to provide the much needed aid to the hospital. We wrapped up the meeting with an update on many bills that are still moving through the legislature that will directly affect the North Shore community. Our office has received several complaints concerning the current usage of a property on Kaukonahua Road and the apparent dumping of vehicles on this property which was addressed at the community meeting. We were able to give an update from the City, Zoning Board, and Department of Health. If you would like any of the specifics on advancing bills, or anything other topic discussed at the meeting, please reach out to my office and we will happily send that information to you.

On the legislative front, the State Legislature has now entered into the Conference Committee process. Remember that this is when joint committees with members from both the Senate, and House of Representatives, work out the details of the each chamber's version of a particular bill—with the goal of submitting one, cohesive bill for final vote. Although formal testimony cannot be submitted at this point in the legislative process, this does not mean that your voice cannot still be heard. Please reach out to your legislators and let us know which bills you are passionate about, as the final floor vote is not until May 3, 2016.

My staff and I are happy to assist you if you have questions on the legislative procedure or would like to share which bills are important to you (in support or opposition). Feel free to call (808) 586-9490 or send an email to RepMatsumoto@Capitol.Hawaii.gov.









Mahalo to those who were able to attend our Town Hall meeting in Waialua on Monday, April 18, 2016. Many of you were in attendance sharing your questions and concerns about agriculture, Wahiawa General Hospital and the educational facilities of our keiki. We also provided some legislative updates and discussed a proposal by the state to purchase the Dole lands that are now vacant.

Congratulations to the Kahuku High School Girls and Boys Rugby Teams on winning the State Championships. On Saturday, April 16, 2016, the Kahuku girls defeated the Hilo Reign team 23-17 in a nail-biting match that had the crowd on edge. The girl's team is led by Coach Arnetia Tukuafu, a Laie native and an alumni of Kahuku High School. The Kahuku Boys Rugby team also came out on top winning their 3rd straight State Championship title this past weekend. They triumphed over St. Francis School with a 16-7 win. The boy's rugby team is led by Coach Seamus Fitzgerald a native of New Zealand, and a longtime advocate and supporter of Kahuku Athletics. The Rugby boys have been invited to participate in the Pacific Cup Invitational in San Francisco on May 5-7, 2016. This tournament gives our boys the opportunity to get national exposure with colleges and professional teams. Congratulations to our championship rugby teams!

On Tuesday, April 19, 2016, our office attended a public hearing at Ali'i Beach Park in Haleiwa put on by the City and County of Honolulu's Department of Planning and Permitting. Lokea Kai Partners is applying for a Special Management Area (SMA) Use Permit with the proposal to construct a new singlestory retail structure, individual wastewater system, parking lot, and sidewalk. The proposed project will be adjacent to the Loko Ea pond on land owned by the Queen Lili'uokalani Trust at 62-594 Kamehameha Highway, Haleiwa. Mahalo to all the community members who showed up and offered testimony. We will continue to stay abreast of this project and keep you informed as we receive any updates.





Rep. Pouha converses with a North Shore Resident at the Town Hall Meeting in Waialua.



Rep. Pouha, Sen. Riviere, and Rep. Matsumoto discuss legislative updates from the 2016 Legislative Session.



North Shore Chamber of Commerce General Membership Meeting

Thursday, April 28, 2016 8 a.m. - 10 a.m. at Haleiwa Joe's Annual Meeting \$10 for members, \$15 for non members Continental breakfast provided For more info 637-4558



North Shore Chamber of Commerce News

Membership Spotlight

Maui Divers Jewelry – For its manager, it's coming home....

Melanie Nistal often reminisces about her childhood as she looks out from Maui Divers Jewelry, a store she now manages along with Pick-A- Pearl kiosk in Haleiwa Store Lots. As a child, she played in the church grounds and freshwater pond across the street where she caught prawns and picked opai. The new 600-square-foot location opened March 30th as the 24th store on Oahu for Maui Divers Jewelry, and the 37th store companywide. It is open daily from 10 am to 6 pm.

"My dream was to have a Maui Divers on the North Shore so local people could have the same opportunities as visitors to have a wider variety of beautiful things," Melanie said. She's had that dream since she started with the company as a sales person in 2000. Now, having worked her way up to where she is today, she's seen that dream come true, and the '91 Waialua High School graduate feels right at home.

The high quality handcrafted designs Maui Divers Jewelry is known for are inspired by Hawaii's natural beauty. The company itself was founded in 1959 and is the state's largest jewelry manufacturer and retailer. It's new Haleiwa store sells island-style jewelry featuring Tahitian black pearls, South Sea white and golden pearls, Tahitian Mother of Pearl, freshwater pearls, precious Hawaiian black coral, Australian opals, diamonds and other beautiful gemstones. Hawaiian gold charms and pendants featuring Hawaiian flowers and Pacific Ocean theme marine life and heirloom jewelry of 14-karat gold and black enamel are also in its collection.

Taking care of customers is important in more ways than simply providing an exceptional product. Maui Divers Jewelry offers its Synchrony Credit Card allowing anyone to pay for jewelry at no interest for a year. In addition, there is a three-month layaway plan. Finally, there is its "forever guarantee." Maybe that's why customers often come back year after year.

"I was so speechless to open a store next to Matsumoto Shave Ice" said Melanie. "It's a landmark. Now I'm thinking about my younger years growing up in Haleiwa. It feels good for our local people to have fun at our store, just like our island visitors do." She's looking forward to further enhancing the store interior with festive island-themed wall décor and comfortable furniture. The bottom line is for each customer to relax and enjoy.



Olakino Maika'i

(Good Health) by Naty Camit Hopewell

High Blood Pressure

In the U.S., almost 3 out of 10 people have high blood pressure (hypertension) and many of those are never diagnosed and treated. Why the concern? Untreated high blood pressure can kill. High blood pressure can cause death from strokes, cardiovascular disease and congestive heart failure. We only need to treat 20 people to prevent one stroke and 10 people to prevent one congestive heart failure.

Let's review blood pressure (BP). BP is measured in millimeters (mm) of mercury (Hg). The top number is the systolic pressure. The highest pressure in the heart occurs as blood is pumped out into your body. Once the blood is out, the heart muscle relaxes and the pressure drops—this is the diastolic pressure.

What is normal BP? The simple answer is no higher than 120/80. The other answer is that an individual's normal BP depends on height, weight and genetic make-up. An adult weighing less than 100 lbs may have a BP of 90/60. A woman 5'10" and medium build with a family history of "low BP" may also have a BP of 90/60. Other factors impact BP. For example, nicotine and drugs like ice and stress increase BP. Exercise and a low sodium (Na) diet lower BP. Exercise strengthens the heart muscle, making it a more efficient pump. High Na causes retention of fluids. A diet high in deli or prepared meats, canned foods packaged saimin, soy sauce, salt, and snacks like chips and crackers increases fluid held in your body. This increases the blood volume requiring higher pressure to do the pumping work.

A BP between 120/80 and 140/90 is considered "pre-hypertension." This means that over time, you will probably develop high BP. If you prefer not to use medications to lower your BP in the future, begin exercising, lose weight if you're overweight and get on a diet low in fat and Na. Preventing high BP can be less complicated than treating it.

Page 11



Polynesian Cultural Center to Unveil 'Ukulele Experience, April 29

What: 'Ukulele Experience Grand Opening

The Polynesian Cultural Center is hosting an Aloha Friday grand opening celebration to debut its newest exhibit, the 'Ukulele Experience. Be among the first to tour this new tribute dedicated to the cultural significance of Hawaii's official state instrument.

Guests will enjoy a guided or interactive digital tour illustrating the five stages of creating an 'ukulele. Keiki can learn basic chords in the new Keiki Studio.

Following the opening ceremony and cultural blessing is a free community concert featuring local artists Corey Fujimoto, Honoka & Azita and Kalei Gamiao.

Guests can enter a drawing to win one of five free 'ukulele, that are being presented in celebration of the grand opening. For generations, the 'ukulele has been integral to the love of Hawaiian music and a treasured aspect of local lifestyles and Hawai'i culture. Its beloved legacy has been popularized worldwide by artists including the late Israel Kamakawiwo'ole and Jake Shimabukuro who are renowned for their 'ukulele musical talents.

When: Friday, April 29, 5:00 – 8:30 p.m.

5:00 p.m. – Opening Ceremony & Cultural Blessing 5:30 p.m. – 'Ukulele Experience Tours Open 6:30 p.m. – Free 'Ukulele Concert

Cost: Admission and parking are free to the public.

Where: Hukilau Marketplace – Polynesian Cultural Center 55-370 Kamehameha Hwy, La'ie

Page 12

Wahiawa General Hospital

By Dr. James Ireland

Near the end of 2011, when both Hawaii Medical Center East and West closed, it took just about everyone by surprise. Many knew the former St. Francis hospitals were struggling financially, but when they actually locked the ER doors and turned out the lights, health care was significantly impacted in Hawaii.

My perspective comes from both the hospital and pre-hospital setting. As an internist, nephrologist and former emergency room physician, I have worked in every hospital on Oahu through the years with the exceptions of Kaiser and Kahuku. And from 2010-2012, I was the director of Emergency Services for the City and County of Honolulu overseeing EMS and Ocean Safety.

It was in that role as the director that I received notification on Dec. 19, 2011, that the emergency rooms at both Hawaii Medical Centers would be closing their doors and no longer accepting patients. As a community, we not only lost those emergency rooms, but also about 300 inpatient hospital beds.

By the time the hospitals announced the closure, it was too late for anyone to step in and save them. Queen's Medical Center reopened the West Hospital in Ewa three years later, which has helped immensely, but as a community we still haven't fully recovered from those closures.

What seems to be different today, with the possible closure of Wahiawa General Hospital, is the level of community support. People have very clearly let our elected officials know that State-support is a must if we are going to keep this important and life-saving community resource open. I can't imaging EMS ambulances taking critical patients from the North Shore all the way to Ewa or Aiea.

The loss of additional hospital beds anywhere on Oahu further strains the remaining hospitals, which are often already full.

When hospitals on Oahu are full, and their resources stretched beyond their capabilities, they are allowed to go on ambulance-divert status. When this occurs, ambulance are not permitted to bring that hospital patients unless they are extremely critical. For much of 2012 and 2013, ambulancedivert became a daily occurrence on Oahu because the system was so strained. There were times when 6-7 hospitals on Oahu were on divert status. We had patients from Makaha and Waianae being taken to downtown hospitals and even Castle Medical Center in Kailua.

Because so many ambulances were bringing patients downtown, they were out of their primaryresponse regions for extended periods of time hours — leaving their areas potentially uncovered for 911 responses. We immediately staffed two to three additional ambulances daily; and because EMS is funded by the state, we had to go to the Legislature for an emergency appropriation to keep these extra ambulance units staffed and running. Each 24hour ambulance on Oahu comes at a cost of about \$2 million a year.

Clearly, hospitals today have a difficult time balancing patient care and financial stability. Wahiawa General is the only hospital to care for hemodialysis patients in West and Central Oahu, so perhaps this is contributing to its financial losses. The currently proposed state funding is clearly the best way forward and would help patients throughout Hawaii.



James Ireland is a practicing physician on Oahu specializing in Nephrology (kidney disease) and Internal Medicine. He is the former Director of Emergency Services for the City and County of Honolulu.

Mokulēʻia Writers Retreat May 1 - 6, 2016 Calling all writers! JOIN US FOR THESE SPECIAL AFTERNOON WORKSHOPS (\$250):

Monday, May 2 ~ 1:00 to 2:30 p.m. "Opening Your Creativity with Yoga Nidra: Poetry and guided meditation" Led by poet Brenda Kwon

Tuesday, May 3 ~ 1:00 – 2:30 p.m. "Creating characters so real, you'll be tempted to claim them on your tax return" Led by literary agent Jeff Kleinman

Wednesday, May 4 ~ 1:00 – 2:30 p.m. "With delicacy and damnation: Navigating relationships with sources in narrative journalism" A discussion with journalists Julie Checkoway, Constance Hale, and Michael Shapiro

Thursday, May 5 ~ 1:00 – 2:30 p.m. Artful Prose: Sentences, semicolons, synesthesia, and more!" Led by writer, editor, and coach Kate Brubeck

EVENING PROGRAMS, FREE AND OPEN TO THE PUBLIC: Monday, May 2, 7 PM

Faculty readings by Kate Brubeck, Zoe FitzGerald Carter, Steven Goldsberry, Constance Hale, Brenda Kwon, and Kathryn Ma

Wednesday, May 4, 7 PM Talk story format with musician Pōmaika'i Keawe Lyman, granddaugther of Aunty Genoa Keawe

Thursday, May 5, 7 PM

Readings by island writers Chris McKinney, Shawna Yang Ryan, Don Wallace, and Kevin Won

RETURN PU'UKUA HO'I HOU NICK-OFF CELEBRATION FOR





A FUNDRAISER TO PRESERVE & PROTECT PU'UKUA, THE LAST PRIVATELY OWNED LAND IN WAIMEA VALLEY

HELP RETURN PU'UKUA

We need your help to save Pu'ukua and make Waimea Valley whole. Pu'ukua is a 3.75-acre kuleana parcel at the entrance to Waimea Valley. It is the last privately-owned land in the Valley and is currently listed for sale.

Like Waimea Valley itself, **Pu'ukua is a sacred place with deep** significance to **Hawaiian history and culture.** Named after a former caretaker of the land, Pu'ukua is believed to be the burial site of Hewahewa, the last ruling kahuna nui of the Valley.

As Pu'ukua stewards, we will share, honor, and perpetuate Pu'ukua's history and traditions through cultural education and native forest restoration. Returning Pu'ukua to Waimea Valley will preserve and protect this special place for generations to come.

SHOW YOUR SUPPORT

- JOIN OUR 'OHANA Become a Pu'ukua Premium Donor and receive a special Waimea Valley Premium Membership Package.
- 🟆 MAKE A PLEDGE

Pledge your support with an online donation of any amount at gofundme.com/helpreturnpuukua.

DONATE LIVE AUCTION ITEMS Donate designer artwork, jewelry, and other lifestyle items for our live auction on May 1ST.

- To donate and arrange a contribution, contact:
- Eloise Harris, Special Projects Coordinator at 638-7766 / eharris@waimeavalley.net; or,
- Richard Pezzulo, Executive Director at 638-5851 / rpezzulo@waimeavalley.net.

FOLLOW US FOR THE LATEST UPDATES

 \wedge

#PUUKUA

SUNDAY MAY 1ST • 5 PM THE PROUD PEACOCK RESTAURANT

JACK JOHNSON PAULA FUGA KAWIKA KAHIAPO THE RON ARTIS FAMILY BAND LIVE AUCTION AND MORE

LIMITED NUMBER OF TICKETS ON SALE AT WAIMEAVALLEY.NET

\$50 EARLY BIRD UNTIL APRIL 7[™] \$60 AFTER

\$75 AT THE DOOR

WAIMEAVALLEY.NET/PUUKUA

Talking Story with Tom Jacobs

The Little Hospital That Could

I got a phone call from Todd Tidmore, the Director of Laboratory Services at Kahuku Medical Center, who wondered if the North Shore News would be interested in doing an article on the hospital.

Kahuku Medical Center ... let's see ... wasn't that the old sugar plantation hospital that went out of business years ago? Looks like they're still in business. Sounds like a story. So I phoned Todd, and wound up interviewing him and Dr. Jason Hughes, the Center's Medical Director and Director of Outpatient Services, for our paper (NSN).

NSN: Tell us about the center, gentlemen. How is it doing these days, and what are your plans for its future?

Dr. Hughes: We are a full-service medical facility, expanded to add outpatient services, a six-bed emergency room with emergency-room surgeon on duty 24-hours a day, and full laboratory facility.

NSN: Quite a difference from our impression, which was that you were in danger or closure.

Mr. Tidmore: It's true that we entered bankruptcy in 2007 and almost closed. But with great community and city and state support we were able to exit bankruptcy four years ago. Now we're healthy fiscally and really expanding our services.

Dr. Hughes: For example, our new outpatient clinic offers a wide range of services, expanding into woman's health practices. We have about ten doctors and fifty-five nurses on staff, with a total of about 120 employees. We plan to add a gastro-neurologist and mental health providers, and physical, occupational, and speech therapy, to name only a few improvements on our agenda.

NSN: So you're seeing real improvement.

Dr. Hughes: Yes. We received most recently the highest nationally-ranked HCAPS patient approval score possible. The local folks show real gratitude for our services.

NSN: Sounds like you two like what you're doing.

Mr. Tidmore: I'm recently arrived from South Florida only a few months ago. I love it here. The North Shore is a truly amazing place.

Dr. Hughes: I've been on-island for six years, 18 months at Kahuku. I can't imagine a better hospital job on the planet.

NSN: So, let's see ... you could say that your little hospital is, if you'll excuse the pigeon, "Mo' bettah."

Mr. Tidmore: Way mo' bettah.



New North Shore Yoga Studio



New Student \$40 for 30 days of Yoga Local residents with ID

yogaopenspace.com

The purpose of yoga is to unify the body, breath and mind, creating a balanced all-around development of human potential. Yoga requires nothing more than the desire to feel better and think clearer in all areas of life.

66-590 Kam Hwy 2nd fl Haleiwa HI, 96712 Drop ins welcome & Mat rental 808 232- 8851

Daily Classes, Workshops, 2016 200 RYT Teacher Training & Private Yoga session



April is... Hunger Awareness Month

You can help the North Shore Food Bank by donating nonperishable canned foods. Donations can be dropped off at the North Shore News office. Donation checks can be made to: OAMC, PO Box 117, Haleiwa, HI 96712

50lc3 non-profit



BANZAI NORTH SHORE WIRELESS

SEBASTIAN ZIETZ REALLY FUN TO WATCH

This writer was lucky enough to be in Kauai when home town surfer Sebastian Zietz won the Margarete River Pro in Australia. The local sports pub was raging with screams of support and banners hung on the highway all the way from the airport. A great sight to see. Zitetz was an injury replacement after falling off the tour and now is in second place in the World! But it is not just that he beat Wilson but he injected some turns that woke the judges up from three events that seemed to have the same great top turns and cut backs at three right point breaks that put me to sleep most of the time while watching on-line. Zietz snapped, lost his footing, regained, air dropped back in and we all smiled! "I am stoked," Zietz said. "The pressure was on and I pulled that last maneuver in the white-water and made it. To win was definitely the goal I'd set for a long time. It is epic to win a CT event being against all the top guys. I just want to dedicate this win to my family and everyone at home. Falling off tour was really hard and made me feel like a kook, so I just went home and got a lot of waves to get back into rhythm," continued Zietz. He also was so fun and raw when he was on stage as he is in life. One of the most liked surfers on tour. That is not supposed to translate into points but you gotta admit, surfing is still subjective.

ISA ANNOUNCED SUP WORLD CHAMPIONSHIP IN FIJI IN NOVEMBER

The International Surfing Association (ISA) confirmed that the 2016 ISA World StandUp Paddle (SUP) and Paddleboard Championship will be hosted in Fiji, the first time that an ISA event will be held in the Pacific island chain, further highlighting the global growth and expansion of SUP Surfing and Racing. SUP, the fastest growing outdoor activity according to the Outdoor Industry Association, has boomed in popularity in recent years. The 2016 ISA World SUP and Paddleboard Championship in Fiji will run from 12-20 November. It will be the 5th edition of the event after previous Championships were held in Peru (2012 & 2013), Nicaragua (2014) and Mexico (2015). The ISA is also working towards surfing and SUPing in the Olympics.

EVENTS GALORE, SURF n SEA, RIP CURL KEIKI CLASSIC

Congrats to the Rip Curl Crew for putting on the Alana Blanchard and Bethany Hamilton Keiki Classic this month. The event at Hanalei was for 14 and under

Keiki and was the third annual. Conditions were not so great with rain, washing machine muddy surf, but lots of snaps were on tap and tons of smiles. Here are results of the 11-14 divisions that they had.

Girls 11-14 Winners of 3rd Annual Bethany and Alana Keiki Classic:

1st: Keala Tomodo Bannert	4th: Syndey Maczka
2nd: Gabriela Bryan	5th: Anya Shockley
3rd: Angelina Yossa	6th: Kahealani Papke
Boys 11-14 Winners:	
1st- Sage Tutterow	4th- Keliko Pa

2nd- Cole Frey 3rd- Sammy Gray 4th- Keliko Pa 5th- Kainehe Hunt 6th- Tahaki Papke

Surf N Sea & O'Neil are at it again staging a big SUP race from Waimea Bay to the Surf n Sea store on May 29th. There is about 3000 in prize money and tons of give-a-ways, so get your entries in at surensea. net. This is the seventh annual race! Wow time flies!

The HSA State Championships are at Bowls the 28th, 29th & 30. Some of those competitors will represent in California for the Nationals. The T&C Grom event happened at Waikiki and the Rip Curl Grom search final tour event is at Bowls on May 3rd. Results next time! Also the Local Motion Surf Into Summer is May 28, 29 & 30th at Bowls.

WSL ANNOUNCES BIG WAVE WORLD TOUR

The Big Wave World Tour announced locations for the tour and included a women's tour for the first time. Locations consist of Chile, Peru, Mexico, Hawaii, Portugal. The women will qualify at Nelscott Reef and Punta Galea and the Championship will be in Hawaii, Jaws and or Todos Santos, Mexico. There is also a push for a Women's event at Waimea Bay. With the help of the industry leaders and City and County officials that could happen in the 2016/17 season. About time! The "uninvited" could have some fun too!



Wrenna, Banzai Productions



The Land is a Chief

"He ali'i ka 'aina, he kauwa ke kanaka. The land is a chief, man is its servant." This 'olelo no'eau (proverb) illustrates the Hawaiian perspective that the land provides all the resources we need to survive. Our value system emphasizes our kuleana (responsibility) to care for the 'aina, for the 'aina will care for us and our descendants. Lands that contained loko i'a

years later (McAllister 1933). Archaeologist McAllister described Uko'a as long and narrow & about a mile in length and Loko Ea as a pond of about 2.5 acres.

These loko i'a were renowned for their exceptional 'ama'ama (mullet) and awa (milkfish). Oral narratives tell us the fish raised in Uko'a were prized above all others. Extraordinary mullet lived in Uko'a, "some red and some with one side differing from the other" (Manu 1885). Kamakau noted that some were kumu on one side and 'anae or weke on the other. Kamakau affirms these unusual fish belonged to akua mo'o Laniwahine who made her home in Uko'a. She traveled between Uko'a and the ocean through an underground tunnel. Laniwahine was the kama'aina guardian of Uko'a and continued to be seen at the time of his writing (1865). People often left offerings

(fishponds) were called 'aina momona, for they were considered abundant food producing lands.

Two of the most famous fishponds on Oahu are in Waialua. Ukoʻa and Loko Ea. connected by a freshwater stream, were designed to take advantage of the natural topography. Paleoenvironmental studies indicate human settlement occurred



Loko Ea fishpond on a recent community engagement day

near Uko'a at least 1,000 years ago (Athens 1991). The earliest fishponds in Hawai'i are believed to have been constructed around this time (Kikuchi 2002). Uko'a and Loko Ea are fed from surface water, freshwater springs, and ocean water.

Ukoʻa and Loko Ea fishponds are linked as a single entity in several Hawaiian narratives. Waialua native and scholar Kamakau described them as "the two calm places of Waialua, the centers for choice fish" (1865). Kamakau also notes that Kamehameha I, on his quest to unify the islands, worked in the "fishponds of Ukoʻa". An 1867 newspaper article detailing a visit by Queen Emma describes the fishponds as "na lua o Laniwahine".

A visitor in 1813 described the two connected fishponds as "over a mile in length" and noted thousands of fish, some over 3 feet long, gathered at the makaha or sluice gates (Whitman). An 1833 depiction describes numerous fish and ducks in the pond and Hawaiians fishing from a canoe (Chamberlain). Uko'a and Loko Ea continued to be productive 100

for her on a special stone near pump #4. When she was honored the ponds would fill with fish and the fish would be fat. She is a fierce protector of water sources and fishponds and has different kinolau (body forms). When she appears in human form, hidden things and/or negative events are occurring at that place (Kamakau 1865).

Significant loko i'a like Uko'a and Loko Ea were associated with ali'i, who had the socio-political and religious power to construct and maintain such complex aquacultural food production systems. Fishponds allowed the ali'i to tap into its resources (fish, limu, crustaceans, etc.) without burdening the maka'ainana (local folks). Queen Lili'uokalani had a home along the south west edge of Loko Ea and often visited the land of the sea spray as a place of refuge. An important wahi pana is the Queens Bath, which has endured for over 120 years. For some, this area is kula'iwi which needs proper protection and preservation from development.

April 27, 2016

Continued from page 16

The renowned fishpond of Loko Ea is in the process of being revitalized but existing and proposed developments along its borders are potential sources of serious contamination. It takes community engagement to protect the natural/cultural environments, water resources and adequate buffer zones. Productive fishponds have the potential to provide community sustainability, economic development, cultural revitalization, educational opportunities and the active practice of aloha 'aina. "The land is the chief, man is its servant." Let us take care of the 'aina that provides all the resources we need. Then the 'aina will take care of us and our descendants.

Com Sunday Elementar Sunday S	elical Mission International e and join us y's at Waialua y School Cafeteria School at 9:00 am
Worship Se Fi Ca	ervices at 10:00 am or Prayer II 637-4567 I to be A Blessing
	X
"Chil	Idren's Church"
WOLU WOLU WOLU GET INVOLVED - STAY CO.	INTERRS NOTERS NECTED - SUPPORT YOUR COMMUNITY
NAME:	I'M INTERESTED IN VOLUNTEERING FOR: (PLASS CORECK ANY/ALLTHATAPPLY) [] VISITOR CENTER
DAYTIME PHONE:	[] VISION CENTER [] ADMINISTRATIVE HELP [] PUBLIC RELATIONS
EVENING PHONE:	[] WEB SITE [] HISTORICAL TOUR GUIDE
DAYS/TIMES AVAILABLE:	[] MEMBERSHIP MEETINGS [] BUSINESS EXPO [] CHRISTMAS PARADE
HOURS PER WEEK AVAILABLE:	[]] CHRISTMAS PARTY []] CHRISTMAS PARTY
NORTH SHORE CHAMBER OF COMMI	OMPLETE AND RETURN THIS FORM TO THE ERCE • 66-434B KAMEHAMENA HWY. • HALEIWA, HI 96712 4558 (PHONE) • INFOGGONORTHISHORE.ORG (EMAIL)

Hawaiian Humane Society Seeks Pin-up Pets For 2017 Calendar

Your photogenic pet could be a pin-up. The Hawaiian Humane Society seeks entrants for its 2017 Pets in Paradise[™] calendar contest that raises funds for the Society's more than 30 programs and services. Entries may be submitted from April 15 through May 15 for a fee of \$25 per photo (of pets only, no people). All photos should be in horizontal format only, at a minimum size of 1 MB. All contestants will receive a complimentary Pets in Paradise[™] calendar and a feature on the Humane Society website:

The public may cast their votes for their favorite pet photo for just \$1 per vote (minimum of five votes) from April 15 until May 31, noon HST.

The top three photo entrants with the most votes will receive:

- Feature in our Newsletter, which is delivered to nearly 20,000 supporters.
- Photography session with Keri Nakahashi Photography, including five digital images.
- Pet of the Month in the 2017 Pets in Paradise™ Calendar.
- Showcase in MidWeek's Pet Friends Forever.
- Your pet's portrait on a metal print from Fujifilm Hawaii.
- A \$75 Hawaiian Humane Society gift certificate.
- A surprise Waggin' Swag Bag, which may include the following:
 - o A Gibi GPS pet tracking system with one month of complimentary service.
 - o Magnolia Bakery Gift Certificate.
 - o Complimentary ticket to Pictures with Santa Paws.
 - o A Bag-a-doo Waist Bag.
 - o Delicious treats for your pets.

The Hawaiian Humane Society is an education and advocacy organization that also shelters, protects, rescues, reunites and rehomes animals. It is Oahu's only open-admission shelter that welcomes all animals. Established in 1883, this non-profrt organization is not a chapter of any group as there is 110 national humane society. Gifts made directly to this independent, local organization help local animals and people. Visit HawaiianHumane.org to learn more. (808) 356-2225

Attention New Businesses Take advantage of the North Shore News special ad rates. For information call 637-3138 and mention you are a new business.

Serving the North Shore Community



WAIALUA FEDERAL CREDIT UNION

67-292 GOODALE AVE #A2 (808) 637-5980 www.waialuafcu.com

Visit us today.







WAIALUA PUBLIC LIBRARY UPCOMING EVENTS

Waialua Crafters Wednesday, May 4 at 4:30PM Bring your current craft project and share tips!

<u>Waialua Writers' Group</u>

Saturday, May 14 at 11AM Topic of the Month: "Non-Verbal"

Waialua Used Book Sale

Saturday, May 21 from 9AM to 2PM Book Hunting At Its Best!

Waialua Readers' Group

Thursday, May 26 from 9:30AM to 11AM Pick of the Month: "The Nightingale" by Kristin Hannah

Re-Occurring Waialua Library Events *

Computer Instruction - Fridays at 9AM Toddler Time - Fridays at 10AM Children's Storytime & Crafts - Saturdays at 10AM * Waialua Library will be closed on 5/28 in observance of holiday

LIBRARY VOLUNTEERS NEEDED AND 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!

2016 North Shore News Schedule

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

Direct-Mailed to Every Home MOKULEIA • WAIALUA • HALE'IWA • KAHUKU • LAIE Every Other Wednesday • 12,000 copies

"The North Shore's most popular publication" since 1970 (808) 637-3138 • NShoreNews@aol.com • NSN4Linda@aol.com www.northshorenews.com



May Day is Lei Day in Hawaii and every day 200 blood donors are needed to meet the needs of Hawaii's patients. It's the blood on the shelves that save lives. In honor of Mother's Day, make an appointment today and give a family more time with their loved one.

To schedule an appointment or check on drive information, call 848-4770 or use your computer or mobile device to visit BBH.org. Listed below are the upcoming blood drives from Wahiawa to Laie. Please note: drives are subject to change.

Monday, May 2, 2016 Waialua Intermediate and High School - Bloodmobile 7:30 am- 1:00 pm 67-160 Farrington Highway

Saturday, May 21, 2016 The Church of Jesus Christ of Latter-Day Saints Laie Hawaii Stake - Cultural Hall 8:00 am- 1:00 pm 55-415 Iosepa Street

> Saturday, May 28, 2016 Wahiawa Hongwanji - Bloodmobile 8:00 am-12:00 pm 1067 California Avenue

> Monday, May 30, 2016 Laie Shopping Center - Bloodmobile 8:00 am-11:15 am 55-510 Kamehameha Highway





Saturday, May 7, 2016 8am to 2pm Waialua Community Assoc. in Hale'iwa Proceeds to benefit the North Shore Food Bank (to volunteer or donate call 637-3138)



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.

PRESS RELEASE POLICY: Submit press releases in person or by fax, mail or email to Editor, North Shore News, 66-437 Kam. Hwy., Suite 210, Haleiwa, HI 96712. Please type your releases and keep them shorter than 200 words unless they are of an unusual news interest. Releases should be viable news stories and are published on a space available basis only, with priority given to those received in our office first. You may attach photos. We are not responsible for the return of any photos. All materials are submitted at owner's risk. We reserve the right to edit and/or refuse all submissions including advertising.

EDITORIAL POLICY: We welcome articles and letters from our readers. Letters to the Editor are published on a space available basis only and preference is given to shortness of length, and quality of content. We prefer to run not more than one letter, per person, per 6 month period. Letters subject to edit.

Views expressed by our contributing writers and advertisers do not necessarily reflect the view of the management and staff of the North Shore News. All rights reserved. Reproduction in whole or part without permission is prohibited. © 2016.

> Editor & Classifieds Linda Seyler

Typography Downtown General Store

Contributing Writers Tom Jacobs

Betty Depolito Naty Hopewell City Councilman Ernie Martin State Representative Lauren Matsumoto State Representative Feki Pouha Senator Gil Riviere Malia K. Evans Blake McElheny

> Photography Banzai Productions





HOW TO CONTACT THE NORTH SHORE NEWS

Letters to the Editor, and other items submitted for publication consideration may be sent to us via: MAIL: 66-437 Kamehameha Hwy., Suite 210, Hale'iwa, HI 96712 E-MAIL: NShoreNews@aol.com

PHONE: (808) 637-3138 Office Hours: Monday – Friday 10 a.m.-3:30 p.m. www.northshorenews.com



WAHIAWA GENERAL HOSPITAL

SERVING NORTH SHORE, CENTRAL AND WEST OAHU

New Emergency Room



Continued Commitment to the Community (Since 1944)

THREE TIMES LARGER

PRIVATE ROOMS

BOARD CERTIFIED EMERGENCY PHYSICIANS

FASTEST TREATMENT TIME ON OAHU

TELESTROKE SERVICES (Video-Linked to Queens Medical Center)

128 Lehua Street • Wahiawa, HI 96786 • 808-621-8411