



“E Ala Na Moku Kai Liloloa”

Surf n Sea Celebrates 50 Years
See Pages 3, 4 & 6

Health & Wellness
See Pages 11, 12 & 13

2015 Pipeline Womens Pro
See Pages 15, 16 & 17



NORTH SHORE NEWS March 18, 2015 VOLUME 32, NUMBER 6

2015 Pipeline Womens Pro

Brazilian SHOW ROOM
Presents
March 16-24th
Banzai Pipeline
North Shore, Hawaii

Sponsors: SNN, WSSM, Banzai, Kona Brewing Co., NYR Organic, Duke Kahanamoku Foundation, Hawaiian OLA, One Love Surf Shop, Banzai, XCEL, Surfboards, Luna, BakaToha, Eua Aina, Bubble, M.

2015 Pipeline Womens Pro

From Contest Director Betty Depolito

Last year the headlines read “One armed surfer wins Surf n Sea Pipeline Womens Pro,” and “Bethany Hamilton, shark attack survivor wins Pipeline Womens Pro.” Every year there is some kind of drama at the event, after all it is Pipeline known around the world for it’s life changing capabilities and make it or break it ramped up riding. The Pipeline Women's Pro took its first bow in 1990 as a bodyboarding event, the only “ladies only” event at the break. We have seen things change, progress and regress but every year there is no doubt that everyone wants to know who won. It will be no different this season. The women are fired up and ready to test their skills and try to pull into a tube that they will forever remember. This years “poster child” rider and model, Emilia Perry, emulates the desire to keep having a womens event there. She stands out as one of the women that continually ride the break and every year get better and better at doing so. Carissa Moore just won there at the Vans Triple Crown expression heat and she is in! Her younger sister Cayla Moore is also up for the challenge as many ladies from different areas are. Good luck to all that have trained for the opportunity to be professional athletes, things are looking fired up!

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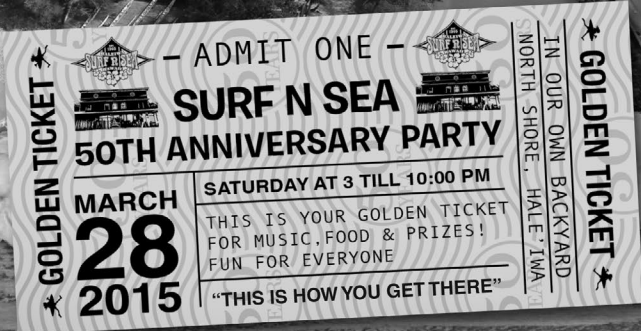
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Talking Story with Tom Jacobs

As SurfNSea Surf Center Celebrates Its 50th Anniversary, Talking Story with Joe Green, the Owner

SurfNSea, the surf shop in the iconic yellow and brown building next to Haleiwa's "Rainbow Bridge" over Anahulu Stream, is 50 years old. The building itself is over 100 years in age, built in the early 1900's when Haleiwa Town was a small group of businesses supporting the Haleiwa Hotel, one of Oahu's first go-to resort hotels. That building, then a tailor shop and dry goods store, barely survived the tsunami that rolled through the town on April 1st 1948.

In 1964 Paul Liskey and two partners invested \$100 each to start a sporting goods store that Liskey named "SurfNSea." Sales the first day amounted to three bucks. Not much, but lease rent in those early years was only \$50 a month, increasing after a while to \$100. Liskey bought out his partners and managed to get the building designated as a state historic site, saving it from tear-down. The shop sold surfing and dive equipment along with dry goods, groceries, and an impressive stock of guns and ammo that were kept locked in three big safes.

In December, 1969 another tsunami came calling. Liskey and neighbors worked through the night to move stock, surfboards, and guns to the second floor. They shored up the building by stringing ropes across the mauka (landward) side of the structure, tying them off to two coco-palms at either end. When the tsunami hit, the ropes saved the building from ending up in Kam Highway. As it was, Liskey and his employees spent days cleaning out the 18 inches of water, sand, and mud dumped on the ground floor. Liskey sold the still-struggling business to Ron Stroble in 1973, and Stroble eventually sold out to three local North Shore partners a few years later.

At about this time SurfNSea's current owner, Joe Green, made his appearance.

Sometimes it seems like every male immigrant from the mainland to the North Shore, however he ends up ... carpenter, waiter, bank president ... comes to surf. Joe was no exception. Born in Jacksonville, Florida, and raised on the Gulf Stream surf on the East

Coast, Joe made friends with Dickie Roseborough - "Roso," - a sometime North Shore resident who summured in Florida. Roso's stories of monster surf and juicy wahine were irresistible, and in 1977 Joe flew to Oahu for the winter surf season, renting a room in a Quonset hut in Pupukea from Roso. "Roso taught me a lot," Joe remembers. "How to surf the big stuff, but most of all how to get along with the locals. He taught me to be a 'humble haole.' Even today, when I'm wrestling with a tough problem, I'll ask myself, 'What would Roso do?'"

Joe moved back to Florida in the spring when the surf died, working as a carpenter and saving his money. That next fall he drove his old, beat-up Volvo to California and flew to the North Shore, this time to stay, stepping off the plane with a few dollars and even fewer job prospects. He scratched out a living



Joe and the gang in front of SurfNSea.

as a carpenter, by fixing up cars, but also by stacking surfboards one on top of another on another old Volvo and selling them at swap meets, first at Kam Drive-In in Aiea, then at Aloha Stadium. It was his first venture into retail surfing, a business he's still in 37 years later.

The three partners of SurfNSea made Joe an offer. He could sub-lease part of their store to sell surfboards. His rent? Fifteen percent of his sales. Joe jumped at the opportunity. No more swap meets!

When one of the three SurfNSea partners opted out of the hui, Joe bought in, at the cost of the dollar value of his stock of surfboards. When another partner left the business Joe wound up as half-owner. Half owner of what? In those days of the 70s and 80s a good day's sales were \$200. On top of that, Mother Nature was not through with SurfNSea. Hurricane Ewa roared through the North Shore, taking with it SurfNSea's tin roof and leaving a wet mess in the store. The only good thing about Ewa is that the damage

Continued on page 6



Council Chair
Ernie Martin
Serving You in District 2

Rail Needs to Stay on the Right Track

Lately, Council support has been called into question by members of the Legislature and others on the proposed extension of the General Excise Tax surcharge for rail. For the Council, it's not just about the surcharge. Holding overall financial authority for rail means Councilmembers don't have the luxury of piecemeal oversight of the project. That's the job of the Honolulu Authority for Rapid Transportation (HART), its appointed board, and the Mayor. The Council must stay focused on the big picture. And right now, that picture is troubling. Like the \$910 million hole that suddenly appeared after we received glowing reports for 2014 and the news that HART had awarded a bonus to its executive director.

The three most talked about options to plug the projected shortfall all sound simple enough— extend the General Excise Tax surcharge, increase property taxes, or scrap the project. But raising property taxes before exploring all possible remedies is irresponsible and a total stoppage is foolish and shortsighted. The City is liable for repayment of the entire \$1.55 billion federal grant if the project fails and future requests for federal transportation funds would likely be rejected. Extending the surcharge is clearly the most viable and it spreads the burden among all Oahu residents, businesses, and tourists.

The time has come for frank answers from everyone responsible for rail, from the Mayor and the Council, on down to every staff member at HART. First, do we have the right knowledge and experience on HART's executive team and staff? They must answer to the board of directors appointed by the Mayor and the Council. Secondly, is the HART board exerting the leadership and direction it was expected to provide? The answers to these questions may tell us whether it's time to reconstitute the current board with people possessing the specific expertise to oversee a project of this magnitude.

Legislators rightfully want more fiscal accountability, transparency, and cohesive information from the City. The Council shares many of those same concerns, especially the lack of reliable data on which to base important decisions. If the federal funds intended for bus and para-transit operations are removed from HART's financial plan, they must be replaced. The Council on its own is exploring other sources of local funds such as broadening the fuel tax revenue base, redirecting federal formula funds it receives, and possibly changing the City

Charter for more flexibility in expending special purpose funds.

The Council remains optimistic that the Legislature will grant some extension of the tax surcharge. I have already introduced Bill 23 (2015) to accept whatever the Legislature decides and authorize its use at the City level. I am also recommending a forensic City audit of the project that may yield useful information to guide the Council's future actions. Rail is a project with broad public benefits. Its success rests on the City getting its act together and rebuilding confidence with the Legislature and the public.

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Continued from page 4

caused the second partner of the hui to leave, resulting in Joe's half-interest.

At about this time Joe, a semi-confirmed bachelor, was confronted with another force of nature – romance.

He had started a profitable side business: wind-surfing lessons behind the store in Haleiwa Bay. When a young Japanese girl who had rented a wind-surfer from Joe was blown into the high surf at "Avalanche," Joe swam out and maneuvered safely to Alii Beach with the girl on the back of the board. The maiden flew back to Japan with a tall tale of the brave gaijin (foreigner) who had saved her life. Naoko, a girlfriend who heard the tale, flew to Hawaii herself and took a bus to the North Shore in search of this brave gaijin. She found him, and Joe, who knew a beautiful girl when he saw one, invited Naoko to a surfer party that night.

One thing led to another. Joe made the trip to town every night to date Naoko. Had he made an impression? I would say so. When Naoko returned to Japan she told her fiancé, who met her at the airport, that the marriage was off. All of this was news to Joe, who had neglected to propose.

When Joe flew to Japan to follow up on these high-speed events, he found himself facing Naoko's father, who was also unaware of the situation. Joe read, in Japanese, written by Naoko, a declaration of love and request for Naoko's hand in marriage. He didn't understand a word. Naoko's father was thunderstruck. He was also outnumbered two to one. Naoko's mother was on her side. When the angst cleared, the engagement was on.

All's well that ends well, and the romance ended well. Joe and Naoko were married in Hawaii, above Waimea Valley, near the site of the ancient heiau. The reception was held at the Proud Peacock restaurant in the Valley. The occasion was followed, almost immediately, by three children, now all grown, all with three names: Haole, Hawaiian, and Japanese. Joe's in-laws happily visit often and stay a good while.

His marriage and his business on track, Joe Green has turned to music. He has played the harmonica since he was a boy, and jammed with bands in Florida. He met Skill Johnson in Hawaii and joined his band in Sunset Beach. When the band's singer left, Joe took over. Now he has his own band. He composes songs, first in his head, finally transposed into chords once Joe learned how to do that. He learned how to play the ukulele, then how to make them. Now he's a one-stop shop music enterprise, composing, orchestrating, singing, recording, and hand-crafting ukuleles.

Joe is modest about his business and about his music. "I'm just the messenger," he says about the tunes that appear in his head, seeming to come from somewhere else.

Maybe so. Regardless, it's great to have a messenger like Joe Green on the North Shore.



Joe & Naoko Green



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**Representative
Lauren
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Serving You in District 45

We have reached the First Crossover of the Session when bills that made it through the Senate committees come to the House, and the bills that made it through the House committees are sent to the Senate. This is the time when we begin to see which bills are really in the running to become laws.

Here is a list of bills to watch as they move through the process:

Medical Marijuana Dispensaries: HB321 HD1 Establishes a system of medical marijuana dispensaries and production centers.

Affordable Housing by the Rail: SB1369 Creates an agency to facilitate, oversee, and expedite transit-oriented development of public lands around the rail stations to construct workforce rental units.

Electronic Cigarettes: HB385 HD1 Increases the minimum age from 18 to 21 the minimum age to purchase any tobacco product or electronic smoking device.

HB585 Prohibits the use of electronic smoking devices in places where smoking is prohibited.

Safe Places for Youth: HB395 HD1 Requires the office of youth services to coordinate a five-year safe places for youth pilot program to establish a network of safe places where youth in crisis can access safety and services. Allows youth in crisis under 18 years of age to consent to services in the safe places program under certain circumstances.

College Credit Equivalency: HB981 HD1 Requires a previously authorized UH policy for the awarding of credits for college-level learning gained from work or other life experiences, other than military service covered under current law.

General Excise Tax Exemptions: HB984 Exempts the sale of food from the General Excise Tax.

Rail Tax: HB337 Extends the General Excise Tax increase in order to pay for the Rail.

As your Representative, I am always interested in your concerns on all the matters you care about. If you live in District 45 you will receive a survey on these bills. Please watch your mail for the yellow card, fill it in, and send it them back to us as soon as possible so your voice can be heard.

Please feel free to contact my office if you have any questions or concerns about these bills or other legislation.

Phone: (808) 586-9490

Email: RepMatsumoto@Capitol.Hawaii.gov

You can also visit me at RepMatsumoto.com to stay updated on the issues you care about.

My staff (Cindy Vaillancourt, Danielle Smith, Cody Chapin, and Maura Carlson) and I look forward to working with you to better our community.

To Prune or Not To Prune

The NSOC held a community event on Friday, February 27, at the WCA.

Guest lecturer from UH Professor Andy Kaufman showed slides of some of Hawaii's beautiful trees and shared his research on how beautifully maintained trees affect us in a positive way and improperly pruned trees affect us in a negative way. This psychological affect is both conscious and unconscious. He is also conducting research on how plants in school classrooms and offices can influence positive attitudes and outcomes. In conclusion he said a Hawaii without trees and proper maintenance of existing trees would affect everyone adversely. He put dollar amounts on the upkeep and planting of trees and the benefits far outweighed the cost of neglecting those trees.

Local resident Jeff Dorr of "Dorr to Paradise" brought indoors several large potted trees and demonstrated proper pruning techniques.

Lessons learned were many. Chose the right tree for the right location. If you do not want to have the tree grow to its (proper) height then you must start trimming it when it is young and small. Once a tree is huge is not a time to try to make it smaller. Drastic or improper pruning weakens the tree and makes it prone to rot, insects and a shortened life span.

Never top a tree. You can take out the dead, damaged, diseased, crossed or wrong headed branches to keep a tree healthy and looking good. Use the 1/3 rule of properly cutting a branch that is 1/3 or less of the size of the trunk or main leader branch of the tree. Cut the branch near the trunk but leave a 1/2 inch to an inch so the cuff (collar) can heal. Do not apply tar or wound treatments as once was considered proper.

Look for more community events sponsored by NSOC in the future.

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**10AM-2PM:
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Please join us as we plant native Hawaiian coastal species & help to improve rapid erosion on the west bluff above Sharks Cove. Too much sedimentation can kill our fragile reef below. We need your help!

Meet us on the dates above at Sharks Cove, Pūpūkea Beach Park, at 10:00am. We will provide tools and lunch! Please wear covered shoes and bring sun protection and a refillable water bottle.

Please contact us at info@pupukeawaimea.org for more information! Hope to see you there!

Hawaiian Bananas

By Peter McLean, Intern, Waimea Valley, Oahu's North Shore

Bananas have long been a Hawaiian staple ever since the first Polynesians brought them on their sailing canoes across the Pacific. They brought many cultivars with them, but the most widely known are the "Pacific plantains" of which there are three main groups. They are the Maoli group, Popo`ulu group and the Iholena group. Although they have declined in popularity since the introduction of cultivars such as the Apple and Williams banana, they are absolutely delicious and deserving of recognition as one of the most fantastic foods in Hawaiian culture.

The Maoli group is characterized by its enormous fruits, some reaching 10 inches in length and looking like huge sausages. A truly substantial banana! The racks are also huge, often reaching over 90 pounds with 10+ hands of fruit. Each cultivar has unique characteristics and puts on quite a show of beauty. For example the Maoli `Ele`ele has all black leaf stalks, the Maoli Manini is completely variegated with camouflage-colored leaves, striped stalks and gorgeous white-striped fruit, and Maoli Manai`ula has fruit that emerge bright red before turning green after 30 days.

The Popo`ulu group is equally impressive with fruits that look like thick pudgy sausages. They also form enormous racks and are coveted by Polynesians as being one of the most delicious bananas. Some of the popo`ulu cultivars form a pink jelly in the center when fully ripe. They are critically endangered and on the verge of extinction and only remain in private collections.

Iholena bananas are characterized by their emerging `cigar' leaf, which is bright in color ranging from silvery mauve to copper red. This characteristic makes them very easy to recognize. This was one of the only types of banana that women were allowed to eat in Old Hawaii. The fruit color is bright pink-orange, resembling salmon and incredibly high in vitamin A. The flowers contain a sweet nectar called pilali that is an amazing sweet treat on hot day.

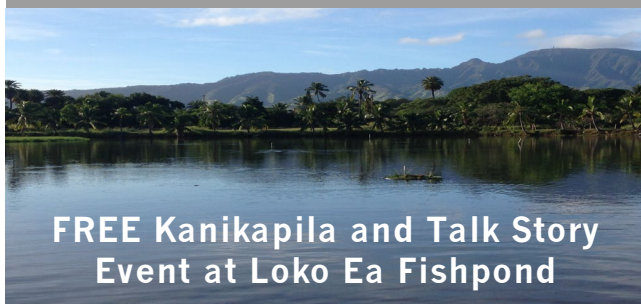
Most of the Hawaiian bananas are considered to be cooking bananas and are most popular when cooked. I love taking the green Maoli or Popo`ulu bananas, peeling them, slicing very thin and frying in coconut oil and salt to make the most amazing chips you have ever had! When they get yellow and soft I slice them thicker and fry them the same way, so they come out incredibly sweet and delicious. Another popular way is to steam the ripe fruit in a steamer or an imu (this is the best!). You can also

peel and chop up the green bananas and boil them like potatoes for your curry or soup. They are great food to bring camping because they are delicious roasted in their skins over an open fire. You can also eat them raw if you let them get ripe enough.

Waimea Valley has long maintained an impressive collection of Hawaiian bananas, and although it has been threatened by diseases and pests, many plants are still thriving today. We are now selling plants from our collection every Saturday during our plant sale from 8 a.m. to 12 p.m. These bananas are incredibly rare and their survival now depends on the efforts of banana enthusiasts. So swing by the valley on Saturday and browse our collection of rare bananas for sale!



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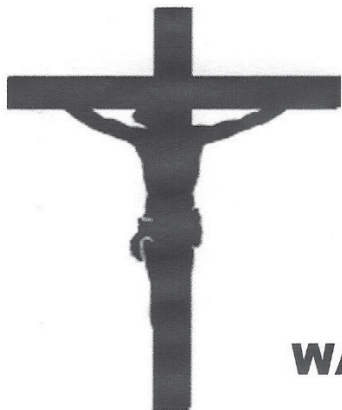
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by Naty Camit Hopewell

HPV and Cervical Cancer

What is HPV or human papilloma virus? It is the most common sexually transmitted virus in the U. S. About 20 million are currently infected and, with each passing year, 6 million more become infected. Most HPV infections don't cause symptoms and resolve spontaneously. There are many types of HPV and some of these cause cervical cancer in women. Cervical cancer is the second leading cause of cancer deaths in women. About 12,000 women develop cervical cancer every year and about one third are expected to die from this disease.

Cervical cancer can be prevented. There is currently a vaccine that protects against two types of HPV that cause 70% of cervical cancer. The FDA has recently approved a new vaccine, Gardasil 9. This vaccine protects against 9 types of HPV causing 90% of cervical cancer. It is administered as a series of three shots within 6 months. It is given to both females and males (since it is sexually transmitted) as early as 11 years old. Vaccination should occur before people become sexually active. The vaccine is given up to age 26; it is assumed that by then, the individual has been exposed to HPV. Are there side effects? These are mild and resolve in a short time. There might be swelling and redness at the vaccination site, headaches and mild fever.

With HPV vaccinations, people may feel that pap smears (screening for cervical cancer) may be unnecessary. Remember that before the advent of pap smears, cervical cancer was a major cause of death in women. Moreover, the new vaccine is not 100% protection.

A person who has already completed the HPV series need not be re-vaccinated with Gardasil 9. They are already well protected. The old vaccine protects against the most aggressive types of cervical cancer.

If you are less than 26, protect yourself or your partner by getting this vaccine.

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The Big Fix

The "Big Fix" spay and neuter mobile clinic scheduled for March. Poi Dogs and Popoki (PDP) has scheduled a mobile clinic this March for pet owners to get their furry friends spayed and neutered at an affordable rate.

The Big Fix, is a fully equipped mobile veterinary clinic that provides low cost spay and neuter services. The March 27, Friday services is scheduled at the North Shore Marketplace for cats.

Since its inception, the Big Fix, PDP has sterilized more than 2500 cats and dogs in communities across Oahu from Waianae to Waimanalo.

Sterilization fees include microchip and pre medication, \$50 for pet cats and \$25 for feral cats.

Special subsidies may be available for those who cannot afford the fee. Pet owners are required to schedule an appointment by emailing alicia@poidog-sandpopoki.org or call 551-7915. In the email please provide your name, contact # whether the cat is a pet or feral, male or female, and weight. Each cat will also receive a microchip identification to ensure that the cats find their way home.



Massage Therapy Course is being offered in Waialua!!

Our course will commence on Saturday, April 4th at 12:00 and classes will be held on Saturdays 12-4, Tues & Thurs 5-7. We will enroll no more than 10 students for this course. You will be taught everything you need to prepare you to take the Massage Therapy Licensing Test and to be on your way to a Successful New Career: Anatomy, Physiology, Massage History, Therapeutic Massage Modalities, Hawaii State Health Laws, Contraindications, Draping, Office Protocol, Marketing / Advertising and updated Licensing requirements. Primary Therapist / Instructor, Michèle Czara, has had extensive experience working with World Champion Athletes as well as major injury patients. Upon completion of this course, you'll have all the information necessary to start your own business as a Massage Therapist or to work in a therapeutic environment. Earn Your Massage Therapy Diploma in less than 9 months on Oahu, Hawaii!

North Shore Sports Therapy provides training that helps to prepare You for entry-level positions as a Massage Therapist. Your training begins in the classroom and concludes with hands-on experience during an externship at our on-site Massage Therapy Clinic.

For more information, Please contact Michèle Czara: 808-778-8443

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Contact us today, at 808-778-8443, To learn more about our Massage Therapy Course and to sign up!! Aloha Ke Akua, Michele

North Shore Food Bank

Please show kokua by replenishing our Food Bank.

Drop off canned goods at the North Shore News office.
Checks can be sent to:
OAMC (Once A Month Church)
P.O. Box 117, Haleiwa, HI 96712
MAHALO





6th Annual 5K-FAMILY FUN-RUN-WALK

Saturday, April 25, 2015

8:00am - 10:00am • 7:00am Check-in
KUALOA RANCH, Ka'a'awa Valley Road (surf spot entrance)

All applications received in the office by **Friday, March 20, 2015** will receive a **FREE Ka'a'awa 5K Fun Run T-Shirt.**

- ALL Children **MUST** be accompanied by an adult.
- Pet Friendly event. (leash and clean up required)
- Stroller friendly trail. (off road strollers best)
- Refreshments and Snacks for sale.

Register Online at: active.com

before March 20th	after March 20th
Adults \$20	Adults \$25
Students \$10	Students \$15

For additional information please call **237-7757**

Additional forms are available at Ka'a'awa Elementary School or our website at kaaawa.k12.hi.us or email kaawapcnc@gmail.com

Reinventing Healthcare with Essential Oils

Over 10% of Haleiwa residents use essential oils! In fact, Haleiwa is one of the top ten cities that has the most essential oils users per capita in the world. The addition of essential oils in individual's healthcare is a phenomena that is seen around the nation and world. What is essential oil, and why are so many people using them?

Essential oils are protective and healing oils that are distilled from various parts of plants including flowers such as lavender, the rind of citrus fruits such as lemons and oranges, tree sap such as frankincense and woods such as cedar.

The next time you peel an orange, look closely as you bend a piece of the rind. You'll notice the aromatic essential oil appear the surface. The oil you see and smell is found in tiny sacs, and when the sacs are ruptured, the essential oil is released.

What do essential oils do? Essential oils help the plant defend itself against threats such as diseases and pests. They also strengthen the plant's cells and defend against other environmental threats. These oils can be used by humans and animals to strengthen physical and emotional wellbeing. It's pretty powerful stuff – One drop of essential oil is equal to 50 – 70X its herbal form.

Locally, North Shore residents are experiencing relief from symptoms of a wide variety of conditions such as asthma, depression, and other serious threats such as diabetes and MRSA staph infections, which was how I was first introduced to the power of essential oils.

Before learning about essential oils, my three year old daughter suffered with a MRSA staph infection for over a year. Every 6-8 weeks she would be taken the emergency room to get a prescription for antibiotics and occasionally to get her painful boils lanced and drained. After a year of using antibiotics, which were destroying her digestive tract, I was frustrated and willing to try something new. At first I thought this may be a problem that was too big for essential oils but I gave it a try. I put a blend of essential oils directly on the sores and gave them to my daughter internally. In 3 days the infection was gone. It has been about 2 years since then and the infection has not returned.

In addition to the experiential proof of the effectiveness of essential oils, scientific research proves the positive benefits they provide. Pubmed.org and aromaticsience.net are reputable sites to research studies on essential oils. Due to these studies, essential oils have been integrated into some prescription medicines, and 29 mainstream hospitals are incorporating the use of essential oils as well, including Vanderbilt, Cleveland Clinic, and Cape Coral Hospital.

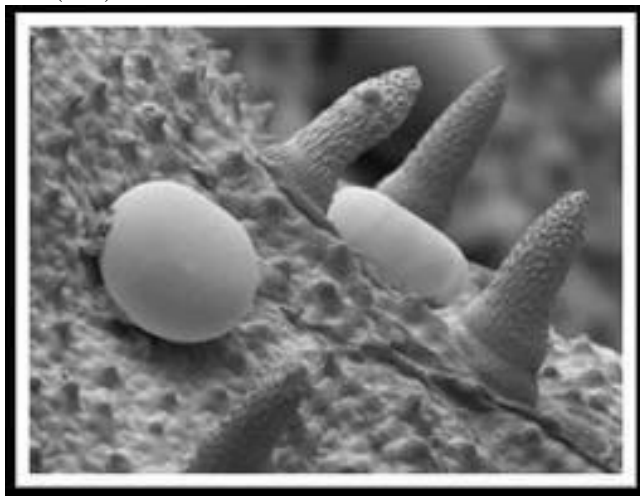
Due to the effectiveness of essential oils and the lack of side effects typically found with prescription drugs, people are choosing to restructure their healthcare with the addition of essential oils. Essential oils are a natural addition to the North Shore's healthy lifestyle.

Where can you get essential oils? Before you go shopping for essential oils, it's important to know that all essential oils are equal. Most essential oils that you will find at a typical health food store are synthetically produced, diluted, and not fit for human consumption. Even when it claims to be 100% pure, many are basically liquid potpourri without the healing compounds that a

high grade essential oil contains. So do your research and look for essential oils that undergo multiple 3rd party testings for purity and effectiveness.

Certified pure therapeutic grade essential oils can be found locally at Waiialua Fresh in Waiialua, Route 99 in Wahiawa, through independent distributors, and online at www.essentialoilshaleiwa.com.

Heidi Burgoyne is a resident of Haleiwa and independent distributor of doTERRA essential oils. To learn more about essential oils visit www.mydoterra.com/heidiburgoyne. Free classes on how to use essential oils are held weekly in Haleiwa. Go to www.goteamlife.com/calendar to view the calendar and RSVP for upcoming events, or call (808) 372-9304.



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Essential Oils Learning Series Calendar
(Visit www.goteamlife.com/calendar for location.)

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Feb 17: Stress & Anxiety

Feb 24: Pregnancy & Delivery

Mar 3: Attention & Focus

Mar 10: Athletes & Energy

Mar 17: Children & Infants

Mar 24: Dogs and Cats

Apr 3: Reflexology & Foot Zoning



team life

TO RSVP CALL HEIDI AT
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Private classes also available.

Need oils help now? Call any time.



**In Loving Memory Of Glenn McMurray AKA
Blurr, Adobo, Bulldog and many others.
Nov27, 1956-Sep16, 2014**



Honoring Glenns final wishes, there will be paddle out ceremony followed by a pot luck style reception. The McMurray family would like to invite all of Glenns friends to attend and celebrate his life. We will all be meeting on Sunday, March 22 at 10am @ Marijuanas/ alligators public access, North Shore. The reception will be held at Haleiwa beach park/ Monuments. For more info contact Ryan @415-420-1312. Hope to see you there.

2015 PIPELINE WOMENS PRO



Carissa Moore ready to win Pipe again!



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Brazilian Show Room presents The Surf n Sea Pipeline Womens Pro



Emilia Perry, Pipeline

Artist: CHRISTIE SHINN is a self-taught graphic designer and illustrator based in Canada but inspired by Hawaii. SHINN documents daily life on the North Shore of Oahu through her work. Her images feature moments that are telling of the larger experience. SHINN'S unique aesthetic comes from a varied collection of influences that include old skate graphics, DIY screen printing and comic book art. Check her work out www.shinnstudio.com, info@shinnstudio.com



Welcome to The Surf n Sea Pipeline Womens Pro presented by Brazilian Show Room. The event is a great opportunity for our surfers to gain world tour points and showcase themselves. We are proud to have Surf n Sea on board for many years now, they are great supporters of womens surfing. Congratulations to the team at Surf n Sea for 50 years of service to our community. Joe Green, shop owner, just recieved a SIMA "Gold" award. Surf n Sea is a destination location for Hawaii's locals and visators alike. They want to insure great adventure opportunities and great shopping of course! This season Brazilian Show Room jumped on board to support! The company is located in Haleiwa and Kailua and they specialize in the best Brazilian products straight to Hawaii. Their service is imepactable, they are always ready to help! Check them out online at www.brazilianshowroomhawaii.com.



Outrigger Duke Kahanamoku Foundation, ODKF: The legacy of aloha left by Duke Kahanamoku continually inspires us. This year the foundation will honor Duke's 125th birthday. They are an organization that awards scholarships and grants across the islands for academic and athletic goals of higher achievement. This year alone giving out \$165,000.00 to different entities. You can join the Ohana, be a donor and you too can help Hawaii's top athletes and scholars to reach their full potential as they honor the father of surfing Duke Kahanamoku! www.dukefoundation.org

Poster Surfer: Emilia Perry, just call her "Meals" for short, has been an extra avid surfer at Pipeline for over 15 years and her passion continues to grow. She is also a professional mermaid and teaches surfing on Oahu's North Shore. "I want girls to know that you can do anything", she says. "Mermaids have more fun!" Perry will once again be a competitor in the competition and is one of the stand outs at every session!

Surfboard Designers: Jen Miles and DMZ Surfboards have put their planers in gear to build two great surfboards for the contestants. Miles in her own right is a great surfer who has the passion for designing boards and has created other surfing events in the past. The gang at DMZ designed a beautiful board for the wahine. DMZ is all the way from California to hui in, Mahalo!!

Official Forecaster: Surf News Network in business sharing surf heights and conditions for over 30 years. Call 808-596-7873 for daily updates at 7am. <http://www.surfnewsnetwork.com>

Official Beauty Products: NYR Organic Neal's Yard Remedies started life in a small depot in central London, driven by the passionate belief that health and beauty should be more natural and less synthetic. Today they have many products that are distributed around the world. They are passionate about transforming people's lives, educating and empowering you on how to live more healthily through the power of nature. The local number is 808-537-3933, Kim!



Additional Events March 16 - 24th, 2015
WSL Jr. Mens Pro Pipe
BodySurfing Pipe Pro



Brazilian Show Room Presents The Surf n Sea Womens Pipeline Pro



Photo: Rolimphotos



Photo: Gonzo

The Junior Women are competitive at Pipeline
Zoe McDougall **Brisa Hennessy**

Official Drink: Hawaiian Ola is a local Big Island company located in Captain Cook. Their mission is to support the Hawaii environment and economy by empowering local farmers to produce organically grown products. With Noni as the main ingredient, and a plant that holds great significance in Hawaii's history, Hawaiian Ola is also promoting the importance of a healthy lifestyle while utilizing the our resources native to our islands. Hawaiian Ola Noni juice shots are the perfect pick me up when you need a little extra boost, hydration and nourishment.



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You're Invited
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Surf n Sea Pipeline
Womens Pro
Celebrate the Surfers
Photographers & Media
DJ KK Spinning
Prizes!!! Win a Surfboard
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March 28 - Saturday
9:30 to Closing
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and Special Guests!!!



Contest Schedule: Waiting period March 16-24 th Ehukai Beach Park
Best days of surf from 8am to 4 pm, call made at 7am Call SNN 808-596-SURF
Blessing Monday 16th at Pipeline Park 8 am
World Surfing League Womens Pro WQS One Star & Jr. Mens One Star
Additional Pro Bodsurfing One day event
Wrap Up Party March 28th at Banzai Sushi, N. Shore Market Place, Haleiwa



Photo:
Seth Moniz
Defending
Banzai Betty

Water Shot:
Niel Miazaki





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NORTH SHORE OLYMPIC TRIATHLON

May 17th, 2015 · 5:45 am start · Mokuleia Beach Park

800 Meter Swim · 25 Mile Bike · 10 K Run

COURSE

SWIM: A safe, fast 800 meter swim inside of reef at Mokuleia Beach Park
BIKE: 25 Mile bike going up "Snake Road" (closed to vehicles for 2 hours!) & back to Mokuleia Beach Park
RUN: 10K out & back run going west toward Kaena Point
ENTRY FEE/DEADLINE: \$125 Individual / \$140 Relay includes T-Shirt (no guarantee of t-shirt for late entries). Entry Fee is non-refundable. Entries must be received by May 9th, 2015
LATE FEE: \$140 Individual / \$155 Relay
Day of Race if available: \$150/\$165 Relay
Enter on line at: Active.com or <https://flpreregister.com/>
MAIL TO: North Shore Triathlon c/o Linda Moran 94-463 Alapine St, Waipahu, HI 96797
Checks payable to: North Shore Triathlon
No refunds, no transfer of entries with out approval. We reserve the right to refuse entry to anyone for any reason.

LIMITED TO 300 participants!

Divisions/Awards

INDIVIDUAL: Awards for top 3 male, female in 5 year age groups
Elite: Awards for top 3 male & female
Teams: Awards for Men, Women & mixed teams, top 3 in each division. Sorry, no fixies or single speed bikes.
INFORMATION, RULES & MAPS: www.northshoretriathlon.com * 808-372-8885
CHECK IN & RACE DAY SIGN UPS: 4:30am - 6:00am * \$5 donation to K9 Kokua for race day packet pickup & \$10 late fee for race day registration (IF AVAILABLE):
PACKET PICK UP & LATE REGISTRATION (IF AVAILABLE):
 • Wednesday May 13th, 2015 at BOCA HAWAII
 330 Cooke St. in Honolulu 3pm - 6pm
 • Thursday May 14th, 2015 at RUNNERS HI in Aiea 3pm to 6pm
 • Friday May 15, 2015 at BOCA HAWAII 3pm - 6pm
 • Saturday May 16, 2015 at Race Venue in Mokuleia Beach Park 5pm -7pm
 • Race Morning: 4:30am - 5:30am (\$5 donation to Kahuaku)



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								S	M	L	XL
Last Name		First Name		Sex	Age	D.O.B.		T-Shirt Size			
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Relay Team Member Last Name		First Name		Sex	Age	D.O.B.		S	M	L	XL
Email Address								Relay ✓ Female Male Mixed			
<p><small>Release Statement: I AGREE to comply with the rules, regulations, and event instructions of the North Shore Triathlon hosted by Aqua Sphere. I know that competing in a triathlon may be hazardous. I am aware of and assume all risks with participating in this event. I understand that competing in the Haleiwa Triathlon could result in my injury or death. I understand that I must abide by the rules of the North Shore Triathlon, obey water safety personnel, race officials and ocean safety officials of the State of Hawaii, City & County of Honolulu and the United States of America. In consideration of this application being accepted, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against race officials, volunteers, sponsors, Aqua Sphere, Waikiki Swim Club, North Shore Triathlon, Steve's Gardening, Runners Hi, Boca Hawaii the City & County of Honolulu, State of Hawaii & the United States of America resulting from my involvement in this event. I will additionally permit the free use of my name, photograph and interviews in association with this event. I agree to the use of my name, image or reproduction of for broadcast, telecast, web, Internet, websites, advertisements, films, videotapes of any reproduction thereof. I understand there is no refunds and that the North Shore Triathlon race officials reserve the right to refuse service to anyone, for any reason.</small></p>								Individual by 5/09/2015 \$125 Relay Team by 5/09/2015 \$140 Individual Entry after 5/09/15 \$140 Relay Entry after 05/09/15 \$155 Total Enclosed: \$			
Signature (Parent if under 18)		Signature of team member #2		Signature of team member #3				Checks payable to North Shore Triath Day of race add \$10 if available			

Mokule'ia Writers Retreat May 3 - 8, 2015

CALLING ALL WRITERS!

Writers of fiction, nonfiction, poetry, essays, and memoir are all welcome at this annual retreat at Camp Mokule'ia.

Participate in daily workshops with Kathryn Ma, author of *The Year She Left Us* and Don Wallace, senior editor at Honolulu

Take an afternoon memoir workshop with Zoe FitzGerald Carter

Join us for a panel on breaking in, publishing, and making it.

Day packages are available: \$600 includes all workshops, activities, and three meals daily; \$500 includes all workshops, activities, and lunch only; \$150 includes all afternoon sessions and lunch. See our Web site for classes offered "à la carte."

Join us for these FREE public programs from 7 to 8 p.m.:
Monday, May 4: Kellen Paik & Lihau Hannahs Paik of Kupaoa

Tuesday, May 5: Zoe FitzGerald Carter, Steven Goldsberry, Constance Hale, and Kathryn Ma

Thursday, May 7: Lisa Linn Kanae, George Tanabe, Kevin Won, and other island writers

www.campmokuleia.com/retreats/writers
EMAIL: constancehaleretreats@gmail.com

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Next Issue - April 1, 2015
Deadline Date-Mar. 20, 2015

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Come Join Us...
**Waialua Library
Used Book Sale**
Saturday, March 21st
9AM - 2PM
Great Finds At Great Prices!

**Voice of God
Ministries**
Jesus Loves You
For Prayer
Call 808-373-0294

North Shore Food Bank
Food bag distribution
Wednesdays at Haleiwa
Gym across from
Post Office
9am-12pm

New Hope Haleiwa
"Anchored to God's word,
led by his spirit" @Haleiwa
Elementary School
9:00am Service
621-9363

opala.org
Don't dump on Hawaii
SORT IT OUT

**Complaints About
Public Trees**
971-7151

**Queen's
Open Market**
Sundays 1:00 to 5:00 pm
Liliuokalani Church

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

**Don't throw away
that old BIKE!**
Donate it to
Yikes Bikes
A non-profit program at Waialua
High & Intermediate School
637-8200
M-F • 8 a.m.-3 p.m.

Classified Ad Rates
3 lines (min.) \$18.89
4 lines \$25.13
5 lines \$32.45
1" Box Ad \$41.88
(27 characters in each line)
Include your contact information.
**Ads can be dropped off in mail slot,
mailed, or emailed. Pay by check pay-
able to: North Shore News or credit
card by phone order.*
We reserve the right to refuse any
advertisement with a full refund.
North Shore News • 66-437 Kam. Hwy.,
Suite 210, Haleiwa, HI 96712
• (808) 637-3138 • NSHoreNews@aol.com

This year Easter is Sunday, April 5,
2015. If you have an event to
announce, please submit
information by the following
deadlines:

Publication Date: April 1, 2015
Deadline Date: March 20, 2015

Email submissions to:
NSHoreNews@aol.com
NSN4Linda@aol.com



*Happy
Birthday
Paige!*



Spring Home Improvement at Pioneer Ace Hardware!

BUY 1, GET 1 FREE PAINT SALE

WEDNESDAY, MARCH 25 THROUGH SUNDAY, MARCH 29

THE PAINT STUDIO



RECOMMENDED BY A LEADING CONSUMER MAGAZINE. Exclusively available at your neighborhood **ACE**

CLARK+KENSINGTON[®] PAINT + PRIMER IN ONE

ROYAL[®]

RECOMMENDED BY A LEADING CONSUMER MAGAZINE. Exclusively available at your neighborhood **ACE**

Recommendation for Satin Exterior and Semi-Gloss Exterior Sheens.



Let us help you choose your paint

SAVE UP TO **\$71!**

Come ask the experts for color advice!

Buy 1, Get 1 FREE

Buy one, get one free on all gallons of interior and exterior Royal[®] and Clark+Kensington[®] paint

Wednesday, March 25–Sunday, March 29!

Limit 2 free gallons per household.

Pioneer Ace Hardware
930 Kilani Ave.
Wahiawa, HI 96786

Pioneer Ace Hardware
66-134 Kamehameha Hwy.
Haleiwa, HI 96712

Pioneer Ace Hardware
55-510 Kamehameha Hwy.
Laie, HI 96762

Malama Market Haleiwa:
Open Daily 7 a.m.–9 p.m.
(808) 637-4520

Malama Market Makakilo:
Open Daily 6 a.m.–10 p.m.
(808) 672-9955



Valid Dates:
3/18/15–3/24/15

Deals of the Week!

Red Seedless Grapes

\$2⁸⁹
LB.



choice *Certified Angus Beef*[®]
Boneless Chuck Steak
Value Pack

\$5⁹⁹
LB.



King's Hawaiian Sweet Bread
16 oz.

\$4⁸⁹



Lay's Kettle Cooked Potato Chips
Selected Varieties,
7–8.5 oz.

\$2⁷⁹



Yoplait Greek Yogurt
Selected Varieties,
6 oz.

4/\$5



Nabisco Nutter Butter, Newtons or Honey Grahams
Selected Varieties,
7–16 oz.

\$3⁶⁹



Haleakala Iced Tea
Gal.

2/\$7



Coca-Cola
Selected Varieties,
12/12 oz.

2/\$9



Fresh Baked Einstein Bagels
Assorted Varieties,
5 ct.

\$3⁴⁹
EA.



10 Piece Country Style Thighs and Drums
5 Thighs, 5 Drums

\$9⁹⁹
EA.



Kona Brewing Co.
12 Pk. Bottles or 10 Pk. Cans
or Heineken
or Corona
12 Pk. Cans
or Stella Artois
10 Pk. Cans

\$14⁹⁹



Thursday

Grilled Steak Lunch

7–8 oz. Steak, Rice, Tossed Salad, Drink

\$8⁹⁹



Hawaii Beverage Fee Hawaii Beverage Fee of 1.5¢ per can or bottle will be added to purchase price at checkout. An additional Hawaii Deposit Fee of 5¢ will be charged for all specially marked beverage containers.

Limit five units (mix/match) per purchase, unless otherwise specified. We reserve the right to limit quantities. No sales to dealers. Prices plus applicable state tax. Hawaii EBT cards welcomed.