



“E Ala Na Moku Kai Liloloa”

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NORTH SHORE NEWS June 10, 2015 VOLUME 32, NUMBER 12



Local Charm Flourishes Each Thursday

Each Thursday afternoon you can find the North Shore community gathering together to celebrate locally-grown produce, delicious eats and fabulous artists. The Hale’iwa Farmers’ Market pops up in Waimea Valley, Thursdays from 2-7pm (new summer hours) where every day is a gorgeous reminder of the beauty and culture that surrounds all of us lucky to call Hawaii home.

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PROUDLY PUBLISHED IN
Hale’iwa, Hawai’i
Home of
**Sunset Beach
Elementary School**

Continued from page 1

Having opened in 2009 at the corner of Kamehameha and the Joseph P Leong Bypass, Hale'iwa Farmers Market quickly became a gathering place where neighbors from Wahiawa to Kahuku would hang out, listen to live music, fill their baskets with local produce and have long chats with their favorite farmers. Quickly, word spread and people island-wide headed to the North Shore to partake in the fun. HFM found itself with an abundance of accolades including being listed as one of "The 10 Coolest Markets in the World" in 2011 by The Daily Meal. Flash forward to 2015 and the recognition keeps on coming- Cooking Light Magazine just honored Hale'iwa Farmers Market as the best farmers' market in Hawaii.

Though the original site is a thing of the past, the joy that is the Hale'iwa Farmers' Market lives on each and every Thursday in Waimea Valley, where it has been going strong for nearly three years. The family-friendly environment brings people together to picnic on the lawn, connect with friends (old and new) and celebrate the gifts of the 'aina. And with the Waimea Valley bar serving beer and cocktails, it's a great place to relax after a hard day at work or on the beach.

This summer Waimea Valley introduces Screen on

the Green, to follow the market on Thursday evenings. These summer movies will be fun for the whole family and reminiscent of the Drive-in experience from days past. Your favorite food vendors will be on hand to make sure you are provided with gourmet popcorn, ice cream sandwiches, other week beginning June 18th with The Goonies. Then stay tuned throughout the summer for George of the Jungle, July 2nd; Surf's Up, July 16th, Lilo and Stitch, July 30th; The Jungle Book, August 14th and Ratatouille, August 28th. Movies start at 7:30, no charge, but donations are most welcome. Visit www.WaimeaValley.net for additional information.

Hale'iwa Farmers' Market is part of the FarmLovers family of markets, whose mission states "We are dedicated to the local grower. We are committed to creating and utilizing more sustainable agricultural land, and believe that through supporting local agriculture and the local economy, that more lands will be made available to the small farmer. We believe that these men and women are doing us a huge service by growing the food that we eat, and we want to support their efforts in any way possible." FarmLovers wants to see all important Ag Lands saved in perpetuity, so our islands can become more food self-sufficient and all generations can maintain a deep connection to the land that that we call home.

Haleiwa Farmers Market, Thursdays 2-7pm, Waimea Valley, Pikake Pavilion



66-037 Kam. Hwy., Ste. 3
Haleiwa, next to Growing Keiki

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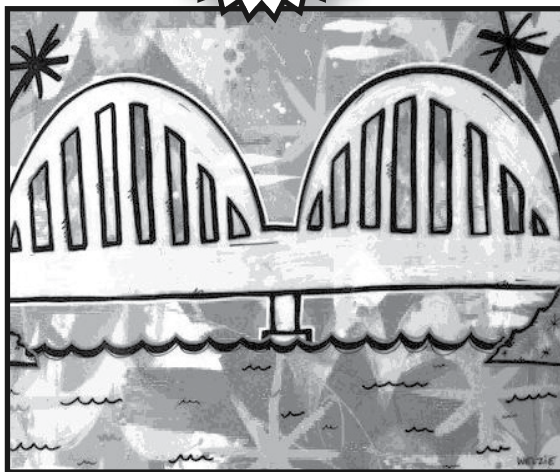
PROCEEDS SUPPORT NORTH SHORE FINE ART PROGRAMS

- 1 LUIBUENO'S** Appetizer
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- 3 SCOOPS of PARADISE** Sorbet
- 4 HALEIWA JOE'S** Entrée
- 5 JAMESON'S** Dessert

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For More Info: 637.2277

COMMUNITY4ART

HaleiwaArtsFestival.org

SAFETY ALERT: HURRICANE SEASON



Hurricane season begins in June.

For your safety and the safety of your family, prepare for emergency conditions before they occur:

- Gather emergency supplies, such as a battery-powered radio, flashlights, lanterns, and batteries.
- Store enough water, non-perishable food, and medicine for your family members and pets to last seven days.
- Become familiar with the location of the emergency shelters in your area. For a list of shelters, contact the Hawai'i Emergency Management Agency at 733-4300, or go to www.scd.hawaii.gov.
- Make plans to go to a safe location where electricity will be available if someone in your home depends on an electrically powered life support system and you don't have a backup generator.

For more safety tips, refer to Hawaiian Electric's *Information Handbook for Emergency Preparedness* at www.hawaiianelectric.com, or call 543-7511.



Hawaiian Electric

www.hawaiianelectric.com



Waimea Valley Presents Screen on the Green

*Every other Thursday after the Hale'iwa Farmers' Market
Movies Start at 7:30pm*

No charge, but donations most welcomed

For more information call 638-7766 or visit waimeavalley.net

JUNE 18th



JULY 2nd



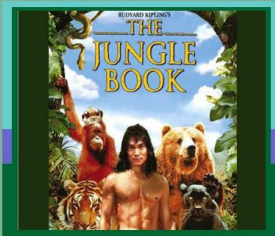
JULY 16th



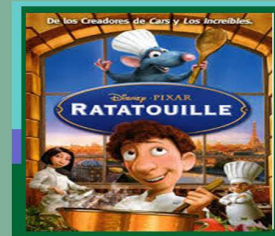
JULY 30th



AUGUST 14th



AUGUST 28th





Council Chair
Ernie Martin
Serving You in District 2

**City Council honors the
Kahuku High and Intermediate School's
2015 WE THE PEOPLE TEAM**

Founded in 1987, We the People: The Citizen and the Constitution Program, promotes civic competence and responsibility among the nation's upper elementary and secondary students. The program is a partnership of the Center for Civic Education and a network of 50 state civics, government and law programs to promote teaching and learning about the U.S. Constitution and Bill of Rights. Since its inception, more than 28 million students and 75,000 educators have participated in the We the People Program. Under the outstanding leadership of Advisor and Teacher Jan Harvey, Kahuku's We the People Teams have consistently excelled to represent Hawaii in the national competition. This year is no exception.

On January 21, 2015, Grace Tueller, Christian Chowen, Emma Houghton, Sasha Yamada, Victoria Countryman, Hannah Miller, Tiana Wheeler, Sadie Morelock, Samuel Workman, Daelynn Hunter, Kayli Clifford, Isaiah Spring, Tian Ford, Arenui Anderson, Kahea Pirrone, and Ocean Eale secured their spot in the national competition in Washington D.C. by winning the State title.

At this year's 28th Anniversary at the We the People National Finals, Kahuku was one of 56 teams in the competition. The Kahuku participants deserve recognition and praise for their superlative performance in the competition. These outstanding constitutional scholars are truly a source of pride for the entire State of Hawaii. They are all shining examples of students that have invested in themselves, maintained discipline-centered focus, and shown that hard work and perseverance results in success.

On June 3rd, on behalf of the People of the City and County of Honolulu, the Honolulu City Council acknowledged the achievements of the Kahuku High and Intermediate School's 2015 We The People Team and recognized them for winning the Hawaii State Finals. Congratulations to Jan Harvey and her remarkable team for a job well done once again!



**2015 North Shore
Hanapa'a Jackpot
Fishing Tournament**



**Hale'iwa Small Boat
Harbor
June 26 & June 27
Award Luau:
Sunday, June 28
Captain's Meeting June 25**



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2015 Operation:Backpack

Please help our homeless and disadvantaged students with a new back to school backpack loaded with school supplies. See page 21 for donation details.

Makani Culture **‘Āina Wai** **Community**

Development of alternative energy projects Restoration of Loko Ea Fishpond Sustainability Institute creation Agricultural water improvements Redevelopment of Hale‘iwa’s commercial area

Through dynamic catalyst projects like these, Kamehameha Schools’ North Shore Master Plan supports a healthy North Shore community.

Want to learn more?

Watch “KS North Shore Plan Update-2015,” a short video highlighting how each community-based project is helping to contribute to a sustainable future for O’ahu’s North Shore.

Find the video at our YouTube channel:
www.youtube.com/kamehamehaschools



KAMEHAMEHA SCHOOLS®

Celebrate with Miss Hawaii World!

North Shore’s very own, Samantha Iha-Preece is making history! She is the first “Miss Hawaii World” since 1994. Aside from being Miss Hawaii World, Samantha is a dance instructor for the YMCA and a full time student embarking on her senior year at the University of Hawaii at Manoa, double majoring in Theatre and Communications. She also trains and helps prepare other pageant queens for their state and national competitions. Samantha enjoys acting, TV hosting, singing, dancing, and spending quality time with her family.

On July 3rd, Samantha will represent Hawaii and compete in Miss World America in Washington, DC for the opportunity of representing the United States in the oldest surviving major international beauty pageant, Miss World. Miss World is the most prestigious international pageant which is aired each year on E! Entertainment in over 150 nations. The 65th annual Miss World pageant is set to be held on December 19th in China.

The Miss World Organization has raised billions of dollars for charitable initiatives around the globe through its “Beauty With A Purpose” charity. Samantha is committed to serving her Beauty with a Purpose project by working alongside the Life Foundation to stop the spread of HIV and to assist people who are living with HIV and AIDS. She is aiming high, setting goals, and serving the community.



Miss Hawaii World Fundraiser / Farewell Party featuring a special comedy performance by AUGIE T Hawaii Lip Sync Battle (Bring your music! Winner gets a CASH PRIZE!!!)

Live DJ, Raffle Giveaways, Silent Auction, Ono Pupus, No-Host Bar

Sunday, June 14th, 2015 from 5:00pm to 10:00pm @ Dot’s in Wahiawa (130 Mango St.)
 Tickets \$20.00 Pre-Sale (Call 808.692.2201 to order) OR \$25.00 at the door



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

Kamehameha Highway

I recently met with Ed Sniffen, the Deputy Director of the State Highways Division (DOT) to catch up on several ongoing projects and concerns. Our Senate district stretches more than 50 miles by highway from Kaena to Kaneohe. Needless to say, I drive a lot of miles, regularly circling the island, from Waialua to Honolulu to Kaneohe and around the windward coast and North Shore. Concerns and issues vary by community, but we are all connected by one primary roadway.

The Laniakea Traffic Alternatives Project began in 2010 when Mr. Sniffen held this same position. The project languished after he stepped away from the department in 2011, but I am hopeful that with his return, Ed will get the project back on track. The DOT recognizes that the parking barriers were only meant to provide temporary traffic relief. Look for the task force meetings to resume in the coming months.

One of the most frustrating events for our windward residents is to drive 30-45 minutes towards Kaneohe, only to learn that the highway is closed by flooding at Waikane or a car accident, or other event. They then have to drive all the way back and around the North Shore, spending hours to get to where they need to be.

In 2012, I began asking the DOT for electronic road signs along Kamehameha Highway to notify drivers of road conditions ahead. The department is now in the process of acquiring a number of signs that may serve this purpose. Please let me know if you have any thoughts on the best locations for up to three signs between Laie and Kaneohe, in both directions.

An ongoing concern for our Kahuku High and Intermediate Students is the mud puddles they have to negotiate when they get off or board the school bus. Earlier this year, the DOT agreed to my request to pave as much as possible of the drop off area when they resurface Kamehameha Hwy. through Kahuku this summer.

Governor Ige recently proclaimed an emergency for the highway near Crouching Lion in Kaaawa because the makai lane was collapsing into the sea. A project is now underway to preserve the roadway without expanding it seaward. To complete the work as quickly as possible, the highway will be reduced to one alternating traffic lane for up to three months, regulated by a temporary traffic light.

The bridges along Kamehameha Highway are

very old, many dating to the 1930s. The South Kahauna Bridge is next up for replacement and community consultation has begun. Several other bridges through the corridor may begin construction in the next several years.

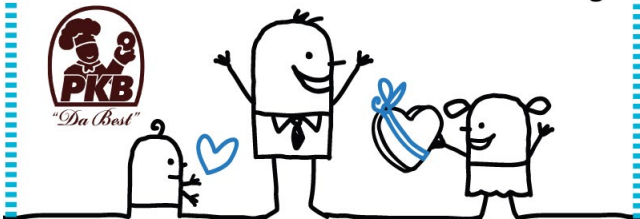
Some of the other traffic issues we are addressing include a traffic study within Laie to reduce speeding and possibly add speed humps on the roads near the school and improving visibility for drivers existing Kawaiiloa Rd.

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. 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.

North Shore Neighborhood Board Meeting

Tuesday, June 23, 2015
Waialua Elementary School
7:00 p.m. - 9:30 p.m.

A Father's Day Special from Paalaa Kai Bakery

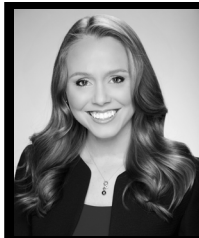


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**Representative
Lauren
Matsumoto
Serving You in District 45**

Aloha!

It is a privilege for me to serve you and our community as your State Representative. The one-on-one contact with members of our community, hearing your concerns, opinions, and feedback first-hand, was vital to me as the Legislature focused on crucial decisions that impact our entire state. My dedication to developing solutions for the challenges our community faces is concentrated on enhancing the quality of life for residents and visitors alike.

During the 2015 Legislative Session I served on six House Committees (Agriculture, Economic Development & Business, Education, Higher Education, Tourism, and Veterans, Military, & International Affairs, & Culture and the Arts), where I had the opportunity to hear testimony and weigh in on important issues.

This year 252 bills were passed. A few bills that may be of interest to you are:

- HB 830, which provides an exemption from Historic Preservation Review for those homes approaching 50 years of age,
- HB 321, which establishes a system of medical marijuana production and retail dispensaries,
- HB 134, which extends the county surcharge from the current Dec. 31, 2022 sunset date to Dec. 31, 2027,
- SB 1030, which increases the minimum age for sale, possession, consumption, or purchase of tobacco products or e-cigarettes from 18 to 21, and
- SB 1345, which requires the Department of Education to develop a transition plan to end multi-track schedules in public schools.

Please join me in congratulating all those in our North Shore community who recently graduated from school. I wish you much happiness and success in all you do. Special recognition goes to 2015 Waiialua High & Intermediate School graduates and Class Speakers Keahi Pang and Thomas Pule, and to Class Valedictorians Camille Joyce Agtina, Maria Lausterer, Tyler Myers, and Shaylee Souza. Their genuine and reflective words to their families, classmates, teachers, and friends perfectly conveyed the essence and uniqueness of our North Shore community. I hope that spirit remains with our graduates as they embark on their new journeys.

I'm always eager to hear from you so if you have any questions, concerns, or ideas, please feel free to contact me at (808) 586-9490, RepMatsumoto@Capitol.Hawaii.gov, or RepMatsumoto.com. Have a safe, healthy, and refreshing summer!

Olakino Maika'i

(Good Health)

by Naty Camit Hopewell

Migraine Headaches

Most people think of migraines as intense headaches that are incapacitating and sometimes accompanied by vomiting. In general migraine headaches are divided into two categories, with or without aura. Auras are symptoms that precede the onset of the headache. They can be visual, flashing lights, partial loss of vision, auditory as ringing in the ears, or loss of sensation. Auras usually last 20-40 minutes. Then the intense headache begins with symptoms such as photophobia (extreme sensitivity to light). Many people just go into a dark room and "sleep it off."

What causes migraines? The exact mechanism is unknown. The theory is that different chemical interactions occur in the brain resulting in headache. The mechanism may be unknown, but several factors may trigger migraines: fluctuations in estrogen (before or after menstruation, menopause, pregnancy); salty or processed foods; food additives; alcoholic drinks, especially wine; stress; sensory stimuli—bright lights, loud sounds; changes in sleep pattern; intense physical exertion, including sexual activity; changes in weather or barometric pressure.

In treating migraines, you have to learn what your specific triggers are and address them. Over the years, I have learned that 90% of migraines are related to poor sleep patterns. I treat poor sleep with old anti-depressants due to their sedating effect. Once a majority of my patients sleep better, the frequency and intensity of their headaches markedly improve. I also treat migraines with medications such as Imitrex combined with two Aleve and something for vomiting. Other approaches such as anti-seizure medications are used. The latest treatment involves botox administered every few months. The injections reduce the release of a variety of pain chemicals as well as blocking the pathway of pain sensation.

The bottom line is that effective treatment has to be individualized.

Haleiwa Evangelical Mission International



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Low -Income Home Energy Assistance Program
Monday, June 22, 2015, 9 a.m. - Noon
Waialua Community Association

Bring ALL of the following documents to apply
for Gas/Electric Bill Payment Assistance
or Energy Crisis Intervention

- 1) Current original Gasco Bill or HECO Electric Bill
- 2) Proof of Residence
- 3) Photo Identification
- 4) Social Security Numbers
- 5) Proof of Age or Disability
- 6) Proof of Income
- 7) Proof of Non-Citizen Status

LIHEAP is a program of Honolulu Community Action Program, Inc.
In Partnership with the U.S. Department of Health
and Human Services
And Hawaii Department of Human Services



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THURSDAY \$4.95 NIGHT \$4.95 SLICES, SALADS, MAI TAI'S, WINE & BEER		SATURDAY \$5.50 NIGHT \$5.50 SLICES, SALADS, MAI TAI'S, WINE & BEER
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FRIDAY NIGHT \$8.95 BURGER & FRIES

Dine In Only - 4:00 PM Until Closing - Haleiwa Town Center - 637-5095

\$2.00 Off with this Coupon

Some Restrictions Apply. See Restaurant for Details.
When Ordering Regular Priced Items. Good Anytime. One Coupon Per Person.
Can Not Be Combined with Other Discounts. Expires 09/30/2015.



**BRICK
OVEN
PIZZA**

Mobile Service Near Rocky Point
Catering and Local Delivery Available!
Call or Text **808-371-7091**

The Garden Oven is a mobile brick oven pizza business serving Oahu's North Shore near Rocky Point since June 2014. Chef-Owner Raul Bernal designed and built this unique operation on a 5x10 trailer, perhaps making this the world's smallest pizzeria! The Garden Oven specializes in creating delicious Neapolitan-style pizzas made to order with fresh ingredients and cooked to perfection in a wood burning oven, with classic toppings and pizza specials offered daily. The dough and sauce are made from scratch and we strive to offer locally-sourced and all non-GMO ingredients.

Raul was born and raised in Valparaiso, Chile, and brings 18 years of New York City restaurant experience to the business. He moved to Hawai'i in 2005 in search of warm weather and surf, met his wife, Lydi, and set off on his quest to create the best pizza in the Pacific Rim.

Rave reviews from locals and visitors alike call The Garden Oven, "the best," "our FAVORITE," "a gem," and a "MUST stop," with one happy customer proclaiming, "You're too good to be a secret, dude!" Find The Garden Oven on Facebook, Instagram, Yelp, and by calling or texting your orders to Raul at 808-371-7091!



FATHER'S DAY
Prime Rib & Crab Legs Brunch
Sunday, June 21
Two Seatings: 10am & 12pm
\$65/Adult • \$29.95/Child
Please Call 638-5864 for Reservations.



3rd Annual
CONCERT SERIES

JUNE 27 • JULY 25 • AUGUST 22
ARTIST LINEUPS & PRESALE TICKETS:
WAIMEAVALLEY.NET



**LĀ 'OHANA
Family Day**

3RD Sunday Every Month
50% Off General Admission
for our Kama'aina & Military!



On the North Shore across from Waimea Bay
Open 9am - 5pm Daily
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KUA AINA



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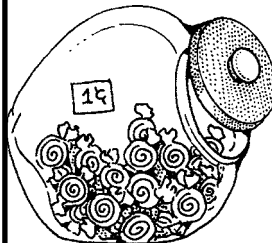
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16 Flavors of Ice Cream • 60 Types of Candy
Chocolate Dipped Oreos, Cheesecakes,
Cookies, Strawberry
Chocolate Clusters,
Scorpion Lollipops &
Treats for your Dogs!



Located in the
Waialua Shopping Center
Open Daily • 1:00 p.m.-9:00 p.m.

4th of July Celebration!

Good Fun, Great Food and Free Movies at Hukilau Marketplace – July 2-4

Hukilau Marketplace is making the 4th of July holiday a three-day celebration for the whole family to enjoy, featuring fun activities, great food, free movies, and a sidewalk sale.

Located at the entrance to the Polynesian Cultural Center, Hukilau Marketplace offers free admission, free parking, and a variety of shops, eateries and specialty goods inspired by the North Shore.

Pounders Restaurant embodies the spirit of the Hukilau Marketplace. Named after Pounders Beach



Chef de Cuisine Sean Priester

in Laie, the full-service restaurant has a kiawe-wood-burning brick oven from which Chef de Cuisine Sean Priester creates island-favorite entrées for lunch and dinner. Guests can enjoy air-conditioned dining inside or on the covered, open-air lanai.

Following are event highlights of Hukilau Marketplace's 4th of July celebration. Come enjoy the fun and festivities!

Thursday, July 2

5:00 p.m. Hot Dog and Watermelon Eating Contest

8:00 p.m. Free Movie

Friday, July 3

5:00 p.m. Talent Show

8:00 p.m. Free Movie

Saturday, 4th of July!

12:00-6:00 p.m. BBQ Cook-Off Contest

Bring your own grill, food and supplies
Cash prizes for winners

8:00 p.m. Free Movie

For more information please visit, HukilauMarketplace.com



Hukilau MARKETPLACE
at the POLYNESIAN CULTURAL CENTER
LAIE, HAWAII

THE BEST MIX OF LOCAL FOOD. FROM MAUKA TO MAKAI.

COME SAVOR ISLAND-INSPIRED CUISINE AT POUNDERS CAFÉ & GRILL AT THE HUKILAU MARKETPLACE. Enjoy Chef Sean Priester's refined yet rustic approach to food, featuring a menu of local produce and fresh ingredients. For reservations, call (808) 293-3287.

HukilauMarketplace.com

RED RAIDER SPECIAL!
Buy-1-Get-1 Half Off
any Pizza or Burger (after 7:30pm)

Pounders

One coupon per person.
Not combinable with any other offers. Expires 6/30/15.

FREE parking. FREE wi-fi.


POLYNESIAN CULTURAL CENTER

NSNMay15



Grand Opening Extravaganza

Wednesday, June 17th
10am - 4pm

GLUTEN-FREE / 95% ORGANIC / VEGAN OPTIONS / NON-GMO & LOCAL INGREDIENTS

Historic Kahuku Sugarmill
56-565 Kamehameha Hwy., Kahuku
808-561-5151
www.lanigflove.com

* Local Farmers * Food Vendors * Keiki Crafts * Balloons * Bubbles
* Cupcake Decorating * Live Music * Activities * Hennah *

LaniLove regular retail hours will take effect and be announced at the event and next issue of the North Shore News...Aloha ☺

Lanilove Grand Opening!

Lanilove Gluten-Free Breads invites you to celebrate our new Kahuku Sugar Mill Bakery's retail hours at our June 17th, Grand Opening Extravaganza!!! (Retail hours will be announced at event and in next issue of North Shore News - to take effect immediately after). We are so excited to share healthier alternative baked goods with you. Striving to source the best ingredients for you and your ohana - always 100% gluten-free, 95% organic, increasing our local ingredients, non-GMO verified, and absolute highest quality for optimum taste and healthy bodies. Our Kahuku Bakery is a 100% dedicated glutenfree environment - so we can guarantee no risk of cross contamination. Lanilove was built on a foundation of love for our daughter with Celiac Disease and nourishing our bodies with the best ingredients the earth has to offer. We are so thankful to get to share our creations with the North Shore Community and hope you will join us for a fun celebration featuring many of our delicious treats, as well as booths from local farmers, live music, food vendors, keiki crafts, activities and so much goodness!

Please email lanigflove@gmail.com if you are interested in hosting a booth or providing entertainment for our celebration. Mahalo nui loa



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Talking Story with Tom Jacobs

The Proud Peacock, Take Two

A Return to the Iconic Restaurant in Waimea Valley

Almost a year ago we did a story on the Proud Peacock, Waimea Valley's signature restaurant that had reopened after a 19-year hiatus. So when Richard Pezzulo, the Valley's Executive Director, phoned to suggest a follow-on article, we thought ... why not? So last Thursday found my wife and me ready to climb the stairs to the 2nd story restaurant, set above the valley's snack bar. Ready to climb the stairs ... except for a large male peacock on those same stairs, blocking our path. The irony of a proud peacock guarding the entrance to the Proud Peacock was not lost on us, but who knows how to ease around a male peacock? What lurked behind those beady eyes? Was this a test of macho wills? I am, after all, an adult male. Suddenly the peacock flashed his tail feathers in a stunningly colorful display. That was enough for us. We made holoholo downstairs and took the thoughtfully provided elevator up to the restaurant. Upstairs, Richard Pezzulo greeted us with a smile and a glass of draft Longboard ale, gratefully received after an encounter with a killer peacock. Richard was happy to fill us in on the Proud Peacock's changes since my last article: an updated menu, added lunch hours from 11 – 3 Thursday through Sunday, and expanded dinner hours from 4 to 9, Thursday through Saturday. He plugged a Father's Day Prime Rib – Crab's Leg brunch buffet with two seatings at ten a.m. and noon for \$65, \$30 for keiki. Richard put special emphasis on private functions in the Pikake Pavilion, catered from the restaurant's kitchen. In fact, while on the way up we had watched a beautiful Japanese bride and groom proceeding with their entourage to the pavilion.

When we asked about 'the biz' the normally en-

thusiastic Richard became even more bubbly. Overall park attendance was way up, approaching 1,200 a day. The restaurant's lanai tables were filled when we got there, only a half-hour after opening, and the dining room booths filled up fast.

Richard handed us over to Lisa Holden, restaurant manager and the night's hostess. Lisa turned out to be from Montana (is everyone in Hawaii from somewhere else?) However she's been a North Shore girl for the past 19 years.

She's worked at the Proud Peacock since last September ("... love it, the staff is great, very cool atmosphere ... business has doubled since I've been here ...").

Lisa booked a table for us for dinner, and we sat at the bar to meet Alexa Sandretto, bartender (bartendress? barmistress?). She poured more Longboard drafts and told us that she was from Boise, Idaho, two years in Hawaii, and already a surf instructor with North Shore Surf Girls. Lives in Sunset Beach near Ted's Bakery. We wondered what she liked about the Proud Peacock and the North Shore. "It's a great place to work. The staff and the customers are all great. I'm a country girl from Idaho, so I love the North Shore 'country,' fishing, sailing, surfing ..."

But Lisa was back to tell us our table was ready, in the main dining room next to the open kitchen – my wife telling me that a kitchen open to the dining room like that meant that the restaurant kept the kitchen, and the cooks, spotless. Alexa turned out to be our waitress as well as our bartender, telling us that everything on the menu was "ono." I had the ribs, which were not only "ono" in a great barbeque sauce, but filled the plate: a total of 12, which meant that six of them went home with me in a paper bag. The peacock had vacated the stairwell, so we went home peacefully, happy, and filled with good food and spirits.

Proud Peacock. Try it. The North Shore needs more great restaurants like this one.



Proud Peacock bartender Lisa Sandretto pours wine for Noelle Bombardier.



Randy Ho'opai entertains at The Proud Peacock.

Understanding Board of Water Supply Reports

Jeff Scott, PhD

On June 23rd, a representative from the Board of Water Supply will be at the North Shore Neighborhood Board meeting, at 7:00 PM at Waialua Elementary School to discuss how they monitor our water quality and answer questions regarding the BWS Water Quality Report – also known as the Consumer Confidence Report (CCR) that is sent to all customers each summer.

This report does several things:

- Identifies the source which supplies water for your address
- Reports detected contaminants or elements in the water and ensures that your drinking water meets all safe drinking water standards
- Describes any treatment process used, if necessary, to make your water safe to drink
- Explains terms used in the regulation of drinking water
- Tells you where to go for additional information

Oahu is blessed with water that is among the best quality in the world. The Board of Water Supply's (BWS) job is to make sure it is also safe. As mandated under federal and state law, the Hawaii Department of Health and Board of Water Supply regularly test Oahu's drinking water for more than 100 different kinds of chemical "contaminants". BWS conducts over 18,500 tests in their Chemical Laboratory. In addition, the BWS analyzes approximately 10,000 water samples every year for microbial contaminants (such as bacteria). Any substance found in water is referred to as a contaminant by the U.S. Environmental Protection Agency (EPA), including natural minerals. The presence of a contaminant is not necessarily a health risk. What matters is the amount of any specific substance in the water. Some minerals are technically 'contaminants' but make water taste better. Certain other natural substances or man-made chemicals may be harmful if amounts are high enough, but are considered safe if amounts are below certain levels.

Drinking Water -- Useful terms to know:

Substances in water are commonly reported as ppm (parts per million), ppb (parts per billion) or ppt (parts per trillion). They are units of measurement for the levels or concentration of substances in water, just as we use inches to measure length and pounds to measure weight.

Mathematically, 1 ppm = 1,000 ppb = 1,000,000 ppt

How small is one part per million (ppm)? One part per million is ¼ teaspoon of table salt in 264 gallons of water. The ocean is 3.5 % salt, which is 35,000 ppm.

How small is one part per billion (ppb)? One part per billion is even smaller – ¼ teaspoon of table salt in 264,201 gallons of water.

How small is one part per trillion (ppt)? -- One

part per trillion is much, much smaller, ¼ teaspoon of table salt in 264,200,793 gallons of water.

Other Terms in Consumer Confidence Reports:

Maximum Contaminant Level (MCL's) - An MCL is the highest level of a substance allowed in drinking water permitted under federal and state drinking water regulations.

Maximum Contaminant Level Goal (MCLG) - It is the level of a substance in drinking water, below which there is no known or expected risk to human health.

Colony Forming Units (CFU's) - The number of bacteria found in a sample. Not all bacterial are harmful to our health. The primary concern for drinking water safety is presence of coliform bacteria.

People may become fearful when they discover that certain substances have been detected in drinking water. Detection is important, but even more important is the amount of the substance being detected. The EPA and the State of Hawaii Department of Health have set standards and guidelines at levels that are considered protective of human health using the best available technology. Drinking water cannot have levels that exceed those limits.

Of course, people will say that we don't want any substances in our water, but there is really no such thing as pure water. Even our purest lakes and streams have water that contains naturally occurring minerals (possibly including cadmium, lead, or arsenic) and microorganisms (bacteria, fungi, parasites).

Today, it is easy for us to take for granted the availability of safe drinking water. The safe water we have today is the result of scientific research to identify harmful contaminants, regulations to ensure public safety, as well as the daily diligence and dedication of staff at the Board of Water Supply and the Hawaii Department of Health. To all of them, we say, Mahalo! For more information, please come to the Neighborhood Board Meeting on June 23 and visit the web site for the City and County of Honolulu Board of Water Supply at: www.hbws.org.

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North Shore Chamber Going Strong After 30 years

Haleiwa Main Street dba North Shore Chamber is celebrating its 30th anniversary this year. The organization was started in 1985 by Charlene Terukiina and other business owners as the Haleiwa-Waialua Business and Professional Association. In 1989 it became Haleiwa Main Street, a historic preservation program of the National Trust for Historic Preservation. After 9/11 it expanded to do business as the North Shore Chamber of Commerce.

The Chamber is a community-based, community development nonprofit that serves and is open to all North Shore residents, nonprofits and businesses. Currently, there are 200 members and 92% of the business members are small or Mom & Pop businesses. The Chamber's main program areas are: Historic Preservation, Beautification and Infrastructure Improvement, Sustainable Economic Development with emphasis on Agriculture Advocacy, and Visitor Information.

Its main mission is the "promotion, preservation and restoration of the culture, history and architecture of Haleiwa/North Shore..." To date the Chamber has been a key advocate or player in the restoration of four buildings: Waialua Courthouse (1998), Anahulu Bridge (2006), Waialua Community Association (2007), and the Haleiwa Mutual Telephone Company Building (2010), now the home of the Chamber and North Shore Visitor Center. In addition, volunteers have done extensive research and oral histories on most of the historical buildings in the Special District; developed a Historical Walking Tour Map; they regularly guide historical tours, and produce illustrated talks.

Another part of the Chamber's mission is to encourage planned growth and sustainable economic development. A major accomplishment was the completion of the Haleiwa Town Plan in 1991. The consultant lived in the community for three months, did in-depth interviews of community leaders and organizations, and 339 residents participated in the planning process. The goals of the plan are as follows:

1. Keep the country country... Maintain the rural character of the town and surrounding landscape. Protect the splendid natural environment that is the setting for the town.

2. Help the town to continue to thrive, providing job opportunities for the area residents in small, locally-owned businesses and industries.

3. Preserve the old ways while making room for the new. Let the future be inspired by the wisdom of the elders and the energy of the youth.

4. Support economic opportunities and community improvements that serve locals and visitors both, and that are consistent with the character of Haleiwa.

5. ...make the town a more pleasant place to

walk.

These goals have been the organization's guiding principles for the last 25 years and are as valid today as they were then, a testament to the planning process, consultant, and Board of Directors at that time.

Since then, some Chamber accomplishments: Weed Circle was landscaped with the Outdoor Circle and the triangle coming into Haleiwa, named Ka Iwa Garden, will be landscaped soon. North Shore Sunset on the Beach events were held after the Waimea Rock Fall and 9/11 which encouraged people to come out to the North Shore and acted as business incubators. The Christmas Parade will be in its 15th year developing community pride and spirit as well as bringing thousands of people to Haleiwa. Outstanding community volunteers are honored as the North Shore Kama'aina of the Year encouraging volunteerism. The walkways in the main part of Haleiwa, from bridge to bridge, are finally coming to fruition. Supported agriculture through a grant that improved the North Shore irrigation system. Published "Did You Know?" place mats highlighting North Shore agriculture, now in Haleiwa McDonalds and soon Zippy's. Developed a North Shore Disaster Preparedness Plan and there's much more to come.

When the plan was completed, no one had any idea that the North Shore would be hosting 51% of all visitors to Oahu by 2005 (2.63 million people in 2014). The need for better infrastructure and information for visitors became very obvious. By 2010 HMS had the Mutual Telephone Company building restored and started providing Visitor Information and Business Services. Last year, almost 4000 people were served at the Visitor Center, 674 referrals were made to businesses and 1195 volunteer hours were spent staffing the center. Visitors also call ahead for information and visit the website when planning their visit. These efforts go a long way in getting visitors to spend more of their visit in our community rather than just driving through on their way around the island. Our volunteers do a wonderful job and spread the aloha spirit at the same time. They provide general and historical information, referrals to attractions and businesses, and provide business services to all who need them. North Shore Maps are provided to all who enter and a very nice bathroom is available. A universal comment of those who enter is, "What a nice, homey visitor center this is!" So, stop by if you've never been to the Chamber. Better yet, come to the Anniversary Celebration on Saturday, June 20th 5:30pm. To register, go to www.GoNorthShore.org



Waialua Court House



North Shore Chamber of Commerce

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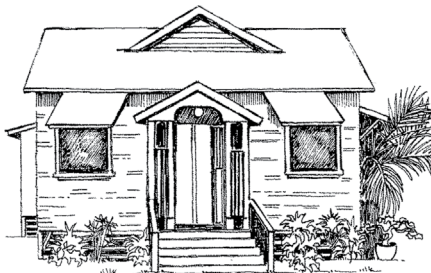


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The Surf n Sea SUP race was a big success with a change in the course and an increase in racers. Over 120 contestants pro and amateur took on the 5 mile paddle from Waimea Bay to Haleiwa's Surf n Sea Surf Shop. There were 10 elite racers vying for prize money and it was Christian Bradley who took top honors. Rachel Brunch won the ladies division. It was Brunch's 2nd win in a row! Congrats to all the athletes. Surfnssea.com for more information!

Get your hurricane on! According to the climate prediction center, part of NOAA, there is an approximately 90% chance that El Niño will continue through the Northern Hemisphere summer 2015, and a greater than 80% chance it will last through 2015. El Niño is the condition where the surface temperature of the Pacific Ocean is warmer than usual. This is not a good thing for our hurricane season that just started June 1st and runs through November 30. Here are the basics for being ready. Every home should have a disaster supply kit ready. Store at least a week supply of food and water, first aid kit with all your medicines and prescriptions, special items for babies, elderly and pets. Have flashlights, a battery powered radio and extra batteries and a NOAA weather radio. Keep some cash on hand and put your important papers in a water tight container. OK I just checked and I have three of those things ready. How many do you have?

Summer contest season is upon us. Congratulations to all the Local Motion Surf Into Summer contestants. This year the pros took the spotlight and our own Joel Centeio won the final just ahead of Sunny Garcia. This was an addition to the WSL qualifying tour and much needed here in Hawaii. There was no Womens Pro division. New World Surfing League Hawaii manager Jodi Wilmott is happy to have the opportunity with Local Motion. "We are really stoked that Local Motion decided to test the waters of offering a professionally rated men's QS1000 division this summer. We hope their experience with WSL Hawaii is a rewarding one that we can grow upon in 2016 to include a rated women's event," she said.

The Duke's OceanFest is right around the corner. The 9 day event starts August 22nd-30th, 2015. It will be the superstar's 125 anniversary! Duke Kahanamoku is Hawaii's best ever athlete and had the greatest aloha spirit that he spread around the world. He also invented several sports including tandem surfing and surfboard water polo which will both be demonstrated at the festival. There is a schedule posted at <http://www.dukesofest.com>.

There will be an alaia wooden board contest with prize money so practice up! Remember too that the event raises funds for the Outrigger Duke Foundation which gives out grants and scholarships for our ocean athletes. Check it out if you need support or donate here <http://www.dukefoundation.org/index.php/odkf-donation>. Give then a call at 545-4800. Pretty amazing organization that supports the waterman lifestyle!

Pipeline Champion Tatiana Weston Web, Kauai, is making big waves on her first rookie run at the WSL. She was the highest placing Hawaiian at the Samsung Fiji Pro snagging a 5th and is ranked 7th overall on tour winning \$67,000.00 dollars so far. She was also one of the few ladies that scored tube rides in the event. Carissa Moore, our two time Hawaiian World Champ, is still leading the tour and has won about \$167,000.00. The North Shore darling, Coco Ho, is in 10th and is at the \$56,000.00 mark. Ho won the high rated QS event in Cabo, Mexico last year. That event is set to begin as I am writing and a hurricane is headed that way. Follow-up next issue.

The first event of the bodyboard summer season will kick off at Ala Moana Bowls June 16-21st. The Kellogg's presents Ala Moana Bowls Challenge offers

Continued on page 19



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Continued from page 18

a purse of \$10,000.00 in cash and prizes and is put on by hard working contest organizers Ben Severson and Norm Skorge. There is a pro ladies division, girls get it going! For info www.ibahawaii.com.

AccesSurf is having their fundraiser June 13th at Hawaiian South Shore Shop. Mike Love and special guests will be playing and there will be a silent auction and beverages by our Hawaiian brewing company Kona Brewing. AccesSurf gets disabled folks n the water to enjoy what we all love so much, surfing! Check them out at www.accessurf.org.

Send some info to banzaib@hawaii.rr.com and if you need photos and or video media call Betty 808-781-2535. A hui hoe!



Christian Bradley first place at the Surf n Sea SUP race!



Defending Champ Rachel Brunch, took top honors two years in a row. Photo: Banzai Productions



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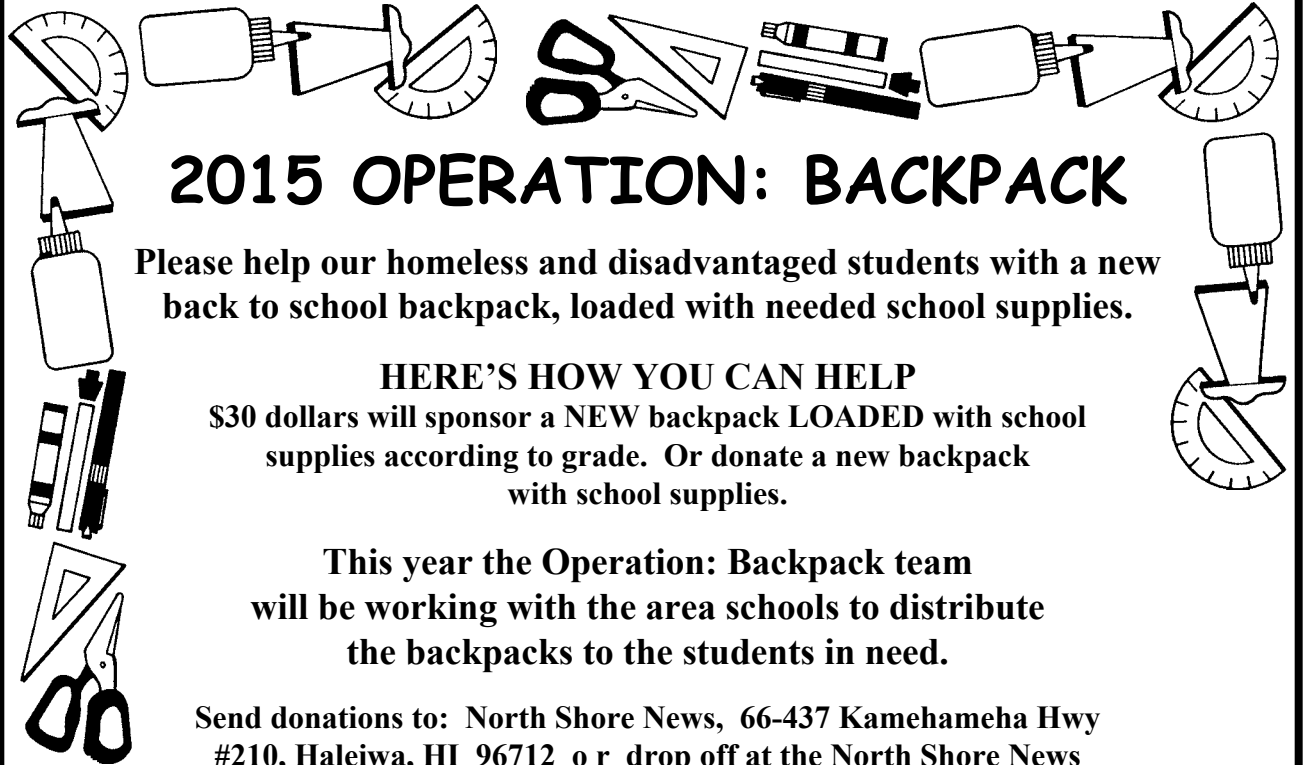
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Photos by Trish Coder

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June 12

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Waialua Community Association Anniversary

July 7

June 26

Haleiwa Arts Festival, Art Galleries



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Haleiwa Rd. at Smiley Place
637-4863

ANGELS PLUMBING
Repairs
Remodeling
Renovation
638-7878
Lic. #C12004




Business Services Center
Fast & convenient fax, copy, scan, computer/internet, laminate, etc.
Across from Haleiwa post office.
637-4558 or GoNorthShore.org

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 payable 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



Marianne Abrigo, Properties
Specializing in -
North Shore
Real Estate
Ask for our list of available properties and/or a free market analysis.
Marianne M. Abrigo
"Realtor since 1974"
Office **637-3511**
Fax **637-0777**
Email **mabrigo222@aol.com**

HELP WANTED
BUSSERS/SERVERS
Pizza Bob's in Haleiwa is looking for BUSSERS/SERVERS. Experience preferred. Apply in person at 66-145 Kam. Hwy.

COOKS/KITCHEN HELP
Pizza Bob's in Haleiwa is looking for kitchen personnel. Experience preferred, but will consider training the right people. Apply in person at 66-145 Kam. Hwy.

Gardener, 8 hrs per week for Haleiwa beachfront home.
637-0808

Housekeeper 8 hrs per week beachfront home
637-0808

ACI Hawaii, Always Caring Individuals
Summer work PAID program for ages 14-21 in Waiialua! Must be Hawaiian or part Hawaiian, cultural knowledge offered.
Info: Rev. R.R. (808) 753-5588 or ACI Hawaii@gmail.com

Lifestyle Trainer
Earn \$\$ from home
Full/PT
TodayIOwnMyLife.com

LIHEAP
Monday, June 22, 2015
9a - Noon • Haleiwa Gym
Low Income Home Energy Assistance Program

Retail Sales Surf & Sea
Hawaii's Ocean Sports Headquarters is always looking for hard working, energetic people to become a part of our sales team. Good pay, bonus, benefits. Ocean sports experience and/or bilingual a plus. Apply in person daily 9am-7pm
62-595 Kam. Hwy., Haleiwa

FOR RENT
Haleiwa Town Center
Space for Lease
636-2222

Office Space
D'Ascoli Bldg (Xcel Bldg)
2nd Fl, 484sqft, \$2.45/sqft
Call: 799-9135

FLOWERS
Plumeria Flowers
Are Blooming
U-Pick
232-9044

MISCELLANEOUS
If you do not want to receive the North Shore News in your mail box please email: NShoreNews@aol.com
RE: "Discontinue NSN" with your mailing address information.

Haleiwa Jodo Mission O-Bon Festival
O-Bon Service June 19 & 20 630pm
Bon Dance June 19 & 20 8pm
Floating Lantern June 20 9:30pm
66-279 Haleiwa Road, Waiialua End of Ali'i BeachPark

TWEET! TWEET!
I'm a 10 yr old girl who loves BIRDS! I've been able to help 5 birds so far. Please call my mom at 372-9304

FOLK: Friends of Library-Kahuku Book & Bake Sale
Tuesday, June 16
12noon - 4pm at the library

New Businesses
Take Advantage of North Shore News Special Rates
Call 637-3138 and mention you are a "new business"

Food Truck Experience
Waiialua High School Gym Parking Lot
3rd Friday of each month
4:00 pm - 8:00 pm

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

OPERATION:BACKPACK
Please help our homeless and disadvantaged students with a new back to school backpack loaded with school supplies.
send donations to:
North Shore News
66-437 Kam Hwy #210
Haleiwa, HI 96712
Info: 637-3138

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

Ron Artis Family LLC
Arts & Agricultural Center
Call today for music lessons for adults and children.
808-222-7589

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

Waiialua Library
Offers free computer instruction. Every Friday, 9am

For Advertising Rates
Call 637-3138
or go to
www.northshorenews.com

Come Join Us...
Waiialua Library Used Book Sale
Saturday, June 20th
9AM - 2PM
Great Finds At Great Prices!

TABLES & CHAIRS
780-8037



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:
6/10/15–6/16/15

Deals of the Week!

Locally Grown

Local Ewa Thai Seedless Watermelon

89¢ LB.

choice *Certified Angus Beef*[®]
Boneless Chuck Roast

Jumbo Pack, 5 lbs. or More

\$5.49 LB.

U.S.D.A. CHOICE

LARGE SIZE

Yoplait Go-Gurt

Selected Varieties, 8 Pk.

2/\$5

Foremost Ice Cream

Selected Varieties, 56 oz.

\$4.79

Lay's Kettle Cooked Potato Chips

Selected Varieties, 7–8 oz.

2/\$6

Minute Maid Orange Juice

Selected Varieties, 59 oz.

2/\$9

Prego Pasta Sauce

Selected Varieties, 23–24 oz.

2/\$7

Banquet Value Menu Dinners

Selected Varieties, 6.5–11 oz.

\$1.79

Fresh Baked French Bread

16 oz.

\$1.99 EA.

10 Piece Country Style Fried Thighs and Drums

5 Thighs and 5 Drums

\$10.49 EA.

10 PC.

Kona Brewing Co., Sierra Nevada or Stella Artois

12 Pk. Bottles

\$14.99

Thursday Grilled Steak Lunch

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

\$8.99

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.