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Pages 13 & 14

NORTH SHORE NEWS September 18, 2013 VOLUME 30, NUMBER 19



*Mayor Kirk Caldwell and President of Polynesian Cultural Center, Alfred Grace.*

Mayor Kirk Caldwell presented President Alfred Grace with a proclamation recognizing the PCC’s 50th Anniversary and proclaiming October 12, 2013 Polynesian Cultural Center Day. PCC

was founded in 1963 as a non profit organization, serving nearly 37 million visitors with entertainment while preserving and portraying the cultural arts and crafts to the rest of the world.

In addition, PCC has provided financial assistance to young people who attend Brigham Young University. As a non-profit organization PCC uses 100 percent of their revenue for daily operations and support education.

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PROUDLY PUBLISHED IN  
**Hale’iwa, Hawai’i**  
**Home of the NS Menehune  
Surfing Championship**  
see page 13



## OFF da Island in San Francisco, California

Pupukea newlyweds Ole Seyler and Anuheia Seyler (nee Burtch) spent their honeymoon in chilly San Francisco. They are pictured here at the Golden Gate Bridge on their way to the Viking/49er's game. Anuheia brought a recent copy of the NSN to read during half time to remind her of the good times on Oahu's beautiful North Shore. For more information on the OFF da Island campaign turn to page 23.

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# A Fond Farewell to Elaine Niimi



*Elaine Niimi passed away this past July in Wahiawa after a couple of years of increasing problems with mobility. She was able to stay in her home with assistance until shortly before her death.*

*Elaine moved to Pupukeya with her husband in 1954 to help run the family's Niimi Store. Previously they had managed a store in Kahuiku. The Niimi Store opened in 1903 and was a place Elaine said the locals hung out and bought supplies, often on credit. The couple lived in a house behind the store. In the 1970s the Niimi store was replaced by the Pupukeya Foodland.*

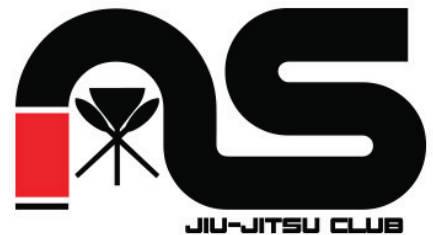
*When Elaine's mother passed away she used the inheritance to buy some property and from that time on she became a landlord and eventually a realtor. Her previous interest was in social work.*

*Elaine raised 4 children. In the past several years she and her daughter, Susan, have owned and run The North Shore Realty located on Kamehameha Highway next door to Foodland.*

*Elaine had always been interested in her community and was a member of numerous local organizations. She held various positions as a volunteer and was a generous supporter of local activities.*

*Elaine liked to buy baskets as she often delivered baskets of goodies to those she wished to aloha. Many North Shore residents considered her a very special lady. She believed in Thank You notes and acts of kindness to others. She will be missed by the many whose lives she touched.*

柔 **arte suave**  
the gentle art  
術  
**JIU-JITSU**  
**CLASSES**



men women kids

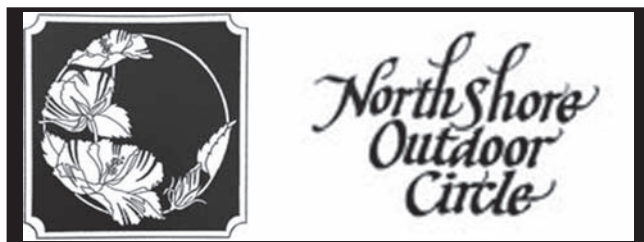
**"The Jiu-Jitsu that I created was designed to give the weak ones a chance to face the heavy and strong. Always assume that your opponent is going to be bigger, stronger and faster than you; so that you learn to rely on technique, timing and leverage rather than brute strength"** *Helio Gracie*

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[NorthShoreBJJ@Gmail.com](mailto:NorthShoreBJJ@Gmail.com)





The Outdoor Circle (TOC) was the very first environmental organization in Hawai'i. Last year they celebrated their 100th anniversary. Our organization has succeeded in completing a long list of successful projects which are in line with their goal of keeping Hawai'i Clean, Green and Beautiful by preserving, protecting and enhancing the environment, public parks and spaces for future generations. For example we don't have billboards along roads in Hawai'i because the TOC members worked hard and successfully in the early years to get rid of the billboard clutter that existed in those days. Today the TOC has 10 active branches throughout the Hawaiian Islands.

In 1956 our North Shore branch of The Outdoor Circle was formed then called, The Waialua Outdoor Circle, headed by two well-known community volunteers: Peggy Paty and Meryl Andersen. This branch was active for several years and then became inactive. In 1987 the North Shore Branch of the Outdoor Circle was re-established and became known as the North Shore Outdoor Circle, commonly referred to as the NSOC.

The NSOC through a series of NSN articles would like to share with the community the issues we as volunteers are trying to address on the North Shore. We have planted and maintained trees, tried and continue to try to keep our area in compliance with sign laws, and hope to encourage our community to all work together in preserving and protecting the beauty of the neighborhoods we live in. We have some pretty spectacular field trips that include farm tours, public and private garden tours and workshops on just about anything plant related. Our membership is open to everyone and new members are always welcome.

This coming year we are highlighting "Awareness of Exceptional Trees", where they are located and which additional ones can be designated "Exceptional" in the future. Designating a tree to be an Exceptional Tree protects it and there is help in maintaining the health of the tree.

For more information on our branch as well as all branches state wide please visit [www.outdoorcircle.org](http://www.outdoorcircle.org).

We would like to invite you and hope that you'll mark your busy calendars for our Annual Membership Meeting, Tuesday, October 1 at 6:00 p.m. Join us for our presentation of the 2013 beautification awards as well as information and discussion on ongoing projects. As always, we will serve light refresh-

ments to enjoy with good friends and lively conversation. We'd like to hear ideas from community members with regard to our continuing effort to keep the North Shore Clean, Green and Beautiful!

We're excited that our meeting will be held on the lanai of the Proud Peacock, Waimea Valley. We'd like to say Mahalo to Waimea Valley for partnering with our group for many years providing us accommodations for quarterly board meetings, workshops and annual fundraiser dance. We're thrilled about The Proud Peacock being updated; it's now available for event functions....with an elevator! Aloha.

# SAVE THIS DATE!!!

Saturday, October 19, 2013  
9:00 a.m. to 2:00 p.m.

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## North Shore Foot Massage — “It’s Not Just A Foot Massage”

North Shore Foot Massage (NSFM) is exactly what the north shore needed. It’s located next to the Hale’iwa US Post Office. This is the best \$25.00 you will ever spend for a foot massage. If you have more time you should opt for the 60 min full body massage, for only \$45.00. This massage includes head, neck, shoulders, back, legs, and arms.

The benefits of foot massage are many, and recipients say they are more than worth their weight in gold. Foot massage has been practiced for centuries, and it is still popular. With more than 7,000 nerves in the feet waiting to be stimulated, you may find that foot massage is very powerful and extremely pleasurable.

All the therapists all follow the same method/technique; however, if you want to customize your massage based on how you are feeling that day, just talk to your therapist, and he/she will do exactly what is needed. When you go in for the 30 minute massage, you get a really great foot massage. But if you want the best bang for your buck, the 60 minute massage is a bargain at just \$45. Just like the 30 minute massage, the 60 minute massage starts with a relaxing foot soak, the massage therapist starts at the head and they work their way down to your feet then you roll

over and the massage therapist works on your back. When you really want to pamper yourself go for the 90 minute massage. What a luxury! All you hear is the relaxing Zen music playing. You feel like you are in a spa without paying the high spa prices. NSFM also offers Reflexology as an add-on to any massage you choose.

For more information you can contact them @ 366-1308 or like them on Facebook @ [www.facebook.com/NorthShoreFootMassage](http://www.facebook.com/NorthShoreFootMassage)

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## Dole Plantation unveils new pineapple express train route and platform to enhance visitor experience

Dole Plantation’s Pineapple Express train now travels a slightly longer route that allows visitors to travel through the Plantation Garden and experience even more native species of flora.

The new Pineapple Express route adds three minutes to the ride, which has been increased from two miles to 2.2 miles.

In addition, a new train platform was constructed to create a more comfortable waiting area with additional seating and raised ceilings to allow in more natural lighting. With the completion of the new main platform, Dole Plantation has dedicated a separate, secondary platform to loading riders with any mobility issues, including those in wheelchairs or families with strollers.

Kahu Curt Kekuna of Kawaihae’o Church recently blessed the new Pineapple Express platform, tracks and barn at a Hawaiian blessing that was attended by two dozen Dole Plantation and Castle & Cooke employees, as well as architects and other partners who were involved in developing the new elements.

For more information, visit [dole-plantation.com](http://dole-plantation.com).

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# North Shore Fireman and his wife are heading to the big screen!

By Claudia Wallace Writer/ Producer of *Angel By Thursday*  
and Arlene Newman-Van Asperen/Mrs. *Hawaii 2005*/Actor/Producer

At any age it's a mammoth undertaking to write, direct and produce a film. "Angel By Thursday" is the new locally made full feature film Directed by local Fireman Jeff Wallace. "Sometimes I don't know what I was thinking" says Director/Fireman Wallace, of Tight Spot Productions. A small North Shore based independent film company that he and his wife Claudia started in Kahuku, Hawaii. "Maintaining a relentless shooting schedule, as well as feeding, transporting and directing a cast, and crew, of fifty is an unbelievable challenge! But try doing it for the first time when you're earned that coveted "senior-citizen" bus pass with social security dangling just around the corner is just crazy! We started this journey July 4, 2013. It absolutely wouldn't be happening if not for the passion and dedication of the fabulous cast, crew and volunteers! Day in and day out, it's their focus on professional quality and performance that makes Claudia and I look good. It's very humbling," says Wallace.

Growing up on the North Shore, Jeff graduated from Kahuku High School in 1974. Married with two adult children and three grandchildren, he currently resides with wife Claudia in Kahuku. His "real job" is being stationed at the Kahuku Fire Station, working for the Honolulu Fire Department. (HFD) Before joining HFD, he managed the cattle operation for Kualoa Ranch, the largest private ranch (in terms of acreage) on Oahu. From 1978-1994, he helped construct and then manage the State's largest aquaculture (shrimp and prawn) operation in Kahuku.

The movie he's currently making, "Angel By Thursday" is about two families thousands of miles away, struggling with scars of horrible childhood tragedies. One family is torn apart by the constant flash backs and nightmares of Vietnam. While the other family, enjoying all the pleasures of life, is scared forever after a beautiful day at the beach takes a terrible turn for the worst. Linked by a series of uncanny events, this journey joins the two families together. The children of the families discover the emotional waves of forgiveness, healing and love. Waimea Bay may hold the secrets to their ultimate destiny.

"I've come full-circle in my life", says Wallace. "I want to be able to give back to the community that raised me. I couldn't be more proud of this place we call home! I've always wanted to make a film and showcase it. I've got a flexible schedule at the fire station and I work with an awesome crew. It's allowed me to pursue my dreams or writing and film making. I like the challenge of telling a compelling story. There was no way I wanted to play the 'Hollywood Game' so Claudia and I decided why not produce my writ-



ing ourselves. At our age it would be pretty cool to do something creative together. In the beginning, we didn't have a clue (spoiler alert - still don't) on how to do it, but bought some gear and figured things out as we went along. And up to now, it's been one heck of a fun ride!! Ask me this again at the end of November when we are wrapped filming, and I may have a different take!" says Director/Fireman Wallace.

More articles to come! If you have questions for cast or enjoyed this article let us know! Email us at [Angelbythursday1@gmail.com](mailto:Angelbythursday1@gmail.com)

Follow us on the media wave! Check out our webpage, twitter and Facebook. "Angel by Thursday". We will have cast, crew and behind the scenes stuff. Any local company wishing to get involved or volunteer, please contact us at: [Angelbythursday1@gmail.com](mailto:Angelbythursday1@gmail.com)

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Richard Lee Fale  
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**Legislative Talk Stories and Special Session**

A heartfelt mahalo to those of you who attended our recent Legislative Talk Stories around the community. It has been especially good to get your candid thoughts on some of the most pressing issues we face and their impact on you and your family. By the time you read this we will have completed our third meeting this month and will be having our fourth on September 25, 2013, at 6:30 p.m. at Kahuku Intermediate and High School. If you weren't able to attend, my office stands ready to assist you with any issues or concerns that you would like to address.

Well over 200 people attended our Talk Story at Sunset Elementary on September 5 to discuss the decade-long traffic issue at Laniakea Beach. The meeting was intense and the discussion honest. Concerns, suggestions and frustrations were brought to the table and heard by the City Department of Parks and Recreation Director, Toni Robinson, and Kamehameha Schools representative Kekoa Paulsen.

During our Talk Story, we asked attendees to complete a survey to share their concerns and solutions and quantify that data in comprehensive way. We want those of you who did not have an opportunity to share your thoughts to have an opportunity to do so and have the survey available online at [www.rep fale.com](http://www.rep fale.com) My office will be compiling the data and sharing the information with you in the near future. We also will be sharing these findings with the State Department of Transportation, who was unable to attend our Talk Story, and all others involved in helping find a solution quickly and effectively.

Other important legislative news was announced by the Governor's Office. As many of you already know, the Governor called a special session for the State Legislature to consider a bill that will legalize same-sex marriage in the Hawaii. The most recent version of the bill can be found at [www.governor.hawaii.gov](http://www.governor.hawaii.gov) and I encourage you to let your legislators know your thoughts on the proposed legislation before the special session convenes on Monday, October 28, 2013.

I'd like to end this column on a lighter note by sending my congratulations to Polynesian Cultural Center on its Golden Anniversary. It was a pleasure to dance in the PCC Alumni Show and see so many faces from the past and joining together to celebrate with some of the original PCC dancers who helped make the center Hawaii's #1 paid attraction. This

celebration is just another example of the unique people and culture we have here on North Shore Oahu and it is truly an honor to serve as this community's representative. Here's wishing Polynesian Cultural Center many more years of success and continued partnership with our community.



**WCA General Membership Meeting**  
Date: September 20, 2013  
Time: 6:00 p.m.

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As you may have noticed in last month's article, I'm not Cheape anymore! I'm please to let you know that I married Mr. Scott Matsumoto on July 6th, 2013. Scott is a local firefighter who is committed to public service, also. He loves to surf and helps out on our family farm, which is a rite of initiation in order to marry into the family! Although my name has changed, my commitment to you and our community has not. So when you see me in your neighborhood asking for your input, you know you have the ear of the same person who was born, raised, and went to school in our community.

I'd like to give special thanks and appreciation to the many North Shore people whose labors made our wedding day a celebration we will cherish forever. The Kawailoa Ranch setting was absolutely magical. Elmer Guzman and the Poke Stop served a variety of dishes using local products which pleased everyone's taste. Leilehua High School added a sweet touch with made-from-scratch desserts. Jennifer Brotchie Photography captured many matchless moments of the day. The videography skills of Aaron Eveland, owner of Makai Creative, chronicled many distinctive moments, also.

Lastly, I unintentionally gave you incorrect information on when our North Shore Neighborhood Board Meetings are held. Those meetings are held on the 4th Tuesday of the month at the Haleiwa Elementary School Cafeteria.

As always, I appreciate hearing from you and seeing you in the community. If you have a concern or question, you can reach me by email at Rep-Matsumoto@Capitol.Hawaii.gov or call me at my office at 586-9490. Your voice is important!




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## **“FABLAB808” North Shores hot new welding & design studio is heating things up this winter at the Old Waialua Sugar Mill**

Well if you have heard there is a new Fabrication/ Design Studio here on the North Shore. Last year a group of local designers which have been practicing architecture here in Haleiwa for some years decided to team up with another multi-talented young man by the name of Michael Nelms. They broke ground on the north side of the Old Waialua Sugar Mill in an empty lot, set up a few cargo containers with a roof spanning between them and called their new shop “FABLAB808” a.k.a. The Lab. The Studio offers welding of all types of metals for any kind of job you throw at them, from lawn mower repair, boat trailers, railing systems, gates, all the way up to high-end staircases for commercial or residential projects. They specialize in doing fabrication and design of things that people are having a hard time finding pre-built or just want something that no one else has or has seen. Michael’s background is in architecture and industrial design. He got his BFA for the University of Florida and then received a MFA in Architecture at a school in Los Angeles called Sci-Arc. Following school he taught at two university while practicing architecture in LA for several year before moving to Hawaii. With his advanced skills in welding and design he can understand just about

any and every project or problem that you can throw at him to be fabricated. So if there is something wild and crazy that you’ve been dreaming about and wish to have it come to life, just give them a call over at THE LAB or just stop by the Sugar Mill and see what unique new things they’re working on. They always love to have people commission them to do amazing things with metal, glass, wood, or any material you can think of. Recently they finish a whole new interior for the Turtle Bay’s WaterShed Surf Shop out of mostly recycled wood and metal, a new awesome industrial steel entry door for the Oakley Store at Turtle Bay, and a whole new line of 100% recycled wood and steel rebar chairs which include barstools, loungers, and rocking chairs. Michael’s currently showing his unusual metal creations at Haleiwa Joes’s 3rd Friday Art Shows and a few other private showings. So if you got some welding, fabricating, architectural designing or proto-typing you need done, just give FABLAB808, the northshores newest all around custom fab shop, a call at 808-628-8719 (www.fablab808.com). Esitmates/Bids are always Free and they love meeting new people and talking story, so if your near Waialua area just stop by “THE LAB” and have a visit.



## Country Talk Story with Choon James

### Honolulu Mayor's Budget Games Affect Us

Honolulu's constituents have reasonable expectations of how budgeting is done. The wise adage of "Spend within or do without" is a good accounting principle for all. People are working hard to put food on the table and trying to make ends meet.

Unfortunately, I've realized through jarring experiences that the Caldwell Administration does not work or think that way. The Mayor did not get all he wanted this budget cycle from the city council including - increasing the gas tax and \$750,000 for "planning and design" on the controversial Hauula Fire Station Relocation. This project is in a long litigation; why would the mayor want to spend \$750K on "planning and design" now?

Workers inside Honolulu have confided that "planning and design" is an endless money pit for taxpayers. Many projects are "planned and designed" over and over again! It's a money-maker for their special consultants.

The proposed Hauula Fire Station Relocation started on the wrong foot by not collaborating with the most affected people - the neighbors living next to the proposed sit and the community. The consultants for the Environmental review were paid around \$50K and yet, they didn't bother to fulfill the basic requisites of their job to consult with the affected parties.

The project was estimated at \$10M by the consultant. Months later, it was increased to \$13M.

After three years of questioning, they say that it would cost \$5Million to construct the proposed Taj Mahal station in rural Hauula.

Really? Did Hauula residents just saved taxpayers MILLIONS OF DOLLARS? Something really smells.

We're not against any new facilities. But the process has been violated with unlawful actions and the dissing of the most affected people. The corrupted process costs taxpayers money and everyone loses, except the contractors.

The Mayor recently said the city has a \$156Million shortfall. I think this is a game for him. He obviously wants to finance his pet projects at any costs and if he doesn't get the funds, he'll just squeeze it from the taxpayers.

He's now looking for every which way to see what taxes and fees can be increased. In the meanwhile, he's doing the following as reported by KITV News: "The latest salvos over city finances has council members concerned, and chief among them, the impact it may have on public services. For the current fiscal year, all but one city department will be impacted by the mayor's budget ax. Caldwell said the cost-cutting

program was the result of many hours of consultation with department heads.

Eight departments will be impacted the most, with the following amounts cut from their respective budgets:

- \$4.5 million from the Honolulu Police Department
- \$2.8 million from Facilities Maintenance
- \$2.2 million from the Honolulu Fire Department
- \$1.9 million from Parks and Recreation
- \$1.5 million from Environmental Services
- \$1.0 million from Budget and Fiscal Services
- \$1.0 million from Customer Services
- \$1.0 million from Design and Construction
- \$4.2 million all other departments, except Community Services

For the police department, the budget restriction will result in 40 less police recruits during the current fiscal year, as the number of recruits in each of the four classes is cut from 50 to 40.

Meanwhile, the fire department is cutting its recruit class from 48 to 24, and delaying the start date from October to January."

Something smells with the way the Mayor is handing the public treasury. In the end, we all lose, except a privileged few.

*Choon James has been a real estate broker for over 20 years. She hosts "Country Talk Story" on Olelo Television every Saturday at 5:00 pm on Channel 55. Choon can be reached at 808 293 9111 or ChoonJamesHawaii@gmail.com*



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**Chronic Back Pain**

Chronic back pain is a common problem seen in medical offices. It not only affects the person with chronic pain, but it has a huge impact on the nation's economy due to loss of work. It is a complex problem to treat due to its chronic nature and that it impacts sleep. Lack of sleep affects the person's mental/emotional health, which in turn exacerbates the pain.

What's the approach to treating this complex problem? First of all, sleep needs to be addressed because studies have shown that when sleep is induced in chronic pain patients, pain is markedly reduced. Most commonly tricyclic anti-depressants, such as amitriptyline, are used; doses are low, just enough to induce sleep. Somehow these medications dull pain. Strengthening muscles that support the back helps; a physical therapist who can evaluate posture and muscle strength can assist the person with appropriate exercises done on a daily basis. Other medications such as anti-inflammatories (Aleve, Ibuprofen) in combination with muscle relaxants (Flexeril, Robaxin) also help. Another approach is anti-seizure medications (Lyrica, Neurontin) which dull pain. As mentioned earlier, chronic pain can lead to depression, which must be addressed because depression worsens pain. Narcotics are medications of last resort and reserved for pain associated with special conditions, such as terminal cancer.

Narcotics used over the long term can lead to addiction which would further complicate treatment.

What are other approaches? Acupuncture has been shown to help. Transcutaneous electrical nerve stimulation (TENS)—small electrodes placed near the site of pain generate nerve impulses that block the pain signal. Biofeedback and steroid injections also are utilized. Ultimately, different combinations must be tailored to fit the individual.

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## Coast to Coast Organizing Underway for 2013 Food Day

### Singer Jack Johnson to Partner with Food Day on Tour

WASHINGTON-The third annual Food Day will see thousands of events in all 50 states aimed at promoting healthy, affordable, and sustainably produced food.

In anticipation of October 24, singer-songwriter Jack Johnson will be teaming up with Food Day on his From Here To Now To You tour. At each of his venues, Johnson and his All At Once social action network will celebrate Food Day by introducing his fans to local and national nonprofit organizations that work on sustainable agriculture, food access, farm-to-school projects, and other food policy issues.

"While on tour we are lucky to be able to enjoy food from every region that we visit," Johnson said. "Supporting local farmers at each stop is important to us. Along the way we have met many amazing non-profit groups that promote local, organic, and sustainable food in their communities and schools. Food Day is a great opportunity to introduce people to these groups who are doing important work and celebrate our connection to food."

In September and October, at each of Johnson's 25 theater shows across Europe and North America, fans will be encouraged to connect with non-profits in their communities to support local and sustainable food and to celebrate Food Day. Concertgoers will capture their commitment to local food at the show and share with the world on AllAtOnce.org. Johnson returns from tour just in time to celebrate Food Day in his home state of Hawaii, where his own Kokua Hawaii Foundation is coordinating a series of events with local chefs, farmers and schools to celebrate Hawaii's unique food culture.

In New York City, Grow NYC will lead a citywide Apple Crunch in an effort to break a record the city set last year for having the most participants in an apple crunching event. New York City-based Hip Hop Public Health will conduct special Food Day activities for school children around the album "Songs for a Healthier America," produced by HHPH and Partnership for a Healthier America, during the October events. In Savannah, GA, some 10,000 people are expected to converge on Daffin Park for the city's third annual Food Day festival, organized by the publishers of Well Fed Savannah magazine.

In Charleston, SC, Food Day is cosponsoring with avant-garde chefs' group Cook It Raw a public BBQ Perspectives festival, which will highlight vegetables and grains used in Lowcountry cuisine. And in the nation's capital, LivingSocial will host a week-long series of cooking classes with celebrity chefs culminating in a public celebration at its six-story 918 F Street entertainment venue.

One special focus of Food Day 2013 will be to encourage children to cook-and to encourage adults who can cook to pass on their skills.

"Imagine if America's kids were half as familiar

with cutting boards, mixing bowls, and saucepans as they are with iPads, Xboxes, and Wiis," said Michael F. Jacobson, executive director of the nonprofit Center for Science in the Public Interest, which provides national coordination for Food Day. "Just a few healthy recipes learned each year could put kids on track to lead healthier, happier, and longer lives as adults."

At FoodDay.org, visitors are encouraged to find events near them, or to pin their own big or small Food Day events on the site's interactive map. Food Day is also partnering with Farmstand, an iPhone app that cultivates community around farmers markets, which will display nearby Food Day events.

In past years, Food Day has seen events as varied as an "Eat In" in Times Square featuring Mario Batali, filmmaker Morgan Spurlock, television host and cookbook author Ellie Krieger, and other food world notables; a nationwide push for improved campus food policies led by Real Food Challenge; several film premieres; and a conference in the U.S. Capitol on the future of food.

Food Day is led by honorary co-chairs Senator Tom Harkin (D-IA) and Rosa DeLauro (D-CT) and an advisory board that includes some of the nation's top chefs, physicians, nutrition authorities, and food movement leaders. Like CSPI, Food Day accepts no corporate donations or advertising but does invite corporations to participate in their own way. Besides 2013's special focus on kids and cooking, Food Day is devoted to mobilizing support for policies that support healthier diets, sustainable and organic agriculture, reduce hunger, reform factory farms, and support fair working conditions for food and farm workers.







The Friends of Ali'i Beach Present:

# THE 37<sup>TH</sup> ANNUAL NORTHSORE MENEHUNE SURFING CHAMPIONSHIPS

SATURDAY

OCTOBER 19<sup>th</sup>, 20<sup>th</sup>, 26<sup>th</sup> & 27<sup>th</sup>  
HALE'IWA, ALI'I BEACH PARK

SUNDAY

- \*TIME: 8:00 A.M. Please Come Early
- \*ENTRY FEE: \$25.00 (ENTER ONE DIVISION ONLY) All contestants receive a contest t-shirt, lunch, goodie bag & other cool prizes
- \*DEADLINE: Postmarked by OCTOBER 1<sup>ST</sup> NO LATE ENTRIES!!!  
Drop @ Surf and Sea Hale'iwa by: OCTOBER 5<sup>TH</sup>  
Please sign-up early, space is LIMITED...we will be accepting entries on a "FIRST COME, FIRST SERVED" basis. Slots could fill PRIOR to the deadline. Once we are FULL entries will no longer be accepted.
- \*MAIL TO: Menehune Surf Contest P.O. Box 507 Hale'iwa, HI. 96712
- \*MAKE CHECKS PAYABLE TO: FRIENDS OF ALI'I BEACH, INC.
- \*INFORMATION: Contest Hotline: (808) 637-2544 (alii) @ 7am  
Listen to Surf News Network @ 7am
- \*WEBSITE: [www.northshoremenehunesurfcontest.com](http://www.northshoremenehunesurfcontest.com)
- \*EMAIL: [ivykaui@live.com](mailto:ivykaui@live.com)

(Detach and Mail)

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_  
 Address: \_\_\_\_\_ City/Zip: \_\_\_\_\_  
 BirthDate: \_\_\_\_\_ Age On OCTOBER 19 2013: \_\_\_\_\_  
 SurfBoard Sponsored: YES\_\_ NO\_\_

PARENT SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

\*The above signed parent or guardian and the participant release The Friends of Ali'i Beach, its officers, contest staff, event sponsors, the C&C of Honolulu and the State of Hawaii from any and ALL liability arising from bodily injury or property damage sustained during this event. Also, the above signed, do hereby grant FRIENDS OF ALI'I BEACH, its successors, assigns and licenses, unrestricted use of my image, my name, my personality and my voice in connection with the use of photography for any and all motion picture, promotional and commercial videos, radio and television purposes, internet, posters and/or performances thereof, including without limitation, the publicity in connection therewith.

CONTEST DIVISIONS: (Check ONE event only) AGE ON 10/19/2013: \_\_\_\_\_

KOKUA DIVISION: Boy\_\_\_\_ Girl\_\_\_\_ (For boys & girls, ages 3-6 who need help in the water or on the beach. Non-competitive, everyone receives a trophy)

SHORTBOARD DIVISION: (No Boards longer than 7'0") Check ONE only

Boys/Girls 4-6 ____ (NO assistance)	Boys 7-8 _____
Girls 7-9 _____	Boys 9-10 _____
Girls 10-12 _____	Boys 11-12 _____

LONGBOARD DIVISION: (boards MUST be at least 3' over surfers head, NO GUNS)

Check ONE only  
 Girls 7-9 \_\_\_\_\_ Girls 10-12 \_\_\_\_\_ Boys 7-9 \_\_\_\_\_ Boys 11-12 \_\_\_\_\_

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19TH, 20TH  
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ALI'I BEACH PARK  
HALE'IWA

## 'Olelo to cablecast North Shore Food Summit over nine weeks from September through November

'Olelo Community Media will cablecast sessions from the day-long First Annual North Shore Food Summit, held Aug. 2 and organized by the North Shore Community Land Trust.

The 40 shows will air starting Sept. 9 and continue through Nov. 16 on 'Olelo Channels FOCUS 49, VIEWS 54 and O'AHU 55. [A complete schedule follows.] The cablecasts will also be available for online viewing through 'OleloNet On Demand and YouTube by visiting [www.olelo.org](http://www.olelo.org).

Shows will include the opening and closing sessions, as well as the following breakout-sessions:

- Meet the Landowners
- Meet Your Farmers
- Food Access and Health
- Growing Youth and Organic Food
- Funding the Farm
- Growing Food, Growing Leaders
- Farm to Table and Beyond
- Food System Next Steps

The North Shore Food Summit, entitled "Community Food, Community Health," was organized with goals of building understanding of sustainable food systems, nurturing collaboration and partnership between stakeholders, and examining the larger food

system to improve the community's food security and sustainability.

Organizers were inspired by the fact that Hawai'i imports over 85 percent of its food, according to a 2008 report by the University of Hawai'i at Manoa and the State Department of Agriculture. More information on the summit itself can be found at [www.northshoreland.org](http://www.northshoreland.org).

'Olelo is committed to airing programs of special community interest on its four channels: FOCUS 49, NATV 53, VIEWS 54 and O'AHU 55.

For more information, visit [www.olelo.org](http://www.olelo.org).

### About 'Olelo Community Media

Established in 1989, 'Olelo Community Media is a private, nonprofit provider of community access television services and resources on O'ahu. 'Olelo is committed to building, convening and strengthening communities and providing a venue for people to share their stories and ideas about issues of importance.

'Olelo's mission is to strengthen our island voices and advance community engagement through innovative media. For more information, visit [www.olelo.org](http://www.olelo.org).





# BANZAI NORTH SHORE WIRELESS



North Shore's Kori Harvey hosts FLHi Girlz Sports TV, [www.oc16.tv](http://www.oc16.tv). It is the only Women's sports show of it's kind and in it's 4th year top rated. Kori has taught drama and has starred in many video shoots, she is also a teacher! Another talented Wahine from the North Shore!

Continued from page 14

### Meet the Landowners

9/18/2013	4:30 PM	OAHU 55
9/19/2013	10:30 AM	OAHU 55
9/22/2013	10:30 PM	FOCUS 49 (digital cable only)

### Meet Your Farmers

9/23/2013	7:30 PM	FOCUS 49 (digital cable only)
9/26/2013	2:30 PM	OAHU 55
9/27/2013	10:00 AM	OAHU 55
9/28/2013	10:30 PM	VIEW 54

### Food Access and Health

9/30/2013	7:30 PM	FOCUS 49 (digital cable only)
10/3/2013	2:30 PM	OAHU 55
10/4/2013	10:00 AM	OAHU 55
10/5/2013	10:30 PM	FOCUS 49 (digital cable only)

### Growing Youth and Organic Food

10/7/2013	7:30 PM	FOCUS 49 (digital cable only)
10/9/2013	4:30 PM	OAHU 55
10/10/2013	8:30 AM	OAHU 55
10/13/2013	10:00 PM	FOCUS 49 (digital cable only)

### Funding the Farm

10/14/2013	7:30 PM	FOCUS 49 (digital cable only)
10/16/2013	4:30 PM	OAHU 55
10/17/2013	10:30 AM	OAHU 55
10/20/2013	10:30 PM	FOCUS 49 (digital cable only)

### Growing Food, Growing Leaders

10/21/2013	7:30 PM	FOCUS 49 (digital cable only)
10/23/2013	4:30 PM	OAHU 55
10/24/2013	10:30 AM	OAHU 55
10/27/2013	10:30 PM	FOCUS 49 (digital cable only)

### Farm to Table and Beyond

10/28/2013	7:30 PM	FOCUS 49 (digital cable only)
10/30/2013	4:30 PM	OAHU 55
10/31/2013	10:30 AM	OAHU 55
11/2/2013	10:30 PM	FOCUS 49 (digital cable only)

### Food System Next Steps

11/4/2013	7:30 PM	FOCUS 49 (digital cable only)
11/6/2013	4:30 PM	OAHU 55
11/7/2013	10:30 AM	OAHU 55
11/10/2013	10:30 PM	FOCUS 49 (digital cable only)

## Notes from Waimea Valley, O`ahu Awa; *Piper methysticum*

*By Kaila Alva, Cultural educator*

Waimea Valley is located across from Waimea Bay on O`ahu's North Shore. Our plant collections are developed and maintained to support scientific investigation, hands-on cultural education, and plant conservation. There are 41 garden collections grouped according to geographical region of origin, genus or family. Many of the rarest flowers and fruit on display at Waimea can only be seen here and in their distant places of origin.

Awa is very important to the Hawaiian people culturally, medicinally and religiously. Awa is the Hawaiian word for the plant which is known as *Piper methysticum* or vernacularly Kawa. Awa is a perennial, large, rounded, woody shrub that has long branches with nodes. The leaves are heart shaped and the skin of the branches can be colors ranging from dark greens to deep purples. Awa is a native of the Pacific island triangle. The origins of kawa are rooted somewhere in Melanesia, New Guinea, Solomon Islands and Vanuatu. Kawa is a plant that cannot sexually reproduce thus the progenitor had to have occurred from either a natural hybridization or a somatic mutation of its closest ancestors. The active chemical in awa that produces its mild narcotic effect is called kavalactone. There are eighteen kavalactones in whole. The combination of chemicals produces the tingling and numbing sensation that is experienced upon the consumption of awa.

Kawa was propagated all throughout the Polynesian triangle, and became an important part of society's

infrastructure and thus migrated along with people as they ventured to new locations. The spread of kawa has resulted in a multitude of varieties over thousands of years. Historically, the Hawaiian archipelago has at least thirty-five to forty distinct varieties. Today we recognize about fourteen to eighteen Hawaiian awa varieties on average.

Awa has had many journeys to the Hawaiian Islands from the Polynesian triangle. According to mo`olelo, there are a mass account of introductions of awa accredited to many individuals. Of the entire mo`olelo recorded, one that is most commonly used features two of the four principle gods, Kane and Kanaloa. These two akua are famous awa drinkers who travel around the islands creating fresh water springs in order to prepare the desired beverage upon want. Awa is sacred to the Hawaiian gods as an offering and was presented in all forms from the whole plant to its processed liquid form. The Ali`i and the Kahuna were the primary consumers of awa. They used the plant medicinally to cure ailments, to display high rank, and in acknowledgement of Akua and Aumakua. The maka`ainana class had an interesting relationship with awa. They would drink awa medicinally at later hours of the day after hard labor. The maka`ainana would drink in small groups around the hale mua, however it is not believed that this was for social purposes but rather for the religious or medicinal aspects the awa provided them.





# Local Resident Integrates Hawaiian Culture in Online Project

By Joshua Smith

Joshua Smith, a Laie resident and Professor at BYU-Hawaii, seeks to integrate Hawaiian culture in an online project. Smith hopes to get 100,000 words from others which he will then use to write a novel. Smith's venture, What's Your Word?, is an online project at KickStarter.com, a crowd-funding website where individuals pledge to support an idea in return for specified rewards.

At \$1/word, participants may provide words, phrases, or sentences, which Smith will then use in the story. "Words are one of the few ways we communicate. But traditional books are boorishly one-sided, the author does all the talking. What's Your Word? is different, it's organic! With each word contributed, the story grows and changes to reflect each of us, through our words. As an author, this is an exciting and new challenge for me, to take tens of thousands of words, from totally different genres, contributed by people from every walk of life, and cleverly use them to make a cohesive story for everyone to enjoy."

Smith hopes, in particular, to get words reflective of our rich Hawaiian heritage. "As residents, we all know Hawaii is unique. However, I think most of the visitors to our beautiful islands return without better understanding our rich Hawaiian heritage. I hope, in part, that What's Your Word? will help change that."

Smith indicates that with few exceptions for profanity and the like, all words are acceptable and needed. "Short, long, funny, sad, and everything in between, books need all sorts of words, and I need all sorts of participants. Join in the fun, see your word in print, and share the What's Your Word? legacy with the world."

### About What's Your Word?

What's Your Word? is a project at KickStarter.com to get 100,000 words - from tens of thousands of individuals - and use those words to create a full-

length novel. All participants will receive a copy of the completed book. Additional rewards are available for larger pledges. The fee is \$1/word and participants may contribute as many words or dollars as desired.

The project is available until 11:59 p.m. on September 30. Kickstarter operates on an "all or nothing" basis. The funding goal for What's Your Word? is \$100,000.00. Participants will only be charged if the funding goal is met. All pledges are cancelled if the funding goal is not achieved. Participants are not limited to the specified reward levels, but may contribute as much as desired and may change their pledge any time before the project concludes.

For more information, please visit <http://www.kickstarter.com/projects/mr-smith-dad/one-dollar-one-word-one-story>

### About KickStarter.com

Seven things to know about Kickstarter:

1) Kickstarter is a new way to fund creative projects. We're a home for everything from films, games, and music to art, design, and technology. Kickstarter is full of projects, big and small, that are brought to life through the direct support of people like you. Since our launch in 2009, more than 4.8 million people have pledged over \$779 million, funding more than 48,000 creative projects. Thousands of creative projects are raising funds on Kickstarter right now.

For more information, please visit <http://www.kickstarter.com/hello?ref=footer>

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## New Camp tenants can now say they are homeowners

"It is wonderful to see so many individuals and families in Kahuku Village who finally have the security of fee simple homeownership," said New Camp resident, father and grandfather Jim Camit. "For generations we've been promised the opportunity of getting to purchase and now, thanks to Continental Pacific, many of us and our future generations can really call our place our own!" In fact, the majority of tenants in New Camp purchased the land they had been renting when it became available at the end of last year.

Although there was no legal or other requirement for Continental Pacific to provide a lower price, tenants were offered ownership at the preferential sales price of \$150,000. The land value was appraised at over \$350,000 for most of the units. This means that for those tenants who have closed on their purchases, they already have substantial equity in their property.

The homes themselves still remain in the traditional Kahuku-style, but a closer look at the Village since Continental Pacific acquired the land in 2006 shows a great little community with some recent improvements.

The newly paved roadways allow for families to take walks around the community as keiki happily ride their bikes and skateboards. Many homeowners

also received a \$4,000 closing credit from Continental Pacific at closing to paint, add new roofs, improve their gardens and make inside improvements. Parking pads next to each house provide a private driveway. Underground, there is now a waterline system that, for the first time, provides water to fire hydrants throughout the community; and many of the homes have newly installed septic tanks.

Current tenants in Ocean View and Highway Makai will have the same opportunity to become fee simple homeowners at the \$150,000 price, and will also receive a \$4,000 closing credit. This assumes that these lands are also given "CPR" or Condominium Property Regime status (like New Camp was) by the Hawaii Real Estate Commission.

Reynolds Henderson, Continental Pacific partner, said, "The majority of folks living in the New Camp area where units were offered purchased at the \$150,000 price. It was our hope that everyone would have bought; however, we are super excited about the residents who did. Most of them are homeowners for the first time, and we believe this is something which will help the community for generations to come." He, added, "We've made some great friends in the Village and hope others are able to purchase when they get the chance in the near future."

## A Journey through Wine & Spirits...

Welcome to our inaugural article about Wines and Spirits. In this series we will be teaching the basics about the wine industry that will appeal to the wine enthusiasts as well as the beginner just starting to appreciate wine. These articles about Wines and Spirits will appear in the North Shore News. Some of the topics to be covered will be; wine regions, food pairings, winemaking, and grape growing. We'll also explain the different grape varieties and what makes them smell like peaches, apricots, plums, apples, vanilla, etc. Is it due to climate, temperature, or soil that may contribute to the flavor, or is it being added to the wine? Other topics like the history of Tequila, Scotch, Vodka, or other Spirits from around the world and how are they produced. These are the many subjects we will be addressing over time.

One of the questions I hear a lot is "what is the best wine to drink?" And I always tell folks, "It is the one you like!" Everyone has a different palate; and, it doesn't matter if it's the cheapest or the most expensive. The misconception for many people is thinking that, the more you pay the better the wine. In all respects it is what tastes good to you. Fruity style wines are made to drink today or within a two to three year period and usually they are more on the inexpensive side. Most high price wines that are over \$50 may need 5, 10, or even 20 years to age before showing its best once consumed. Drinking it "young" means not letting it age, it may not be fully developed which means it may be gritty and rough on your palate almost like sand paper

due to the "tannins" in most red wines. Tannins are a natural preservative that comes from the grape skins, one of the major components in helping a wine to age. And believe it or not some of us like wines that are younger too. However, the benefit of aging such wines will develop into a smooth or almost silk like on your palate, the tannins will mellow out as the wine ages and the fruits that were hidden while young will show its best in time. The "old" style becomes less intense with yet a fullness of flavors, and evenly balance, to almost a degree of elegance. —So what determine wine prices? It all depend on how the wine was made; the region the grapes were grown, the type of barrels used (French, American, Oak Chips, or Stainless Steel), weather conditions, case production, and so on.

So, I am excited to cover all these subjects and more in an easy to understand manner. You will learn to appreciate wines and what makes them so different from one another. It will broaden your knowledge and give you the confidence you'll need in choosing a wine at the store or in a restaurant. Expensive or not, I recommend trying all types of wines to determine your preferences. Remember it is your taste buds that matters most.

I'm Melvin Amantiad, Certified Wine & Spirits Educational Trust (WSET). Currently I am pursuing my 4th Level Diploma, a stepping stone in the Master of Wine Program. If you have any questions please email me at [amantiad808@yahoo.com](mailto:amantiad808@yahoo.com). Mahalo!





### North Shore News

### 2013 Schedule

PUBLICATION DATE	EDITION	DEADLINE DATE
October 2	#20	September 19
October 16	#21	October 3
October 30	#22	October 17
November 13	#23	October 31
November 27	#24	November 14
December 11	#25	November 29

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Saturdays 8:30am - 1:00pm

Buy Directly From Our Local Farmers

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AND MORE

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FARMERS

Edith 637-8589

**MAHALO!**  
From the  
**North Shore Food Bank**  
donations of non-perishable  
canned  
goods are accepted at the  
North Shore News Office  
637-3138





**Coffee!**  
*You can sleep when you're dead!*

6:30AM - 8:00PM  
NORTH SHORE MARKETPLACE  
WWW.ROASTMASTER.COM

## Our next service at Hale'iwa Beach Park Sunday, September 29, 2013



**Lunch for everyone at 12 noon!**

*Trish Coder Photos*

### SURFERS, SAINTS & SINNERS ARE WELCOME!

OAMC is a community outreach made possible by many generous supporters and volunteers. If you would like to support or volunteer for the OAMC call 690-0377.

The OAMC is scheduled to meet on the last Sunday of every month (except May & December ).

*"There will always be poor people in the land. Therefore I command you to be open handed toward your brother and toward the poor and needy in your land." (Deuteronomy 15:11)*



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

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

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

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Downtown General Store

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City Councilman Ernie Martin  
State Representative Lauren Cheape  
State Representative Richard Lee Fale



Please recycle this newspaper.

# CLASSIFIEDS

## SERVICES

### SHORE ELECTRICAL SERVICE

New Const-Remodels  
638-0049 / Lic#C20777

### Dog/Cat Nail Trimming

at your home only \$15.00  
Call Julie 637-5395

### Lawn Care For You

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### PARADISE PLUMBING INC.

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### Haugan Construction LLC

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### North Shore Pumping

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### Need Help In English?

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### Creative Drama!

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Home Cleaning

Affordable • Reliable

• Green Cleaning

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• Body Toning

Friday mornings at 9:00 a.m.

• Cardio Pump/Fat Burner

For more info: call Bobby, owner of  
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## Aloha Computer

PC Repair/Virus Removal  
Fax/Copy/Internet Access  
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## REAL ESTATE NEEDS?

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Your NS Realtor  
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Kekahuna, RA  
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Call Matt 269-5020

## PIANO LESSONS

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Songwriting  
**637-4635**

## HOW TO CONTACT THE NORTH SHORE NEWS

Letters to the Editor, and other items submitted for publication consideration may be sent to us via:

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

E-MAIL: NShoreNews@aol.com • FAX: (808) 637-8862

PHONE: (808) 637-3138

Office Hours: Monday-Friday 10 a.m.-3 p.m.

www.northshorenews.com



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**Next Issue - Oct. 2, 2013**  
**Deadline Date-Sept. 19, 2013**

**GUTTER KING, LTD.**  
Rain Gutter Systems  
Seamless Aluminum & Copper  
Half round & Custom sizes  
"senior, military discounts"  
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Pizza Bob's in Haleiwa is looking  
for BUSSERS/SERVERS. Experi-  
ence preferred. Apply in person  
at 66-145 Kam. Hwy.

**COOKS/KITCHEN HELP**  
Pizza Bob's in Haleiwa is looking  
for kitchen personnel. Experi-  
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training the right people. Apply  
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Must have computer skills  
and high speed internet  
access.  
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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  
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NO PHONE CALLS!

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4 lines \$25.13  
5 lines \$32.45  
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Include your contact information.  
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Call 808-373-0294

**Statewide Hotline  
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Callers need to provide:  
1. License plate number  
2. Make and model of  
vehicle  
3. Date and time and  
location  
4. What was thrown/  
blown

**WCA General  
Membership Meeting**  
Date: September 20, 2013  
Time: 6:00p

**North Shore Menehune  
Surfing Championship  
Special Edition**  
October 16, 2013  
Deadline October 3, 2013

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Valid Dates:  
**9/18/13–9/24/13**

## Deals of the Week!

**New Zealand Braeburn Apple**



**\$1.19**  
LB.

**Fresh Ground Beef**  
80% Lean, Jumbo Pack,  
5 lbs. or More



**LARGE SIZE**



**\$3.29**  
LB.

**Gatorade**  
Selected Varieties,  
32 oz.



**5/\$5**

**Lay's Kettle Cooked or Maui Style Potato Chips**  
Selected Varieties,  
4.5–8.5 oz.

**2/\$5**



**Spam Luncheon Meat**  
Selected Varieties,  
12 oz.

**2/\$5**



**Dean's Country Fresh Ice Cream**  
Selected Varieties,  
56 oz.

**2/\$5**



**Capri Sun**  
Selected Varieties,  
10/6.75 oz.

**\$2.29**



**Kraft Cheese**  
Singles, Chunk,  
or Shredded,  
Selected Varieties,  
8–12 oz.

**2/\$6**



**Hoagie Rolls**  
Selected Varieties,  
4 ct.

**\$3.29**  
EA.



**Huli Huli\* Chicken**  
\*Used with Permission

**\$7.99**  
EA.



**Heineken or Redd's Apple Ale**  
12 Pk. Bottles

**\$14.99**

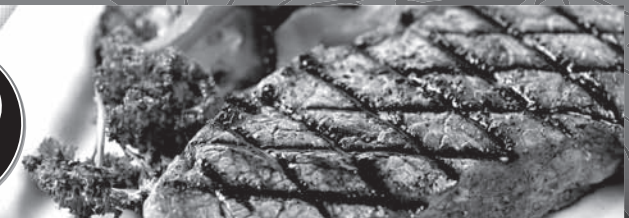


**Thursday**

**Grilled Steak Lunch**

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

**\$7.99**



**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.