



"E Ala Na Moku Kai Liloloa"

north shore hawaii
MENEHUNE
 surfing championships

October 18. 19. 25. 26. 2014

NORTH SHORE NEWS October 15, 2014 VOLUME 31, NUMBER 21



Former Menehune Champ Jaime O'Brien enjoying the first big swell of the season, Oct. 10, Hale'iwa. Photo: Banzai Productions

38th Annual Menehune Surfing Championships

The Menehune Surfing Championships is expecting a good swell this weekend, October 18 & 19. This year's contest is all about "Ohana," promoting family bonding and a healthy lifestyle. 400 keiki ages 3

-12 years are expected to surf the 11 divisions in shortboard and longboard, tandem & SUP expression session and the highlight of the contest is the Kokua Division which is keiki 3-6 years who need

assistance in the water. The Kokua Division is non competitive and all contestants receive a goodie bag. All competitors are invited to enter the Art Contest "Why I Love the Menehune Surf Contest." Mahalo to all the generous sponsors!

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PROUDLY PUBLISHED IN
 Hale'iwa, Hawai'i
 Home of
**Cholo's Homestyle
 Mexican Restaurant**

Editor's Choice "Stress management"

(Author Unknown)

A lecturer, when explaining stress management to an audience, raised a glass of water and asked; "How heavy is this glass of water?" Answers called out ranged from 20g to 500g.

The lecturer replied, "The absolute weight doesn't matter. It depends on how long you try to hold it. If I hold it for a minute, that's not a problem.

If I hold it for an hour, I'll have an ache in my right arm. If I hold it for a day, you'll have to call an ambulance. In each case, it's the same weight, but the longer I hold it, the heavier it becomes."

He continued, "And that's the way it is with stress management. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on. When we're refreshed, we can carry on with the burden. So, before you return home tonight, put the burden of work down. Don't carry it home. You can pick it up tomorrow. Here are some great ways of dealing with the burdens of life:

- Accept that some days you're the pigeon, and some days you're the statue.
- Always keep your words soft and sweet, just in case

- you have to eat them later.
- Always read stuff that will make you look good if you die in the middle of it.
- Drive carefully. It's not only cars that can be recalled by their maker.
- If you can't be kind, at least have the decency to be vague.
- If you lend someone \$20 and never see that person again, it was probably worth it.
- It may be that your sole purpose in life is simply to serve as a warning to others.
- Never put both feet in your mouth at the same time, because then you won't have a leg to stand on.
- Since it's the early worm that gets eaten by the bird, sleep late.
- The second mouse gets the cheese.
- When everything's coming your way, you're in the wrong lane.
- Birthdays are good for you. The more you have, the longer you live.
- Some mistakes are too much fun to only make once.
- We could learn a lot from crayons...Some are sharp, some are pretty and some are dull. Some have weird names, and all are different colors, but they all have to live in the same box.
- A truly happy person is one who can enjoy the scenery on a detour.



CRAFT FAIR



Saturday, October 18, 2014
 9:00 a.m. to 2:00 p.m.

Come and join us at our annual craft fair!!! Some of the items for sale are:

- Handmade Jewelry, crafts, accessories, and other great gift items
- Baked goods, snacks, sushi, bento lunch and more!!!

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Only One Senate Candidate Is Committed To Protecting And Enhancing Our Rural District: **Gil Riviere**

Do you support the development of agricultural lands at Gunstock Ranch for Envision Laie? *This plan would build 875 new houses, a light industrial area, shopping center, church, school and more. From "Insights on PBS Hawaii" on August 28, 2014*

Richard Fale
"Yes, I support the development of the Envision Laie Project"

Gil Riviere
"I do NOT support developing the ranch lands there."

Resolution to encourage Turtle Bay land conservation
SCR 164 (2013) - Asking the Governor to establish a group to develop a conservation action plan to explore and identify conservation alternatives for the undeveloped portions of the Turtle Bay Hotel and Resort property and surrounding lands with conservation or historic value.

Richard Fale
Comments on the final House vote – 5/2/13

Gil Riviere
Testifying for Keep the North Shore Country - 4/18/13

"So, I would like to have my strong reservations noted, Mr. Speaker, in regards to this measure."

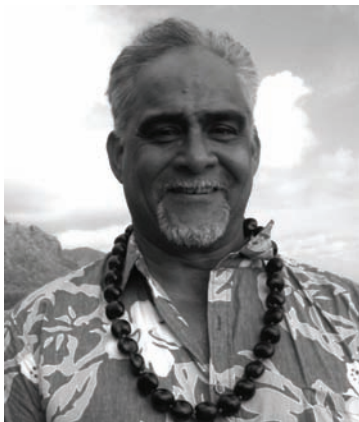
"This region is a global treasure... the opportunity to seek a solution to the decades-long controversy must not be lost."

Elect **Gil Riviere** (D)

Paid for by Friends for Gil Riviere
65-137 Hukilau Loop
Waialua, HI 96791

Senate District 23

photo: johnbilderback.com



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KENT WILL BE AN EXCELLENT ADVOCATE FOR ALL THE COMMUNITIES IN DISTRICT 47

Paid for by "Friends of Kent Fonoimoana" - PO Box 122, Laie, Hawaii 96762 For more information: KentFonoimoana.com



LOST REWARD:

Male blue pit bull, 2 years of age, has his name and number on his collar and is chipped, Milo/ 383-9064. Lost on September 23 in the Pupukea/horse rental trails by Waimea Falls.



ALOHA 'AINA RECYCLING DRIVE



Sponsored by Schnitzer Steel in partnership with the Kōkua Hawai'i Foundation's 3R's School Recycling Program

LOCATION: Sunset Beach Elementary School

DATE: Sat., Oct. 25, 2014 TIME: 9:00am - 12:00pm

ITEMS ACCEPTED:

- All types of SCRAP METAL including bicycles and appliances
- Computers, printers, scanners, monitors
- Printer cartridges and toner
- Laptop, game systems, fax machines, cameras
- All types of Batteries
- TVs
- Reusable clothing & household items (Goodwill)
- Used cooking oil
- Paper, Corrugated Cardboard
- HI-5 Glass Bottles & Jars, Aluminum Cans, Plastics (#1 & #2)

PARTICIPATING RECYCLERS:

- ACCESS Information Management
- Goodwill Industries of Hawaii, Inc.
- Interstate Batteries
- InTrade
- Pacific Biodiesel Inc.
- Penske
- Refrigerant Recycling, Inc.
- RRR Recycling Services Hawaii
- Schnitzer Steel
- T & N Computer Recycling Services



The 3R's Recycling Program is a program of the Kōkua Hawai'i Foundation



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**Council Chair
Ernie Martin**

Serving You in District 2

Next Bike Path Work Day on October 19th

I am pleased to report on the progress made to improve and maintain the Ke Ala Pupukea Bike Path. As some of you may already know, Pupukea resident Vance Farrant volunteered as an intern in my Council office this summer and chose the bike path as a community service project. Stretching from Oopuola Street to Three Tables, the bike path is very popular with area residents. Vance partnered with Drew Wilkinson, also a North Shore resident and the manager of a small portion of the bike path planted with edibles. They have been organizing community workdays on the bike path in the hope of uniting the community and the City and County in one effort to take better care of this resource on the North Shore.

The first workday in August took place at the start of the bike path at Oopuola Street where volunteers worked to remove California grass and other weeds. Workers replaced the weeds with young plants that will eventually create an inviting entrance at the start of the bike path. The second workday also took place along Hoalua Street, across the highway from Ted's Bakery. Volunteers cleared dead branches, removed weeds, and planted more desirable greenery. On both of the workdays, the group utilized a "chop-and-drop" technique which involves using mostly soft green waste created from the workday as natural weed suppressors.

**The next workday is scheduled for
Sunday, October 19th
from 3 p.m. to 6 p.m.
on the Ke Ala Pupukea Bike Path
along Hoalua Street.**

Volunteers can count on much of the same clearing and planting as on previous workdays. Vance and Drew are looking for residents in the Sunset Beach area to accept a larger role in the project by volunteering to water young plants and do basic maintenance on a part of the bike path that runs along Hoalua Street. They would also appreciate any tools, plants, and monetary donations in order to support and grow this project. If you are interested in contributing in any way, you can e-mail malamakealapupukeabikepath@gmail.com. You can also help by spreading the word about this project to friends and family who might enjoy working on the bike path. For this project to be successful, Vance and Drew need to develop

a larger volunteer base. Visit them on the website, malamakealapupukeabikepath.com for more information or e-mail them with any questions or comments on the bike path project. Your input would be greatly appreciated.



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for the North Shore News
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State Representative
Richard Lee Fale
Serving You in District 47

**Constitutional Amendments
 on the Ballot this Election**

The General Election is coming up on Tuesday, November 4 and it will be an empowering opportunity to shape your government into what you want it to be. In addition to the many elected offices that will be on the ballot, voters in the State of Hawaii will see five proposed state constitutional amendments on the ballot. I wanted to make sure you had an opportunity to see these proposed amendments before you voted and had some time to review them beforehand and research the pros and cons of each.

Below are the proposed amendments and how they will read on the ballot.

HB 420 HD1: Judicial Nominees

"Shall the judicial selection commission, when presenting a list of nominees to the governor or the chief justice to fill a vacancy in the office of the chief justice, supreme court, intermediate appellate court, circuit courts or district courts, be required, at the same time, to disclose that list to the public?"

HB 748 HD2 SD1 CD1: Agricultural Enterprises

"Shall the State be authorized to issue special purpose revenue bonds and use the proceeds from the bonds to assist agricultural enterprises on any type of land, rather than only important agricultural lands?"

SB886: State Court Justices and Judges

"Shall the mandatory retirement age for all state court justices and judges be increased from seventy to eighty years of age?"

SB 1084 SD1 HD1 CD1: Early Childhood Education

"Shall the appropriation of public funds be permitted for the support or benefit of private early childhood education programs that shall not discriminate on the basis of race, religion, sex or ancestry, as provided by law?"

SB2876 SD2 HD1: Dam and Reservoirs

"Shall the State be authorized to issue special purpose revenue bonds and use the proceeds from the bonds to offer loans to qualifying dam and reservoir owners to improve their facilities to protect public safety and provide significant benefits to the general public as important water sources?"

Questions regarding these proposed amendments can be directed to the State House of Representatives Chief Clerk's Office at 586-6400. Full text of the proposed constitutional amendments can be found on the

legislative website at www.capitol.hawaii.gov on the home page under "Recent Updates." Click on "Proposed Constitutional Amendments on the November 2014 Ballot" for an easy-to-download document with more information about the amendments.

I also want to remind you that the last day to request an absentee ballot is October 29, 2014. Because we have so few polling places in our rural community (Kahuku High School, Sunset Elementary School, Haleiwa Elementary School and Waiialua High School), absentee voting may be an easier alternative. Early walk-in voting, which takes place at Honolulu Hale and Kapolei Hale from October 21 to November 1, is also an option for those who want to vote before Election Day. No matter how you choose to do it, please take the time to vote this Election Year.



Rep. Fale with the Lyons.

Aloha Community Members

I am writing to ask your support and vote for Richard Fale for Senate of our district. I am a lifetime resident of Hale'iwa and roots with our Waiialua community. I have been active both in community and the business hub of the North Shore. As a past elected Member of the Hawai'i State Board of Education I know what it takes to represent our community.

I believe in Richard and know he will serve our North Shore community with values for the people and not special interest groups. He has protected our family values. As the Chair of Waiialua High and Intermediate School Community Council, Richard has always been there for the school and all the schools of our community. He communicates with the school and always looks out for their best interest.

Richard has continually supported lowering taxes and helping families to afford to live in Hawai'i. With the cost of living here in Hawai'i it is getting more difficult for our children to make a living and afford a home.

Richard relates to the common people, whether it is in the fields, farms, businesses or sitting on my porch to discuss issues. He and his wife Erin are local folks who can relate to everyday living.

This is an important election to the people of the North Shore. Voting for Richard Fale would be a vote for preserving the North Shore where we grew up. Richard would bring a new voice and passion as our Senator and I believe he would represent us with honor and integrity.

VOTE RICHARD FALE, STATE SENATE

Mahalo,

Marilee Lyons, Hale'iwa



The Students of Waialua High & Intermediate School with Waialua Community Association Proudly Presents



2014 Candidates Forum-Northshore

Date: Thursday, October 23, 2014

Time: Doors open at 5:00 p.m., Forum Schedule, 6:00 - 8:00 p.m.

Location: Historic Haleiwa Gym - The Waialua Community Association, 66-434 Kamehameha Hwy, Haleiwa, (Info call 808.693.6301 or 808.637.4606)

Media coverage courtesy of Olelo.

This is a time in Hawaii where historic decisions will be made at the ballot box November 04. This is your State, your Districts, your Candidates.

Please come to the forum and hear in their own words, how candidates will represent you.

The students of Waialua High & Intermediate School provide the questions & moderation. Audience questions asked to the candidates by WCA at conclusion of the Student questions.

Invitees include candidates or their designees from:

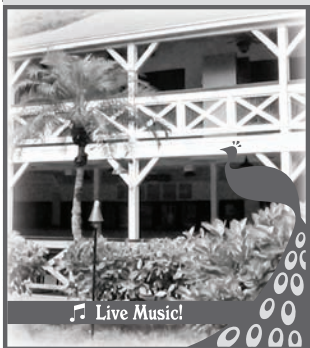
- State Senatorial District 23, Richard FALE & Gil RIVIERE
State Representative District 45: Lauren MATSUMOTO, & Michael MAGAOAY
State Representative District 47: Feki POUHA & Kent FONOMOANA.



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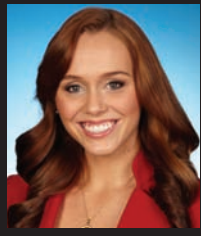


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**Representative
Lauren
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Great Events in October!

Waialua Elementary Visit to the Capitol

The 2014 school year has gotten off to a great start. I am looking forward to visiting with the Waialua Elementary School 6th graders on October 16th as they visit the Hawai'i State Capitol to learn more about how our government operates. It is so important to teach our children the value of getting involved in their communities and about their civic responsibilities, and of course to have a good time while we are at it!

Menehune Surf Contest

Starting this weekend is the Menehune Surf Contest. Both my brother and I, as well as all of our cousins participated in the contest when we were kids. I still have such fond memories of compet-

ing and having a good time with family and friends. The Menehune Surf Contest is a great way to teach children about the ocean and to get them involved in healthy activities from a young age. It makes a lasting impression on the children that participate, just like it did for me! Please take the time to go down and cheer on our keiki!

Waialua Trunk or Treat

There will be another great event this month, Waialua Trunk or Treat, on October 26, 2014 at Waialua Elementary School from 5:00 p.m. to 7:30 p.m. A safe trick or treat experience for the keiki. I will be there with a "Frozen" booth that might have a guest appearance from Elsa as well as some candy snowballs! I am looking forward to seeing you there! Please wear your costumes when you come on down!

As always, if you ever have any questions about anything that happens either in our community or at the Capitol, you can contact me by email at RepMatsumoto@Capitol.Hawaii.gov, by telephone at (808) 586-9490, or by stopping in at the Capitol in Room 303. I always look forward to seeing and hearing from you!



Surfin' keiki
Milliani resident Lauren Cheape, 7, tackles a tiny wave during the annual Menehune Surfing Contest at Haleiwa. For more photos see Page 16.
Dean Ontai photo

Looking forward to a brighter future for our community!



Every part of this district has had a hand in shaping who I am. I am not a career politician, I am a ***neighbor from the community*** with a desire to serve. I am honored to be your representative not just because my past is here, but because it's my present, and ***I am an advocate for our future.***

— *Representative* —
**LAUREN CHEAPE
MATSUMOTO**

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Feki Pouha, a Representative you can TRUST!

Aloha!

As your next State Representative I will seek first to understand every perspective, build relationships of trust and act on "win-win" solutions. Placing my first campaign banner illustrates my commitment to that process.

One afternoon, I eagerly walked to an unfamiliar home. Two brothers saw me approaching and abruptly stated that if I was seeking to put up a banner - I was out of luck.

"Only three banners on the fence, sorry," they said. They expected an insistent response from me, I guess like other politicians before. But I respectfully listened, thanked them for their time and turned to leave.

One of the brothers was impressed, and we started "talking story" about my background. We soon learned that we shared a common friend that he trusted. He then said, "Today's your lucky day, go ahead and put up your sign." I was stoked! But I politely declined in respect to their rule. But they were insistent that I was definitely a candidate they could support.

We need a Representative that respectfully listens, identifies solutions, and builds relationships with community members and government officials. Those habits have helped me address community concerns and solutions.

I know that issues such as Responsible Develop-

ment, Elevating Education, Alleviating Traffic, Helping the Houseless, Sustaining Agriculture and Infrastructure Maintenance, are multi-facet-

ted, dynamic and best addressed through respectful collaboration. And as your Representative, I will seek community input more frequently through informal "talk story" sessions and increased social media use to invite greater civic engagement and transparency.

Because of limited word space here, please visit my website: www.TeamFeki.com, where everyone can see more about my platform, education, accomplishments, endorsements, experience and possible solutions. I have informed stances on various community issues and I welcome your feedback at teamfeki@gmail.com.

And no matter the issue or situation, one thing will always be true about Feki Pouha: I will be respectful, honest and considerate - someone you can trust. As a local son, husband and father, I invite you to cast your vote for Feki Pouha, State Representative, District 47.



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2014 Restaurant Guide

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— Julia Childs*



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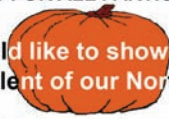
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Vegetarianism and Heart Disease

The Center for Disease Control & Prevention reports that one in three adults in the U. S. has a type of cardiovascular disease (CVD). CVD is the leading cause of death in both men and women nationwide. Several studies suggest that a vegetarian diet is effective in reducing risk factors contributing to heart disease, including bad cholesterol, blood pressure, diabetes and obesity. These diets lower total and bad cholesterol (triglycerides and low density lipids or LDL), protect against Type 2 diabetes and increase the effectiveness of insulin. A predominately vegetarian diet is lower in fats, which are high in calories. Consequently, those on a plant-based diet have lower rates of obesity, which is one of the factors contributing to high blood pressure, diabetes and CVD.

There are four types of "vegetarian" diets: vegan, which is strictly plant-based foods; lacto-ovo, which includes eggs and milk products; pesco-vegetarian which includes seafood; and semi-vegetarian which is primarily plant based with occasional meat.

Realistically, most people who eat meat regularly are less likely to adopt a diet that is solely plant-based. There are other options for these people: reduce the amount of meat and/or substitute other protein sources, such as seafood, chicken (without skin), low-fat dairy products, nuts, legumes or whole grains; and increase fruit and vegetable intake. One study shows a 17% lower risk of CVD for those who eat 4-5 servings of vegetables/fruits per day.

You will find conflicting information on what the best diet is for preventing CVD. Periodically, articles appear that discuss studies that showing a high protein/fat and low carbohydrate diet lowers cholesterol. However, there are more studies that show diets high in vegetables/fruit and low in fats lower the risk of developing CVD.

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FREE COOKING DEMONSTRATION

Edith Ramiscal

Waialua Farmers' Co-op Market will begin regular cooking demonstrations showcasing the vegetables and fruits sold at the Market. We will feature chefs that specialize in Thai, Filipino, Indian and other Asian Cuisines.

One chef is Nok Thanitsa from Thailand. She had a cooking school in Chiang Mai, Thailand, where she owned a restaurant. She also worked in Canada at Thai Memory Restaurant and Auberge Prema Shanti Hotel, where she specialized in Thai cuisine. You can view her on facebook at Nok Thai Cooking Hawaii.

Chef Nok serves some of her Thai dishes at Waialua Farmer's Co-op Market every Saturday at Waialua Sugar Mill from 8:30 a.m. - 12:00 p.m.

Here are one of her favorite recipes

Pineapple Fried Rice

- | | |
|------------------------|---------------------|
| 250 g shrimp | 100 g diced ham |
| 1 cup pineapple, cubed | ½ cup onion |
| 1/4 cup sliced carrots | 2 cups jasmine rice |
| 2 Tbs. soy sauce | ½ tsp. salt |
| ½ tsp. sugar | 1 tsp. pepper |

1 tsp. finely chopped garlic
(optional) roasted cashew nuts for garnish
Add cooking oil to a pan on medium heat. Add garlic, stir until fragrant. Add shrimp, carrots, onions, stir until shrimp is partially cooked. Add cooked rice, ham, salt, sugar, pepper, soy sauce and pineapple. Stir a minute and enjoy.

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The Best Kept Secret on the North Shore

Every Thursday from 3:00-7:00 p.m. Waimea Valley is home to the Haleiwa Farmers' Market—a veritable feast happening in the Pikake Pavilion. Mini pop-up restaurants using locally-grown vegetables, fish and meat tantalize the palette. We've all had the never-ending circular conversation of "What do you want for dinner?" "I don't know, what do you want for dinner?" At HFM every Thursday you can have fish tacos while your friend enjoys a crepe... problem solved! The market offers everything from nouveau Thai food to grass fed burgers, wood-fired pizza, Belgian waffles, poke, and fish & chips. There is a wide choice of vegetarian food as Shy cooks up middle eastern falafels with hummus, Life Foods fires up their Gluten-Free Veggie Burgers, Cathy from Mohala Farm prepares kale salad, and Hawaiian Fresh Farms offers a goat cheese tomato pie. Thirsty? Try Lil Green Hut smoothies, WowWow lemonade, kombucha on tap, fresh-pressed sugarcane juice, or perhaps something a little stronger from the full bar hosted by Waimea Valley. Where else can you enjoy Vodka Blackberry Lavender Lemonade or a glass of wine while buying your fresh local fruits and vegetables? Did we forget to mention dessert? Hot croissants come right out of the oven, three flavors of goat cheesecake, lemon mochi bars, Lyndi's famous raw pies and Uncles Ice Cream sandwiches. If that isn't enough The Proud Peacock opens at 5:00 for more fun. LINK, our newest vendor, offers hand-crafted bacon and charcuterie from locally grown pork and beef. There is live music every Thursday with tables in the pavilion, or you can have a picnic with your friends on the grassy lawn while the kids play. All produce is verified grown in Hawaii. Buy your veggies and support local agriculture in the beauty of Waimea Valley every Thursday at the Haleiwa Farmers' Market!

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BANZAI NORTH SHORE WIRELESS

This is a call to action for surfers and North Shore residents. Friends of Ali'i a non profit group are organizing a task force to fix up the Hale'iwa Surf Center for our community. The building and park have been a community location for a long time and we just need to help in this long process. On October 11th a lot of people got together to paint the building and clean it up before the Menehune Surf event. Mahalo to all of them! It will be a long process to completely refurbish the two story building. The views from up top are spectacular and there is a large space for many great things to happen there. The top portion was built for the "Bay Watch Hawaii" TV show that ran from 1999 to 2001. Remember the bay watch babes, Simone Jade Mackinnon, Brooke Burns, local girl Stacy Kamano and the world famous David Hasselhoff as the head lifeguard. Good times. Since that the top portion of the building has never been used. A big shame for sure. It will probably take two years to save it if it is all fully inspected and approved by all entities. Please get behind this project for our Keike!

There has been no permit given to the Local IBA Hawaii tour directors this season. Not sure there is a back up plan but their last event was stellar. The Kellogg's Science Sandy Beach Challenge went off in great waves. It was a real technical competition with crazy maneuvers being done over a razor sharp reef. Fun to watch for sure. Jeff Hubbard was insane pulling off the ingenious body torquing flips and spins to win the mens pro division. Guellerme Tamega was second. In the Womens division it was Melanie Bartels taking the win. Both are also past Pipeline Champs. Congrats.

The first big swell of the season came in on October 10, the season is on. Triple Crown events start November 12-23 at Hale'iwa with the Reef Hawaii Pro. The Vans World Cup of Surfing at Sunset Beach runs November 24-December 6 and the Billabong Pipeline December 8-20. There is only one Women's contest which will be held once again at Honolua Bay. Look for a women's heat though at the Maters, cool! Looks like both World Titles will be decided in Hawaii this year so it will be exciting. John John Florence is looking strong for a top five finish! Check the ASP World Tour site for the break downs and possibilities for our Hawaiian surfers to qualify. We will have more in our next issue!

Sorry to say but a hit and run driver that was a surfer with surfboards on the top of the car hit North Shore resident Mimi Whang while she was on her

bike near Hale'iwa on Kamehameha Highway. I was a witness to the crime and it was horrible to see the surf car drive off leaving her to die! Mimi has pretty bad injuries and needs the community to support her in this difficult time. Lets pay it forward, please go to her support site and help her out! https://www.giveforward.com/fundraiser/nrr5/mimi-s-medical-expences-fund?utm_source=facebook

Here is an update on surfer Jill Hansen the woman accused of running over an elderly women in Waikiki in May. Hansen is now in the care of a state hospital after she was found to be unfit to stand trial. She has been diagnosed with mental illness. She has a history of psychotic and delusional symptoms as some local surfers have experienced in the last few years. Lets hope she gets the help she needs!

The Stand Up World Series Tour finished up in Hawaii at the Turtle Bay Resort. The long distance race from the hotel to Surf N Sea in Haleiwa was a ten mile battle in big surf the whole way. Racers said it was more like 13 miles to the corner where they came in through the surf for the fastest path. Kai Lenny took the title with Riggs Napoleon behind and the North Shore's Mo Frientas in third. In the Womens it was Fiona Wylde of Hood River, Oregon taking the win. For more results see the watermanleague.com.

Have any surf related info? Please send to banzaib@hawaii.rr.com.



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Halloween Attraction at Dole Plantation

Nightmares Live Haunted Attraction will once again partner with Dole Plantation to feature four frightening exclusives:


- Warehouse 31: Gretchen's Revenge, a classic haunted house that lets guests relive one woman's chilling tale
- Haunted Train – Tales from Beyond the Grave, a fright-filled train ride accompanied by hair-raising ghost stories by Lopaka Kapanui
- Coulrophobia, a labyrinth where killer clowns lurk behind every corner and
- Trail of Terror, a dark and frightening maze that may have no escape.

Fright nights are as follows:

- Friday, Oct. 17 through Sunday, Oct. 19
- Friday, Oct. 24 through Sunday, Oct. 26
- Friday, Oct. 31

Hours are 7 to 11 p.m. on Fridays and Saturdays; 7 to 10 p.m. on Sundays.

Families are strongly warned that Nightmare at Dole Plantation 2 is likely too intense for children. Children under 13 must be accompanied by an adult.



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Friends of Ali'i cleaning up our surf center, the start of its restoration, we hope. Photo: Banzai Productions



Melanie Bartels wins the Kellogg's Sandy Beach Challenge, there will be no Pipeline Bodyboarding event this season, no permit issued. Photo: Banzai Productions

USDA Consumer Alert: Keeping food safe during an emergency

The U.S. Department of Agriculture is providing recommendations to the regions affected by severe weather and flooding. USDA is hopeful that this information will help minimize the potential for foodborne illnesses due to food spoilage from power outages and other problems that are often associated with severe weather events.

“Power outages can occur at any time of the year and it often takes from a few hours to several days for electricity to be restored to residential areas,” said USDA Under Secretary for Food Safety Dr. Richard Raymond. “Without electricity or a cold source, foods stored in refrigerators and freezers can become unsafe. Bacteria in food grow rapidly at temperatures between 40 and 140 °F, and if these foods are consumed, people can become very sick.”

Steps to follow to prepare for a possible weather emergency:

- Keep an appliance thermometer in the refrigerator and freezer. An appliance thermometer will indicate the temperature in the refrigerator and freezer in case of a power outage and help determine the safety of the food.
- Make sure the freezer is at 0 °F or below and the refrigerator is at 40 °F or below.
- Freeze containers of water for ice to help keep food cold in the freezer, refrigerator or coolers after the power is out.
- Freeze refrigerated items such as leftovers, milk and fresh meat and poultry that you may not need immediately — this helps keep them at a safe temperature longer.
- Plan ahead and know where dry ice and block ice can be purchased.
- Store food on shelves that will be safely out of the way of contaminated water in case of flooding.
- Have coolers on hand to keep refrigerator food cold if the power will be out for more than 4 hours. Purchase or make ice cubes and store in the freezer for use in the refrigerator or in a cooler. Freeze gel packs ahead of time for use in coolers.
- Group food together in the freezer — this helps the food stay cold longer.

Steps to follow after the weather emergency:

- Keep the refrigerator and freezer doors closed as much as possible to maintain the cold temperature.
- The refrigerator will keep food safely cold for about 4 hours if it is unopened. A full freezer will hold the temperature for approximately 48 hours (24 hours if it is half full) and the door remains closed.
- Discard refrigerated perishable food such as meat, poultry, fish, soft cheeses, milk, eggs, leftovers and deli items after 4 hours without power.
- Food may be safely refrozen if it still contains ice crystals or is at 40 °F or below when checked with a

food thermometer.

- Never taste a food to determine its safety!
- Obtain dry or block ice to keep your refrigerator and freezer as cold as possible if the power is going to be out for a prolonged period of time. Fifty pounds of dry ice should hold an 18-cubic-foot full freezer for 2 days.
- If the power has been out for several days, check the temperature of the freezer with an appliance thermometer. If the appliance thermometer reads 40 °F or below, the food is safe to refreeze.
- If a thermometer has not been kept in the freezer, check each package of food to determine its safety. If the food still contains ice crystals, the food is safe.
- Drink only bottled water if flooding has occurred.
- Discard any food that is not in a waterproof container if there is any chance that it has come into contact with flood water. Discard wooden cutting boards, plastic utensils, baby bottle nipples and pacifiers.
- Undamaged, commercially prepared foods in all-metal cans and retort pouches (for example, flexible, shelf-stable juice or seafood pouches) can be saved. Follow the Steps to Salvage All-Metal Cans and Retort Pouches in the publication “Keeping Food Safe During an Emergency” at: www.fsis.usda.gov/Fact_Sheets/keeping_food_Safe_during_an_emergency/index.asp
- Thoroughly wash all metal pans, ceramic dishes and utensils that came in contact with flood water with hot soapy water and sanitize by boiling them in clean water or by immersing them for 15 minutes in a solution of 1 tablespoon of unscented, liquid chlorine bleach per gallon of drinking water.
- When in Doubt, Throw it Out!

FSIS has available a Public Service Announcement (PSA), available in 30- and 60-second versions, illustrating practical food safety recommendations for handling and consuming foods stored in refrigerators and freezers during, and after, a power outage. Consumers are encouraged to view the PSA at: http://www.fsis.usda.gov/news/Food_Safety_Videos/.

News organizations and power companies can obtain hard copy (Beta and DVD) versions of the PSA by contacting the Food Safety Education Staff in FSIS’ Office of Public Affairs Education and Outreach by calling (301) 344-4757.

Consumers with food safety questions can “Ask Karen,” the FSIS virtual representative available 24 hours a day at AskKaren.gov. The toll-free USDA Meat and Poultry Hotline 1-888-MPHotline (1-888-674-6854) is available in English and Spanish and can be reached from 10 a.m. to 4 p.m. (Eastern Time) Monday through Friday. Recorded food safety messages are available 24 hours a day.

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Publication Date	Edition	Deadline Date
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November 12	Triple Crown of Surfing	October 31
November 26	Surf Season/Thanksgiving	November 14
December 10	Christmas/Holiday Greetings	November 28



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4 lines \$25.13
5 lines \$32.45
1" Box Ad \$41.88
(27 characters in each line)
Include your contact information.
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Queen's Open Market
Sundays 1:00 to 5:00 pm
Liliuokalani Church

Send us your "Letter to the Editor" on any topic in the NSN publication, or any community concern. Letters 200 words or less preferred. Include first & last name & contact phone number.
nshorenews@aol.com

LOST DOG
looks like a blue nose pit,
lost on sept 23, see page 4
for more info & pic
REWARD

Help Waialua High & Intermediate get AC in classes!

My name is Savanna Hardy, for my senior project I am working on helping give back to my school for students in the later years to come. Classrooms at Waialua High are stuffy and uncomfortably hot from the morning to the end of school. Students have a hard time staying focused in the high temperatures and being at Waialua High School since 7th grade I feel its my duty to leave off my senior year by making a difference to help the students of Waialua. Any AC's or money donations are appreciated. A tax write off will be given in return for money donations.

If interested in helping please contact me at:
savannahardy@waialuahigh.com



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:
10/15/14–10/21/14

Deals of the Week!

Fuyu Persimmons

\$1.79
LB.



Fresh Ground Beef

80% Lean, Jumbo Pack,
5 lbs. or More

\$3.99
LB.

or Fresh Ground Pork

Value Pack,
3 lbs. or More



Pepsi

Selected Varieties,
12/12 oz., 6/24 oz.
or 8/7.5 oz.

\$4.00
EA.
When You Buy
3 or More!



Mott's Apple Juice
64 oz.

\$3.29



Green Giant or Del Monte Canned Vegetables
Selected Varieties,
11–15.25 oz.

\$1.59



Post Pebbles Cereal
Selected Varieties,
10.75–12.5 oz.

\$3.79



Tombstone Pizza
Selected Varieties,
12"

2/\$10



Best Yet Garlic Bread
Selected Varieties, 8–10.5 oz., 2/\$5

Best Yet Milk
Selected Varieties,
Gal.

\$5.69



Bakery Fresh

Cookies
Assorted Varieties,
12 ct.

\$3.99
EA.



15 Piece Fried Chicken Thighs
Original, Korean,
or Furikake

\$16.49
EA.



Heineken, Corona or Stella Artois
12 Pk. Bottles or Cans

\$13.99

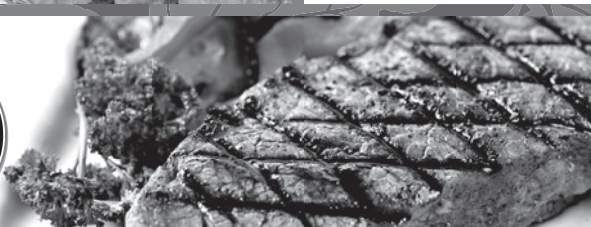


Thursday

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.