

Big Surf, Big Wednesday

Photo: Banzai Productions

PROUDLY PUBLISHED IN Hale'iwa, Hawai'i Home of The Quiksilver In Memory of Eddie Aikau

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OFF da Island in Pasadena, California

Pupukea residents Nate Guzmann and Jen Hickey recently visited Pasadena, California. They are pictured here at one of their old stomping grounds The Rose Bowl. Home of the UCLA Bruins, the Rose Bowl also hosts the New Year's Day bowl game and one of the most famous Flea Markets in the world. Jen was sure to pack a few North Shore News to remind them of the good times back on Oahu's beautiful North Shore. For more information on the OFF da Island campaign turn to page 23.





► The waves in a big swell come in "sets" of four to six waves followed by a "lull" a deceptively calm, flat period that can last up to 20 minutes. People will often walk out onto the rocks, or stand at the water's edge during a lull and then have to run for their lives when the set rolls in. Keep your family safe - stay on dry sand.

BIG SURF = SAFETY TIPS

- Swim only at lifeguarded beaches.
- Check with lifeguard for conditions.
- Read and obey the posted signs.
- Watch your children carefully. Hold on to young ones and stay off wet sand areas.

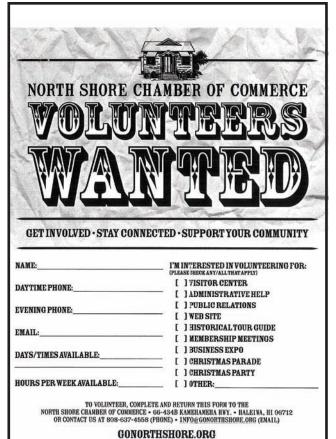
- DO NOT turn your back to the ocean!
- DO NOT try to swim at the water's edge during big surf!
- DO NOT surf or bodyboard unless you're an expert.
- DON'T rely on your surfboard or leash as a substitute for your swimming ability.

- DO NOT DRINK ALCOHOL and swim!
- DON'T LEAVE VALUABLES

www.northshorelifeguards.com

A public service notice from the North Shore Lifeguard Association (with the very much appreciated assistance of our corporate sponsors).





La 'Ohana at Waimea Valley (Family Day)

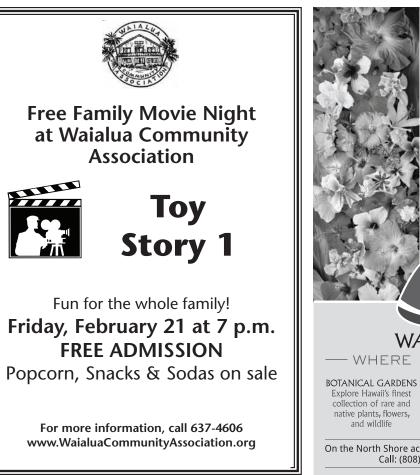
The Waimea Valley 'ohana would like to invite you to celebrate re-opening with our first La 'Ohana (Family Day) of 2014. January was spent scaling rocks, cleaning, painting and more, rejuvenating the Valley's already spectacular beauty.

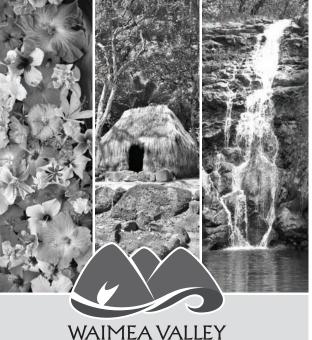
Sunday, February 16th 2014 will be a day in which families can come explore our World Class Botanicals, participate in mini tournaments at our traditional Hawaiian games site, discover what's in bloom with our Botanical Specialist, David Orr and enjoy demonstrations offered by our Cultural Artisans and Practitioners.

Adults and Keiki will enjoy learning more about the Valley through our Scavenger Hunt, mo'olelo with kupuna and other fun activities.

All can satisfy their rumbling tummies with ono picnic specials from Na Mea Ono Snack Bar near the Visitors Center or Wailele up by the waterfall.

We will be offering half off admission for this special day. We look forward to spending the day with you.





WHERE HAWAII COMES ALIVE

CULTURAL ACTIVITIES Discover authentic archaelogical sites; learn Hawaiian crafts, games, and more

WATERFALL Visit the heart of the Valley and swim at Waihī Falls

On the North Shore across from Waimea Bay • Open 9 AM - 5 PM Daily Call: (808) 638-7766 • WAIMEAVALLEY.NET



Who Really Needs Affordable Housing?

The truth is we all do. The lack of affordable housing prevents working families of modest means from meeting their other basic needs or saving for their future and educating their children. For the poorest among us, it could result in a downward spiral into homelessness. Society cannot afford to ignore the economic and social problems that stem from the lack of adequate affordable housing. We only have to look around our neighborhoods to see how these problems have escalated over the years and how it impacts our entire community.

Over the years, the federal government has provided various subsidies to make housing more affordable, and not just to lower income households. Homeowners too receive assistance through the mortgage interest tax deductions. In the 1970s, the federal government spent comparable amounts on mortgage tax deductions for homeowners as it did on subsidies for low-income housing. But by 2005, tax reductions had risen to \$120 billion per year, representing nearly 80 percent of all federal housing assistance. Not surprisingly, there has been strong opposition to proposals to reduce or eliminate mortgage interest tax deductions.

Policy makers at all levels of government are dealing with the issue of affordable housing. Generally speaking, there are three types of housing assistance from the federal government for lower income households. The first is tenant based subsidies given to an individual household, known as the Section 8 program. Project based subsidies are given to the owner of housing units that must be rented to lower income households at affordable rates, and the third is public housing which is usually owned and operated by the government.

Households are commonly defined in terms of the amount of income they earn relative to the Area Median Income or AMI. For U.S. housing subsidies, households are categorized by federal law. Moderate income households earn between 80% and 120% of AMI. Low income households earn between 50% and 80% of AMI, and very low income households earn no more than 50% of AMI. While local and state governments can adapt these income limits when administering local affordable housing programs, federal programs must adhere to these definitions.

The City's Department of Planning and Permitting (DPP) recently released the 2014 affordable housing income limits, which serves as a guideline in qualifying purchasers and renters for affordable units. Income limits are determined annually based on the annual median income set by the U.S. Department of Housing and Urban Development. This year, HUD determined that the city's median income for a household of four is \$82,600, down from \$86,300 last year. This important statistic is used by developers to set affordable homes sales prices and rents based on income groups and household size. Developers are typically required to provide a certain percentage of affordable units in a housing project when land is rezoned to permit the residential community.

Affordable housing needs can also be addressed by simply promoting economic growth in the hope that a stronger economy, higher employment rates, and higher wages will increase the ability of households to acquire housing at market prices. Favorable land use policies such as inclusionary zoning, relaxation of certain environmental regulations, and the enforcement of affordable housing quotas in new developments can increase the supply of affordable housing. The bottom line is this: affordable housing is a controversial reality of life, especially in Hawaii where land is scare and expensive. Gains in affordability can only come from expanding land available for housing or increasing the density of housing units in a given area. Ensuring a steady supply of affordable housing means that communities must recognize the sheer necessity of affordability and take steps to accommodate that need. Affordable housing is not just for some of us; it affects the quality of life for all of us.



Authors Night at Waialua Library

of Waialua Library's annual Authors Night program. This year's event promises to offer a panel of authors and their books which will intrigue, educate and perhaps even amaze you!

Here's what is in store for your enjoyment:

"Judge Sam King, A Memoir", written by Judge King himself, will be presented by Jerry Burris and Ken Kobayashi. These two men worked closely with the beloved judge while he was on the bench and in his later years, compiling a volume which belongs on the bookshelf of every citizen of Hawaii.

First-time author and attorney Leighton Chong's "Song of Planet Earth" starts out as a travelogue, quickly becomes a mysterious adventure story, and finally stands out as a serious statement on nuclear proliferation and the horror of war. This is a novel that will resonate with inquiring minds.

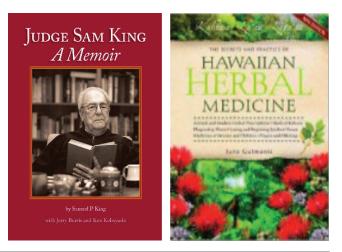
Our children's selection this year is Vincent Daubenspeck's tale, "Kohola, King of the Whales", beautifully illustrated by Don Robinson. Vince's story is noteworthy because it is about a personal experience he had right off our own Mokuleia Beach. Amazing and gratifying for readers both young and older!

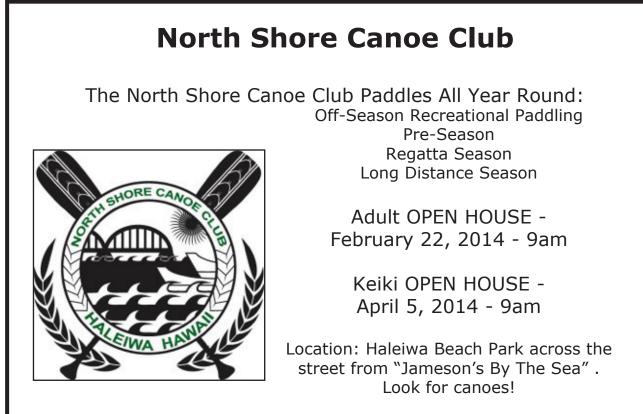
Lastly, Authors Night will be graced by the presentation of "The Secrets and Practice of Hawaiian Herbal Medicine" by June Gutmanis, deceased.

Coming up on March 6 at 6:30 p.m. is the Friends Waimea Williams, a student of Hawaiian culture and language (and author of last year's novel, "Aloha, Mozart") will present this book of ancient Hawaiian healing.

> This program is full of quality writing regarding all things Hawaiian. You will not want to miss this event. Mark Thursday, March 6 at 6:30 p.m. on your calendars now, and join us for pupus under the tent in front of the Library to begin the evening.

> If a sign language interpreter or other special accomodations are needed, please call the library 10 days in advance at 637-8286.





For more information go to northshorecanoeclub.org





Aloha,

The 2014 legislative session and your elected officials are busy working for you, the people of Hawaii. In the past few weeks, we have heard from our leaders in the House, Senate and our Governor about their vision for Hawaii and their ideas for this legislative session. I'd like to take the time to share some of the ideas and legislation that I have heard about that could have the most impact on our North Shore community.

Opening Day came with two particular surprises - one was pleasant the other quite concerning. The pleasant surprise was the common ground and progress being made to preserve hundreds of acres near Turtle Bay. A balanced approach is being taken with the State of Hawaii, Turtle Bay Resort and the North Shore community working together towards a beneficial agreement amongst all parties involved. The proposal, which seems to have significant support across the parties, would allow some development of Turtle Bay Resort while putting hundreds of acres into conservation. Revenue bonds will be floated to pay for the preservation of the conservation area. The bonds will be paid off over time from tax revenue generated by the newly developed resorts, keeping our money in our community for our community. I am looking for ways to expand this concept to help improve our transportation, education and recreational facilities in the North Shore community.

The unhappy surprise is the revival of what I feel is a bad idea - to tax the retirement and pensions of senior citizens who are living on fixed incomes. This idea was proposed by the Governor (in 2011) and this year by the Speaker of the House. I am opposed to any measures that would harm our senior citizens and further make their lives more difficult and challenging. Even if only seniors receiving \$100,000 or more each year in pension income are taxed, I believe that this will open the door to taxing more senior pensions in the future, by lowering the tax threshold.

I will continue to monitor the proposal to tax senior pensions and will keep you informed. If we are running a budget surplus and the economy is in recovery, I do not believe there is a need to take money from those on fixed incomes who can least afford it.

The minimum wage is another topic of great discussion this session. Governor Abercrombie proposed that the minimum wage be increased to \$8.75, an increase of \$1.50 from the current minimum wage of \$7.25. I will be tracking the minimum wage issue

closely as I understand that it impacts those at the bottom of the wage scale.

I had a number of people come to visit my office on Opening Day including a group of teens and police officers that came to express their opposition to the legalization of marijuana. Medical marijuana is currently legal in Hawaii. My concern is that this will now lead to the legalization of recreational marijuana – something that I do not feel will be beneficial for the keiki of Hawaii.

Our North Shore community is very unique and it is fantastic to hear the passion, conviction and care in the voices of those who contact our office. Please continue to share your comments and inputs to all of your elected officials and keep engaged in the legislative process. While within our communities we may not always agree with each other, we can learn a lot through listening and dialogue and together, we can make Hawaii and the North Shore a better place.

As always, feel free to contact my office if you have any questions, or concerns. You may contact us 586-6380, or you may email me at repfale@capitol.hawaii.gov. All the best to you, your family and friends in 2014.





Nestled in the heart of Waialua is a charming, rustic building that houses the Waialua Library that we all know and love. Originally titled the Waialua Community Station in 1927 and located in the Waialua Sugar Plantation's office, this very resourceful library services the communities of Waialua, Hale'iwa, Schofield Barracks, Mokuleia, and the North Shore respectively. The permanent structure was built especially for the Waialua Library in 1952.

Although known as the smallest public library on Oahu, the Waialua Library was recognized in 1997 by the Public Library Association as the Best Small Rural Library. Also in 1997, the Waialua Library and its staff members received distinctive awards from the Governor, Hawaii State Legislature and the Board of Education.

The Hawaii State Public Library System (HSPLS) has recently begun new, innovative, and exciting programs for its members including; the Mobile Netbook Loan Program, a brand new library application for your mobile device, and additions to their digital reading resources.

The Mobile Netbook Loan Program is now available in 37 public libraries, including the Waialua Library, and it offers patrons an opportunity to borrow a fully equipped laptop computer for a three week duration, free-of-charge with a valid library card. Each computer has mobile Internet services, as well as Microsoft Office 2010 programs already installed and ready for use. These Netbook computers were provided by a Federal Library Services and Technology Act (LSTA) grant.

A free mobile application called "Hawaii Mobile," which was created by Chilifresh in partnership with HSPLS, can be searched and downloaded on Apple and Android devices for users. The Hawaii Mobile application provides users the ability to access the library system's catalog, view a list of checked out and reserved items, and check account information.

Library members now have free access to nearly 150 complete full-color digital magazines which may be viewed on a computer, tablet, or mobile device using the Zinio Reader app. Also available are online language programs, Korean language e-books, and a user friendly tutorial for technical support.

The Waialua Public Library is currently located near the Waialua Shopping Center. For more information about programs and services, please call (808) 637-8286 or explore their website at LibrariesHawaii. org. Please take the time to visit our beloved Waialua Library soon to explore the new programs, and to



Tim Littlejohn and Rep. Lauren Matsumoto at the Waialua Library.

discover what they have to offer our community.

Please don't hesitate to contact me with your questions, concerns, or ideas at (808) 586-9490 or at RepMatsumoto@Capitol.Hawaii.gov. Working together, we can make a difference for our community and our future.





Safety First

Dear Editor:

The sign for the Waialua Bicycle Path reads No Motorized Vehicles Allowed on Bicycle Path. It's a City and County Law with a fine for non compliance. That means bicycle riders, joggers, and walkers are allowed and motorbikes, motorcycles, and golf carts are not. It's a safety issue. The path is used by the young, the elderly, and by mothers pushing their babies in carriages. Riding motorized vehicles on the path's shoulders also presents a danger. Thanks.

Sincerely,

A Concerned Citizen







Hawaii's patients need volunteers to be their secret Valentine and donate blood in February. Would you give an hour of your day to save the life of a loved one? Of course you would. So why not do so for someone you may not know? By donating blood, you'll give them the sweetest gift of all – life.

Be a sweetheart. Donate blood and save lives. Listed below are upcoming blood drives in the North Shore of Oahu area. Please note: drives are subject to change. To schedule an appointment or check on drive information, call 848-4770 or visit www.BBH.org.

Wednesday, February 5 Waialua Intermediate and High School (67-160 Farrington Hwy, 96791) - Bloodmobile 7:30 am- 1:30 pm

Friday, February 7 Wahiawa General Hospital (128 Lehua St, 96786) - Bloodmobile 7:30 am- 2:30 pm

Saturday, February 21 Alii Beach Medical Group (66-214 Haleiwa Rd, 96712) - Bloodmobile 8:00 am-11:15 am

Sign up to save lives today. The requirements to be a blood donor are simple:

• Be in good health

• Be 18 years of age or older (17 with signed Blood Bank of Hawaii parent/legal guardian consent form)

• Weigh 110 pounds or more

• Bring a valid photo ID with date of birth

To make an appointment or for more information, call Blood Bank of Hawaii at (808) 848-4770 or visit www.BBH.org.

Olakino Maika'i

(Good Health) by Naty Camit Hopewell

Diabetes in a Nutshell

Diabetes is a condition where your body is unable to process excess sugar in the bloodstream. There are two types of diabetes: Type I and Type II. Type I occurs in children and young adults due to insufficient or no production of insulin. Type II occurs in adults who produce insulin but it is not effective in converting the extra sugar into stored sugar in the muscles.

Everything you eat or drink is broken down into glucose (sugar), which circulates in the bloodstream until insulin converts it into stored sugar. Your body tries to maintain moderate amounts of glucose in the bloodstream. Consequently, if you can't store it in the muscle, your kidneys try to get rid of the extra sugar through urine. If excess glucose in the bloodstream continues over many years, different organs in the body suffer from lack of oxygen and nutrients and cells eventually die. Uncontrolled diabetes eventually results in amputations, blindness, and kidney failure.

What's the relationship between obesity and diabetes? Obesity increases insulin resistance, meaning you have sufficient insulin, but it doesn't work well. By losing excess fat, through exercise and a healthy diet, you reduce insulin resistance, thereby lower blood sugar. Maintaining a healthy weight is one of the approaches to controlling diabetes. In more severe diabetes or as you get older, you may require ral medications or insulin.

What are the goals in diabetes treatment? A1c is a blood test that reflects sugar in the past three months. Normal is less than 6; pre-diabetes is 6 - 6.4; diabetes is 6.5 or higher. The goals are: 1) A1c less than 7; 2) blood pressure of 130/80 or less; 3) LDL (bad cholesterol) of less than 100—70 if you have heart disease; 4) yearly eye, foot and dental checks; 5) annual flu shot; and 6) pneumonia vaccine.

FREE Hazardous Waste Disposal

Special Handling Drop-off Events Bi-monthly, Saturdays, 9 a.m.-11:45 a.m. For residential waste only and by appointment only. Next drop-off day: March 8, 2014 Call 768-3201 before Friday, February 28, to set up an appointment to drop off items at the hazardous waste facility. Sunset Beach Community Association Meeting Wednesday, February 19, 7pm - 9pm Sunset Beach Rec Center

North Shore Neighborhood Board Meeting Tuesday, February 25, 7pm - 9pm Haleiwa Elementary School Cafeteria

Is your child struggling with:

Motivation in school? Maintaining healthy relationships? Showing empathy for others?

? Respect for peers and adults? relationships? Communicating their feelings? others? Demonstrating appropriate boundaries? Showing confidence in themselves?

Join us for **HORSE PLAY!** We will work with your child to improve many areas in their life by working with horses in creative and fun activities.



Hawai'i Equine Assisted Reflection & Therapy (808) 561-4184 Register your child today at www.hearthorses.com

J.B. TILE & CARPET

JOHN BURTCH

Free estimates 25 years experience (808) 226-1023





Editor's Choice

THE BUZZARD:

If you put a buzzard in a pen that is 6 feet by 8 feet and is entirely open at the top, the bird, in spite of its ability to fly, will be an absolute prisoner. The reason is that a buzzard always begins a flight from the ground with a run of 10 to 12 feet. Without space to run, as is its habit, it will not even attempt to fly, but will remain a prisoner for life in a small jail with no top.

THE BAT:

The ordinary bat that flies around at night, a remarkable nimble creature in the air, cannot take off from a level place. If it is placed on the floor or flat ground, all it can do is shuffle about helplessly and, no doubt, painfully, until it reaches some slight elevation from which it can throw itself into the air. Then, at once, it takes off like a flash.

THE BUMBLEBEE:

A bumblebee, if dropped into an open tumbler, will be there until it dies, unless it is taken out. It never sees the means of escape at the top, but persists in trying to find some way out through the sides near the bottom. It will seek a way where none exists, until it completely destroys itself.

PEOPLE:

In many ways, we are like the buzzard, the bat, and the bumblebee. We struggle about with all our problems and frustrations, never realizing that all we have to do is look up.

Sorrow looks back, Worry looks around, But faith looks up!

Live simply, love generously, care deeply, speak kindly and trust in our Creator who loves us.

Oceanside Chapel Services at Turtle Bay Resort Every Sunday at 9am in the wedding pavilion





Memories of Good Friends

Country Talk Story with

Choon James

Life gets busy. There is too much to do and not enough time to complete them all.

Late last year, I was supposed to return a call to a dear friend but neglected to do so promptly. She was declining in health but I didn't think her demise would be that quick. By the time I called back, she had passed on.

But I still appreciate the many late night chatter we had during the last year of her life. She would share her pain and especially her concerns about her daughter's future. We laughed enough by teasing each other and recalling humorous events. There was not much else we could do.

She was an independent single woman living alone on the mainland with no immediate kin around her. In a way, I was happy to see her go on to the spirit world because of the intense pain she had to endure. I make it a point to keep in touch with her only teenage daughter.

Another good friend, Lucky Fonoimoana, also passed away recently. His family has deep roots in Laie. In fact, their corner lot by Hale La'a and Moana Street had a "fale"- a traditional Samoan hut with thatched roof and open parameters all around. Two modern homes now stand there.

Lucky was appointed manager for Zions Securities, now known as Hawaii Reserves, Inc. (HRI) when Marvin Stone retired. He was also the Laie Community Association President. He was an energetic and good man. He fearlessly advocated for the people of Laie.

His legacy includes negotiating with Zions Securities Inc. and Deseret Management Corporation in Salt Lake City to provide Laie residents the lease-to-fee conversion for their real properties. There was a significant amount of strife as lease terms were up for renegotiations and many could not afford the increased lease rents, based on appreciated land valuation.

Lucky also envisioned an independent and strong Laie Community Association to advocate for Laie community residents. He specifically wanted LCA to truly be the independent voice for the residents and not become an automatic extension of then Zions Securities, now Hawaii Reserves, Inc, the Polynesian Cultural Center (PCC) and Brigham Young University - Hawaii (BYU-H). Through contributions from the lease-to-fee conversions, LCA accumulated about \$300,000.00 for its account, with expectations to keep the principal intact by only spending the interest dividends. That was a remarkable feat for any community association.

Lucky also was instrumental in preserving the Kekela Beach Park, now known as Kokololio Beach Park. Zions Securities had envisioned condominium development for the 11-acre beachfront compound. With the help of D. Arthur Haycock, Kakela Beach Park was saved from development. This beach park is heavily used for camps and events today.

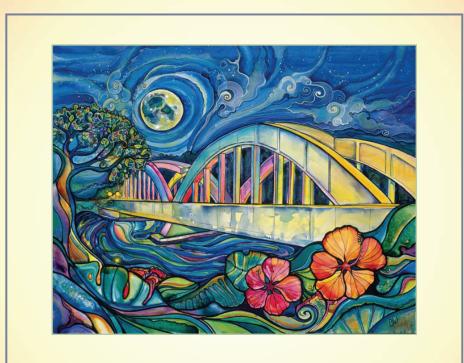
May we honor the goodness of those who passed on by carrying on with their good works.

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 ChoonJames-Hawaii@gmail.com 5th ANNUAL CELEBRATING THE ARTS SILENT AND LIVE AUCTION



FRIDAY, FEBRUARY 21ST

- 💥 –



FEATURED ARTIST, COLLEEN WILCOX

SPECIAL MUSICAL GUESTS

TICKETS \$25 SPECIAL VIP TABLES AVAILABLE DINNER, SILENT & LIVE AUCTION SPONSORED BY "FRIENDS OF SUNSET BEACH" ADULT ONLY EVENT

Dole Plantation Family Fun Day Set for March 1 Regular event features entertainment, reduced attraction admissions

and community groups galore

WHAT:

Dole Plantation invites the public to attend its annual Family Fun Day on March 1 from 10 a.m. to 2 p.m. The free event features live musical performances, hula, arts and crafts, keiki games, prize giveaways and more.

The Family Fun Day is the one time of the year when Central-area community groups and schools are invited in to Dole Plantation as part of the "pineapple experience". Area public schools and community groups will help run keiki games, food booths and other activities at a nominal fee as fundraisers for their programs.

The March 1 event is also the only day of the year when all members of the public – kama'aina, military and visitors – benefit from buy-one-getone-free admissions to the World's Largest Maze and Plantation Garden Tour. Dole Plantation also offers reduced admission to the newly enhanced Pineapple Express Train Tour: \$6 for an adult and \$4.75 for a child.

Kama'aina also receive a 15 percent discount off of most retail merchandise in the Dole Plantation store.



WHEN:

Saturday, March 1 from 10 a.m. to 2 p.m.

WHERE:

Dole Plantation, 64-1550 Kamehameha Highway, Wahiawa

FOR MORE INFO:

Contact 220.4981 or visit DolePlantation.com.

Volunteers Count Whales in Hawaiian Islands Humpback Whale National Marine Sanctuary

Over 800 volunteers gathered data from the shores of O'ahu, Kaua'i, and Hawai'i island during today's annual Hawaiian Islands Humpback Whale National Marine Sanctuary Ocean Count. The count is a yearly shore-based census that provides snapshot data on humpback whales. Participants tally humpback whale sightings and document the animals' surface behavior during the survey.

Volunteers collected data from 60 sites statewide. A total of 253 whales were seen during the 8:30 a.m. to 8:45 a.m. time period, the most of any time period throughout today's count (60 sites reported data). Weather conditions were favorable for spotting whales in some areas, however many sites were affected by gusty winds.

Preliminary data detailing whale sightings by site location is available at: http://www.sanctuaryoceancount.org/resources/



Hawaiian Islands Humpback Whale National Marine Sanctuary To Host "Welcome The Whales" Family Event

The Hawaiian Islands Humpback Whale National Marine Sanctuary, Turtle Bay Resort and the North Shore Ocean Coalition will host a public family day event "Welcome the Whales" at Turtle Bay Resort on Saturday, February 8th from 10:00 a.m. to 3:00 p.m. Scientists from NOAA and the University of Hawai'i will host education booths with children's activities, family oriented lectures, an award winning video about humpback whales, and special guided nature walks. Na Kama Kai Youth Clinic will feature children's paddle board and canoe paddling sessions. Hawaiian story-telling and entertainment will be provided by Lopaka Brown and Keiki hula groups.

WHAT:	Welcome the Whales Family Event
WHEN:	Saturday, February 8, 2014 from 10:00 a.m. to 3:00 p.m.
WHERE:	Turtle Bay Resort, 57-091 Kamehameha Hwy., Kahuku 96731
WHO:	Hawaiian Islands Humpback Whale National Marine Sanctuary,
	Turtle Bay and North Shore Ocean Coalition



The sanctuary is administered by a partnership of NOAA's Office of National Marine Sanctuaries and the State of Hawai'i through the Department of Land and Natural Resources (DLNR). The sanctuary works to protect humpback whales through research, education, conservation and stewardship. Join us on Facebook.

NOAA's mission is to understand and predict changes in the Earth's environment, from the depths of the ocean to the surface of the sun, and to conserve and manage our coastal and marine resources. Join us on Facebook, Twitter and our other social media channels.

DLNR's mission is to enhance, protect, conserve and manage Hawaii's unique and limited natural, cultural and historic resources held in public trust for current and future generations of the people of Hawaii nei, and its visitors, in partnership with others from the public and private sectors. Join us on Facebook.

On the Web:

Hawaiian Islands Humpback Whale National Marine Sanctuary: http://hawaiihumpbackwhale.noaa.gov NOAA Office of National Marine Sanctuaries: http://sanctuaries.noaa.gov

State of Hawai'i Department of Land and Natural Resources: http://dlnr.hawaii.gov/



Ten year swell overflows Haleiwa! Joe Green checks Surf n Sea.



Big swells equal big news. The North Shore experienced one of the biggest swells in ten years but the weather was a factor in the actual readable size. The swell came with a lot of weather and the winds blew it to pieces. That was a good thing for some houses on the edge of disaster. The swell did create one rideable day of surf with some out side reefs being surfed but most of the action was at Waimea Bay which had some protection from the wind. Giant bumpy waves were the call of the day and plenty surfers took on the challenge of riding these tricky

and dangerous waves. Thanks to our great lifeguards everybody was safe and the day went down as one of the most exciting surf days of late. Check the photos!

Volcom is in town for their event at Pipeline and as of this writing no days have been surfed in their waiting period. Again weather a factor with cold north winds messing up the break. John John Florence will be defending his title and others will be trying to kick off their reputations and careers on the world stage. Surfers will also earn wild card spots into the world championship tour event, the Billabong Pipeline Masters at the end of 2014. Volcom is also part of a sustainability campain supported by the Associaiton of Surfing Professionals and will be designated as a "Deep Blue Surfing Event." This is part of a project established by Sustainable Surf and ASP North America to help reduce the environmental impact of surf contests. Volcom is concerned about our community and is pushing forward in its efforts to manage and monitor energy use, waste, and recycling and are even using biofuel to power the live web cast. They are working with such great partners as Tr3ees, Sustainable Coastlines Hawaii, Throw to Grow, Menehune Water, World Centric, Wildlife Works, Pacific Biodiesel, Waihuena Farms, Give Clean Water and more local organizations. Thanks Volcom for your concern of our delicate local environment.

Lately it seems we have been experiencing cold conditions due to the jet stream lowering more than usual and bringing down artic temperatures farther south. Yes our climate is changing and it is causing sea levels to rise according to most scientists. It is also a slightly debated fact that sea levels will rise consistently and storm patterns are becoming stronger



and less predictable. This is a great concern for our beach side community as the prediction is that we are losing a couple millimeters of land a year and in some other areas of the World even more. What is the point? Pay attention and realize we all have to lower our use of and waste of our precious resources. Lets all lead the way.

Ladies spread the word and get your entries in for the 25th annual Pipeline Women's Pro. The event will be March 12-22 and will be a one star ASP contest. Check for updates at facebook/pipelinewomenspro as things do change. During that waiting period there will also be a ASPJr. Mens event along with a bodysurfing contest so it will be a great mix of athletes all experiencing one of the best waves in the world, Pipeline.

Aloha! Email us with stories at banzaib@hawaii. rr.com





Saturday, March 1, 2014 • 6:30 am Start • Haleiwa Beach Park, Oahu

COURSE

SWIM: A safe, fast 400 yard course inside Puena Point.

BIKE: 3 loops of Haleiwa town following Kam Hwy, and the by-pass road, 12 miles total. Safe, fast, with two small hills.

RUN: A 3 mile out & back. Approx. 1.4 mile is a BEACH RUN in soft sand near Police Beach. Be prepared. Safe & Fun! [Run course is pending approval and may be altered.]

ENTRY FEE/DEADLINE

INDIVIDUAL: \$90, TEAMS: \$120. Includes t-shirt. Entry fee is non-refundable. Entries must be received by February 17, 2014. No t-shirt guarantess after this date. *On-line registration ends midnight, February 17, 2014.

LATE FEE

ADD \$10 after deadline. Day of race entry: \$100, teams: \$130. We reserve the right to refuse entry to anyone for any reason.

MAIL TO

Haleiwa Triathlon, Attn: Linda Moran, 94-463 Alapine St., Waipahu, HI 96797-4515. Make checks payable to: North Shore Triathlon.

FOR MORE INFORMATION

372-8885 or email: northshoretriathlon@gmail.com

DIVISIONS/AWARDS

INDIVIDUAL: Elite, all standard 5 year age groups, male & female. Awards to top 3 in each division. BEACH CRUISER (no gears): First male & female overall. RELAY TEAMS: Men, women & mixed. Awards to members of the top 3 teams in each division. (No relay division for beach cruisers)

RACE NUMBER & PACKET PICK UP

TUES., Feb. 25, 3PM-6PM: BIKEFACTORY HONOLULU WED., Feb. 26, 3PM-6PM: BIKEFACTORY WAIPIO, 94-1388 Moaniani St. THUR., Feb. 27, 3PM-6PM: RUNNER'S HI FRI., Feb. 28, 4PM-6PM: RACE SITE

\$5 DONATION for "We the People of Kahuku High School" for day of race packet pick up. Register on-line:

CHECK IN & RACE MARKING SAT., MAR. 1, 5AM-6:15AM

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FREE CUSTOM HAT for Entries received by January 1!

alagar

hawaiiswim.com	HAWAII	STRUCE INC. ACTIVE S	WITTE	quip		Artemance Buncare and UV R			hal	eiwa	à		
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EMAIL ADDRESS					BEACH CRUISER RELAY DIVISION (check one)					MIX	ED		
						INDIVIDUAL ENTRY (by 2/17/14)							
Waiver & Release Statement: I AGREE to comply with the rules, regulations, and event instructions of the Haleiwa Triathlon. I know					TEAM ENTRY (by 2/17/14)					\$90 \$120			
that competing in a triathlon may be hazardous, I am aware of and assume all risks with participating in this event. In consideration of this application being accepted, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and						LATE ENTRY (after 2/17/14) ADD \$10							
administrators, waive and release any and all rights and claims for damages I may have against race officials, volunteers, sponsors, Estate of Bernice Pauahi Bishop, BIKEFACTORY, North Shore Triathlon, the City & County of Honolulu and the State of Hawaii					DAY OF RACE ENTRY \$100 / \$130 TEAM								
resulting from my involvement in this event. I will additionally permit the free use of my name, photograph and interviews in association						TOTAL ENCLOSED							
with this event. I broadcast, telecast, advertisements, films, videotapes of any reproduction thereof.						Make check payable to: \$							
I have read and understand the waiver above. Signature(s)	Parent's signature if entra	nt is under the age of 18		Date									

ROCA

KAHUKU HIGH SCHOOL 2013-2014 PADDLING TEAM



LEFT TO RIGHT TOP ROW: COACH SAIGE CHEE, KEKAHU BAILEY, MALIK ALATASI, TEYLOR ANDRADE, TAZ KAHALA JORDAN JENSEN, ISAIAH LIANOS, DREW LAMORE, AIKANE BURTCH, TED KENESE, ATHENA BALBIRONA-BACANI, LOPAKA KEOHO-LESSARY, KINGSTON ALOUA, KIKI FILIPO-MAIAVA, JRUE WILLIAMS, ALANNAH-RENEE CABRAL, ANGEL ROBELLO-FILIPO. ALIA PIRRONE, DARCIE BURKE, MADISON GROVER, GLORIA FILIPO-MAIAVA, COACH VONN CHEE MIDDLE ROW: BRE'EN PA'AKAULA, HAU'OLI IERENEO-ULII, KAHALEOHU KAMAI, PAULA TAOSOGA, SIOBHAN COOPER, SANDRA WHITFIELD, ANUHEA KAAI, DESTANI MANTEI

THIRD ROW: NANIANELA BOYLE, EURICA SHANE DIEGO BOTTOM ROLL: KAIMANA SOLOMON, MANO PA'A'AINA MISSING: BREYANA NIHIPALI, BRYCE NIHIPALI, JULIAN BENKMAN, MANA ELMORE KEANU KEALOHA, JESSE MAIAVA, MIA CARTER-WOOD, JONATHAN CHANNELS, MCKENZIE JOHNSON

CONGRATULATIONS J.V. GIRLS OIA 2ND PLACE

J.V. MIX OIA 4TH PLACE



Student Leaders Wanted For Kaimana Scholarship Program

21 high school seniors will receive a total of \$73,000! Hawaii high school seniors graduating in 2014 are invited to turn in their applications for the Hawai'i Medical Service Association's (HMSA) ninth annual Kaimana Awards & Scholarship Program. The application deadline is February 14, 2014.

Kaimana Scholarships are based on the student's athletic and academic achievement, sportsmanship, and community involvement. "Every year, we look forward to the exceptional students that we'll meet through the Kaimana Scholarship program," said Michael A. Gold, HMSA president and chief executive officer. "These are students who are already giving back to their communities and inspiring others to follow their example. It's young people like these, when given the opportunity, who will help us achieve our goal to improve the health and well-being of our state."

HMSA will award 21 scholarships valued at \$3,000 each. Five distinguished recipients will be selected from the 21 honorees and will receive an additional \$2,000 each.

Applicants must be Hawaii high school seniors graduating in 2014 with a minimum cumulative grade point average (GPA) of 2.75 in their senior year. They must also have played on a league-recognized team during at least one of their high school years. Special

focus will be on student athletes in lower-profile sports.

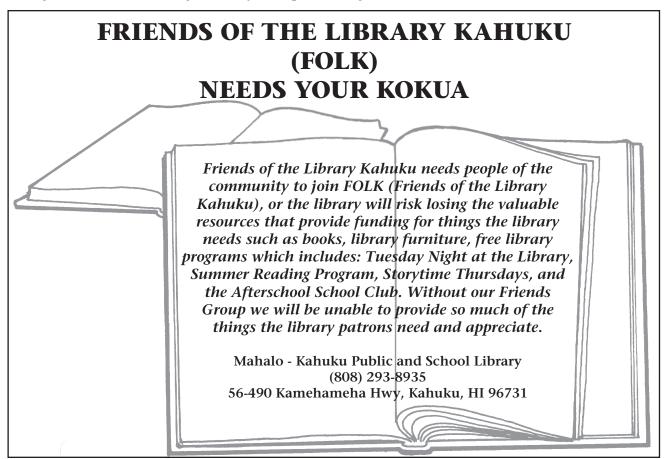
Student athletes must submit a completed application, short essay on their high school experience and plans after high school, two letters of recommendations from faculty members, and verification of their GPA in writing by a member of the school faculty.

Applications are available for download at hmsa. com/kaimana<http://hmsa.com/kaimana> and on the Hawaii High School Athletic Association (HHSAA) website at www.sportshigh.com<https://urldefense. proofpoint.com/v1/url?u=http://www.sportshigh. com&k=GdcBIkaPc7Jtto9Bhoj0UA%3D%3D%0A&r =oBe5nx24qQ4nnxSGWkbrEEeue%2FsNb7cWUQs IgDDg%2FvA%3D%0A&m=uuUMgqA%2FuZp2JYY an6OV%2FBKQVoU4pDaZlEvi1QHCOxM%3D%0A &s=a4e6e11511c1f6df00225c6d04d4e20d72fab894 51b15b51e45a1f0aebacf82f>.

Applications must be submitted to the HHSAA by 4 p.m. on Friday, February 14, 2014.

Scholarship recipients will be notified in writing in April and will be recognized at the HMSA Kaimana Awards & Scholarship Program luncheon in June at the Hawaii Convention Center.

Interested students can visit hmsa.com/ kaimana<http://hmsa.com/kaimana> or call Tai Leong at 952-7989 on Oahu for more information.



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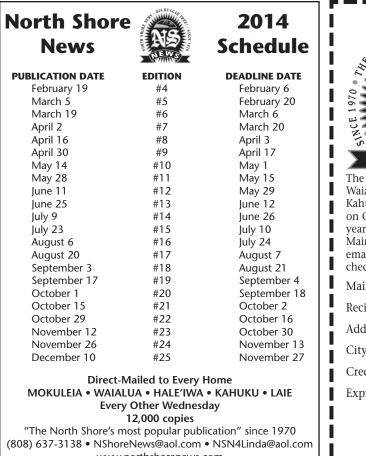
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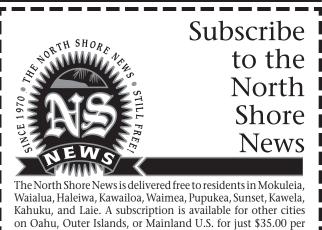




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