



"E Ala Na Moku Kai Liloloa"

For the love of Jui Jitsu

World Champions Mike Fowler and Tracey Goodell establish the North Shore Jiu Jitsu Club and are passionate about teaching others.

See story on Page 18



NORTH SHORE NEWS

March 7, 2012

VOLUME 29, NUMBER 5



Laie host electric car charging stations

Hawaii's super-sized dreams to electrify its transportation system will take another leap forward with the installation of electric car charging stations on Oahu's North Shore.

Better Place, in cooperation with Hawaii Reserves Inc. and the Polynesian Cultural Center, will install and manage electric vehicle charging stations at the Laie Shopping Center and the Polynesian Cultural Center (PCC) in Laie this week. Electric car drivers can use the Better Place charge spots free of charge through the end of 2012 by signing up for a free membership at www.betterplace.com/hawaii.

The stations at the Laie Shopping Center and PCC will be among 130 charge points in over 40 locations on four islands in Better Place's initiative to install a network of charging stations for electric cars throughout the Islands.

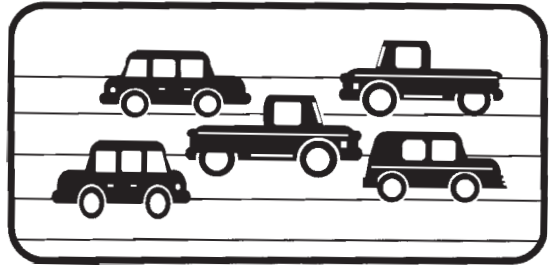
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OFF da Island on a frozen volcano

Basey Billedeaux grew up in warm & sunny North Shore of Oahu. However, once in a while he chills out on the mainland for some skiing & snowboarding. Recently he carved the slopes at Mt. Bachelor ski resort in Oregon on 2000 acres of fresh 8 feet of snow on a powdered volcano. To keep his soul warm in freezing temperatures he packed a copy of the NSN to remind him of all the good times back on Oahu's beautiful North Shore. For more info on our OFF da Island photo campaign turn to page 23.

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Editor's Choice

"The Ant and the Contact Lens"

(Author Unknown)

Brenda was almost halfway to the top of the tremendous granite cliff. She was standing on a ledge where she was taking a breather during this, her first rock climb. As she rested there, the safety rope snapped against her eye and knocked out her contact lens. "Great", she thought. "Here I am on a rock ledge, hundreds of feet from the bottom and hundreds of feet to the top of this cliff, and now my sight is blurry." She looked and looked, hoping that somehow it had landed on the ledge. But it just wasn't there.

She felt the panic rising in her, so she began praying. She prayed for calm, and she prayed that she may find her contact lens.

When she got to the top, a friend examined her eye and her clothing for the lens, but it was not to be found. Although she was calm now that she was at the top, she was saddened because she could not clearly see across the range of mountains. She thought of the bible verse "The eyes of the Lord run to and fro throughout the whole earth."

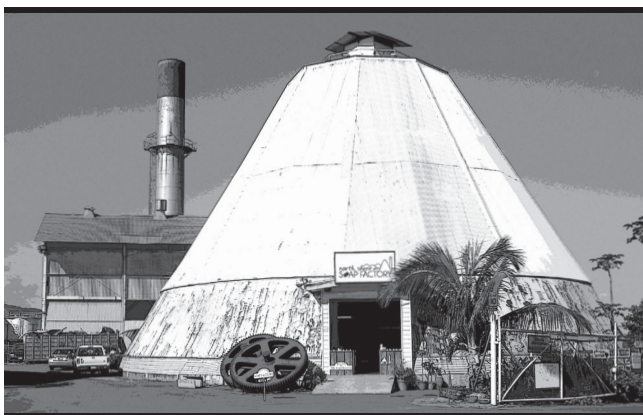
She thought, "Lord, You can see all these mountains. You know every stone and leaf, and You know exactly where my contact lens is. Please help me."

Later, when they had hiked down the trail to the bottom of the cliff they met another party of climbers just starting up the face of the cliff. One of them shouted out, "Hey, you guys! Anybody lose a contact lens?"

Well, that would be startling enough, but you know why the climber saw it? An ant was moving slowly across a twig on the face of the rock, carrying it!

The story doesn't end there. Brenda's father is a cartoonist. When she told him the incredible story of the ant, the prayer, and the contact lens, he drew a cartoon of an ant lugging that contact lens with the caption, "Lord, I don't know why You want me to carry this thing. I can't eat it, and it's awfully heavy. But if this is what You want me to do, I'll carry it for You."

I think it would do all of us some good to say, "God, I don't know why You want me to carry this load. I can see no good in it and it's awfully heavy. But, if You want me to carry it, I will."



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Ciguatera Fish Poisoning: Part I

I recently saw two patients with ciguatera fish poisoning, a condition that I was not familiar with. However, some of my friends were quite familiar with this type of poisoning. Since Hawaii has the highest fish consumption in the U.S., I feel that ciguatera warrants some discussion.

What is ciguatera fish poisoning? Microscopic organisms grow on the surface of marine algae, seaweed and coral. These organisms produce a toxin called ciguatera. The areas affected are coral reef waters north and south of the equator including Hawaii, the Caribbean and coastal areas of Central America. The plant-eating reef fish eat the algae and seaweed and the larger carnivorous fish eat these little fish and build up the toxin within their bodies, especially in the head, gut, liver, and eggs. The ciguatera toxin is harmless to the fish, but poisonous to humans. The toxin is odorless, tasteless and heat-resistant; cooking does not destroy the toxin.

What are the symptoms of ciguatera? Within a few minutes to six hours after eating fish containing the toxin, a person can experience numbness, tingling or burning sensation in the mouth hands, or feet, muscle pain with weakness or cramps, vomiting, diarrhea, chills, itching, headaches, sweating, dizziness, unusual taste sensation, nightmares, hallucinations and a reversal of temperature sensation, where cold things feel hot and hot things feel cold. Symptoms can last for a few days to years depending on the severity.

How common is this problem in Hawaii? It's difficult to say for two reasons. One, many don't know that it is a reportable condition so the statistics that the Health Department has are inaccurate. Two, many afflicted have mild symptoms that are short-lived and they may never seek medical attention. In 1999, there were 43 reported cases. In the last ten years, the highest occurred in 2002 with 69 cases. In each of 2010 and 2011 less than 20 cases were reported.



Keiki Enjoy Learning About Their Ocean

Malama Pupukea-Waimea, a North Shore non-profit organization that helps to care for and educate residents and visitors about the Pupukea Marine Life Conservation District, recently began hosting a new marine science education program for youth called Ka Papa Kai (Seaside Class). The program focuses on environmental stewardship, Hawaiian culture, and marine science through fun, hands-on activities that help to strengthen knowledge and awareness of our unique ocean ecosystem. Since November 2011, this pilot Ka Papa Kai program has engaged students at Sunset Beach Elementary school in grades 3-6 and will continue to take place at Sharks Cove one Saturday per month through June.

The kids have had a blast while learning many new things about the ocean around them. Sharks Cove is a spectacular outdoor classroom setting that allows students to explore with all of their senses as they learn about their "front yard." With a backdrop of pounding waves and breaching whales, the keiki have learned about the mauka to makai connection (understanding how what happens on the land affects the ocean), the nature of big waves and what causes them, tide pool ecology, marine species identification, and ocean debris. While learning about critters in the tide pools, one student said "I didn't know the ocean was so interesting!" as his dad proudly looked on. Another student said "I wish all my classes were outside like this," as she completed a quiz wiggling her toes in the sand. Future sessions include water quality testing, limu (seaweed) identification, monk seal and sea turtle studies, and much more.

The Ka Papa Kai program is made possible by a grant from the Johnson 'Ohana Charitable Foundation, Malama Pupukea-Waimea's dedicated staff and volunteers, local parents, and a partnership with Sunset Beach Elementary School.

For more information about future youth education programs or to see how you can become a part of the Malama Pupukea-Waimea 'ohana, contact Director of Educational Programs, Jenny Yagodich, at jyagodich@pupukeawaimea.org.

For money you can have everything it is said. No, that is not true. You can buy food, but not appetite; medicine, but not health; soft beds, but not sleep; knowledge but not intelligence; glitter, but not comfort; fun, but not pleasure; acquaintances, but not friendship; servants, but not faithfulness; grey hair, but not honor; quiet days, but not peace. The shell of all things you can get for money. But not the kernel. That cannot be had for money.

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Waialua - The Saga of the North Shore

Chapter 4 - Kalo

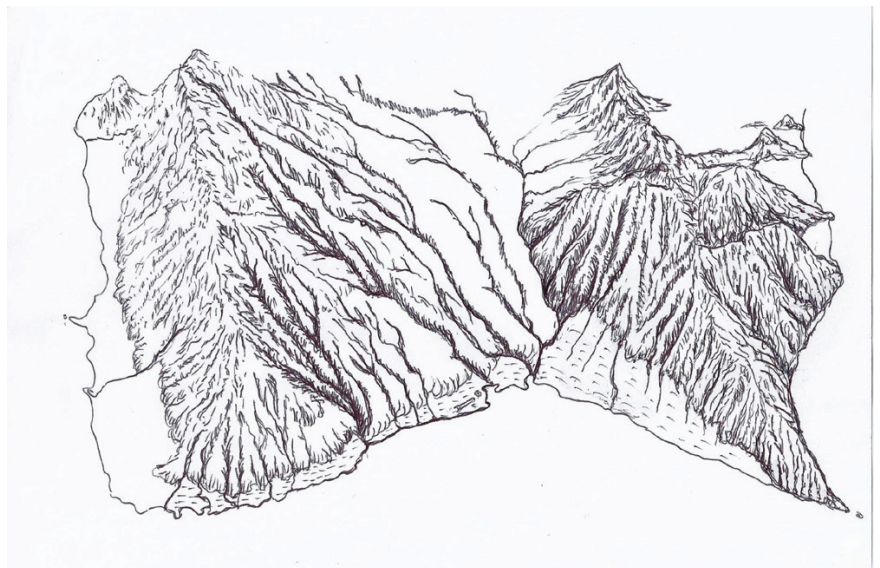
By Kalewa

Alua returned to the North Shore a few months after the fire, with a group of settlers intent on colonizing this promising area. Those who had not been on the first visit had heard how streams from both mountains entered a sea with bountiful near-shore reefs and quick access to deep-sea resources. There were low wetlands all along the coast ready to be planted with little effort needed for irrigation. The farmers brought the better types of taro ("kalo" as they pronounced it), banana, kukui seedlings, coconuts, sugar cane, some useful gourds, and a few medicinal plants. Their carnivorous tastes appreciated chickens, pigs and dogs. There were also some other seeds, snails, skinks and geckoes as well as new insects including black flies, and lice.

Alua set his family up in the wetlands below where Opaaula and Helemano came down from the Koolau range on the one hand and Poamoho and Kaukonahua flowed from the closer Waianae range. His reasoning was that if either watershed dried up for a season, he would have the water from the other. Alua was not a chief, but as a successful farmer and patriarch he has been remembered in the name of his plantation, the "Water of Alua" or "Waialua".

Some of his neighbors settled near the deeper ponds of Lokoea and Ukoa. The fields of Kawailoa eventually filled with people all the way to Waimea Valley and beyond. Once the owls and hawks got the rats under control, life on the North Shore was pretty easy. Visitors from the other valleys of Oahu as well as the occasional traveler from Kauai would bring the latest news, and occasionally new crops that had been introduced. A voyager named Mohioka brought breadfruit seedlings from Samoa while sweet potatoes made it all the way from South America, via Tahiti. These grew particularly well in the fields of Mokulea, which became known as a land of abundance, where the landscape came to look like a quilted mat of agriculture.

Akahi, and those who followed him, launched canoes from every beach to gather the bounty of the near-shore reefs as well as the deep-sea fishery. Occasionally a large boulder or promontory would serve as a lookout for fishermen. The more successful of them were modified with additional rockwork, making them more functional. Following a good catch, some fishermen took to leaving an offering on the lookout, which evolved into "ahu", a type of fishing



shrine.

As the community developed, some people came to be experts in their vocations. There were specialists in arts such as torch fishing, surf riding, canoe sailing, house building, bird snaring, and medicine. Those who chose to teach others their profession came to be known as "kahu". Those who became extremely proficient at their particular art, but not necessarily keen to share it, came to be known as "kahuna".

No temples were built and no man was made chief over another for 28 generations. Then things started to change.

End of recycling bins eminent

Did you hear the recent news that the C&C Community Recycling Bin contract is ending in June?

This means that the large white community recycling bins at our Elementary schools (and many other schools across the island) will be removed this summer unless the C&C, DOE and private recycling companies come up with other recycling solutions for our schools and community. [On average these bins raise about \$250.00 a month for our schools.]

Recently KITV aired a news piece about the announcement entitled "Community Recycling Program To End". You can view the clip here: <http://www.kitv.com/news/30425052/detail.html>.

If you have any questions or concerns, please contact your local council member and let them know. The North Shore is District 2 is Ernie Martin. Please forward this email to others who use the community recycling bins and may be affected by their removal.

Polynesian Cultural Center Selected “Best Family Attraction” *Readers Select PCC as Part of Honolulu Magazine’s “Best of Honolulu” Awards*

Polynesian Cultural Center (PCC) has been selected “Best Family Attraction,” a distinguished honor, as chosen by readers in Honolulu magazine’s annual “Best of Honolulu” edition. This is the third time PCC has been honored with a “Best of Honolulu” award.

“PCC is extremely honored to be recognized as Honolulu magazine’s ‘Best Family Attraction,’ especially since winners are chosen based on kamaaina (Hawaii resident) readers’ picks,” said Raymond Magalei, PCC’s director of marketing. “It’s very important to us that ohana (families) who come to PCC, whether they are visitors or kamaaina, repeat or first-time visitors, enjoy themselves, so we’re always working to ensure that their experience is not only fun, but also rich with new and exciting activities. It is our hope that PCC remains Hawaii’s top attraction for many years to come.”

PCC offers a variety of experiences, activities, and fun for the entire family. Guests can start off the day exploring PCC’s six island villages and two exhibits and also try their hands at the new “Go Native!” activities. The “Go Native!” activities offer exciting hands-on opportunities to do as natives do, whether it’s scaling coconut trees in the Samoan Village, paddling outrigger canoes in the lagoon, cooking in an umu (Samoan above-ground oven), or spear throwing in the Tahitian Village.

For those in the mood for a more relaxing experience, the PCC offers guided canoe tours on a tranquil fresh water lagoon that weaves throughout the Center. The lagoon also hosts Hawaii’s only waterborne pageant, Rainbows of Paradise, which features colorful song and dance from Hawaii, Tonga, Tahiti, Samoa, Fiji and Aotearoa — all performed aboard double-hulled canoes.

In the evening, families can dine at the PCC’s newly renovated Gateway restaurant buffet, with its ono (delicious) cosmopolitan spread, or upgrade to the Alii Luau, Hawaii’s most authentic luau, before closing out the day at the critically acclaimed evening show, Ha: Breath of Life.

Since opening in summer 2009, Ha: Breath of Life has entertained more than one million guests, receiving rave reviews from locals and visitors alike. With a cast of more than 100 performers, Ha captivates audiences with the story of its central character, Mana, who they follow through the universal life themes of boyhood, love, loss and responsibility. From the apprehension of youth, to the stirrings of young love, to even the sorrow of death, Ha takes the audience on an exhilarating and emotion-filled experience through the sights, sounds and dances of Polynesia.

For more information or to make reservations, visit Polynesia.com or call the PCC ticket office at (800) 367-7060. On Oahu call (808) 293-3333.



**A Message From
State Representative
Gil Riviere**

Aloha, North Shore!

The 2012 Legislative Session has reached the halfway point. All bills that are still alive will cross between the House and Senate for further vetting. In a few weeks, we will enter the conference committee process where House and Senate members work to resolve disagreements. Eventually, a couple hundred new bills will be sent to the Governor for final approval or veto.

Several legislative veterans tell me they have never seen such an assault on environmental law as is happening this year. Several bills moving forward should be of grave concern for Hawaii residents who value our fragile environment, endangered species, and our economy.

HB1813 permanently exempts from Special Management Area Permits construction projects within shoreline areas that are funded, wholly or partially, by state or county funds and located on state or county land. So, a single tax dollar could exempt developments from SMA permits in our near shore areas.

HB2154 gives a temporary exemption from SMA permits to the airports. If this bill passes, it could be made permanent next year. Potential shoreline impacts should be considered at the earliest possible time to avoid additional cost and damage when a problem is later identified, but that probably won't happen if this bill becomes law.

HB1893 would allow the Governor and Mayors to waive the environmental review process for state or county construction projects. This is the worst bill of all because it is so sweeping.

HB2745 is a massive, \$500 million capital improvement authorization bill that exempts projects from all county permit, license, and certificate re-

quirements; provided that the capital improvement projects shall meet all other applicable county code requirements. This seems to waive all building codes and environmental reviews.

The proponents of these bills are using the weak economy to eliminate environmental protections that are important to the long-range health and prosperity of our state. It is interesting that they wish to exempt only government projects. If protecting our environment is both a national and a state priority, why should these projects be exempt? The cost of skipping over environmental concerns and responsibilities is costly. The state wasted \$63 million dollars on the Superferry fiasco, much of it on the Maui docks that got battered by swells in the harbor. An environmental study would have drawn attention to the obvious impacts of winter surf and various other issues.

The Supreme Court ruled strongly against the State's exemption of Superferry from environmental review and it voided special legislation the legislature passed to try to circumvent the law. Had the proper steps been taken, Superferry might still be in operation.

It is hard to see how the bills mentioned above would not be considered special legislation. They pose serious environmental risk and potential legal issues for the state. I am strongly opposed to the nearsighted attempt to decimate our environmental laws.

Good bills moving through the legislature this year? Not so many.

There are a number of ways to contact our office to share your thoughts and concerns. Please visit Room 319 at the Hawaii State Capitol, call 586-6380, fax 586-6381 or email RepRiviere@capitol.hawaii.gov or visit online at GilRiviere.Info.

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Thar she blows!

Eerily similar to a humpback whale sprouting off just down the nearby shoreline at Hale'iwa beach, a large geyser-like eruption rocked Kam. Hwy. across First Hawaiian Bank-Hale'iwa when it was struck by a car on Saturday morning February 25, 2012. No one was injured. Photo by Jayson Tuntland.



Got Easter Events?

This year Easter is Sunday, April 18, 2012.

If you have an event to announce please submit by the following deadlines:

March 21 edition • Deadline March 8

April 4 edition • Deadline March 21

Email submissions to: NShoreNews@aol.com

BRRRR

It's been cold lately!

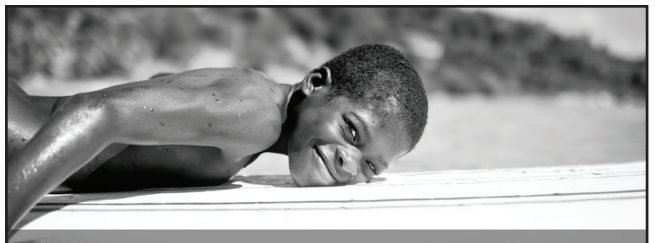
Perhaps you have an

extra blanket or two, used or new to donate to our homeless neighbors.

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Call 342-3969 for more information. Mahalo!





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The State of the City

In his recent State of the City address, Mayor Peter Carlisle described the need for the City and County of Honolulu to take assertive steps to propel us into the future. Honolulu is now the tenth largest municipality in the United States with a resident population of 950,000 as of the 2010 census. At this current rate of growth, there will be more than a million people living on the island of Oahu by 2020. As the City Council works together with the administration to address the challenges that come along with population growth, we all agree that sustainability is a vital common goal. In his address, the Mayor defined sustainability as "the capacity to continue and keep going." There is no better indicator of government's sustainability than its financial stability and the most important measure of that stability is the city bond rating. Honolulu currently enjoys an excellent bond rating of double-A-plus attributed to "its diversified economy, stable revenue base and conservative management." Just a day before the dedication of another wind farm on the North Shore, I was pleased to see that the

Mayor is genuinely committed to renewable energy initiatives. Many alternative energy projects can be leveraged with federal dollars to maximize the City's investment. Such is the case with the current proposal to recapture the methane gas from the Kailua Regional Wastewater Treatment plant and turn it into electricity to help run the plant. Another energy source is the third boiler that will soon be added to the City's H-POWER operations. Not only will this increase alternative energy production, it will also divert 300,000 tons of trash from the landfill each year. Each ton of trash burned at H-POWER is the equivalent of a barrel of oil. The Council stands in strong support of such clean energy initiatives proposed by the administration. Of particular importance to our district, the Mayor announced that the Wahiawa Wastewater Treatment Plant is being upgraded to produce the highest quality of recycled water which will allow for expanded agricultural use. This is good news in light of the 1,200 acres of Galbraith Estate lands that will soon be dedicated as a new park to be managed by the state's Agribusiness Development Corporation. I'm pleased to report that the land is to be used exclusively for agricultural activity. For the North Shore, this is a hopeful sign for a return to an agricultural based-economy that is both successful and sustainable. Like Mayor Carlisle, I see many reasons to be optimistic about the future of the City and County of Honolulu.

Hawaiian Electric publishes energy guides in Ilocano and Cantonese

Hawaiian Electric Company has translated its residential energy conservation guides – Power to Save and 101 Ways to Save – in Ilocano and Cantonese to better serve the Filipino and Chinese communities. The free publications are available through the company's two Customer Service locations on Oahu, at 820 Ward Avenue and 900 Richards Street, or by calling 543-7511 to have a copy mailed. Online users can download a copy at www.heco.com.

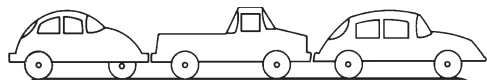
"We know there are large populations in our communities who speak and read only their native language," said Ka'iulani de Silva, Director of Education & Consumer Affairs at Hawaiian Electric. "These educational tools were developed to address their needs and provide useful energy conservation and efficiency information that will help them save energy, manage their electricity use and reduce electric bills."

Power to Save is a 16-page resource guide featuring energy- and money-saving tips, an energy chart of common household appliances and the cost to run them, an appliance buying guide, and an overview of how to read and understand your electric

bill. 101 Ways to Save offers 101 useful tips to save energy on home cooling; water heating; lighting; and common household appliances such as refrigerators, dishwashers, clothes washers, dryers and range/ovens; and electronics.

For more information, call 543-7511.

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OK to bring food donation too

Turtle Bay Resort's SEIS Community Update

provided by Replay Resorts on behalf of Turtle Bay Resort

This article is the eighth in a series of updates to the North Shore News community about the ongoing progress of Turtle Bay Resort's draft Supplemental Environmental Impact Statement (SEIS) Preparation Notice and the Revised Plan. Turtle Bay Resort (TBR) has the unique opportunity to honor and respect these lands and community by incorporating traditional Hawaiian cultural values into its environmental review process, planning and implementation of the Revised Plan. This series focused on the critical cultural components of both the SEIS and Revised Plan. For more information and the latest news about Turtle Bay Resort's SEIS, please log onto www.turtlebayseis.com. All previous articles that are part of our SEIS Community Updates are available online.

Our Proposed Action, otherwise known as our development plan, includes two hotel sites, four beachside parks, and a Gathering Place amongst many site and land improvements that will be done. A draft supplemental environmental impact statement (SEIS) is currently underway that will summarize possible environmental impacts of our Proposed Action; it is expected to be completed and made public sometime this year.

Through our efforts with these North Shore News community updates and various community meetings, we have been trying to be pono and approach development in a right way, especially from a cultural perspective. In our very first update to the North Shore News community in October 2011, we informed the community that the resort owners have voluntarily authorized a Supplemental Archaeological Inventory Statement (SAIS) to be conducted on the Turtle Bay lands to proactively determine what may be present beneath the surface in the areas that we are proposing to develop. This survey will supplement numerous surveys that have previously been completed.

The archaeological consultant, Haun and Associates, prepared a Supplemental Archaeological Inventory Survey Plan (SAISP) that was reviewed and approved by the State Historic Preservation Division (SHPD). The SAISP outlined the scope and methodology of the SAIS.

The archaeological consultant and his team of trained archaeologists conducted their fieldwork over the last several months and recently completed their physical work. Although the archaeological

consultant will be preparing a final report that will be submitted to SHPD, we felt it important to provide the community with a brief summary of the results of the SAIS. The community has consistently expressed interest and concerns over potential discovery of cultural and historic artifacts, in particular human burial remains, on the project site. We share the underlying concern to demonstrate utmost cultural respect. Thus, we felt it important to make sure that we are keeping you informed of the preliminary results of the SAIS.

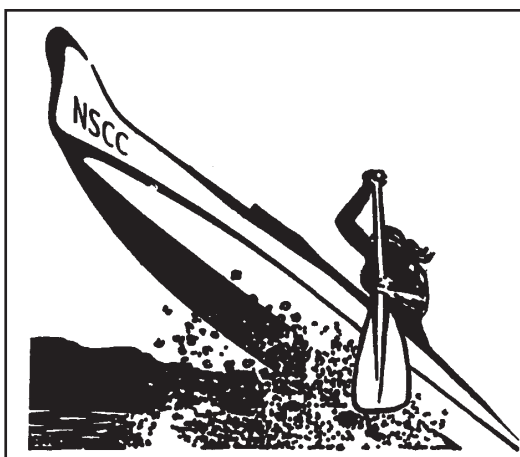
We developed a brief Question and Answer (Q & A) regarding the SAIS and its findings. You may view it online at www.turtlebayseis.com. As always, comments, questions, and feedback are accepted.

Hawaii Junior Golf Day - Saturday, March 10, 2012

Greetings, Turtle Bay golf enthusiasts! Turtle Bay Golf is proud to participate in Hawaii Junior Golf Day on Saturday, March 10, 2012. This is a fun and FREE introductory golf experience for Juniors of any age. Kids will enjoy free clinics by PGA Professionals, and the first 40 kids to register online will receive a free tee gift from the HSJGA. Registration is at 8:30 a.m., with clinics from 9 a.m. to 11 a.m.

Please register online at www.HSJGA.org.

Parents: Receive information on the "Roadmap to Junior Golf." Learn where you can get your child enrolled in a junior golf program and have opportunities to learn, play, and compete!



NEW PADDLERS WELCOME

North Shore Canoe Club

Our recruitment season continues through June 1. Come and join us Mondays & Wednesdays at 5pm at Hale'iwa Beach Park across Jameson's restaurant. Keiki paddlers practice begins Monday, April 2 at 3:30pm

For more info call 753-7974
email: northshorecanoecub@gmail.com
www.northshorecanoecub.com
"Bring your Mana"

On behalf of Amy Marie Swanlund, I would like to thank the entire North Shore community for the love and support that you showed during this most difficult time. It was and is greatly appreciated. Please know that the selfless outpouring of support helped me and the family immensely through this tragedy. The outpouring of support has further brought home our deep appreciation of the community, its people, and the many friends that we have made over the years. It really brings home the deep sense of belonging that so many of us feel for this special place that we all call home.



We have set up the "Amy Marie Swanlund Memorial Fund" through the Bank of Hawaii, Haleiwa Branch. You can walk in to any branch of Bank of Hawaii, mention the fund, and make a donation. 100% of the money is guaranteed to go to the boys and their needs, please give whatever you can, it will be greatly appreciated.

With deep appreciation and much Aloha Ian Anderson

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PROJECT GRADUATION FUNDRAISER

Sunday, March 25 3 P.M. – 8 P.M.

The Waialua High School Class of 2012 Parent Boosters is hosting an evening of fun, food, dancing, and door prizes at Rumours Nightclub. Live entertainment by Kawao and BET. The fundraiser is to benefit their graduating seniors with a Project Graduation that will rate as the "celebration of a lifetime!"

Tickets are \$15.00 or \$20.00 at the door

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Kahuku High takes 1st Place “We the People”

Kahuku High & Intermediate School’s We the People team recently won first place in the Hawaii State We the People, the Citizen and the Constitution competition. This team is going on to represent Hawaii in the National Competition which will be held in Washington, D.C. this April. This competition involves a simulated congressional hearing where students “testify” before a panel of judges. The students demonstrate their knowledge and understanding of constitutional principles while evaluating and defending positions

on relevant historical and contemporary issues.

Previously this program has been funded through the U.S. Department of Education by an act of Congress yet ironically the funding has been cut this year. The Kahuku team will be having 2 fundraising car wash/bake sales at Sunset Christian School in order to raise money for their trip. The first car wash will be March 17th and the second will be April 7th from 10a.m. until noon. Please come and support these students in their valuable program.

Early Head Start home-base and center-base programs filling up

Fall is just around the corner so it’s time to start planning ahead for the new school year!

Parents And Children Together (PACT) is a non-profit organization that offers free or low-cost early childhood education to low-income families and also to families with special needs. We are delighted to offer services in the North Shore community through the Early Head Start (EHS) program. PACT-EHS is a high-quality prenatal and infant/toddler program for parents who are seeking the very best educational curriculum for their young child.

In fulfilling our mission, PACT-EHS programs are designed to nurture and support parents and children (ages 0-3) by building on families’ strengths and follows a creative curriculum to encourage participation in learning, growth, and development. We also focus on the overall health and well-being of expecting mothers and keiki by partnering with parents to ensure routine medical and dental care is maintained.

Families living within the North Shore communities from Waialua to Ko’olauloa have several nearby opportunities to participate in EHS including a Center-based classroom at Waialua High School as well as a unique Children’s Center at Oceanside Hawaii (formerly known as Pond’s at Punalu’u). Both centers have full-day and part-day classes to best suit your schedule. We are also excited to offer a very valuable Home-based service to assist your family in creating a wonderful learning environment in your own home! In our Home-based option, you and your child will enjoy personalized visits from an educator who will bring the classroom materials to you!

Please contact us quickly to find out more about the PACT-EHS program, as the new school year begins in August and space is limited! The application process is simple. Just contact our office at (808) 293-5530 or go to pacthawaii.org to apply today!



Two World Champions from Oahu's North Shore

2011 ASP Women's World Champion Carissa Moore of Hale'iwa, Hawaii (above) was officially crowned ASP Women's World Champion at the 29th Annual ASP World Surfing Awards at the Gold Coast Convention and Exhibition Centre on Thursday February 23, 2012. Moore, 20, accepted her first ASP World Title alongside 11x ASP World Champion Kelly Slater of the United States of America who accepted his 11th. Slater and Moore represent the youngest and oldest ASP World Champions in the history of the sport. Both reside on Oahu's North Shore. Image Credit: © ASP/ Ridgley-Hewitt

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Bring your donation to the
North Shore News Office
located above the Haleiwa Post Office,
2nd Floor, Suite 210.

637-3138

North Shore Agriculture Action Update

The Agriculture Committee of the North Shore Neighborhood Board (NSNB) had its first meeting of 2012 on February 9th. Special guest for that evening was Ms Laura Thielen, the Mayor's Agriculture Liaison, who led discussions on the Important Ag Lands Act (IAL) and its potential effects for our North Shore Communities.

The IAL institutionalized a process by which land owners could voluntarily declare 85% of their lands as "important" and up to 15% could be identified for rezoning. This IAL also provided landowners incentives to participate in this process. The period for the voluntary declarations is now passed and the IAL Act passes the responsibility for the identification process to the Counties. Ms Thielen will be a part of that process for Oahu and is looking for a methodology to ensure community input and involvement is included in this process. One of her considerations is to use the existing network of Neighborhood Boards and their respective Agriculture Committees as the venues for this important

dialog. Attendees of our Ag Committee agreed and look forward to hosting these community discussions.

On a couple of personal notes, Jacque Leinau has submitted her resignation from the Neighborhood Board and will no longer serve as Chair of the Ag Committee. Additionally, I have sold our farm, Poamoho Organic Produce and will no longer serve as Vice Chair. So, there is considerable opportunity for other community members to step up to these positions and for all of us to participate in defining our vision for the future of agriculture on the North Shore. The Ag Committee meets quarterly on the second Tuesday of the month at the Waiialua Community Center at 7 p.m. in the front club room of WCA, please join us; the next meeting being May 10th. Mahalo. Al Santoro.



Kahuku Library events in March

Kahuku Public & School Library will offer "Tuesday Night at the Library" programs in March 2012. All programs will be conducted in the Conference Room and are one-hour unless otherwise noted. Admission is free:

- March 13, 6:30 p.m. - "eBooks @ your Library."

Do you have an eBook reader or are considering buying one? Learn how to use an eReader to browse your local library's eBook collection, make a selection, and download it to your device. Participants should bring their eReader with them to receive some hands-on advice, and learn a few tips and tricks. This program is for adults.

- March 20, 6:30 p.m. - "Southwind Quintet Concert." Celebrate St. Patrick's Day again with the Southwind Quintet as they perform a variety of Irish music! Homemade soda bread and green punch will be served; while supplies last. This program is suitable for all ages.

- March 27, 5:30 p.m. - "Family Movie Night: "The Dolphin Tale." See this heart-warming movie based on a true story about the friendship between a boy and a dolphin that lost its tail in a crab trap. After saving the dolphin's life, Sawyer Nelson believes it would be able to swim normally with a prosthetic tail. Popcorn will be served; while supplies last. This 2 1/2-hour program is suitable for all ages.

Contact the Library as soon as possible if a sign language interpreter or other special accommodation is needed for these programs.

Kahuku Public & School Library is located on the Kahuku High and Intermediate School campus,

at 56-490 Kamehameha Highway. For more information, please call the Library at 293-8935.

Oceanside Chapel Service at Turtle Bay Resort



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Turtle Bay Resort

Instructors train others for the love of jiu jitsu

World Champions Mike Fowler and Tracey Goodell establish the North Shore Jiu Jitsu Club

There are a few commonalities extreme athletes share that differ drastically from paid professionals of traditional sports. Namely, no dental insurance, no health insurance, and a penchant for pushing bodies and minds to limits no mortal being would even fathom. This intense drive cannot be taught—discipline can—but the champion blood that borders on a chemical imbalance seems to be innate in a select few. These are the people we need to watch, and hopefully if they are good teachers, learn from.

At first glance, Mike Fowler and Tracey Goodell look normal, good-looking even. Fowler is an expert in the kitchen and with a pencil in hand. He could have been a five-star chef or an artist in graphics or tattoos. Tracey is tall and beautiful with a childhood full of soccer games. She could have gone to college on scholarship, played soccer professionally, or been a bikini model.

Instead, their fate was to fall in love with Brazilian Jiu Jitsu, and then with each other. They became world champions. They became icons of the new era in grappling. And they became teachers of their passion. Today, on the North Shore of Oahu where Tracey was born and raised, Mike Fowler has opened a school, the North Shore Jiu Jitsu Club, where the next generation of champions is being honed.

The North Shore is a hotbed of young surf prodigies who are groomed by default to become professional athletes as they are raised on some of the heaviest waves in the world. The Pupukea Rec Center is now another breeding ground for top athletes as young water rats find their way onto the mat during the North Shore Jiu Jitsu Club's classes. The kids program has around 65-70 members and an average class packed with 45-50 students daily.

"Teaching children jiu jitsu increases their self-confidence and self-esteem, and improves how they act and treat others," Coach Fowler says. "The program revolves around making the kids into role models and leaders within the community. They are taught how to defend against bullies while also not becoming a bully. They must keep up with their grades just as they would have to in school sports."

Students learn that everything they do is a representation of who they are. Coach Fowler leads by example: "Every day I try to be the best me," he explains. "Every class is my best class. I want to be a joy and a pleasure to be around. The confidence that my jiu jitsu gives me in life reflects on everything I do. I hold myself to a blackbelt standard and it makes my life better all around. My mind is sharper. My diet is cleaner. My attitude is always positive."

Blackbelt Lifestyle is the result of discipline and an effective curriculum. Coach Fowler teaches a structured class like a college education because



he knows the discipline is essential for students to grasp and apply the concepts. Repetition throughout the whole curriculum ensures the retention of the techniques.

"Within 90 days of a doing jiu jitsu in a proper curriculum-based training schedule, your focus is sharper, reaction time quicker, and ability to assess situations properly is improved," Coach Fowler insists. When you have a dedicated student and a dedicated coach, a champion is the outcome, according to Tracey. She says that as a new mother and a female she loves that she not only has knowledge of self-defense through jiu jitsu, but can always increase her fitness and self-confidence by training.

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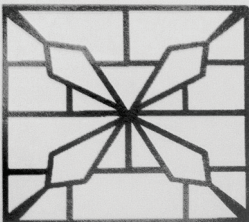
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Sextas-Culto de Oraçao 7:30 pm

Voce e o nosso
convidado especial

Behind Hale'iwa Post Office
637-5566

Pastor Luiz • 638-2212

Ho'ola Like

"Healers Working Together"

Waikiki Health Center's North Shore Clinic

Majority of Insurance Plans Accepted

No Insurance • Sliding Fee Available

Open Tuesdays and Thursdays

8:30 am to 3:30 pm

Walk-ins are Welcome

Emerson Hall, Queen Liliuokalani Church
66-090 Kamehameha Highway, Haleiwa
Call 284-5212 for an appointment.

OFF da ISLAND

Are you leaving Oahu on vacation or business? Do you live on a neighbor island, the mainland or foreign country and subscribe to the North Shore News? Try send us a photo of someone in front of a sign or landmark holding a copy of the NSN. Email your photo along with the person or persons' name, community of residence, telephone number and photo location to: NShoreNews@aol.com. Or, mail to OFF da ISLAND Photo, North Shore News, P.O. Box 1117, Hale'iwa, HI 96712. We cannot return photos so please send us a copy. Photos received become the property of NSN. Preference and priority will be given to emailed photos.

Statewide Hotline for Litter

1-888-592-2522

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

Keep it Country To report ILLEGAL VACATION RENTALS

call 768-8159 or 768-8118
You will remain anonymous
Illegal Vacation Rentals
are ruining the North Shore
www.savenorthshoreneighborhoods.com

Business Services Center

Fast & convenient fax, copy, scan, computer/internet, laminate, etc.

Across from Haleiwa post office.
North Shore Chamber of Commerce
637-4558 or 342-8557

North Shore Farmers Markets

Haleiwa: 9 a.m. to 1 p.m. Sundays, at traffic signal on the old Kamehameha Hwy at the bypass road.

Waiialua Sugar Mill: 8:30 a.m. to noon
Saturdays & Wednesdays 4:40 p.m. to 7:00 p.m.

North Shore Country Market: 8 a.m. to 2 p.m. Saturdays, Sunset Beach Elementary School, 59-360 Kamehameha Hwy.

Laie: 11 a.m. to 2 p.m. June 24, July 8 and 23, Brigham-Young University-Hawaii, 55-220 Kulanui St.

Hawaiian Humane Society (808) 946-2187

Animal Rescues &
Investigations 356-2250
Dog Licensing 356-2227
Donations & Gifts 356-2221
Education 356-2206
Pet Adoptions & Lost & Found
356-2218

WANTED: Old wooden ironing board, plantation wooden pack saddle, sabidon can and Waiialua bangos. Items to be used in Kahuku's mini museum. Call 293-4489.

REUNIONS

The NSN is happy to publish your school or family reunion
Free of charge.

Email your announcement to
NShoreNews@aol.com.

BEACH CLEAN UP

Chun's Reef - 10 a.m.

637-2211

Last Saturday of every month
adoptbeachhawaii.org

SUBSCRIBE to

North Shore News

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 25 issues
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 Inside Envelope
 3-5 day delivery time

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 1 year
 PDF file cover to cover
 Emailed 3 days prior to
 publication date

10,000 North Shore residents receive the NSN free every other Wednesday by direct mail. All others on Oahu, Neighbor Islands, Mainland US & Canada must SUSCRIBE using either of the choices above. Price includes tax & handling. You may suscribe by using check, money order, or credit card (VISA, MC, AMX). Mail payment along with mailing/email address to: North Shore News, PO Box 117, Haleiwa, HI 96712. Payment by credit card include number & expiration date. (808) 637-3138 NShoreNews@aol.com

COMMUNITY CLASSIFIED ADS

Heading: (circle) For Sale - Rentals - Services - Lost/Found - Help Wanted - Misc.

Issue Date: _____

Name: _____

Contact No.: _____

Non-business ads – \$4.00 per line, no minimum
Business ads including services – \$6.00 per line, minimum 3 lines
Lost/Found ads – no charge up to 3 lines
Box ads – \$40.00 per column inch

ADS CAN BE DROPPED OFF IN MAIL SLOT, MAILED, FAXED OR EMAILED (NShorenews@aol.com) TO NORTH SHORE NEWS. DEAD-LINES ARE THE FRIDAY AFTER OUR PREVIOUS ISSUE (THURSDAY IF FRIDAY IS A HOLIDAY). MAKE CHECKS PAYABLE TO: NORTH SHORE NEWS, PHONE ORDERS WITH CREDIT CARDS ONLY.

Print your ad clearly in the space below by using proper spacing and punctuation. We reserve the right to refuse any advertisement with full refund.

Non-Business Personal Ad
\$4.00 per line • No minimum
Includes tax.

Business Ad
\$6.00 per line (min. 3 lines)
Includes tax.

\$4.18		
8.37		
12.56		\$18.89
16.75		25.13
24.94		32.45
25.13		39.79

North Shore News P.O. Box 1117 Haleiwa, HI 96712
Ph: (808) 637-3138 • Fax: (808) 637-8862

Happy St. Patrick's Day!

MALAMA Market

MALAMA MARKET HALEIWA:
OPEN DAILY 7 AM-9 PM
808.637.4520

MALAMA MARKET MAKAKILO:
OPEN DAILY 6 AM-10 PM
808.672.9955

Valid Dates:
3/7/12-3/13/12

Red Seedless Grapes **\$1.79** PER LB.



Maui Style Potato Chips or Shrimp Chips **2/\$5**
Selected Varieties,
4.5-6 oz.



Kraft Cheese **2/\$6**
Chunk or Shredded,
Selected Varieties,
5-8 oz.



Coca-Cola or 7-Up **4/\$6**
Selected Varieties,
2 ltr.



T-Bone or Porterhouse Steak **\$5.99** PER LB.
Beef, Bone-In,
Value Pack



Libby's Vienna Sausage **\$6.99**
Club Pack, 18 ct.



Huli Huli* Chicken Whole Roaster **\$6.99** EACH
*Used with Permission



White Shrimp, 51/60 ct. **\$5.99** PER LB.
Previously Frozen



Cottonelle Bath Tissue **\$4.99**
Double 6 Rolls or Angel Soft Bath Tissue
Regular 12 Rolls or Double 6 Rolls



Boar's Head Honey Maple Turkey Breast **\$10.49** PER LB.



Pepsi **3/\$12**
Selected Varieties,
12/12 oz. or 6/24 oz.,
MUST BUY 3



Hinode Calrose Rice **\$10.99**
White or Brown,
20 lbs.



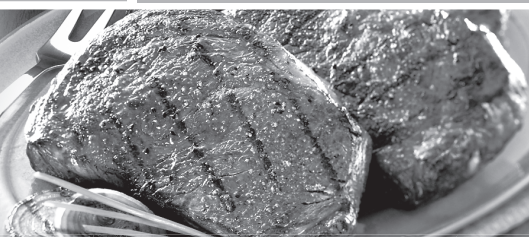
Luck of the Irish **\$13.99**

Guinness 8 Pk. Bottles
Harp Lager or "Green Bottle"
Heineken 12 Pk. Bottles



THURSDAY

INCLUDES:
7-8 oz. Steak
Rice • Tossed Salad • Drink



Grilled Steak LUNCH
\$6.99

Hawaii Beverage Fee of 1¢ 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.