



"E Ala Na Moku Kai Liloloa"

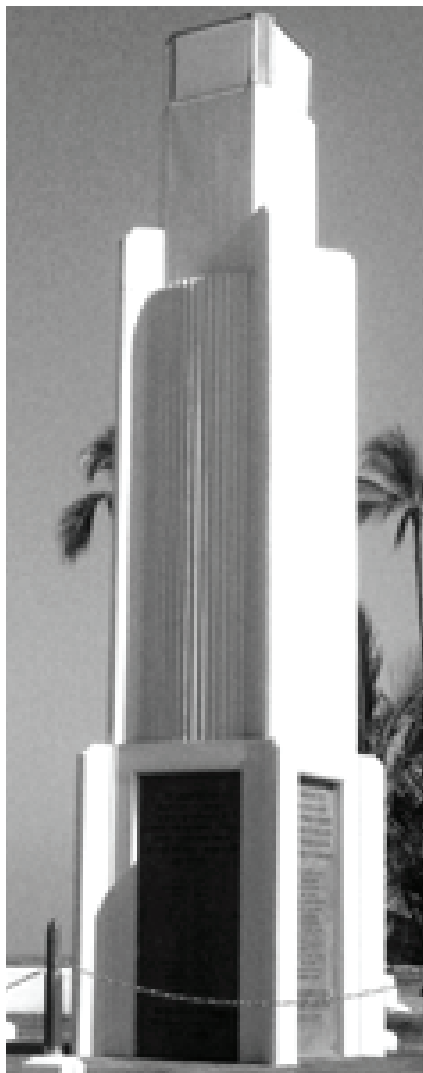
*Learn to Grow Your Own Groceries...
see page 3*



Health & Wellness Edition

NORTH SHORE NEWS May 14, 2014 VOLUME 31, NUMBER 10

Waialua Lions 67th Annual Veterans Memorial Service at Haleiwa Beach Park



Sunday, May 25, 2014 @ 10:00 a.m.

Mr. James G.Y. Ho, former Waialua Plantation resident will be the Keynote Speaker. Mr. Ho attended Waialua Elementary School in Haleiwa, served in the Navy and the Army during World War II, a retired DOE Administrator, a graduate of UH with a Masters Degree in School Administration. He was the Director of the Hawaiian Chinese Multicultural Museum & Archives in China Town. Mr. Ho has authored and lectured on numerous books on the December 07, 1941 Attack on Pearl Harbor. Some of his books will be available for sale, especially the popular book on the Air Force pilots, who flew out of the old Kawailoa Airfield and how they shot down numerous Japanese planes and thereby "saved" the war.

This memorial day service, as it has done for the past sixty-seven years will pay homage to the forty-four war heroes from the North Shore, who gave their ultimate sacrifices during combat in World War II, Korean conflict,

and the Vietnam War. In addition the Lions will pay a special tribute to the late Rev. Ron Valenciana and his wife Alexia for his long partnership with this Memorial Day service and the community with a moment of silence and prayer.

The memorial service will be preceded with a band concert by the Waialua High School Band led by Band Master Mr. Ian Cublay, to be followed with the posting of colors by the U.S. Army, a salute to our fallen brothers, the presentation of wreaths by members of the 442/100th Battalion and veterans groups and a Memorial Day address by Mr. James G.Y. Ho.

The North Shore communities have a history of many war veterans who served their country well and gave their lives to our nation. During World War II, many of our North Shore young men volunteered to join the famous 100th Battalion, the 442nd Regimental combat team, military intelligence units, and other units. Regretfully, sixteen young men made the ultimate sacrifice. During the Korean Conflict, the

continued on page 2

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CLIP

continued from page 1

5th Regimental Combat Team stationed at Schofield Barracks with many of our young men was one of the first units sent to the Korean peninsula. Again, sixteen of our young men did not return. In the Vietnam War, many of our youths assigned to the 299th and 298th Divisions at Schofield Barracks were sent to do battle in Vietnam and twelve of our war heroes paid the supreme sacrifice. The names of these North Shore veterans are inscribed on plaques located on three sides of the memorial tower. No place else, has a community lost so many young men in three wars and at the same time had their names enshrined in a single memorial tower with a beacon as a symbol of eternal peace and goodwill.

The Memorial Day Service sponsored by the Waialua Lions Club is made possible through partnerships with other lions clubs from Wahiawa, Mililani, and Central Oahu, the Haleiwa McDonalds, Malama Market, Paalaa Kai Market, the U.S. Army, Waialua High and Intermediate School, North Shore Equipment Rentals, 100th and 442nd Veterans Clubs, Reverend Koji Jeff Ezaki and other organizations.

The public is invited to attend this Memorial Day service on Sunday, May 25, 2014. For more info. Please contact Lion PDG Jake Ng, 637-5814 or 291-1951 or on how to join the Waialua Lions Club, a sixty-seven year old service organization.

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Oahu's Real Property Tax Advisory Commission set to convene in July

Hawaii is among a number of states that require a periodic review of its tax structure. Seeing that the Hawaii State Constitution was amended in 1978 to establish a Tax Review Commission, I felt that Oahu taxpayers should also have the same benefit of a periodic review of the City's tax policy. In 2011, I introduced a resolution that established an Advisory Commission to review the City's real property tax system. This year, Commissioners will once again be appointed to conduct a review of the city's property tax classifications, exemptions, credits and minimum property tax rates. The Advisory Commission will complete its review and provide recommendations to the Council in December to enable the Council to evaluate the recommendations prior to the start of the next Fiscal Year.




Without question, property tax exemptions provide the largest source of tax relief to individuals and institutions such as current exemptions for historic residences and non-profit organizations that include hospitals, schools, child care centers, credit unions and churches. Exemptions are also provided to homeowners that are disabled, living on Hawaiian home lands or in low to moderate income housing. The City currently provides tax relief in the form of exemptions to nearly 163,000 properties totaling an estimated \$48 million in uncollected tax revenue. I feel it is important to engage a group of experts from the community who can validate the need for such exemptions or make recommendations on possible changes to the City's basic tax policy. Although members may represent specific special interests, they are asked to put aside those interests and conduct a fair review of the exemptions in favor of recommendations free of any bias to special interests.

In 2011, the seven member advisory commission adopted the criteria employed by the State's Tax Review Commission. The six standards are equity, adequacy, stability, efficiency, simplicity, and competitiveness. In a nutshell, the tax burden should be fairly shared, it should generate sufficient tax revenue to meet expenses, it should provide a stable flow of income, not provide an advantage to one party over another, it should not be unduly difficult to comply or administer and it should compare favorably with tax systems of other counties. The Council will soon announce the selection of seven new members of the Commission. I have

asked North Shore resident and businessman Lucky Cole to serve as a member and he has accepted. I am confident that he will bring an interesting perspective to the discussion. I know that the 2014 Real Property Tax Advisory Commission will take up the challenge to once again review and rate the City's current tax policy and make valuable recommendations that will help to improve the overall efficiency and effectiveness of City government.

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North Shore Outdoor Circle

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"Written in Stone" by Ann Gommers



Sponsored by Waimea Valley and the North Shore Outdoor Circle, we invite you attend our May 19th Presentation "Written in Stone."

Location / Time: Waimea Valley Pavilion from 7PM - 9PM, Monday May 19, 2014. Dessert and Refreshments will be served.

Ann Gommers will share her journey of how she was led to create the Equinox Petroglyph Project in Maine and discovered her kinship to the Passamaquoddy Bear Clan.

"As a young girl I felt the magic of petroglyphs or Picture Rocks intuitively, yet not until I was an adult did I fully understand their sacred power. According to Passamaquoddy legend, upon death we move toward Great Spirit with lightning speed. It is this speed and pull I attempt to depict in my art. I believe my Passamaquoddy ancestry helps me "see" animals and spirits in clouds, tree trunks and rocks."

Buried under ten feet of sand, the Hawaiian petroglyphs of Ke`iki Beach on O`ahu's Northshore have not been visible for a long time. When Ann and her husband Peter learned in January that the historic 50 foot waves had washed the sand away, exposing Hawaii's Picture Rocks for the first time in nine years, they rushed over to photograph them. The timing was fortuitous because it wasn't long before the sand made its way back up over the rocks again, hiding them from sight once again. We are so fortunate to have a rare opportunity to see photographs of these powerful Hawaiian petroglyphs.

Ann Gommers has a B.F.A. from University of Denver and has furthered her studies at Rhode Island School of Design and the Maine Photographic Workshop. She still splits her time and heart between Downeast Maine and Hawai'i. A painter and writer both, she lives and works in her studio in Mokuleia on the North Shore of O`ahu. See: www.equinoxpetroglyphproject.com

For more information about this event, please contact
Peggy Cutting at 638-5695

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For more information, go to: <http://www.outdoorcircle.org/north-shore.html>



State Representative
Richard Lee Fale
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Aloha! The Legislative Session wrapped up on May 1, 2014 and as always, there measures that will impact each of us and our communities were introduced and debated. Some of them are now on their way to becoming law. I wanted to highlight a two bills that passed the legislature and are now awaiting signature by the governor.

HB 2434, a big win for our community, allowed for the purchase of conservation easement land around Turtle Bay Resort and was the result of an agreement that was reached by the State of Hawaii and Turtle Bay Resort that would also allow Turtle Bay Resort to build two of the proposed five hotels. This measure literally squeaked through the last few minutes of the eleventh hour of the last day of the legislative session and was controversial for my colleagues in the House because the Governor and the Senate did not include the House in the discussions leading up to the passage of the bill. These negotiations were unfortunately placed in jeopardy by the Senate's revival of SB 894 which threatened Turtle Bay's status as a willing participant in the negotiations. Fortunately SB 894 did not move and the negotiations resumed. There are still opportunities to capture revenue generated by Turtle Bay Resorts and put it towards infrastructure and facilities improvements in the Waialua and Kahuku school complexes for the community and I look forward to championing this next legislative session.

Another bill that passed at the very last minute was HB 1745, which helped to put into law some of the many proposed reforms and changes that the Charter Commission has been working on with charter schools, charter stakeholder and government officials for a long time. While it originally did not make its deadline because of down-to-the-wire debate on other more controversial bills HB 1745 fortunately was revived and brought back for consideration. Because so much discussion, input and work had gone into this measure, it was important to make sure it passed this session and wasn't an idea deferred for another day. Focusing on the needs of Hawaii's charter schools has been a long standing need in the State, though a number of other Charter School priorities did not get passed, at least this major piece of legislation was passed. This will certainly lay the groundwork for bringing more accountability while preserving the autonomy and flexibility that make charter schools such a unique and critical piece of our educational opportunities here in Hawaii.

Our office will be putting together a comprehen-

sive wrap up of this legislative session and sharing mo-re bills with you in detail. In the meantime, feel free to contact us at repfale@capitol.hawaii.gov or at 586-6380 or visit www.capitol.hawaii.gov to look up some of the bills and measured that were introduced this year.

Last issue: April 30, 2014, page 16
Laie Elementary principal in running for \$25K leadership award & Kahuku High and Intermediate junior named one of four high school design winners in Hawaii.
Articles written by: Jorene Barut

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Congratulations to our 2014 Graduates!

I want to congratulate ALL of our 2014 Graduates for their hard work and diligence in completing their graduation requirements. Every graduation signifies a transition in a life, whether it's from kindergarten or medical school. I wish all of our graduates much happiness and success as they move forward to the next phase in life. Graduates, cherish the moments, experiences, and people who helped you get to this point in your life. Look forward to your future and make your life's journey everything you want it to be, and always help others along the way!

Kindergarten Entry Age to Change in August 2014

Starting August 2014, a child must be five years old on or before July 31 of the school year to enter kindergarten. This change aligns Hawaii with the vast majority of states. The change is also part of the plan to establish a cohesive, comprehensive, and sustainable preschool system for all four-year-olds. We are one of only ten states that have not moved in this direction.

The Executive Office on Early Learning (EOEL) realizes that because of this change in entry age, approximately 5,100 children will not be able to enter kindergarten this coming school year (2014-2015) because they will not be five years old by July 31. The EOEL is working to make sure the transition is as smooth as possible for these children and their families, as they do not want them to miss an important year of early learning that can help better prepare them for kindergarten. The has partnered with other state agencies, as well as a number of community organizations across the state, to develop resources to increase awareness about the change and help affected families understand other options that may be available to them.

If your family is one of those affected, please visit EOEL online at EarlyLearning.Hawaii.gov, or call (808) 586-0796 for more information. Preschools and child care providers will also find resources that may help them assist their families. EOEL is working to put together more resources based on community input and will update the website as they become available.

As always, it is my honor and pleasure to serve you and the entire state of Hawai'i as a contributing policymaker. Please feel free to contact my office if you have any questions at (808) 586-9490 or RepMatsumoto@Capitol.Hawaii.gov. Also, please visit RepMatsumoto.com to sign-up for updates on issues you care about. Mahalo!

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North Shore Ocean Fest – A Benefit for Ocean Education for Children from Waialua to Kahalu‘u

Third-Annual North Shore Ocean Fest to Bring Together the Best in Ocean Education and Activities at Turtle Bay Resort on June 7 to Benefit the North Shore Ocean Education Coalition

NORTH SHORE, OAHU, HI – Turtle Bay Resort on Oahu’s Fabled North Shore will once again host one of Oahu’s premier community events, bringing together top speakers, activities, vendors and live entertainment for a free afternoon of ocean education and fun for all ages.

Themed “Protect Our Reef,” the highly anticipated North Shore Ocean Fest annual fundraiser to benefit the North Shore Ocean Education Coalition will be held Saturday, June 7, 2014, from 11 a.m. to 4 p.m., featuring Kanesa Duncan Seraphin, director of the new TV series “Voice of the Sea”; a silent auction; educational activities; vendor booths; locally sourced cuisine; music and entertainment. The event also honors “World Oceans Day,” celebrated annually on June 8 since 2002 to promote ocean education worldwide.

“This celebration of ocean education and sustainability continues to grow each year, drawing hundreds of participants from around Oahu,” said Doty Kelly, coordinator of the North Shore Ocean Fest. “The success of the Ocean Fest has led to additional events at Turtle Bay, including the annual winter ‘Welcome Back Whales’ day. This year’s Ocean Fest will be our biggest yet, offering an action-packed schedule of free keiki activities, both in and out of the water, to promote environmental conservation.”

The Ocean Fest will also feature art, poetry and film contests for all K-12 students. Entries will be

displayed at the North Shore Ocean Fest and winners will be recognized at a special awards ceremony, On June 6, a benefit dinner will be held the evening prior to the North Shore Ocean Fest at Ola’s Restaurant at Turtle Bay Resort. Everyone is invited to partake in great food for a great cause! Proceeds will support ocean education for children and youth from Kahalu‘u to Waialua. Tickets are available online www.turtlebayresort.com. Don’t miss this fun evening event!

The mission of the North Shore Ocean Education Coalition is to increase awareness and knowledge about the ocean, marine life, and ecosystems in order to protect, restore, and manage the use of ocean resources and inspire local and global conservation. The Coalition partners with organizations to help protect and restore the ocean and its marine life and educate children, youth, the community and visitors about traditional native Hawaiian values, practices and traditions to ensure the sustainability of the ocean, marine life and Hawaiian culture. Cash donations and/or donations to the silent auction held at the North Shore Ocean Fest are tax deductible. Checks can be made payable to KEY Project and mailed to NSOF, PO Box 264, Hau‘ula HI, 96717.

For more information please contact Doty Kelly Paddock at dotty.kelly@verizon.net or 255-6944.

Hawaiian Humane Society's accepting applicants for "Teens4Animals Summer Experience"

The Hawaiian Humane Society is looking for high school students to enroll in its annual "Teens4Animals Summer Experience" this summer. This two-week opportunity for animal-loving students is an action-packed, fun-filled, 50 hour immersion into the world of animal welfare including:

- Limited and exclusive hands-on animal care & training classes
- Tour of a spay-neuter mobile
- Excursion to an animal friendly farm
- Learn from animal welfare experts

"This unique summer program for teens allows incredible behind the scenes experiences," says Bonnie Oda, Hawaiian Humane Society education partnerships manager. In addition to gaining hands-on skills in the day-to-day operations of a shelter, students will meet professionals who work with animals in various

capacities and will participate in creative community outreach projects. Students will also gain insight into how their daily choices impact animal lives and even enjoy a humane food cooking class.

"Teens4Animals Summer Experience" will have two scheduled tracks to choose from:

- June 4 to June 17 - 9 am to 1 pm
- June 18 to July 1 - 1 pm to 5 pm

All classes run on weekdays. Registration forms are available at www.hawaiianhumane.org or at the Hawaiian Humane Society. Program fee is \$195. Limited scholarships are available. Call 356-2223 or email education@hawaiianhumane.org for more information.

Hawaiian Humane Society is an education and advocacy organization that shelters, protects, recues, reunites and rehomes animals. It is Oahu's only open-admission shelter. Established in 1883, this non-profit organization is not affiliated with or funded by any national organization such as HSUS or ASPCA. Gifts made to this local organization help local animals and people. Visit HawaiianHumane.org to learn more.

"Peace in the Pacific"

"Peace in the Pacific" themed art to bring comfort to the soldiers, their families and the Garrison community in the otherwise bare walled Main Chapel at Schofield Barracks is now soliciting funding from private, corporate and non-profit foundations. Current headlines are about rampant PTSD caused deaths of our soldiers, cuts to military spending, and even domestic/mass homicide at not just this military base but nationwide. This project is good news; it addresses the above problems from a spiritual center of one of the largest military facilities in the Pacific. Specifically, the art will be 6 @ mural size oil paintings depicting the Pacific Sea, Sky, and Shore. The chapel serves all denominations of all religions. The supporters have included a decade of staff and chaplains at Schofield. When the Freeman Foundation said they will provide the initial funding for the \$188,000 project, the project was brought to the attention of Schofield Garrison Commander, Col. Daniel Whitney. In February 2014, Father Herron received the go ahead to proceed with realizing this project. Because the project will be a gift to the Army Chapel, the chaplains and the active duty staff are prohibited in the solicitation of the project funding by law. To accommodate this restriction, and the problem caused by constant reassignment overseas of active duty chaplains and commanders, the project has the following advisory members: 4 star Army General (ret.) David Bramlett, the only Medal of Honor recipient living in Hawaii, Marine Sgt. (ret.) Alan Kellogg, Edgy Lee, and Army psychiatrist, Capt. Mil Brown. The Pacific Arts Foundation is a fiscal sponsor. It is about a 2 year project, completion: 2016.

Contacts: Artist Team: Bill Braden 808-223-8974 billbraden@hawaii.rr.com, Jinny Braden 808-429-4215, Chaplain Father Jack Herron 808-312-7762.

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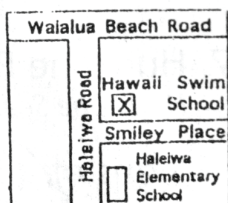
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Traditional Martial Arts on the North Shore

Aloha All, The wushu kung fu federation in Waiialua would like to introduce our art form to the community. We have been training in Waiialua since 2013.

The highest vista of Martial Arts training (Wu Shu, Kung Fu, Tai Chi, Ba Gua) should be where a persons spirit, will, strength, body, and heart are in balance. In practicing martial arts, one should stress not only martial art, but moral cultivation as well. The higher your martial arts standard, the deeper your humility and the more you are respected. Martial arts is not only a healthful sport, but also a means of improving one's self temperament.

The history of Kung Fu can be traced back to ancient China. Originally the martial arts of wushu Kung Fu was called 'The Truth' or 'The Way'. Wushu Kung Fu has three main values: The value of health, art, and self defense.

Anyone young or old, male or female, can practice internal and external wushu kung fu. After 5-6 months of training, the student achieves a recognizable degree of control and coordination. After several years, the student understands the rejuvenating effects of the internal practice. With increasing strength and confidence comes efficient self defense. Although Wushu kung fu has a non violent approach, this art form is the original mixed martial art, proven to be highly effective against not only one but multiple attackers. Internal training cleanses the body of accumulating pollution, improves circulation and blood quality, body tone and general health. The ultimate goal is for all of my students to have healthy minds and bodies and to achieve inner peace with high moral standards. Come train with us at Waiialua Gym at the Waiialua Recreation Center!

Master Jason Aric Jansen

Traditional Chinese Wushu Kung Fu Classes Forming in Haleiwa and Waiialua now

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"Aloha Surfers,

Hope everyone survived our Big Winter surf season! We experienced consistent back to back large swells and I'm sure your backs are feeling it.

Now that the large waves are behind us and we are enjoying our spring surf it's time to repair all the kinks and strains you may be experiencing. Local surfer and Sup Yoga instructor Judy Kosaka has put together a simple but beneficial stretch routine that will get you back into the water feeling more limber than ever.

These exercises can be done on the water or land. Let's begin with Cat & Cow pose. Start on all fours, (hands/knees). Exhale as you arch your back to the sky into Cat Pose. Then inhale as you drop your belly and lift your head and tailbone upwards into Cow Pose. Blend these two moves together with a seamless breath and start to feel your flexibility return to your spine and relaxation to your mind. Complete 5-8 times.

Next sit down and do a Seated Spinal Twist. With one leg straight, bend the other knee and pull close to your heart. Exhale and twist towards the bent knee. Look over the back shoulder if possible and feel this stretch run from the back of your neck to the tip of your tailbone. Sit tall, breath slowly and hold this position approximately 15 seconds then repeat on the other side.

Feeling better yet? Now we'll try Bridge Lift. Lay on your back with both knees bent and your arms comfortable resting along your side, palms facing up. Tuck your chin a bit to lengthen the back of your neck, then inhale raise your arms over your head while lifting your hips. Breath and hold this pose 15 seconds, then slowly lower your hips, sinking your spine downward and return the arms back along your side. Repeat 3-5 times. Breathing in as you lift and exhaling as you lower. While the hips are raised, not only are you strengthening your hamstrings and glutes but by diverting your circulation towards your heart and head your face will glow and help bring clarity to your thoughts.

Not only do these simple exercises benefit your body and wellness but assist in quieting the mind. By removing excess stress and distractions you can live a more productive healthy lifestyle. See you in the water!

For more information contact Judy at www.GetFit808.com; **Free SUP yoga sessions on May 31 @ the Surf n Sea SUP spectacular!**



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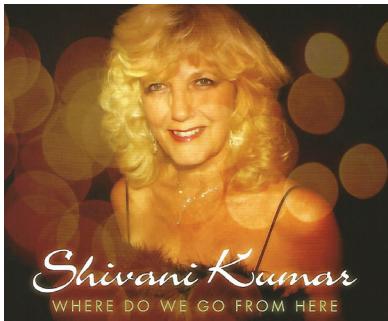
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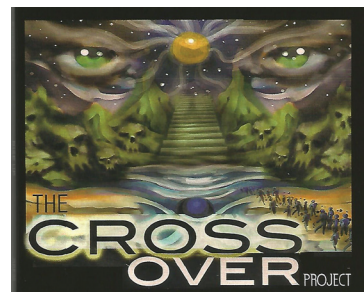
Shivani Kumar releases jazz vocal album
Where Do We Go From Here

Jazz Vocalist Shivani Kumar was known as "Denver's Darling" when she performed regularly in Denver's top jazz clubs, including the Senate Lounge, the Robin's Nest, and the Denver Playboy Club. During this time her group also opened for many famous jazz artists such as Bill Evans, Chet Baker, Gerry Mulligan, Eddie Gomez and others.

Following that, she moved to L.A. and was a staff songwriter for motown while performing throughout California and the Caribbean, and later in Japan and other parts of Asia.

She now lives in Hawaii and has just released a new CD "Where Do We Go From Here". Her singing on this recording is totally "world class" in all respects, as is the playing of the jazz trio accompanying her. This is jazz the way it's supposed to sound... Right?

For downloadable pictures and more information:
<http://www.cosmiccatmusic.com/Shivani.htm>
 For more information contact Suzanne Steinmetz at:
 Cosmic Cat Music
 (808) 637-4635 contact@cosmiccatmusic.com



Ghost, who has been performing since the eighties in Hawaii, and the rest of us, began getting around the music scene at the "Oasis" in Kaimuki, the "Black Orchid" downtown, "Malia's" in Waikiki, the ship "Star of Honolulu", "Hot Rod's" before the fire, "Reni's" in Pearl City, touring with Henry Kapono, and finally "Jaron's" in Kailua, where we were the last band to play both Friday and Saturday night for some Two and a half years as "Crossover". During that time we had started our recording project at Dave Tuccerone's Fortunate son studio, with the unstoppable creativity that Ghost would come up with, we already had a number of jams, but we just did not have the means at the time or the right kind of help to get it done. So the analog tapes sat on the shelf for years until a year and a half ago, when we took them down and dusted them off and went down to Kirk Thompson's "Spectrum Recording", where he still has a reel to reel recorder and transferred the music to digital. At this time Doc Ralston, with the means to get it done now and with no outside interference, got the ball rolling and finally finished that goal that I believe every band dreams of and that is to put out an album of works, it's here, mission accomplished and please enjoy!

All songs listed with BMI, available through itunes



BANZAI NORTH SHORE WIRELESS

The North Shore Canoe club is on the move once more to raise funds for their team. There will be a party fundraiser at Turtle Bay on May 23 at Surfer the Bar from 7 to 10 pm. The Famous Unknowns will be playing there so wear your dancing shoes. Good luck to all the teams as they prepare for this seasons canoe races!

Congratulations to the North Shore's Mahina Maeda who recently took home the gold for the Hawaii Jr surf team in Ecuador at the ISA World Jr. Championships. Mahina helped the whole team to take the overall gold title! The International Surfing Association's plan is to step up its aim for inclusion in the Olympic Games Sports Program. The ISA is Celebrating its 50th year and now has a 84 Member Federations on all five continents. It is estimated that 35 million people surf worldwide. Amongst the 84 Member Federations, they estimate Surfing is as a 22 billion dollar business revolving entirely around the youth demographic and sport lifestyle. This event brings our surfing youth together in the Olympic experience. Good luck to all the competitors and lets hope surfing is included in the Olympics soon!

FLHI Girls Surfing and Sports TV is celebrating 6 years of producing sports programing on OC 16, Time Warner Cable. The show features Women athletes with mostly surfing stories and is produced on the North Shore. The current show is called Surf & Turf and features Michele Wie and her storybook win at the LPGA Lotte Golf Championship at Koolina. The show has been top rated since its inception on OC16 and is watched on-line all over the world. Join in the fun, check it out on www.facebook/flhigirlzsurfingandsports. Congratulations to the whole crew who have helped make it a success!

The word is out, an El Nino year is on the horizon. We are in a firing line for the effects. There are floods in California, coastline erosion, and monsoons in Asia. An El Nino begins when warm water near Indonesia spreads eastward and carries rain with it. In March low level westerly winds were observed over the Central Pacific and convection was suppressed over western Indonesia. It is a whole shift in the weather patterns. NOAA is now predicting a 70 percent chance of the El Nino condition happening and they estimate a rather big change as the Jet Stream dips more southward. That means more swells closer to Hawaii, generally, with more storms near Alaska pushing surf towards Hawaii. It also means more Hurricanes. So be prepared this season and get your surfboard quiver in gear. We

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Hale o Ho'oulu a me Maui'ola (House of Healing and Growth)

Hale o Ho'oulu a me Maui'ola (House of Healing and Growth) is an Educational program specifically for youth of the Ko'olauloa community (Waimea to Ka'a'awa) that are on probation status or have had court involvement. We have also opened our services to youth from Hale'iwa, Waialua and Kaneohe. We work with youth, both male and female from ages 13-17. We are located at the Old Kahuku Sugar Mill in between Kahuku Grill and the Post office. The youth attend our program from Monday through Friday from 8am-230pm, except for Wednesdays, in which they finish at 1pm. Youth are generally referred through Family court, but we also take referrals from schools, legal guardians, service providers, etc. The youth's length of stay depends on how much work they need, but the time span is 30 days to 6 months. There are 2 components to the program, 1. Day Program component and 2. Crisis response component. In the Day Program component, there are 5 subcomponents: Education, Vocational Training, Chemical dependency Education, Therapy and Hawaiian cultural education.

1) DAY PROGRAM:

Education:

In the educational subcomponent, the youth in the program get to learn at their own level and speed, depending on their different learning styles and capabilities. The courses that will be given will be the four major courses, English, math, science and social studies. If the youth has an Individual Education Plan (IEP), the program will receive the curriculum from their home school and our program will offer the work and then send the grades back to the home school in which the Home school will give the credits. For those that do not have an IEP, our teacher will create a curriculum that is in sync with what courses they youth needs to take. Individualized learning is key in our program. All students will learn at their own pace and will be working on different subjects, depending on what the youth needs.

Vocational Training:

In the vocational part of the day program, youth will learn job readiness skills such as interviewing skills, resume writing, how to fill out applications, etc. Youth will also get to listen to community members come and share their job experience. Youth will also participate in the Dream Navigator Curriculum, which is a culturally sensitive model that assists the youth in finding their career path earlier on in life, rather than later. Our program also utilizes the WhyTry? Program, which is a motivational model that uses relevant topics to assist the youth in asking

themselves that question, "Why should I try to do better in my life?" The youth also participate in site visits to agencies that can help broaden their career paths.

Therapy:

As for the Therapy component, youth will be participating in individual therapy, group therapy and family therapy. Over 80% of the youth that come into our program have some kind of underlying trauma, then you add substance abuse and mental health issues and that percentage goes up. In Individual therapy, the youth are able to work on their personal issues, such as trauma, abuse, suicidal ideations, thinking errors or any other issues that will come up. Trauma-Focused Cognitive Behavioral Therapy (TFCBT) is used to work with the youth and their families work through their trauma. In group therapy, the model used is Dialectical Behavior Therapy (DBT), in which the youth will learn skills to deal with stressors in a healthy and appropriate way. In Family therapy, the youth and their family learns the skills they need to become functional again. We work with the youth and the family about taking responsibility for their role in the family crisis and work towards healing.

To assist the family in learning more skills, a Parents support group is offered. This meeting is open to the community. It is held each month on the Third Thursday from 7pm-8pm. Some of the topics we go over are as follows: Managing defiant behaviors, identifying intoxication in my youth, healthy communication, consistent parenting, suicide, How to talk to my children about sex, LGBTQI, etc. Our meetings are topic driven and are chosen by community members from the previous meeting. Youth are welcome to join as well. Keiki are also invited, yet they will be in another room with a couple of staff participating in age-appropriate activities. Refreshments are provided.

Chemical Dependency Education:

The youth also participate in Chemical dependency education (CD.Ed.), which consist of Step group (12 steps of recovery), Relapse prevention, Anger management and a Smoking Cessation program. In CD.Ed, the youth will learn to identify body cues, triggers, coping skills and sober activities in which should help them live a sober life and be a positive member in our community.

Hawaiian Culture Education

There is also cultural part to this in which youth participates in Hawaiian cultural practices and cus-

toms, such rebuilding and maintaining a fish pond in Hale'iwa as well as work in a Lo'i in Punalu'u. Once a month, a Kupuna in the community will come to the program to share their knowledge and wisdom with the youth about the Hawaiian Culture. Another way we try to help the youth learn the Hawaiian values is by having the youth choose a weekly Hawaiian value they can work on. The value is revisited everyday to discuss the importance of the value. The youth and staff also participate in a monthly service project in which they assist at the Kahuku food bank in passing out food to the less fortunate and learning the importance of Kokua, Mahalo and Laulima.

2) CRISIS RESPONSE

As for the Crisis Response Component, if a youth and/or family are in crisis, the youth/family can call our Crisis Hotline and our Therapist will work with the family on deescalating the situation over the phone. If the family may need a follow-up on the following day, the Therapist will be able to set up a meeting at home or at the office to debrief the situation and give the youth and family members the tools to deal with the situation, in the event that it happens again. If it is an emergency, our program is able to refer the family to Kahuku medical center for assessments in case of suicidal/homicidal ideations, abuse, neglect, etc. The Crisis Response Program is available 24 hours a day, 7 days a week.

Do Your Feet Hurt?

Our feet bear the load of our entire body throughout our lives. Whether walking, running, or playing, our feet assist us, and withstand all the strain of having to support our entire body weight. The area of the foot is very small as compared to the whole body, and as such a lot of pressure is exerted on them. Although feet are designed to take this pressure, walking on hard surfaces, wearing tight restrictive shoes, or high heels, all affect our feet adversely. This results in foot pain. What can one do to ease the pain? The most effective way of relieving foot pain is a good foot massage.

Not only does a foot massage relieve pain in the feet, it can reduce tiredness, stress and induce a deep relaxation. According to traditional Chinese medicine, most sensory nerves of our internal organs are in our feet. This is perhaps associated with the fact that our feet have more than 7,000 nerves, that when stimulated will bring about wonders. But the benefits of regular foot massage are more than what has been said. Here are 5 great reasons why regular foot massage should be part of your regular health regime.

1. Reduced Stress and Increased Relaxation.

Foot massage alleviates anxiety and fatigue and promotes deep relaxation. The so called solar plexus reflex situated on both feet is like a little compartment where stress is stored. When this point is pressed on, tension and stress are released, soothing the whole body and mind.

2. Better Blood Circulation and Cleansing.

When stress is reduced or eliminated, blood circulation improves. Better circulation of blood leads to prompt distribution of oxygen and nutrients all over our body. When circulation is poor, you will most likely experience health issues on the lower part of your body, especially on the limbs, since the feet and legs are not receiving the essential nourishment they need to function properly. Also, blood washes away toxins and wastes in your body. So the better the blood circulation, the cleaner the internal body becomes.

3. Improved Physical Health.

Aside from relaxation, healing is also brought about when reflexes in the feet are stimulated. Since a foot massage relaxes the body, consequently reducing stress, massage therefore protects us from acquiring stress-related illnesses.

4. Enhanced Emotional Wellbeing.

Aside from reducing stress and fatigue, a foot massage can also alleviate anxiety and depression. Massage improves mood as endorphins are released when our feet are being massaged. When people have emotional issues or are constantly worried and sad, they often develop poor health. A good foot massage definitely has positive effects on us psychologically.

5. Increased Energy.

If you feel your energy has been drained after a long day at work or at home, consider an invigorating foot massage. Foot massage will restore and increase your energy. When the foot is palpated and rubbed, any blockage that keeps energy from freely flowing throughout your body will be cleared. This will give you a rejuvenated feeling.

For these and many other reasons foot massage is very effective and powerful, as well as extremely pleasurable.



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ATTENTION HOME-SCHOOL & PRIVATE SCHOOL GRADS

In our next edition, we will honor and list the graduating seniors from Kahuku High & Waialua High. Let us know if there is a home school student that should be recognized for completing pre-college education. We also want to recognize graduating seniors from private schools that reside in the North Shore community. Please email names, school affiliation and a contact phone number to NShoreNews@aol.com

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Letters to the Editor



KAMEHAMEHA SCHOOLS®

April 30, 2014
North Shore News
Letters to the Editor

Kamehameha Schools would like to express our appreciation for the community's concern and advocacy for the keiki on the North Shore. As an ali'i trust with deep, ancestral roots in the region, we, too, are committed to the health and well-being of this community.

We understand that the announcement regarding our KS preschool in Hale'iwa has been upsetting to the community. To help ease the disruption for Fall 2014, KS has offered the affected families confirmed space at any KS preschool of their choice, plus one-year of free tuition. Twenty-four of 25 keiki and their families have accepted this offer and one family opted to apply for Pauahi Keiki Scholars, our need-based scholarship program, to attend a non-KS preschool.

Kamehameha Schools has heard the community's requests to stay in Hale'iwa. We are continuing discussions with the Hale'iwa Jodo Mission board members and considering options to return there this Fall if the needed facility repairs are made proactively and timely to ensure the site can meet our safety and regulatory standards. For 2015 and beyond, we are continuing to explore feasible locations in the region.

Kamehameha is committed to providing access to safe, quality early educational opportunities for keiki across the state, and we look forward to working with the North Shore community and its leaders to find a long-term solution that works for everyone.

Me ke aloha pumehana,
Kalani Fronda
Senior Land Asset Manager
Kamehameha Schools

Dear Editor,
This letter was sent to Kamehameha Schools Board of Trustees...

Kamehameha School is a private school that is worth over several billions in our nation. It is financially one of the most prominent private school for Hawaiian children. The closing of the Haleiwa Preschool brought my attention to the board of trustees. What is the role of the board of trustees? Is it to make

money for the Estate? If so, how are you using the money?

Education should be your main focus or top priority as you are the stewards of Kamehameha schools. Money generated from all the estates should be used to perpetuate the Hawaiian culture. For once a culture dies, there is no amount of money that can bring it back again. The most important issue facing the board should be to educate the Hawaiian children as Queen Lili'uokalani recommended in one of her letters to her people which I will explain later.

The concepts of Aloha, Kuleana, and Malama are taught to the children at the preschool. However, the parents and grand parents were treated in a very disrespectful way. We got a letter on Monday stating that there will be a meeting at 2:30 on Tuesday concerning the closing of the pre-school. The following day, Tuesday, those who were there at the meeting was asked to filled out a form to which pre-school you want to send your child. Instead of explaining the closure first, they asked us to fill out a form. Later, we asked the reason(s) for the closure, but the answers were very vague. They could not tell us how much it will cost for the improvements of this pre-school at the Jodo Mission. If you are trying to teach the values of Aloha, Malama, and Kuleana, don't you think you should apply it to the adults as well? It is still vague in my mind as to the real reason for the closure.

Your staff need training on how to organize a meeting with the proper information available to show or to validate the closure. No one could give the basic reason and the cost of the improvements. The parents are willing to volunteer or raise funds to help in improving the facility, etc. No one could give us the figures. So why are you closing the pre-school? Why can't we, the adults, help financially as well as physically? I feel as though the trustees do not care about the Hawaiians in the north shore area. How long did it take to have a bus route to the campus from this area? My daughters attended the Kamehameha but had to catch the bus in Wahiawa and later had a car pool for students living in Haleiwa/Waiialua areas. Students who attends Kamehameha school have one of the longest distance travel time, thus making their day much longer than other students.

Because you do not live in the community on the north shore, you really do not know how the evacuation system works. Funny that your staff talked about the possibility of a tsunami, but the Kamehameha school projects will be building a facility right on the point near Haleiwa beach closer to the beach, a new shopping mall right across the Lili'uokalani Protestant church which causes traffic right now and also the fencing the Kamehameha properties in our community which do not add to the beauty of the north shore. Why spend the money for a shopping mall in the billions and close our little pre-school for our Hawaiian children?

In the 175th anniversary of Lili'uokalani Prot-

estant Church in 2007 Reverend Kaupu noted that Onipa`a is the Queen's one word motto which none of your staff knew about the her motto. Kupa`a (Hawaiian Bible word) have the same meaning, which means steadfast, hold fast, stand fast, immovable, being anchored, solid foundation. He went on to say: Besides her deep love for the music of our land, Lili'u's abiding aloha was always reserved for the children, especially for their educational welfare. This phrase she spoke was in pursuit of education: "E onipa`a i ka imi o ka naauao" translated: "Be steadfast in your search for knowledge." Knowing that her people were gradually decreasing their hold on values, traditions, government and population, she proposed to her subjects that their only survival from their malady was to hold fast to kupuna values by being persistent in their educational pursuits of what's happening to them and around them. If you know about the source of your pilikia(problem), you may know your pilikia and then do something about it. Did you know that there were almost 2000 Hawaiians attending church in this area when it was founded in 1832?

After the Queen's over-throw, 911,888 acres of land was taken away by the 'white' people in charge of the illegal 'Provisional Government.' President Cleveland asked that congress to reinstate the Queen as the leader of the Hawaiian monarchy. President Cleveland was ashamed of what congress and the 'white people' did to Hawaii. After several attempts to regain her monarchy, the Queen asked the USA government to pay for the land that was taken away from her Hawaiian people. The American government paid her \$12,000 for only 5 years due to her death. What happened to all that land? Those people in office will be judged by God and all of their wrong doings in Hawaii which is illegally a state.

May the board of trustees look at their main objective as the 'stewards' of this estate. Surely, education should be the main priority so that the Hawaiian culture will never fade away. This is my mana`o on the pre-school which have upset this whole community.

Aloha ke Akua with compassion for our heritage,
Eileen Hirota!

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Dear Readers,

Occasionally during the week some very kind and generous residents drop off items at the office of the NSN to help others less fortunate. These gifts, mostly canned foods, blankets and clothes mean so much to those in need. Some of the gifts are small, a few cans of food in a plastic bag but, the few cans of food make a great impact to those who receive it. I want to report how important and valuable each can of food means to those that are struggling and need a little help from time to time. Those of you who take the time to care for the needy are really making a difference in somebody's life. I want to say "Mahalo" for giving. Sometimes donors can find us in the office and we can thank you in person but sometimes the office door is closed and you leave the items by the door. When we return to the office its always encouraging to see that in the midst of our busy day, someone in our community has taken the time to care and taken the steps to give. Once again, for all the gifts great and small that find their way to our office door "MAHALO."

Sincerely,
 Linda Seyler
 North Shore Food Bank/OAMC Director
 & North Shore News Editor

North Shore News



2014 Schedule

PUBLICATION DATE	EDITION	DEADLINE DATE
May 28	#11	May 15
June 11	#12	May 29
June 25	#13	June 12
July 9	#14	June 26
July 23	#15	July 10
August 6	#16	July 24
August 20	#17	August 7
September 3	#18	August 21
September 17	#19	September 4
October 1	#20	September 18
October 15	#21	October 2
October 29	#22	October 16
November 12	#23	October 30
November 26	#24	November 13
December 10	#25	November 27

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Publication Date	Edition	Deadline Date
May 28	Congratulations Graduates	May 15
June 11	Pets & NS Animals Hana Hou Hanapa'a	May 29
July 9	Home Improvement	June 26



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

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