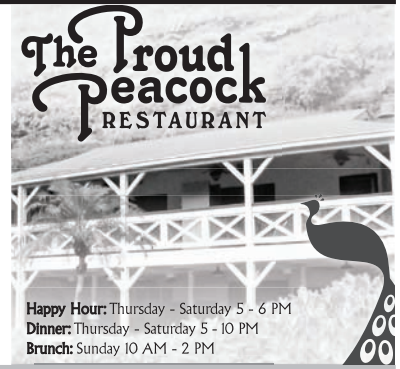




"E Ala Na Moku Kai Liloloa"

*The Proud Peacock
Restaurant*
Reopens in
Waimea Valley

see pages 12 & 13



NORTH SHORE NEWS June 25, 2014 VOLUME 31, NUMBER 13

**Lili'uokalani Protestant Church Celebrating
the 30th Annual Benefit Luau**



One of the most important event at Lili'uokalani Protestant Church is their luau. This year we are celebrating the 38th Annual Benefit Luau on August 2, 2014! Many visitors say that we are one of the best and the most inexpensive luau on this island with the authentic Hawaiian foods. The menu: kalua pig, lomi-lomi salmon, chicken long-rice, squid luau, rice, poi, raw crabs, poke, opihi(if available), haupia, kulolo, pineapple, cake and juice. All this for only \$17.50 take-out(11-2:00) and \$20 for sit in from 1:00-4:00pm. Come and enjoy as well as fellowship with us!

Perhaps, after the luau you can continue the history of Lili'uokalani Protestant Church. There are lot of other art works inside the church. Here is a brief history of the church.

Reverend John and Ursula Emerson arrived in Honolulu in May of 1832. They were missionaries from Massachusetts who arrived on the ship called "Avery." Ursula Emerson founded the seminary school for girls: Hale-Iwa to mean "beautiful home." Some people claim that Haleiwa got its name

Continued on page 16

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OFF da Island in Sapporo, Japan

Jeanne Broderick Vanna of North Shore Farms LLC dba Big Wave Tomatoe is pictured here at a greenhouse in Sapporo, Japan where her Big Wave of Flavor heirloom crops of tomatoes and sweet basil will be grown. When not tending to her crops, Jeanne relaxes and reads the North Shore News to remind her of good times back on Oahu's beautiful North Shore. For more information on the OFF da Island campaign turn to page 23.

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Editor's Choice

THE 4TH OF JULY

(Author Unknown)

This is an interesting lesson in History and what happened to the men that signed the Declaration of Independence

Have you ever wondered what happened to the 56 men who signed the Declaration of Independence?

Five signers were captured by the British as traitors, and tortured before they died.

Twelve had their homes ransacked and burned.

Two lost their sons serving in the Revolutionary Army; another had two sons captured.

Nine of the 56 fought and died from wounds or hardships of the Revolutionary War.

They signed and they pledged their lives, their fortunes, and their sacred honor.

What kind of men were they?

Twenty-four were lawyers and jurists. Eleven were merchants, nine were farmers and large plantation owners; men of means, well educated, but they signed the Declaration of Independence knowing full well that the penalty would be death if they were captured.

Carter Braxton of Virginia, a wealthy planter and trader, saw his ships swept from the seas by the British Navy. He sold his home and properties to pay his debts, and died in rags.

Thomas McKeam was so hounded by the British that he was forced to move his family almost constantly. He served in the Congress without pay, and his family was kept in hiding. His possessions were taken from him, and poverty was his reward.

Vandals or soldiers looted the properties of Dillery, Hall, Clymer, Walton, Gwinnett, Heyward, Rutledge, and Middleton.

At the battle of Yorktown, Thomas Nelson, Jr., noted that the British General Cornwallis had taken over the Nelson home for his headquarters. He quietly urged General George Washington to open fire. The home was destroyed, and Nelson died bankrupt.

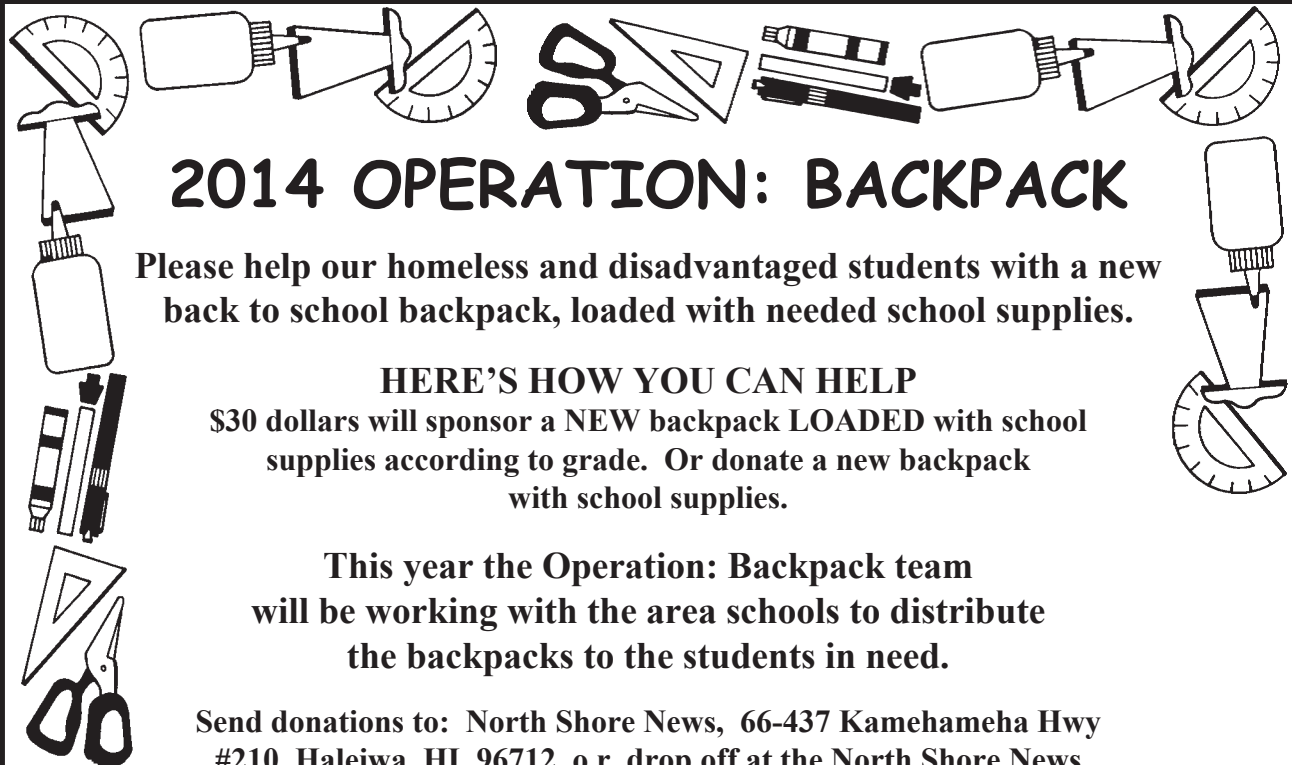
Francis Lewis had his home and properties destroyed. The enemy jailed his wife, and she died within a few months.

John Hart was driven from his wife's bedside as she was dying. Their 13 children fled for their lives. His fields and his gristmill were laid to waste. For more than a year he lived in forests and caves, returning home to find his wife dead and his children vanished.

Many of us take these liberties so much for granted, but we shouldn't.

The Fourth of July is more than beer, picnics, and baseball games. It's about showing gratitude and respect to those gave much more than most of us to keep our nation free. So on this 4th of July holiday, take a few minutes and silently thank these patriots and others who have given so much for our freedom. That's not much to ask for the price they paid.

Remember: freedom is never free! Patriotism is NOT a sin, and you can be a Patriot and still work towards Peace.



2014 OPERATION: BACKPACK

Please help our homeless and disadvantaged students with a new back to school backpack, loaded with needed school supplies.

HERE'S HOW YOU CAN HELP

\$30 dollars will sponsor a NEW backpack LOADED with school supplies according to grade. Or donate a new backpack with school supplies.

This year the Operation: Backpack team will be working with the area schools to distribute the backpacks to the students in need.

Send donations to: North Shore News, 66-437 Kamehameha Hwy #210, Haleiwa, HI 96712 or drop off at the North Shore News office, Tuesday-Friday, 10am-2pm. For more information or if you need your donation picked up call Linda at 637-3138.

Operation: Backpack is sponsored by North Shore News and Once A Month Church

MAHALO!



Photos by Trish Coder

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SALAD NIGHT
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THURSDAY
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SATURDAY
\$4.50 NIGHT
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Council Chair
Ernie Martin
Serving You in District 2

June is not only known for graduations, weddings and the beginning of hurricane season, it is also the end of the City's fiscal year. It is when the City Council adopts a new budget for the 2015 fiscal year that began on July 1, 2014. With essential city services the undisputed priority of the budget deliberations, the Council managed to balance the budget while still providing funds for non-profit organizations through grants-in-aid, money for the planning and implementation of various housing initiatives and funds for the conservation of land now protected from future development.

In addition to these initiatives, I also focused on funding critical projects within my district. For the North Shore community, \$300,000 was allocated for the creation of bike paths along Goodale Avenue and Hale'iwa Road. Over \$1 million was allocated for improvements to Kaiaka Bay and Aweoweo Beach Parks. For safety and erosion concerns, \$250,000 was included for planning, design and construction of a stairway at Pupukea Beach Park into the ocean at Sharks Cove.

For the Windward communities, funding was appropriated for a bicycle circulation study, identified as a priority in the Kahalu'u Community Master Plan. This study will include a plan for a shared use bike path to connect a proposed State bikeway to a City bikeway. Also included as a capital improvement project is the development of a community center in Ko'olauloa. \$140,000 was allocated to plan, design and construct an irrigation system for Punalu'u Beach Park, and \$125,000 was budgeted for improvements to the Maakua Stream and Ditch under Hau'ula Homestead Road,

In Central Oahu, funding was appropriated for improvements to Mililani Mauka District Park with the construction of a tennis court, part of the original master plan. In Wahiawa, funding was appropriated for the construction of a bike bath over the northern fork of Kaukonahua Stream which would connect the Agribusiness Development Corporation Technology Park and North Cane Street. \$225,000 was appropriated for the replacement of playground equipment in Wahiawa District Park and an additional \$50,000 was earmarked for the planning and design of a skateboard facility in the park. In Whitmore Village, \$150,000 was allocated for planning and design of a comfort station at Kahi Kani Neighborhood Park and \$150,000 allocated for the expansion and upgrades to the Whitmore Gym and Multipurpose Room.

Money for land conservation and preservation



Irregular and eroding sand and dirt trails are all that's available for access to the ocean from Pupukea Beach Park.

was a significant part of the FY 15 budget. Appropriations include \$5,850,750 for the fee simple acquisition of the land beneath Kahuku Municipal Golf Course as recommended by the Clean Water Natural Lands Commission, \$3,500,000 for land at Turtle Bay from Kawela Bay to Kahuku Point and \$1,100,000 from the Clean Water Natural Lands fund for the preservation of land at Senator Fong's Plantation Garden. The challenge now is to make sure that the money allocated for each of these projects is spent on time and within budget.



How did the Baker's Dozen moniker get started?

In the old days, Bakers were held to strict rules so that they would not cheat customers - as a result, Bakers used to give customers 13 items instead of 12 - one extra to make sure that customers were not cheated!



Check out our own Paalaa Kai Bakery Baker's Dozen Super Saver Special on the next page!

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Your Hometown
Waialua Bakery
www.pkbsweets.com

Waimea Valley's Native Forest Restoration Project

By Laurent Pool, Conservation Land Specialist, Waimea Valley, North Shore, O`ahu

Our forests are one of the most important parts of our lives. Why? Simply put, the forests provide us with freshwater. Forest trees act as nets that help to trap clouds and rain. When the rain falls on the forest floor, the plants below help to draw the water into the soil, like a sponge, and eventually into our underground aquifers. Aquifers are underground "reservoirs" where water slowly flows through rocks and eventually reaches the strategically placed Board of Water Supply wells. The water then reaches our faucets where we can cook, clean and drink with it.

Diverse native forests here in Hawai`i have evolved to become amazingly effective sponges while also acting as a filtration system. The diverse nature of these native forests is what helps them to be so efficient. The canopy catches the rain and the understory plants help to draw the water into the ground instead of it "running-off" and directly into the streams. When our native forests become invaded or completely taken over by invasive plants, our forests lose their ability to draw water into the ground at full capacity. Imagine the last time you went hiking through a large stand of ironwoods or strawberry guava. Do you recall that there were very few understory plants growing on the ground? That is because these types of invasive plants want to be the only plant in the area and are able to change the pH in the soil and out-compete other plants for sunlight. This lack of an understory of plants causes run-off when it

rains. Getting caught up in the run-off is our top-soils and sediments that end up in our streams and eventually in the ocean. Sedimentation of reefs is one of the main causes of coral stress and coral bleaching. Our coral reefs are where many juvenile fish grow up to become important parts of the marine ecosystem and our diets.

These are some of the concerns that have lead Waimea Valley to increase our active management of our land from the mountains to the sea. This concept is known as ahupua`a style land management. Recently, Waimea Valley was awarded a \$50,000 grant from the City and County to go towards the restoration on one of Waimea Valley's most intact stands of native forest. This 15 acre site is located approximately 3 miles back from the entrance to Waimea Valley. The area is a mix of mesic and wet forest ecosystem. This project is a joint venture with the Ko`olau Mountains Watershed Partnership, O`ahu Army Natural Resources Program, Kupu, HTA, and the City and County. The project is designed to incorporate a unique blend of forest restoration, innovation, and education. There are also plans to incorporate Gigapaning photography to see changes to the forest over time and also the use of acoustic recorders to understand the species composition of the sound making creatures in our forests. The community is encouraged to get involved with the protection and restoration of your native forests. To learn more, please call (808) 638-7766.

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State Representative
Richard Lee Fale
Serving You in District 47

The Spirit of the 4th of July.

What the 4th of July means to me.

Happy 4th of July! As we gather our families to enjoy the beaches and BBQs this Fourth, I would like to take some time to think back to our Founding Fathers and the sacrifice they made. During the course of events leading up to the Declaration of Independence, a group of patriots gathered to pledge their lives, their treasure and their sacred honor to fight for something they deeply believed in, and that was freedom. Nurturing this national spirit of resilience, conviction and determination is very important. That is why I have always been a great proponent of teamwork in every aspect of life, and especially in our schools in the areas of academics and athletics as the training ground for the future leaders we will develop within our community. The concepts of sacrificing time, personal convenience and pulling together as a team are some of the greatest traits we can develop as human beings. Living a life for a cause greater than our individual selves is admirable indeed.

Recently I spent several hours talking to the youth on the Waialua robotics team, the Waialua football team and the Kahuku rugby team. It is really interesting to hear the common themes from each group of young team members even though they came from three completely different areas of competition, but the principles necessary for success were all the same. The spirit of the 4th of July to me, is that same message of discipline, sacrifice and thinking of what is best for the whole because that leads to the greatest amount of success and good, it also develops within us the most desired qualities of character.

It is my hope that the spirit of the 4th of July continues to live strong and vibrant within our community, that we are individuals of moral strength



and courage, always possessing the willingness and determination that if ever necessary we ourselves would be willing to pledge our own lives, treasure and honor for freedom, which is as Ronald Reagan said, only one generation away from extinction.

Hale'iwa Art Walk

Last Saturday of the Month

Hale'iwa Town

6 p.m. - 9 p.m.

Haleiwa Evangelical Mission International

Come and join us
Sunday's at Waialua
Elementary School Cafeteria

Sunday School at 9:00 am
Worship Services at 10:00 am

For Prayer
Call 637-4567

Blessed to be A Blessing





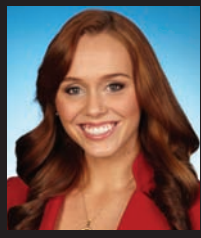
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Free products listed are limited to their availability on certain days. Promotion expires on July 11, 2014. Cannot be combined with other offers or promotions.



**Representative
Lauren
Matsumoto
Serving You in District 45**

Waialua Bike Path to Connect the Community

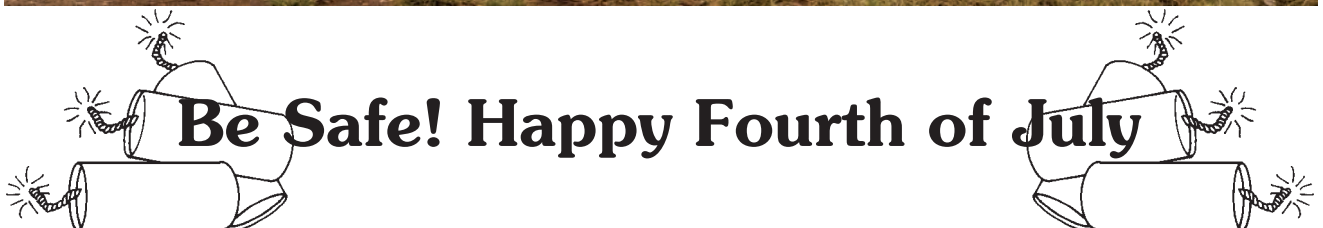
Ensuring safe routes to bike and walk is an important step to fostering a well-rounded community. Under the North Shore Sustainable Communities Plan is Bike Plan Hawaii, a design to enhance the bicycling environment in our state through a variety of channels from grassroots initiatives to government action. The plan recognizes that bicycle facilities have become integral to our state and city transportation infrastructure, and the recent budget appropriations for a Waialua Bike Path do the same.

In response to the communities needs, I was able to advocate and secure \$500,000 for the planning, designing, and construction of a bike path connecting Waialua Elementary School with Waialua High and Intermediate School. I am looking forward to working together with you to make Waialua a safer community for our keiki and kupuna. Waialua deserves a safe route for kids to go to and from school without the possibility of getting hit by a car because there is not a paved pathway from central

Waialua to Waialua Elementary School.

After hearing the concerns from those in North Shore regarding the need for a safer bike route, I fought to get the money needed for a new bike path put in the House budget. The National Center for Safe Routes to School pushes the common goal of a safe trip for students to their schools. Since the new path is planned to go along Goodale Avenue, it would provide our keiki with a safer route to Waialua Elementary School. Not only will these appropriated funds promote the safety of our keiki, but they will also promote a sense of connection within the district as well as an incentive to make healthier lifestyle choices.

This bike path was a result of community members taking the time to call and email my office about the needs of the area. In an on going effort to enhance the communication between the legislature and you, please take the time to visit my website, www.repmatsumoto.com. Once there, you can easily select issues that are important to you and receive information throughout the year. If you ever have any questions about anything that happens either in our community or at the Capitol, you can contact me by email at RepMatsumoto@Capitol.Hawaii.gov, by telephone at (808) 586-9490, or by stopping in at the Capitol in Room 303. I always look forward to seeing and hearing from you!



Olakino Maika'i

(Good Health)

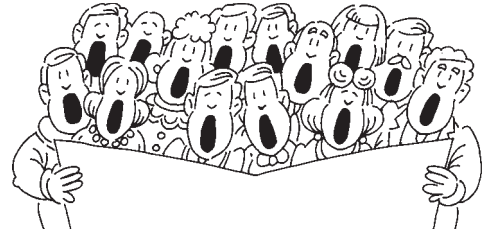
by Naty Camit Hopewell

New Treatment for Hepatitis C

Hepatitis C is a disease caused by a virus that affects the liver. It can remain dormant for many years after exposure and symptoms may not occur for 20 years. There are vaccinations for Hepatitis A & B, but not for Hepatitis C. Consequently, prevention is the key. People acquire Hep C by using contaminated needles (IV drug users), blood transfusions (tests to screen for Hep C were not available until the early 1990s), contaminated tattoo equipment (ink and needles) and sniffing contaminated cocaine.

The groundbreaking news about the treatment of Hep C involves 2 drugs that have been recently approved for treatment. Until recently, treatment of Hep C has involved pegylated interferon and ribavirin, which in different ways interfere with the reproduction of the virus. Unfortunately, these drugs have undesirable side effects, such as anemia, psychiatric disorders (such as depression) and flu-like symptoms (fatigue, nausea, vomiting). Moreover, the cure rate with these medications has been around 50-60% and many patients have had to discontinue treatment due to adverse effects. The 2 new drugs, sofosbuvir and simeprevar, also interfere with the replication of the virus. They have been approved for use in combination with the 2 older drugs and have proven to be quite effective (80-100%, depending on the type of Hep C). The effectiveness of treatment depends on a variety of factors, such as the type of virus (3 identified types), past treatment experience (failure with prior treatment) and the state of the liver. Other positive aspects of the new drugs are minimal side effects and shorter length of treatment.

When Hep C treatment is working, the virus is not detectable within 4-12 weeks of treatment. People are considered cured when there is no detectable virus for 12-24 weeks after completing treatment. By the end of 2014, new Hep C therapies will be available. The studies underway show promising cure rates and it's possible that the disease can be cured without interferon and ribavirin.



Liliuokalani Church presented an Easter Cantata this past April consisting of singers from various local community churches.

Oleo taped the performance and will feature it on Channel 55 on the following dates:

Sunday, June 29 at 3:30 p.m.

Monday, July 30 at 8:30 p.m.

Tuesday, August 1 at 9:30 a.m.

Wednesday, August 2 at 12:30 p.m.



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A BIG MAHALO!

HALE'IWA ARTS FESTIVAL

The Haleiwa Arts Festival and it's Board of Directors would like to extend a heartfelt **THANK YOU** to everyone that came out to support and assist us in making **The Art of Aloha** such a fantastic event! Please patronize the vendors that donated to our fundraiser.

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 KE NUI KITCHEN / CHEF THOMAS NAYLOR
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17TH
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MAHALO! From The Hale'iwa Arts Festival

By: *Kathleen Ells / Executive Director & Co-Chair / Hale'iwa Arts Festival 2014*

The **Art of Aloha** fundraiser for the Hale'iwa Arts Festival started out as a wish, vision and dream for an evening that turned out to be... well, just that: **A dream come true!** The vision was to combine a beautiful venue (Dillingham Ranch) with top-notch performers (Ian O'Sullivan and Taimane Gardner) and incorporate the Culinary Arts while offering a "sneak peek" of some of the artists in our 17th Annual Hale'iwa Arts Festival on July 19th and 20th at Hale'iwa Beach Park.

The evening was about "Giving Back to Our Community" and working together to create an artistic event in a beautiful setting. I reached out to entertainment that I had long admired - explaining my vision, and asking for their help. When Dillingham Ranch offered their beautiful location for our event, things really started to click! Still, we faced a very short planning timeline.

Luckily - Pura, Terri and Dannah from **Julian and Coco Events** in Haleiwa shared our vision and were eager to help coordinate our dream while donating their time, services and talent to bring this experience to our community. The perfect ingredients and people came together to ensure that this would truly be "The Art of Aloha."

The Iona 360 dancers set the theme, while a fantastic team of local Chefs donated their culinary talents to delight everyone. The energy of the evening was truly remarkable, and the "Aloha" was overflowing! We are so grateful for the sense of **COMMUNITY4ART** that we experienced first hand.

This year, all of the participating 2014 Visual Artists became members of the Hale'iwa Arts Festival. The memberships and donations **really do make a difference!** Hale'iwa Arts Festival was able to award both Waialua Elementary and Ho'ala School \$1,000 each as grants to help their Music and Art academies.

I have been a North Shore resident for over 35 years and joined HAF in 2008. I have served as Director, Vice President, President - and this year - Co-Chair and Executive Director. Over the years, I have been amazed at the talent and generosity of both the members and the artists - **and the spirit of giving from our North Shore community.**

Little did I know, before serving on the HAF Board, just how much community effort it takes for a non-profit organization to bring an event of this size to Hale'iwa for it's **17th year!**

HALE'IWA ARTS FESTIVAL • JULY 19/20 • 2014

Thank You to the North Shore News for bringing our news to the community. Stay tuned to the next NSN for full details of our Summer Event!



The Proud Peacock Restaurant in Waimea Valley Opens Its Doors Again After 19 Years

By Tom Jacobs

After an absence of almost two decades, the Proud Peacock in Waimea Valley, once an iconic eating favorite of North Shore locals, resumed service again on Thursday, June 5th. The North Shore News (NSN) took the occasion of its reopening to interview Richard Pezzulo, Executive Director of Waimea Valley, and Andy Dalan, Executive Chef, on the dining room lanai overlooking beautiful Waimea as the valley's peacocks, the restaurant's namesakes, settled, screeching, into enormous monkeypod trees.

NSN: You must be relieved to see opening day arrive.

Pezzulo: Yes. It's been a two-year, six-figure effort. After nineteen years, many repair and modernization efforts that seemed minor to begin with turned into major projects. But we're up and ready to go with a modern kitchen and elegant setting. The restaurant has 130 seats, along with a full bar with twenty-four more stools.

NSN: I see you have a great bar.

Pezzulo: Yep, completely modernized, with six beers on tap and a Signature Peacock rum drink in varying blue hues to resemble the peacocks in the Valley.

NSN: How would you rate The Proud Peacock? Three star ... four star?

Pezzulo: We think that it's a four-star restaurant at a three-star price. The entrees, all with a North Shore accent, range from Slow Roasted Prime Rib at \$25.95 to a Waiialua Burger at \$12.95. In between are Ahi Banzai, Sticky BBQ Ribs, Haleiwa Shrimp ... on and on.

NSN: Who are your target customers?

Pezzulo: We offer a first-rate dining experience to our North Shore neighbors, but we cater as well to the large tourist base of visitors to the valley. For that reason our dress code is very casual, since valley visitors come in shorts and slippers. And because many visitors will decide at the last minute to eat here, we do not take reservations except for parties of eight or more.

NSN: What are your hours?

Pezzulo: We're open Thursday, Friday, and Saturday from five to ten for dinner, with a full-service Sunday brunch ten to two.

NSN: (Turning to Executive Chef Andy Dalan) Andy, what is your background?

Dalan: I'm an island boy. I have a degree in Culinary Arts from Kapiolani Community College, and twenty-plus years in the restaurant business, all in the islands. I was pastry chef at Roy's and Hy's. I have lots of experience in the business and management end of restaurants. In the end, though, my first love is in the kitchen. So I'm happy to be here.

Pezzulo: We interviewed many, many applicants

for executive chef, but we knew that Andy was the right person based on his knowledge and experience. NSN: Andy, what is your "signature" dish?

Dalan: I would have to say my desserts: Taro Latte Crème Brulee, Ube Purple Cheesecake, Kona Coffee Lava Cake, and Uncle's North Shore Ice Cream straight from Pupukea.

NSN: We can see that you've got a success on your hands. Ho'o mai ka'i.

Pezzulo: Mahalo nui loa.



The Proud Peacock RESTAURANT

Happy Hour: Thursday - Saturday 5 - 6 PM
Dinner: Thursday - Saturday 5 - 10 PM
Brunch: Sunday 10 AM - 2 PM

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The Proud Peacock Introduces Chef Andy Dalan

Waimea Valley is proud to announce that Chef Andy Dalan has joined the Hi'ipaka LLC team as the newly appointed Executive Chef of The Proud Peacock Restaurant. Winner of the 2011 Ilima Award for "Best New Restaurant" and the 2012 Rice Fest Competition. A graduate of the Kapiolani Community College Culinary Arts program, Chef Andy comes to us with a vast diversity of experience from Marriott, Waikele Clubhouse, and Kapolei Golf Course to Roy's add a few stints at places such as Formaggio Grill, Café Julia, and Hy's steakhouse, to the mix and you've the makings of a fabulous Chef.



The Proud Peacock Restaurant, which originally opened in 1976, was a popular watering hole amongst the locals. One could find live music, a cool drink, and prime rib for under \$20 every night of the week! While we can't roll back to 70's prices, Chef Andy has built a menu that includes Prime Rib, fresh fish, and local produce complete with some tantalizing desserts, everyone is sure to enjoy! The Proud Peacock is be open Thursday, Friday, and Saturday nights for dinner from 5-10pm with a Happy Hour from 5-6pm and Sundays for brunch from 10am – 2pm. Reservations are not required.



WAIMEA VALLEY

HI'IPAKA LLC

The Proud Peacock Sunday Prime Rib Brunch

Slow Roasted Prime Rib of Beef with Au Jus and Creamy
Horseradish

Sassy Chicken with Crimini Chicken Jus

Asian Style Baked Fish with Oriental Greens

Slow Braised Pork with Ginger Soy Scallion

Fresh Vegetables sautéed with Butter and Garlic

Steamed Rice

Herb Breakfast Potatoes

Scrambled Eggs

Portuguese Sausage

Crispy Bacon

Morning Pastries

Assorted Fresh Fruits

Pupukeya Greens with Dressings

Cold Somen Salad with Japanese Cucumber and Uzunaki

Caesar Salad with Grape Tomatoes and Mango Bread Croutons

Fire Roasted Vegetables with Feta, Pistachio Pesto and Rock

Salt Plum Balsamic

Made to Order Omelet Station

Mini Cheesecake Tarts

Assorted Mini Desserts

\$39.95 Per Person (Grand Opening special \$29.95)

Use Massage to Maximize Your Athletic Performance

Massage has been utilized for thousands of years. Chinese writings dating back to 2500 BC describe the use of massage for a variety of medical purposes. Massage therapists often utilize massage techniques to help prepare an athlete pre and post competition, as a tool to enhance athletic performance, as a treatment to help the athlete recover after exercise or competition, and as a manual therapy intervention for sports-related muscular injuries.

It is believed that massage can provide several benefits to the body. Though many people think of massage therapy as primarily a relaxation device, its uses are, in reality, much more diverse. Athletes, in particular, can benefit from massage therapy and the use of massage to make them better and more versatile athletes. A well trained massage therapist knows the muscles that are heavily used during a particular sports activity. The massage practitioner uses stretching and specific techniques to prepare those muscles for optimal performance and recovery. For example, surfers and stand up paddle boarders commonly need sports massage on shoulders, low back, hips, and hamstrings.

Here are 5 great reasons why massage is beneficial to athletes.

1. Increases flexibility: For an athlete to maintain optimal performance, he/she must have a high degree of flexibility. Since massage therapy stretches the muscle fibers, flexibility is promoted and maintained. No matter which sport or sports the athlete is involved in, flexibility can be gained through massage therapy; developing an advantage over competitors.

2. Improves circulation: With better circulation, the athlete can utilize oxygen more efficiently. Since the practice of massage helps with blood flow, the circulation of the athlete will be improved and this will enhance performance levels.

3. Alleviates muscle pain: If an athlete is in pain due to an injury, performance will not be at optimum

level. With regular massage therapy, muscle pain can be curbed and the athlete can excel without being side tracked by pain issues.

4. Promotes better sleep patterns: By getting regular massages, an athlete improves quantity and quality of sleep. By getting more sound sleep, the athlete is better able to perform at optimal level.

5. Increases relaxation levels: Many athletes have a type A personality, and as a result, have a hard time relaxing. When an athlete can't relax; stress can begin to take a toll on health. By getting regular massages, the participant can learn to relax body and mind; this will improve day to day life, as well as athletic performance.

By having regular massages, athletes can keep their muscles healthy, improve their flexibility, maintain relaxation, and have a better sleep cycle. These are just a few of the many benefits of sports massage therapy.

Turtle Bay Resort to Screen 'Kumu Hina' A Uniquely Hawaiian Film about the True Meaning of Aloha

The PBS film about revered teacher and cultural practitioner Hina Wong-Kalu spotlights Native Hawaiian culture and values in Turtle Bay Resort screening.

KUMU HINA, an inspiring new PBS film from Pacific Islanders in Communications about the struggle to maintain traditional culture and values within the Westernized society of present-day Hawaii, will be pre-viewed in a special screening at Turtle Bay Resort's Surfer, the bar - Sat., June 28 at 7 p.m. Tickets \$5 at the door, with proceeds going to support efforts to spread Kumu Hina's message of aloha across the U.S. and around the world.

The film's entertaining stories are told through the voice of Hina Wong-Kalu, a remarkable native Hawaiian teacher who tries to inspire a young student to claim her place as leader of the school's all-boy hula troupe as she goes on that most universal of quests — love and a fulfilling romantic relationship in her own life.

As Hina's arduous journey unfolds, her Hawaiian roots and values give her the strength and wisdom to persevere, offering viewers a profound new glimpse of island life and a deeper understanding of what Hina calls 'the true meaning of aloha.'

This very special event will be followed by a Talk Story session with Kumu Hina and the film's directors and North Shore residents Dean Hamer and Joe Wilson.

"This amazing film allows audiences an intimate and refreshing view of Pacific Island life and culture through iconic Hawaiian leader Hina Wong-Kalu," said Leanne Ferrer, director of Pacific Islanders in Communications. "I know that KUMU HINA will inspire and bring understanding and enlightenment to all who view it."



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BANZAI NORTH SHORE WIRELESS

The North Shore swim Series is off an running. The races were organized in the 80's for our community and have grown rapidly. First race was a quick one from Sunset Beach to Pipeline.

A record number of swimmers took on the first race the one mile Aloha Salads Sprint in perfect down wind conditions. Over 750 racers were on the course making for a bundled up start but a fast race. Conditions were a bit tough as there was a tiny north swell and waves were breaking on a couple of reefs on the way to Pipeline. Currents outside made the inside tract a bit faster and it was experienced ocean swimmer Jayson Hagi who beat the pack to the beach. Hagi is just back from a great swim career at college and has also won the North Shore Swim Series in 2012. He is serious, he has a coach and wants to take it again. "I just got off my College career in swimming and I like to show up at all the North Shore races and support. This was a good race, not too many waves except at the end... I have been coming to this race for ten years," said Hagi after the race. His time was 20:31.8. First in on the female side was Ashley Forsyth from Kentucky who is here with Kamehameha Swim Club. With a time of 21:01:3, she was not far behind the men. "They pushed me to try and catch them but the waves kept taking me and I am not used to this one so it was a little bit tougher to catch them. I am a miler in college so it felt pretty good, but there were waves," she said. In second place was Jesmine Meu from Honolulu also with Kamehameha Swim Club. Her time 22:01.2. Congrats to all! Here are the upcoming races:

- Cholo's Waimea Bay 1.2 Mile Swim Waimea Bay Saturday June 28
 - Jaco Chun's to Waimea Bay 1.6 Mile Swim Chun's to Waimea Bay Saturday July 12
 - North Shore Soap Factory Laniakea to Pua'ena Point Swim 1.9 Mile
 - Laniakea Beach to Pua'ena Point Beach Saturday July 26
 - Jamba Juice North Shore Challenge 2.3 Mile Swim Pipeline to Waimea Bay Saturday August 9
- ALL SWIMS START AT 9AM Visit hawaiiiswim.com

Check out the new live camera that Surf News Network put up at Kaisers in town. The camera has a birds eye view of a lot of the coast. Find it at www.surfnewsnetwork.com.

Have you been seeing camera drones flying around lately? There have been a lot of them and big ones documenting the surf and they are becoming and issue

of safety and regulations. Some legislators want o out law them! There are currently 30 states trying to do so. The radio controlled devices apparently are legal as long as you are not making money on the video you get from them. According to Les Dorr (a spokesperson for the FAA out of Washington, D.C.) "...if you are taking video for your own personal use (including YouTube) and you're not going to do anything else with it, and you adhere to model aircraft guidelines, you're okay..." He continues, "...you cannot sell the video, and you cannot take money for shooting the video." Why? Because using unmanned aerial systems for commercial purposes is illegal. Just so you are aware there will be plenty more flying around your head while you surf this winter.

A big shout out to North Shore big wave surfer Kohl Christensen and Mrs. Sara Miles Christensen who were married on June 14. Aloha!! Have any news? send to banzaibetty.com



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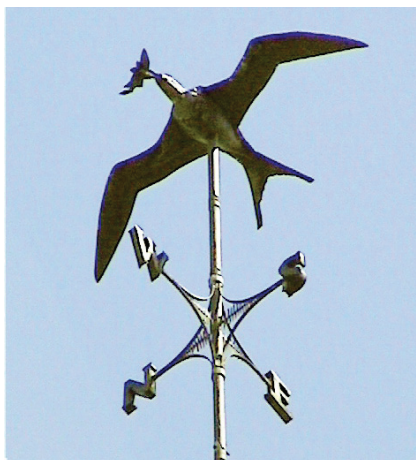
from her seminary school.

The present building was completed in 1961, the 4th structure of this church. It was the wooden church, the 3rd structure, where Queen Lili'uokalani attended during her stay at her summer home along the Anahulu river. The architect for the present church was Theodore Vierra, the first part-Hawaiian who graduated from Havard University in architect.

Inside the church are the stained-glass windows by Erika Karawina, a world renown stained-glass artist. She is the artist of many of the Federal and State buildings in Honolulu as well as many churches in Hawaii and abroad. The circular Rose Window was donated by Erika to all the members who dedicated their life and contributed to her art work but died before they got to see the church with her beautiful art work. There are 4 stained-glass windows at the altar area which the artist wanted the "I AMs" of the Bible.

The priceless clock donated by the Queen on January 1, 1892 is 32" in diameter with 7 dials. She asked the manufacturer to replace the numbers with letters of her name. The art work by Leo Hone is created to sense the Queen's legacy of keeping the Hawaiian culture alive, as her hand is reaching out to the flowers (pua in Hawaiian) which also means children. According to the artist, this is the meaning of her hand reaching out of the picture. The artist also created her eye from the old picture being uncovered, like peeling off from an old picture. As you walk around the church, her eye will be on you 'always,' similar to the "Mona Lisa." Also, Leo Hone's signature of all of her art work is a pueo, Hawaiian owl. You can see it on the calabash given to her on her birthday. The Hawaiian text reads: A gift from the friends of Liliuokalani, dated September 2, 1892. September 2nd is the Queen's birthday. All of the precious hymnal, the case, the feather leis and the calabash all belongs to the Queen.

The Iwa bird outside on the church's steeple represents the scripture from Mark 1:17 "Come, follow me," Jesus said, "and I will make you fishers of men."



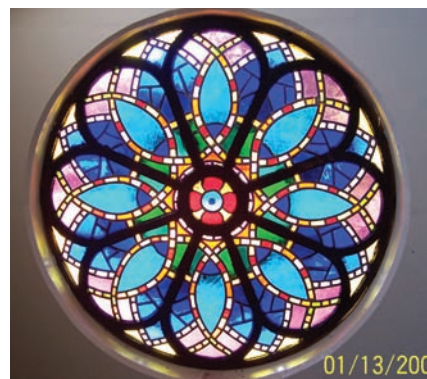
Iwa Bird weather vane



John Emerson



Ursula Emerson



Erika Karawina Stained Glass



Queen Liliuokalani



Erika Karawina stained glass



Queen's clock created by Leo Hone

The Big Fix: Mobile Spay and Neuter

The Big Fix is a fully equipped veterinary surgical unit that enables us to provide affordable spay and neuter services in some of our most rural and underserved areas of Oahu. Sterilization is the single most effective strategy to reducing pet overpopulation and ending euthanasia.

The Big Fix-Clinic Dates

Clinic dates and location will be posted and updated monthly.

June 29 – Cats in Kahuku (location TBD)

Pet cats are dropped off 8 a.m. Feral cats are dropped off at 9 a.m. Owners will be called for pick up.

Sterilization fees are:

\$45 for pet cats

\$25 for feral cats

Special subsidized rates are available for those that cannot afford the fees. Fees include surgery, microchip identification and pain medication. We pay for the microchip. E-collars are available for \$5. There are no other hidden fees. Appointment required.

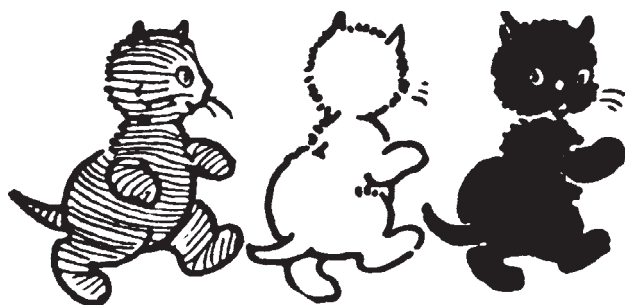
Please email alicia@poidogsandpopoki.org to make your appointment. Please include:

- Name
- Contact number
- Dog or Cat (pet or feral for cats)
- Male or Female
- For dogs – approx. weight as well as breed
- Choice of clinic date/location

Email is best if you have questions. Response time is quicker. But you can also call Alicia at 557-7913. You will get a confirmation and a follow up email a few days prior to the clinic will be sent with more details and clinic forms.

Sponsor a Spay/Neuter Clinic

While some funding allows to subsidize services for those that cannot afford it, PDP welcomes local businesses, property managers, and other groups interested in bringing The Big Fix to their community to engage in Trap-Neuter-Return, the only compassionate solution to feral cat management.



Azure Crowell Heads to Nationals

Azure Crowell of Hauula is heading to Des Moines, Iowa for the Rodeo Nationals. Azure is the only girl representing Hawaii with 2 boys from the Big Island. For the Oahu district Azure was awarded 1st place for juniors in pole bending and 2nd in junior barrels. Competition was June 22nd.



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2014 HMSA Kaimana Awards & Scholarship Program Awards Two Waialua High School Students

School principals, athletic directors, students, and family members came from across the state to the Hawaii Convention Center today to honor Hawaii's top high schools and the finest scholar athletes at the 2014 HMSA Kaimana Awards & Scholarship Program luncheon.

"The students and the schools we're honoring today understand the value of giving back to our communities," said Elisa Yadao, HMSA's senior vice president of Consumer Experience. "In addition to the countless hours they worked to excel academically and athletically, they all made time to make a difference and give back. These are young people making positive change in the world and we want to do whatever we can to help them because that's the best way to create healthy, vibrant communities."

The Kaimana program, which started in August 2005, recognizes all-around accomplishments by high schools and rewards individual student athletes with scholarships. It's sponsored by HMSA and administered by the Hawaii High School Athletic Association.

At today's awards ceremony, 21 students received



scholarships worth \$3,000. Five of those students were named distinguished scholars and received an additional \$2,000 each.

Thirty high schools were recognized for achieving the highest program scores in their league and division in athletics, academics, sportsmanship, and community service. The 10 highest-scoring schools received a check for \$1,500.

Oahu Interscholastic Association (OIA) Scholarship Recipients:

Amber Alejandro, Waialua High School
William Blaser III, Waialua High School

Local Skydiver Wins Slot on U.S. Parachute Team!

Waialua resident Gage Galle earned a coveted slot on the prestigious U.S. Parachute Team at last week's Skydive City Zephyrhills in Florida. The eight-person team will compete against the best canopy pilots from around the world when the World Championships comes to the U.S. for the first time ever November 1-7 in Zephyrhills.

In canopy piloting, often called "swooping," skydivers fly high-performance parachutes that can generate high vertical and horizontal speeds. By performing speed-inducing maneuvers, these very experienced skydivers can glide inches above the ground for hundreds of yards at speeds approaching 90 mph.

The canopy piloting championships include competitions in speed, in which pilots try to fly as quickly as possible through a course; distance, which involves flying as far as possible across the ground; and accuracy, in which canopy pilots must stop on an exact spot for maximum points.

Galle, 28, works and trains at Skydive Hawaii. He has completed an astounding 7,000-plus skydives and is a member of the Performance Designs Factory Team.

Interviews with Galle and aerial photos and video

of him in action are available upon request.

Later this year, nearly 500 of the country's top skydivers will head to the 2014 United States Parachute Association (USPA) National Skydiving Championships, the biggest and most thrilling skydiving competition in the country. The event will take place September 10-23 at Skydive Chicago, an expansive skydiving resort in Ottawa, about an hour west of Chicago. These championships are also free and open to the public.



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Editors Choice

“Feeding the Hungry”

(Author Unknown)

I built a beautiful bird feeder. I hung it on my back porch and filled it with seeds. Within a week we had hundreds of birds taking advantage of the continuous flow of free and easily accessible food.

But then the birds [free-loaders] started building nests in the boards of the patio, above the table, and next to the barbecue.

Then came the poop. [doo-doo]. It was everywhere: on the patio [news], chairs [courts], table [schools]. Everywhere!

Then some of the birds turned mean. They would dive bomb me [attack] and try to peck [bad mouth] me even though I had fed them out of my own pocket.

And others birds were boisterous and loud. They sat on the feeder and squawked and screamed at all hours of the day and night demanding that I fill it [again] when it got low on food.

After a while, I couldn't even sit on my own back porch anymore [America]. So I took down the bird feeder and in three days the birds were gone. I cleaned up their mess.

And soon, the back yard was like it used to be quiet, peaceful and no one demanding their rights to receive stuff they didn't pay for.

Give a person a fish and they will eat for a day, but give them a fishing pole and they will eat for a life-time. Moral of the story; less bird feeders, more fishing poles.

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2014 Schedule

PUBLICATION DATE	EDITION	DEADLINE DATE
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	DeadlineDate
July 9	Hale'iwa Arts Festival-NS Artists	June 26
July 23	Home Improvement-Home & Garden	July 10
August 6	Pets & NS Animals	July 24
September 3	Labor Day-Restaurant Guide	August 21



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Call any time 478-0333

N.S. Property Maintenance

Power wash, painting int/ext,
deck repairs, extensions,
fences, gates,
carpentry & remodels.
Maintenance, lawn & yard.
Chris 381-5213/638-0659

Golden Rule Lawn Care

Mowing, weed whacking,
hedge trimming, rake up,
light weeding & haul away.
Call Matt 269-5020



HOW TO CONTACT THE NORTH SHORE NEWS

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

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

E-MAIL: NShoreNews@aol.com

PHONE: (808) 637-3138

Office Hours: Closed Monday, Tuesday-Friday 11:00 a.m.-3 p.m.

www.northshorenews.com

CLASSIFIED ADS

For Advertising Rates
 Call 637-3138
 or go to
 www.northshorenews.com

ANGELS PLUMBING
 Repairs
 Remodeling
 Renovation
638-7878
 Lic. #C12004



GERMAN CAR SERVICE
 Professional-Qualified
 Technician
 Call Gary
 637-6800



Business Services Center
 Fast & convenient fax, copy,
 scan, computer/internet,
 laminate, etc.
 Across from Haleiwa post office.
 637-4558 or GoNorthShore.org

Friends of Kahuku Library
 Desperately need new
 members. Please call the
 library for more information.
 293-8935

Haleiwa Art Walk
 Last Saturday of the
 month
 6pm - 9pm
 Haleiwa Town



Marianne Abrigo, Properties
 Specializing in -
 North Shore
 Real Estate
 Ask for our list of avail-
 able properties and/or a
 free market analysis.
Marianne M. Abrigo
 "Realtor since 1974"
 Office 637-3511
 Fax 637-0777
 Email mabrigo222@aol.com

HELP WANTED
BUSSERS/SERVERS
 Pizza Bob's in Haleiwa is looking
 for BUSSERS/SERVERS. Experi-
 ence preferred. Apply in person
 at 66-145 Kam. Hwy.

COOKS/KITCHEN HELP
 Pizza Bob's in Haleiwa is looking
 for kitchen personnel. Experi-
 ence preferred, but will consider
 training the right people. Apply
 in person at 66-145 Kam. Hwy.

**Retail Sales
 Surf & Sea**
 Hawaii's Ocean Sports Headquarters
 is always looking for hard working,
 energetic people to become a part
 of our sales team. Good pay, bonus,
 benefits. Ocean sports experience
 and/or bilingual a plus. Apply in
 person daily 9am-7pm
 62-595 Kam. Hwy., Haleiwa

LOST & FOUND
Found watch on Anahulu River
 Please describe watch.
 Call 478-9163

MISCELLANEOUS
 Study the Bible on your own.
 Free amazing facts Bible study
 guides and Prophecy magazine.
 Call 638-8209

Waialua Elementary Kindergarten
 Registration
 PLEASE REGISTER NOW
 DON'T WAIT UNTIL THE
 LAST MINUTE!
 FREE UNIFORM SHIRT
 FOR ALL STUDENTS
 REGISTERED BEFORE JULY 4TH

**Waialua Library
 Book Club**
 June 26, 9:30am - 11:30am
 The reader's meet the 4th
 Thursday every month.

Operation: Backpack
 Please help our homeless
 and disadvantaged keiki
 with a new backpack and
 school supplies. See page 4
 for more information.

CALL TO ARTISTS
 Art/Music/Dance
 Space available for shows or
 classes. Call Jay Marr
 808-637-2462

BON DANCE
July 18 & 19
8:99 p.m.
Haleiwa Jodo Mission

BON DANCE
Waialua Hongwanji
Bon Dance
7 p.m.

North Shore Food Bank
 Food bag distribution
 Wednesdays at Haleiwa
 Gym across from
 Post Office
 9am-12pm

NSN Pet Issue
 Would you like to see
 your pet(s) featured in the
 NSN? Email your pets
 picture with a caption to:
 NShoreNews@aol.com

**Children's Story Time
 & Crafts**
 Saturday, July 5,
 10:00am - 11:00am
 Waialua Library

Blood Bank of Hawaii
 Saturday, July 19, 2014
 Laie Shopping Center
 Bloodmobile
 8:00am-11:00am

MAHALO!
 From the
 North Shore
 Food Bank
 to Paalaa Kai Bakery
 for your donations
 of pastries and breads.

Save the Sea Turtles Int'l and Adopt a
 Beach and Highway Hawaii
BEACH CLEAN UP
Last Saturday of every month
 10 a.m. • 61-529 Kamehameha
 Hwy., Haleiwa, HI 96712
 For more information 808-637-2211
 Check out our website at:
 http://adoptabeachhawaii.com

New Hope Haleiwa
 "Anchored to God's word,
 led by his spirit" @Haleiwa
 Elementary School
 9:00am Service
 621-9363

**Voice of God
 Ministries**
 Jesus Loves You
 If you need Prayer
 Call 808-373-0294

**Queen's
 Open Market**
 Sundays 1:00 to 5:00 pm
 Liliuokalani Church

Classified Ad Rates
 3 lines (min.) \$18.89
 4 lines \$25.13
 5 lines \$32.45
 1" Box Ad \$41.88
 (27 characters in each line)
 Include your contact information.
 *Ads can be dropped off in mail slot,
 mailed, or emailed. Pay by check pay-
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OFF da ISLAND
 Are you leaving Oahu on vaca-
 tion 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 loca-
 tion to: NShoreNews@aol.com.



Malama Market Haleiwa:
Open Daily 7 a.m.–9 p.m.
(808) 637-4520

Malama Market Makakilo:
Open Daily 6 a.m.–10 p.m.
(808) 672-9955

Valid Dates:
6/25/14–7/1/14

Deals of the Week!

Locally Grown

Local O'ahu Seeded or Seedless Watermelon

49¢ LB.

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

\$3.49 LB.

160°F **LARGE SIZE**

or Fresh Ground Pork
Value Pack, 3 lbs. or More

Hormel Always Tender Pork

7Up, Sunkist, A&W, Sun Drop, or RC Cola
Selected Varieties, 2 ltr.

4/\$5

Best Yet Milk
Selected Varieties, 1/2 Gal.

\$3.59

Hawaiian Sun Fruit Drinks or Nectars
Selected Varieties, 6/11.5 oz.

\$2.59

Frito-Lay Cheetos, Fritos, or Funyuns Chips
Selected Varieties, 6.5–9.75 oz.

\$2.89

Frito-Lay Dip, Selected Varieties, 9 oz., 2/\$6

Minute Maid Orange Juice
Selected Varieties, 59 oz.

\$3.99

Progresso Soup
Selected Varieties, 18.5–19 oz.

2/\$5

Fresh Baked Whole Garlic Bread
16 oz.

\$3.19 EA.

6 Piece Country Style Fried Chicken
3 Thighs, 3 Drums

\$7.49 EA.

6 PCS.

Heineken, Corona, Stella Artois, or Redd's Apple Ale
12 Pk. Bottles or Cans

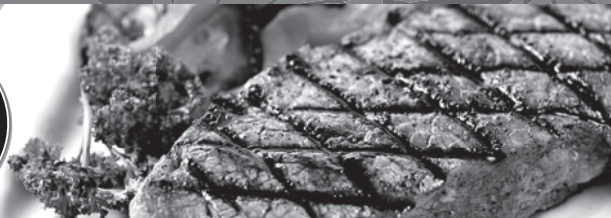
\$15.99

Thursday

Grilled Steak Lunch

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

\$7.99



Hawaii Beverage Fee Hawaii Beverage Fee of 1.5¢ per can or bottle will be added to purchase price at checkout. An additional Hawaii Deposit Fee of 5¢ will be charged for all specially marked beverage containers.

Limit five units (mix/match) per purchase, unless otherwise specified. We reserve the right to limit quantities. No sales to dealers. Prices plus applicable state tax. Hawaii EBT cards welcomed.