



"E Ala Na Moku Kai Liloloa"

2011

Home Improvement Edition

12 Page Insert

- B4 • Hurricane Readiness
- B9 • Maintaining Your Generator
- B10 • Eco-Friendly Home Building
- B11 • Home Energy Saving Tips



NORTH SHORE NEWS

June 29, 2011

VOLUME 28, NUMBER 13



Having fun at Honolulu Hale

It was Honolulu Mayor Peter Carlisle's idea (front-center) to end a somewhat serious media photo session in his chambers with a fun and wild "shaka" pose.

Hale'iwa and Waialua community leaders were present for the

Mayor's signing of the North Shore Sustainable Communities plan that presents a community vision for future development over the next 20 years.

Standing to the left of the Mayor is City Councilperson Ann Kobayas-

hi and to his right is District 2 City Councilman Ernie Martin. Behind them are several North Shore community leaders present to celebrate the signing of City Council Bill 61. (Ron Valenciana photo)

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OFF da Island in Morocco

Scott and Susan Valle of Waialua celebrated their 25th Anniversary on May 30, 2011 by riding camels on the beach in Morocco. On their way to a surf session they were able to read a recent copy of the NSN to remind them of the good times back on Oahu's beautiful North Shore. To learn more about our OFF the island photo campaign turn to page 27.



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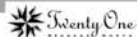
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HARDY KINTSCHER

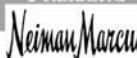


Guest Chef Hardy Kintscher

On FRIDAY, JULY 22nd dinner will be crafted by Guest Chef Hardy Kintscher of Michel's at the Colony Surf. \$75 Without Wine Selections | \$95 With Wine Selections



MARC ANTHONY FREIBERG



Guest Chef Russel Siu

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RUSSELL SIU



Guest Chef Marc Anthony

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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.

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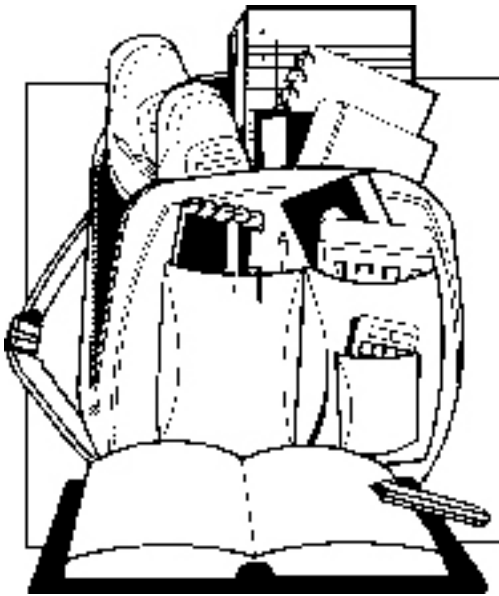
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'11 Goal: 350 Backpacks!

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HERE'S HOW YOU CAN HELP!

Call the North Shore News office at 637-3138, and tell us how many keiki your family, your business, your church or your organization wants to sponsor. Last year we gave out 300+ backpacks to needy keiki.

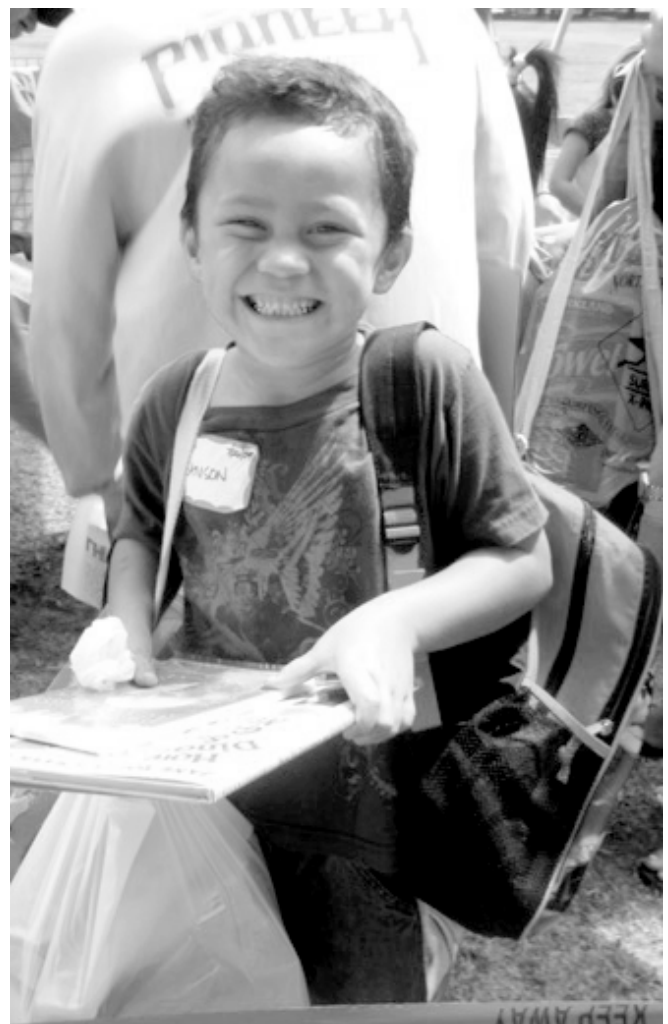
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KHS senior Keola Kahaulelio is 2011 Duke Kahanamoku Ambassador of Aloha Scholarship recipient

If you have heard her speak Hawaiian, oli, dance hula kahiko, auana, and Tahitian, seen her play water polo, surf, swim or steer a canoe you wouldn't be surprised that she is the first Oahu public school student to receive the Duke Kahanamoku Ambassador of Aloha Scholarship. She is very active in school and in the community. Most likely you have seen her perform with her hula halau, Na Lei Nani O Waialua at various community events, such as the Waialua Bandstand or at the annual Hui O He'e Nalu 4th of July paddleboard race. Keola's photography skills have also earned her first place awards at the school level as well as in the Hawaii Scholastic Arts Awards. Keola's impressive resume earned her \$10,000, which will help pay tuition at the University of Hawaii at Manoa this fall, where she will major in Nursing and play water polo. It is also no wonder that Kahaulelio was chosen as the Princess for the island of Kahoolawe in this year's May Day court. This month she will represent Hawaii and travel to Anaheim, CA where she will compete in the national HOSA (Health Occupation Students of America) competition. Currently, Keola is organizing a blood drive for the Blood Bank of Hawaii, which will help her earn additional scholarship money. It will be held in August in Hale'iwa town. We wish this humble, beautiful young lady continued success!



Keola Kahaulelio.



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Local artist's work tells she was a "Good Kid"

Waialua resident Margo Goodall is pictured here standing next to her award winning artwork titled "Good Kid" from a National League of American Pen Women Biennial Art Exhibit hosted at the Honolulu Country Club. The theme of the show was "When I Was a Kid" ...sub-themed; "It's Never Too Late to Have A Good Childhood!" The kid in the photo is Margo, in a bubble bath no less. The art show features over 40 works by talented members of the Honolulu chapter of this national league made up of professional artists, writers, and actors. The show ends June 31, 2011. Margo explained: "This photo is from the festive opening that featured games, awards, and a sing along of Row Row Row Your Boat. My hat was folded newspaper comics...re-purposed and made fashionable (and now in the recycle bin!)."

HAU'OLI LĀ NOA IA 'ŌE!
Happy 4th of July!



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Celebration

Join us at the West End Lawn for entertainment,
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- Doors Open at 5:30pm
- Entertainment by Kapena & Ka'ala Boys
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- No coolers or outside food & beverage
- No highback chairs - Bring Your Ha Li'i (mat)
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City & County's 2011 Reapportionment Now Underway

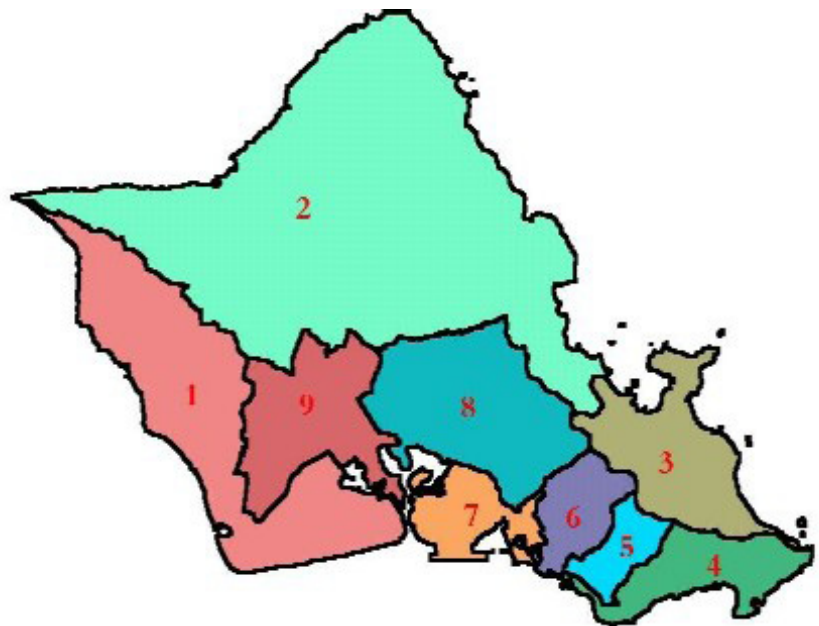
Since amended in 1991, the Honolulu City Charter requires a reapportionment of Oahu's nine council districts every ten years. The City Charter also requires the City to convene a commission to prepare a reapportionment plan for the City. On June 3, 2011, in preparation for the third mandated reapportionment, the City Council adopted Resolution 11-162. This resolution established the nine member commission which will evaluate 2010 census data information to determine nine new council districts including the creation of maps for the districts. Five of the nine current council districts have seen above average growth with four districts at average or below average growth. I am privileged to represent District 2 on the City Council which includes Miliani Mauka, Wahiawa, Whitmore Village, Mokuleia, Waiialua, Haleiwa, Waimea, Pupukea, Sunset Beach, Kahuku, Laie, Hauula, Punaluu, Kahana, Ahuhimanu, and a portion of Heeia. It is the largest geographic council district on Oahu. The population has increased by 14% which is considered to be above average growth.

To distribute the new population numbers equally among the new districts, the target population is now 105,000 people. This is an increase from the 91,000 base used to establish the 2001 boundaries. Pursuant to the City Charter, the new reapportionment plan is not subject to the approval of the Council but all meetings will be posted in advance and open to the public.

Once the proposed plan is approved by the members of the Commission, it will be made available to the public for review. At least one public hearing on changes in the boundaries will be held, the details of which will be decided on by the members. The City's Election Website will also contain updates on the progress of the Commission. The 2001 Reapportionment Commission held a total of three public hearings around the island. In response to public comments received, the Commission amended the proposed scenario to a plan that they felt was the most appropriate for the next ten years. The Commission

also agreed to renumber the council districts starting with the Leeward Coast as District 1 and proceeding clockwise around the island in a fashion similar to past reapportionment plans.

The Commission's first meeting is tentatively scheduled for June 29th at 6:00 pm in the City Council's committee room. The new members will be briefed by the City Clerk and Corporation Counsel on the Commission's roles and responsibilities and decide on several items of new business including their meeting schedule. The members of the 2011 Commission appointed by the Council Chair and approved by the entire City Council are Rodney Funakoshi, Rey Graulty, Mike Kido, Kerry Komatsub-



ara, Albi Mateo, John Monis, Anel Montes, Nathan Okubo and Arthur Park. These nine individuals will be meeting regularly in the coming months. With the benefit of public input, they are expected to provide the new reapportionment plan to the City Clerk no later than January 2, 2012. Once the plan is submitted to the Clerk, it will be posted on the website at <http://www.honoluluelections.us> where it will be available for review in final form. It will become the City Council Districts configuration that will govern elections until 2021.

*Being fair and reasonable will earn
 you respect and admiration,
 but being genuinely kind will make
 you a total love magnet.*

Mike Dooley
 Inspirational Author, Speaker and Friend

USDA Consumer Alert: Keeping food safe during an emergency

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

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

Steps to follow to prepare for a possible weather emergency:

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

Steps to follow after the weather emergency:

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

food thermometer.

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

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

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

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



**Direct From
Donovan
State Senator
Donovan Dela Cruz**

I am pleased to report that during the past session, the Senate passed the following resolutions which I introduced.

SR110. I introduced SR110 to address major problems caused by flooding in various parts of the state. This resolution requests the State Hazard Mitigation Forum to study measures to mitigate risks associated with state flood hazards.

Flooding is a major concern but certain areas are more prone to dangerous road conditions, damage to structures and potential loss of life. Floods cause erosion and breaches of stream banks diverting water away from its natural flow causing ruin to farms growing produce and plant nurseries, causing dangerous conditions for animal ranches and farms, and irrigation systems are ruined. We have had flood waters coursing through neighborhoods flooding homes and businesses and causing damage by the debris sweeping along with it.

There needs to be a coordinated effort by federal, state, and county governments along with the necessary funding. The State Hazard Mitigation Fo-

rum evaluates and prioritizes measures to mitigate the risks associated with hazards and makes recommendations to the Adjutant General regarding grant awards for statewide mitigation projects.

SR 59. Because we are an island state with limited land and other resources, we need sound land use policies and planning to ensure a sustainable and livable environment. To achieve this end, I introduced SR 59 which establishes a working group to discuss mixed-use development and main streets in the urban core, ways of constructing density and minimizing urban sprawl, and mixed-use development regarding transit stations.

This group will consist of the Chair and Vice-Chair of the Senate Committee on Water, Land and Housing and at least two other senators designated by the Senate President; directors of the Office of Planning, Budget and Finance, and Accounting and General Services; mayors of each county; director of planning and permitting of the City; chair of the Honolulu Authority for Rapid Transportation; president of the Hawaii Building and Construction Trades Council; executive vice president of the General Contractors Association of Hawaii; president of the Land Use Research Foundation; and a representative of the Urban Land Institute of Hawaii.

In a future column, I will report on other measures which were passed by the Senate. If you have any suggestions on legislation that you want us to consider, please feel free to contact my office.

Land board adopts rule to ban drugs, alcohol at Kane'ohē sandbar

The Board of Land and Natural Resources today adopted an emergency rule amendment to establish a safety zone around Ahu o Laka (the Kane'ohē sandbar) that prohibits alcohol and drugs on three-day weekends that include state holidays. The rule will be in effect before the Fourth of July weekend and for 120 days while the Department plans to begin a formal rule-making process to establish permanent rules for Ahu o Laka.

"Families and residents have long enjoyed going out to the sandbar," said William J. Aila, Jr. DLNR Chairperson. "However, in recent years, there has been an increase in unruly activity that involves drinking and use of illegal drugs. We have a responsibility to ensure the public's safety, and this new rule will help us in protecting our residents and families."

The Ahu o Laka safety zone describes a rectangular area just over a square mile comprising the majority of the sandbar and defined by four marker buoys.

The rule includes:

- a prohibition on the possession or consumption of alcohol and other intoxicating substances within the

most frequently crowded sections of Ahu o Laka and the immediate surrounding area

- a prohibition on entering or remaining in such area while intoxicated or under the influence of alcohol, narcotics, or drugs
- a prohibition of disorderly conduct

Violations are subject to a fine of not more than \$1,000 or not less than \$50 for each violation, in addition to possible administrative penalties.

Over the past several years, there has been an increase in overcrowding and incidents involving alcohol and drugs at Ahu o Laka, particularly on holiday weekends.

The Land Board has rule-making authority under HRS Section 200-4 and emergency rule-making powers in HRS Section 91-3. The board amended Hawaii Administrative Rule (HAR) Title 13 Chapter 256 by adopting a new section 13-256-73.13 to address activities anticipated to pose an imminent peril to the public health, safety or morals at Ahu o Laka, also known as the Kane'ohē Bay sandbar.

WHAT HAPPENS IF THERE'S NO MORE FOOD?

The North Shore Foodbank Needs Your Help!

Presently, our food pantry shelves are short on food for our hungry North Shore neighbors. Some are homeless but not all. Many are senior citizens on fixed incomes. Many are children and teens. Many are working poor and laid-off workers needing food assistance for the first time. You can make a difference for needy individuals and families who are struggling with hunger and have no where else to turn. Last month we distributed over 1,000 food bags. Each bag had 10-12 cans of food.

**If You Can Give We Need Your Help.
Now More Than Ever.**

TOP NEEDED ITEMS

- Financial contributions
- Canned meats/tuna
- Canned meals*
- Canned soups
- Canned fruits & vegetables
*spaghetti, chili, spam, corned beef, vienna sausage

DROP OFF

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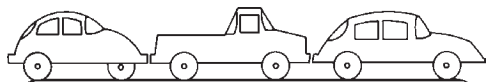
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8am to 2pm

Waiialua Community Assoc. in Hale'iwa

Proceeds to benefit the North Shore Food Bank
Sponsored by the Once A Month Church
(to volunteer or donate call 342-3969)
OK to bring food donation too

North Shore Food Bank

You can help feed the North Shore's homeless & hungry by donating non-perishable canned foods to the North Shore Food Bank located in the North Shore News office above the Hale'iwa Post Office.

637-3138

Prefer to contribute financially?
Check can be made out to:

Once A Month Church
P.O. Box 117, Hale'iwa, HI 96712

TOP 5 MOST NEEDED ITEMS

- Financial Contributions
- Canned meats or tuna
- Canned meats & soups
- Canned vegetables & fruits
- Canned beans

No donation is too small.

501c3 non-profit

NORTH SHORE DENTISTRY

Welcomes

Dr. Alan Yugawa

to our Practice.



FREE WHITENING SPECIAL*

- New Patients of Dr Yugawa only
- With Paid Exam, X-rays, & Cleaning
- Thursday Appointments only

*Restrictions Apply, Call for details
Offer Ends 7/15/11

638-7883 59-712 A Kamehameha Hwy
Next to the Pupukea Foodland



**A Message From
State Representative
Gil Riviere**

The Oahu General Plan (GP) is going to be updated and everyone who is interested in the future of our island is encouraged to participate in the process. The GP is a statement of long-range social, economic, environmental, and design objectives for the general welfare and prosperity of the people of Oahu.

The General Plan sets guidelines for eleven areas of concern such as housing, safety, education, transportation, etc. It is the primary document for policy questions on how much development should occur throughout the island. The Sustainable Communities Plans do not drive the General Plan; but rather, they must be compatible with the General Plan.

The General Plan is important! Share your opinions, provide feedback on the GP survey and join the project email list at: <http://honoluluodpp.org/planning/OahuGenPlan.asp>.

The first public meeting for the Oahu 2035 General Plan is on Thursday, July 7, 2011 from 6:00 - 8:30 p.m. (Registration begins at 5:15) at the Mission Memorial Auditorium located at 550 South King Street. Free Parking is available at the Fasi Municipal Building.

When we moved into our new office at the Capitol, the Hawaii Foundation on the Culture and the Arts asked if we would be choosing artwork from the State inventory to display on our walls. We politely declined, well aware of the talented artists that reside in our district who we wanted to showcase.

Mahalo to Heather Brown for the beautiful giclees that visitors say create an uplifting and inviting ambiance. The vibrant spectrum of colors and the images of life Heather captures in her artwork bring additional life to our office.

Also adding to the décor and ambiance in our office, bringing the Country to the Capitol, are the inspiring photographic skills of Clark Little and Adam A. Palmer and paintings by Bill Braden and Brigitte Coley. Bill Braden's triptych of Kawela Bay serves as a reminder of the natural beauty of the North Shore and Brigitte Coley's watercolor of Anahulu Bridge shows a slice of the history of Haleiwa. We greatly appreciate these artists for sharing their talents.

Questions, suggestions or concerns are always welcome. Feel free to call us at 586-6380, send an email to RepRiviere@capitol.hawaii.gov, or stop by The North Shore's Office in Room 319.

Turtle Bay junior golf summer session begins July 2nd

Students that want to make the best of their free time this summer should participate in the Turtle Bay Resort Junior Golf Program every Saturday from July 2nd to July 30th on the Arnold Palmer Driving Range. The session is open to all juniors from age 7-17.

Each class is one hour and will cover the basics of chipping, pitching, putting, full swing, rules, and etiquette. Students will play golf on the final class. New students are \$100 and returning Turtle Bay Junior Golfers are just \$60. For more information please contact program director Joe Pack at Call us at 808.293.8574.

Waimea Valley hosts jam sessions

Kanikapila is a jam session that celebrates traditional Hawaiian music. Waimea Valley Kanikapila hosts, the Abrigo 'Ohana and Ke Kani Nahe, welcome all ages and skill levels to share in the perpetuation of traditional Hawaiian mele (music). Come participate and experience how music has been passed down from generation to generation here in Hawaii.

The Waimea Valley Kanikapila is grass roots movement to keep traditional Hawaiian music alive and well. This event is FREE to the public. Lunch and refreshments are available at Waimea Valley's food and snack bar. No outside food or beverages please. There will be amplification, so bring an instrument cable if you would like to plug in.

Waimea Valley Kanikapila dates for 2011 are:

July 17th
August 13
September 18th
October 16th
November 19th
December 18th

*"I was in darkness,
but I took three steps
and found myself in paradise.
The first step was a good thought,
the second, a good word,
and the third, a good deed."*

Author Unknown



OFF da Island in Utah

North Shore Realtor MaryAnne Bruno & Jim Guss are standing in front of "Zoom", actor Robert Redford's restaurant in Park City, Utah and also home of the Olympic Ski Team. While waiting for their meal to be served they spent their time reading a recent copy of the NSN to remind them of all the good times back on Oahu's beautiful North Shore. To learn more about our OFF da Island photo campaign turn to page 27.

The Salvation Army Family Store
- Wahiawa store only

All clothing 50% off
every day and
\$.99 clothing specials
on Fridays

open Mon-Sat 9am-6pm
subject to change



For more information contact:

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The Friends of the Waialua Bandstand
present

The International Cultural
and Friendship

**TAIKO DRUMMERS
and Hawaii Reed Harmonica Band**

SUNDAY, July 3, 2011
4:00 p.m. - 5:30 p.m.

Waialua Bandstand is located between
Waialua Library and the
Historic Waialua Sugar Mill.

www.waialuabandstand.com
for more information





Samantha Iha-Preece **Miss Teen Hawaii United States 2011**

Congratulations to the lovely Samantha Iha-Preece, who was recently crowned Miss Teen Hawaii United States 2011. She is 16 years old and attends Myron B. Thompson Academy. Samantha, born and raised on the North Shore is of Hawaiian ancestry. She is the daughter of Mr./Mrs. Shannon Preece, and the granddaughter of Margaret and Louis Talaroc-Cunyo. Samantha is also the granddaughter of the legendary long-board surfer Henry "Hanalei" Preece and his wife Alberta "Puanani" Preece.

Samantha Iha-Preece will be representing Hawaii in the Miss Teen United States National Pageant that will be held on July 13-14, 2011 in Las Vegas, Nevada. Samantha is known for her charitable nature such as volunteering to model for Goodwill Industries 19th Annual Fashion Show Fundraiser & Silent Auction. She has

volunteered at the Hawaii Special Olympics Summer Games, and Baby Expo along with Prevent Child Abuse Hawaii. She also participates to feed the homeless and in beach clean-ups around the island. Samantha is also a Junior Leader for the Waiialua Community Department of Parks and Recreation.

Samantha would like to take this opportunity to thank her family, friends, and community for their love and continuous support, and also her corporate sponsors Aoki's Shave Ice, North Shore Shark Adventures, Sky Dive Hawaii, Hanapa'a Fishing (Sterling), Watercraft Connection, North Shore Catamaran Charters, Haleiwa Pizza Bob's, Haleiwa Killer Tacos, Luibueno's Mexican Seafood, Raging Isle, Hawaii Gold & Silver (John Spiker), North Shore Spear Fishers (Al Lagunte), North

Shore Tattoo, 1001 Realty (Sam Quemado), Chuck James Music Studio (Chuck James & Anjj Lee), Na Hoku HanoHano 2011 Award Recipients TTYM "Talk To You Music" (Jeffery James, Shay Marcello, Christian Bautista, Juan Odeon, and John Abreu IV), Times supermarket in Kam. Shopping Center (Byron Iha), Head 1 Salon (Nancy Hensler), Steve's Gardening Service, Cutter Mazda Ala Moana, Ian & Isaiah Ramirez, DL Productions (Dana Rickard & Lori Navares), and she would like to give a special thanks to her Fairy Grandparents Margaret & Louis Talaroc-Cunyo and her Grandpa & Grandma Preece.

To get in touch with Miss Teen Hawaii United States 2011 Samantha Iha-Preece for charitable events, appearances, or to perform at any social functions, please feel free to visit missteenhawaiiunited-states2011.webs.com.

Waimea Valley selling plants daily

Waimea Valley's gift shop (Ku`ono Waiwai) will be selling plants daily, and that all the plants available are propagated from the Valley's collections. Ku`ono Waiwai is in the Visitor Center at Waimea Valley, located at 59 864 Kamehameha Highway (across from Waimea Bay).

"Initially we'll make a small selection of ornamentals available, and as interest grows we'll expand what will be available," said Sarah Wilson, Waimea Valley's Horticultural Specialist. "We also look forward to hearing from people what they might be interested in seeing for sale."

The price range is currently starting at \$2 (taro keikis), to \$25 (selected trees and specialty plants like the blue jade vine). (Note: Due to State of Hawaii Department of Agriculture restrictions, plants are not available for purchase by out-of-state visitors.)

Waimea Valley is a national and international resource in various field of plant biology, and the Valley's plant collections are developed and maintained to support scientific investigation, hands-on cultural education, and plant conservation. The Valley has nine significant collections devoted to Hawaiian plants and features remarkable species from the world's tropics and subtropics. These include flora of other global island systems including Guam, Fiji, Lord Howe Island, Japan's Ogasawara (Bonin) Islands, Madagascar, the Seychelles, Sri Lanka and the Mascarenes. Many of the rarest flowers and fruit on display at Waimea Valley can only be seen here in their distant places of origin.

Waimea Valley is a living pu`uhonua, a place of peace and safety, for Hawai`i and the world and is one of O`ahu's last partially intact ahupua`a. Waimea is significant in the history of Hawai`i and a repository for Hawaiian spirituality and traditions. The 1, 800-acre valley offers an authentic cultural window into the lifestyle and customs of the Hawaiian people through daily programs and activities. For more information visit www.waimeavalley.net or call (808)638-7766.

I have yet to find anyone, however exalted their station, who did not do better work and put forth greater effort under a spirit of approval than under a spirit of criticism.

Charles M. Schwab, 1862-1939
American Steel Magnate

North Shore Community Calendar

- July 2 Summer Sprint 1 Mile swim; Sunset to Pipeline
- July 4 Paddle 11 a.m.- Sunset Beach to Pipeline \$35/7:30 a.m.
- July 4 Free: Turtle Bay Resort Family Day- Local Food, Arts, & Crafts, Live music, Food. Fireworks @ 8 p.m.
- July 15 & 16 Hale'iwa Jodo Mission Festival of Lanterns/ Dance/food.
- July 16 & 17 Hale'iwa Art Festival 10 a.m. to 6 p.m. @ Hale'iwa Beach Park.
- July 16 1.2 mile swim - Waimea Bay \$35/7:30 a.m.
- July 30 Chun's Reef to Waimea Bay Swim 1.6 miles \$35/7:30 a.m.
- August 13 North Shore Pipeline to Waimea Bay Swim 2.3 miles \$35
- Sept. 10 Crafts & Food @ Waialua Community Association
- Nov. to April Whale watching.
- Nov. to Dec. Triple Crown of Surfing
- December 9 Hale'iwa Christmas Parade

WEEKLY-MONTHLY

- Saturday: Waialua CO- OP Farmers Market (Fresh Fish) @ Old Sugar Mill. 8:30 a.m. to 2 p.m. & Wed: 4:30 p.m. to 7 p.m.
- Saturday: Sunset Beach School: Country Farmer's Market & Crafts. 8 a.m. to 2 p.m.
- Sunday: 9 a.m. to 2 p.m.- Hale'iwa Farmer's Market at Hale'iwa Signal light.
- Sunday: Oceanside Chapel @ Turtle Bay Resort. Non-denominational/45 minutes @ 9 a.m.
- *Once a Month Church @ Hale'iwa Beach Park: July 31, Aug. 28, Sept.25, Oct. 30, Nov. 27. 10 a.m.
- Once a Month - Last Saturday- Chun's Reef Beach Clean Up @ 61-529 Kam Hwy: June 25, July 30, August 27, Sept. 24, Oct. 29 @ 10 a.m.



Sun Kissed Summer Specials

Going on now through July 31st

Spa Luana

AT TURTLE BAY RESORT

Coconut Crème Manicure & Pineapple Pedicure

Book these two popular treatments together and receive a 10% discount on both and receive 1 complimentary fitness class, a \$10 value.

50 minute Sun Kissed facial

This summer you can enjoy an all organic facial for *\$145, (usually \$170) and receive 1 complimentary fitness class.

Noni wrap

Noni is a hydrating fruit full of antioxidants that help to calm and hydrate skin that has been over exposed to the sun.

50-Minute Treatment for * \$120 and receive 1 fitness class pass.

Fitness Classes Summer Special

Kama'aina can enjoy our Fitness Classes for only \$5!

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ARE AVAILABLE**

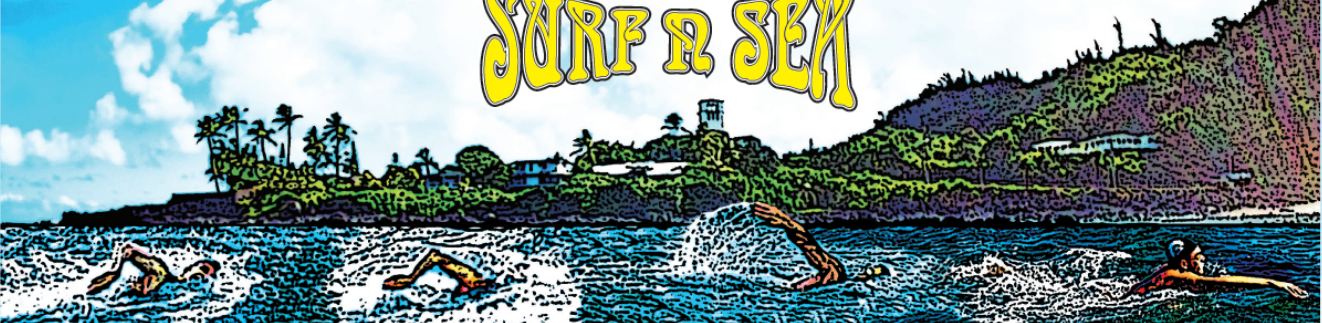
Contact Spa Luana at
TBRSpaLuana@TurtleBayResort.com
for Appointments or Inquiries.

SPA LUANA | 447-6868

* Prices are not inclusive of our 18% service charge and tax.

EARLY BIRD ENTRY \$105 for all 4 swims hawaiiswim.com - info/updates - waikikiswimclub.org
2011 NORTH SHORE SWIM SERIES

SURF & SEA



SUMMER SPRINT
 July 2 • 1 mile
 Sunset Beach to Pipeline



WAIMEA BAY SWIM
 July 16 • 1.2 miles
 Waimea Bay



CHUNS TO WAIMEA SWIM
 July 30 • 1.6 miles
 Chun's Reef to Waimea Bay



NORTH SHORE CHALLENGE
 August 13 • 2.3 miles
 Pipeline to Waimea Bay

ALL SWIMS START AT 9:00 AM

ENTRY FEE: \$35 per event. Each entry includes competitor's t-shirt, refreshments & age group awards. **NO REFUNDS.** We reserve the right to refuse entry to anyone for any reason. Checks payable to: Waikiki Swim Club. Mail to: 94-463 Alapine St., Waipahu, HI 96797-4515, attn: Linda Moran.

LATE ENTRIES: \$45 per event. Postmarked after entry deadline or on race day. No shirt guarantees for late entries. **DO NOT MAIL AFTER ENTRY DEADLINE,** bring application to beach.

AWARDS/DIVISIONS: Top 3 finishers in the following divisions (Male & Female): Elite, 10 & under, 11-12, 13-14, 15-19, standard 5 year age groups (20-24, 25-29, 30-34, etc.) Series awards for competitors who swim all 4 events (1st - 3rd, same divisions).

EQUIPMENT: Goggles, face masks & snorkels are permitted. No fins, hand paddles, or other equipment permitted.

SAFETY: SWIM CAPS ARE MANDATORY. Caps will be provided if needed. Competitors without caps will be disqualified. No personal escorts. Lifeguards will patrol the course during race.

TIME LIMITS: Swimmers must pass the half way point in the Chun's to Waimea and North Shore Challenge 1:20 minutes. Swimmers not passing half way mark will be escorted to the finish.

REGISTRATION: Registration and Warm-up: 7:30 to 8:30 am. No entries taken after 8:30 am - **NO EXCEPTIONS!**

INSTRUCTIONS: 8:45 am. Anyone not present at course instructions will not be allowed to compete.

INFORMATION: 372-8885 hawaiiswim.com



Register on-line: active.com

★ IMPORTANT! PLEASE ENTER YOUR NAME THE SAME WAY ON EACH APPLICATION IF YOU WANT ACCURATE SERIES RESULTS

LAST NAME		FIRST NAME		M	F	AGE	DATE OF BIRTH	S	M	L	XL
STREET ADDRESS				CITY		STATE	ZIP	PHONE			
EMAIL ADDRESS											

<input type="checkbox"/> EARLY BIRD ENTRY \$105 for all 4 swims Postmarked by 6/24/2011	<input type="checkbox"/> Raging Isle Sprint - \$35 Postmarked by 6/24/11	<input type="checkbox"/> Cholo's Waimea Swim - \$35 Postmarked by 7/8/11	<input type="checkbox"/> Chun's to Waimea - \$35 Postmarked by 7/22/11	<input type="checkbox"/> North Shore Challenge - \$35 Postmarked by 8/5/11	<input type="checkbox"/> Day of Race Event Entry \$45
---	--	--	--	--	--

WAIVER & RELEASE STATEMENT: I agree to comply with the rules, regulations, and event instructions of the 2011 Surf'n'Sea North Shore Swim Series. I know that swimming in the ocean is a potentially hazardous activity. I am aware of and assume all risks with swimming in these events, including, but not limited to, contact with other participants, the effects of weather, including surf conditions, currents, and the conditions of the ocean. In consideration of my accepting this entry, I for myself and anyone entitled to act on my behalf, waive and release from any and all claims for injuries and damages I may have against Waikiki Swim Club, the City and County of Honolulu, State of Hawaii, United States of America, the sponsors, their agents and representatives arising out of my participation in this event, including pre-and post-race activities. I ATTEST that I am physically fit and have sufficiently trained for competition in the 2011 Surf'n'Sea North Shore Swim Series. I have read the particulars on this race application and understand that this race is a physically demanding event. I CONSENT to receive medical treatment which may be advisable in the event of illness or injury suffered by me during this event. I GIVE PERMISSION for free use of my name, voice or picture in any broadcast, telecast, advertising promotion and other account of this event.

Signature _____ Date _____
 I have read and understand the waiver above

Parent's signature if entrant is under 18 years of age _____

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*Pony Parties are
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Contact the Stables at Turtle Bay Resort | Call 293-6569



2011 Triple Crown of Surfing Program Guide

- Official full-color local magazine •
- Call today for best ad location

Ad deadline is Sept. 30

Reserve your ad space early!

- Hawaiian Pro
- World Cup
- Pipeline Masters

Published by North Shore News
342-3969



Free Family Movie Night
at Waiialua Community
Association



Secret of the NIMH

A funny family friendly movie

Fun for the whole family!
Friday, July 15 at 7 p.m.
FREE ADMISSION

Drinks & Popcorn for sale



For more information, call 637-4606
www.WaiialuaCommunityAssociation.org

Oceanside Chapel Service at Turtle Bay Resort



Every Sunday at 9 a.m. in the beautiful
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Hosted by Pastor Ron Valenciana

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- Traditional & Contemporary music
 - 15 minute sermon
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For more information call Pastor Ron at 342-3969.

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21.98		34.55

**North Shore News P.O. Box 1117 Haleiwa, HI 96712
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SCHOOL
ON THE NORTH SHORE
Developing swimmers since 1982
Haleiwa Rd. at Smiley Place
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PUBLISHER/EDITOR
RON VALENCIANA
TYPOGRAPHY
DOWNTOWN GENERAL STORE
BOOKKEEPING & CLASSIFIEDS
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NATY HOPEWELL

For Advertising Rates,
call
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SUBSCRIPTION RATES
If you live outside the North Shore area on Oahu, neighbor islands, or the mainland, you can subscribe to the North Shore News. Our annual subscription rate is \$27 for 25 issues delivered by standard bulk mail (2-3 weeks), or \$48 for 25 issues delivered by first class postage (3-5 days). Call our office for payment information at (808) 637-3138.

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: P.O. Box 1117, Haleiwa, HI 96712
E-MAIL: NShoreNews@aol.com
FAX: (808) 637-8862
PHONE: (808) 637-3138

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 Specializing in residential/vaca-
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 for your family and our planet!!!
 Please call for free estimate
 (808) 638-0262 or 779-6604

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 To all earth friendly consumers
 Do you have a TV you no longer
 want or need? Call us first before
 you take it to the dump.
North Shore TV @ 637-4111
**No drop offs without prior
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 no yard too hard
 no lawn too far gone
 We mow betta
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 Baby chicks available
 at the Feed Trough
 Bantams and egg layers
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25 cu. ft. reffridgerator/freezer
 side by side. Like new.
 Asking \$300.00 638-8722



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

Farm seeking responsible
 hard working individuals.
 Work included but not
 limited to harvest, prune,
 clean & prep w/ flexible
 hours. Leave a message.
Call 707-200-1375

FOR RENT
 Gmd Fl. Professional/retail
 Space 466sq/1,382.75/month
 Xcel Bldg. Haleiwa 779-7779

Haleiwa Town
 2 bdrm, 1 bath, enclosed porch,
 family room, kitchen, +(2) add'l
 bedrooms or storage rooms and
 carport. \$1800/month
 Available immediately
 Call 838-1202

Available Space for Rent
 Waialua Community Association (His-
 toric Haleiwa Gym) has 512 sf cottage
 available for rent to a non-profit or busi-
 ness providing services that meet the
 mission of the community center. Con-
 venient location across from Haleiwa
 post office and plenty of parking. Call
 637-4606 for more information.

Next Issue - July 13, 2011
Deadline Date-June 30, 2011

MISCELLANEOUS
 Haleiwa Town Center
 Retail space for lease.
 636-2222

NS Seventh Day Adventists
 Saturdays 9:15-12:15
 67-174 Farrington Hwy.
 (WUCC, next to WHS)
 Info: 638-8209

**IGREJA EVAN.
 BRASILEIRA**
 Domingos 10:00 am
 Quartas 7:30 pm
 Sextas-Culto de Oraçao 7:30 pm

Voce e o nosso
 convidado especial

Behind Hale'iwa Post Office
 637-5566
 Pastor Luiz • 638-2212

**Save Sea Turtles
 Use Reusable Bags**
www.b-e-a-c-h.org

**Recycle Plastic
 Caps & Lids**
and help save seabirds

Recycle caps & lids
 are being accepted at:
 Goodwill Industries of Hawaii
 Wahiawa
 823 California Ave.
 Monday-Sunday
 9 a.m. - 5 p.m.

For information:
 www.b-e-a-c-h.org/recycling
 Ph: (808) 393-2168

**FREE Hazardous
 Waste Disposal**
 Special handling
 drop-off events
 Bi-monthly, Saturdays,
 9am-11:45am
 For residential waste only and
 by appointment only.
 Next drop-off day:
 August 6, 2011.
 Call 768-3201 before Friday,
 July 29,
 to set up appointment.
 www.opala.org

CLASSIFIED ADS

OFF da ISLAND

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

Statewide Hotline for Litter

1-888-592-2522

Callers need to provide:

1. License plate number
2. Make and model of vehicle
3. Date and time and location
4. What was thrown/blown

How You Spell That?

The Once A Month Church lending library is putting out a call for new or used dictionaries, any size. Please drop off your donation at the North Shore News office, 2nd floor of the Haleiwa Post Office building.

Outreach Services

Persons with Disability
 Advocacy Benefits Housing
 HCIL 54-113 Kawaipuna St.
 Hauula, HI 96717
 Ph. 293-9775 or 293-9777

Operation: Backpack 2011

Sponsor a North Shore keiki with a \$25 donation. New backpacks, loaded with school supplies will be distributed to K-12 grade kids and teens. For more info call: 637-3138.

Save Sea Birds Recycle Caps

www.b-e-a-c-h.org

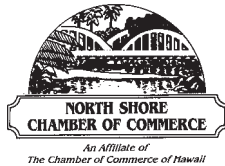
Waialua Farmers Co-op Market

Fresh Waialua-grown produce plants & more at the Waialua Sugar Mill

Sat. 8:30 a.m. - 2 p.m.
 Wed. 4:30 p.m. - 7 p.m.

Sunset Beach Christian School

Now Enrolling Gr. Kindergarten-6th
 CALL 638-8274



Business Services Center
 Fast & convenient fax, copy, scan, computer/internet, laminate, etc.
 Across from Haleiwa post office.
 North Shore Chamber of Commerce
 637-4558 or 342-8557

REUNIONS

The NSN is happy to publish your school or family reunion Free of charge.
 Email your announcement to NShoreNews@aol.com.

Help Support the North Shore Food Bank at Turtle Bay Resort July 4th
 Buy HuliHuli Chicken Plate at the Once A Month Church booth.

North Shore Farmers Markets

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

Waialua Sugar Mill: 8:30 a.m. to noon Saturdays

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

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

BEACH CLEAN UP

Chun's Reef - 10 a.m.
 637-2211
 Last Saturday of every month
 adoptabeachhawaii.org

Kahuku Public & School Library July 2011 Schedule

Book Club: July 11 at 11—Angela's Ashes by Frank McCourt

Tuesday Night at the Library 6:30-7:30 p.m.

July 5—Moving Energy & Matter, Dr. Zhi Gang Sha's teachings via Teresa Camara and Laura Assum-Dahleen

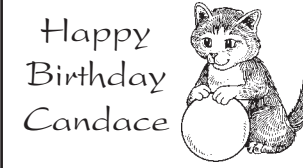
July 12—Meleana Judd, Local Farmer
 July 19—Get Ready: Emergency Preparedness with the Red Cross & Kanu Hawaii
 July 26—Family Night Gulliver movie, rated PG at 5:30

Summer Specials: 10:30 a.m.-Wed.
 July 13—Formation of the Hawaiian Islands by Bishop Museum
 July 27—Who wants to be an Astronaut? by Bishop Museum

Keiki Play-time at 10 a.m. on Thursdays (No storytime in July)

Bookmobile:
 July 4—Holiday
 July 11—Route 2: 9:30-10:30 Kahuku Elderly Housing
 11-12:30 Sunset Beach Christian School
 2-2:30 Kuilima Estates West
 2:35-4 Turtle Bay Resort Entrance
 July 18—Route 3: 9-10 Ponds at Punaluu
 10:15-11:30 Queen Liliuokalani C.C.
 July 25—Route 1: 9-10 Rainbow School, Kahuku
 10:15-11:15, Bright Beginning Learning Center
 2:30-4 BYU-HC Family Housing

2011 North Shore Ocean Quest Stand-Up Paddleboard Race
 Saturday, August 6, 2011
 9:30 a.m. Waimea Bay
 Registration form on page B12



2011 North Shore Swim Series Surf N Sea

Summer Sprint
 July 2 • 1 mile
 Sunset Beach to Pipeline

Waimea Bay Swim
 July 16 • 1-2 miles
 Waimea Bay

Chuns to Waimea Swim
 July 30 • 1.6 miles
 Chun's Reef to Waimea Bay

North Shore Challenge
 August 13 • 2.3 miles
 Pipeline to Waimea Bay
 Information: 372-8885
 hawaiiswim.com

Ho'ola Like

"Healers Working Together"
 Waikiki Health Center's North Shore Clinic

Majority of Insurance Plans Accepted
 No Insurance - Sliding Fee Available

Open Tuesdays and Thursdays
 8:30 a.m. to 3:30 p.m.

Walk-ins are Welcome

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

Services available at Ho'ola Like
Medical

Family Medical Care • Physical Exams
 • Urgent Care
 STD & HIV Testing • TB Testing (\$5.00)
 Pregnancy Testing, Birth Control
 and Family Planning

Hawaiian Healing

Lomilomi, Ho'oponopono & La'au Lapa'au

Mental Health

Assistance with Stress Management
 Interpersonal Issues, Problem Solving,
 Depression and Anxiety

Social Services

Assistance with obtaining identification, medical insurance, food stamps and housing.

If someone thinks that peace and love are just a cliché that must have been left behind in the 60s, that's a problem. Peace and love are eternal.

John Lennon, 1940-1980
 English Musician and Songwriter

HAPPY 4th of JULY!

MALAMA Market

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

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

Valid Dates:
6/29/11-7/5/11

Yellow or White Peach **\$1.39**
PER LB.



Spam Luncheon Meat **2/\$5**
Selected Varieties, 12 oz.



Lay's Potato Chips **2/\$5**
Selected Varieties, 10.5-11 oz.



choice Certified Angus Beef® Boneless Top Sirloin Steak **\$4.99**
PER LB.



Hawaiian Isle Water **\$4.99**
24/500 ml.



Pepsi **5/\$16**
Selected Varieties, 12/12 oz. or 6/16.9 oz.,
Must Buy 5



Freshly Made
Ahi Poke **\$8.49**
All Varieties
PER LB.



Breyers Ice Cream **2/\$7**
Selected Varieties, 48 oz.



Fresh Baked
French Bread **\$2.19**
EACH



Coca-Cola **3/\$12**
Selected Varieties,
12/12 oz., Must Buy 3



Nabisco Chips Ahoy! or Snack Crackers **2/\$5**
Selected Varieties,
5.5-15.25 oz.



Fried Chicken Thighs **\$10.00**
10 Piece
EACH

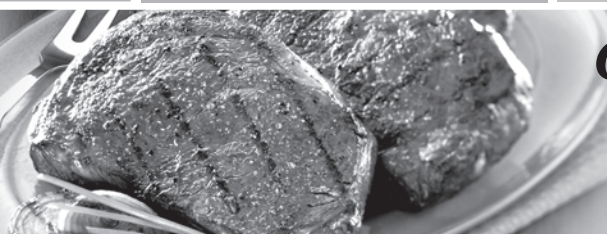


Budweiser, Bud Light, Coors, Coors Light, Miller Lite **\$21.77**
30 Pk. Cans
Heineken or Corona **\$21.77**
18 Pk. Bottles



THURSDAY

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



Grilled Steak LUNCH
\$6.99

Hawaii Beverage Fee of 1¢ per can or bottle will be added to purchase price at checkout. An Additional Hawaii Deposit fee of 5¢ will be charged for all specially marked beverage containers.

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