



“E Ala Na Moku Kai Liloloa”

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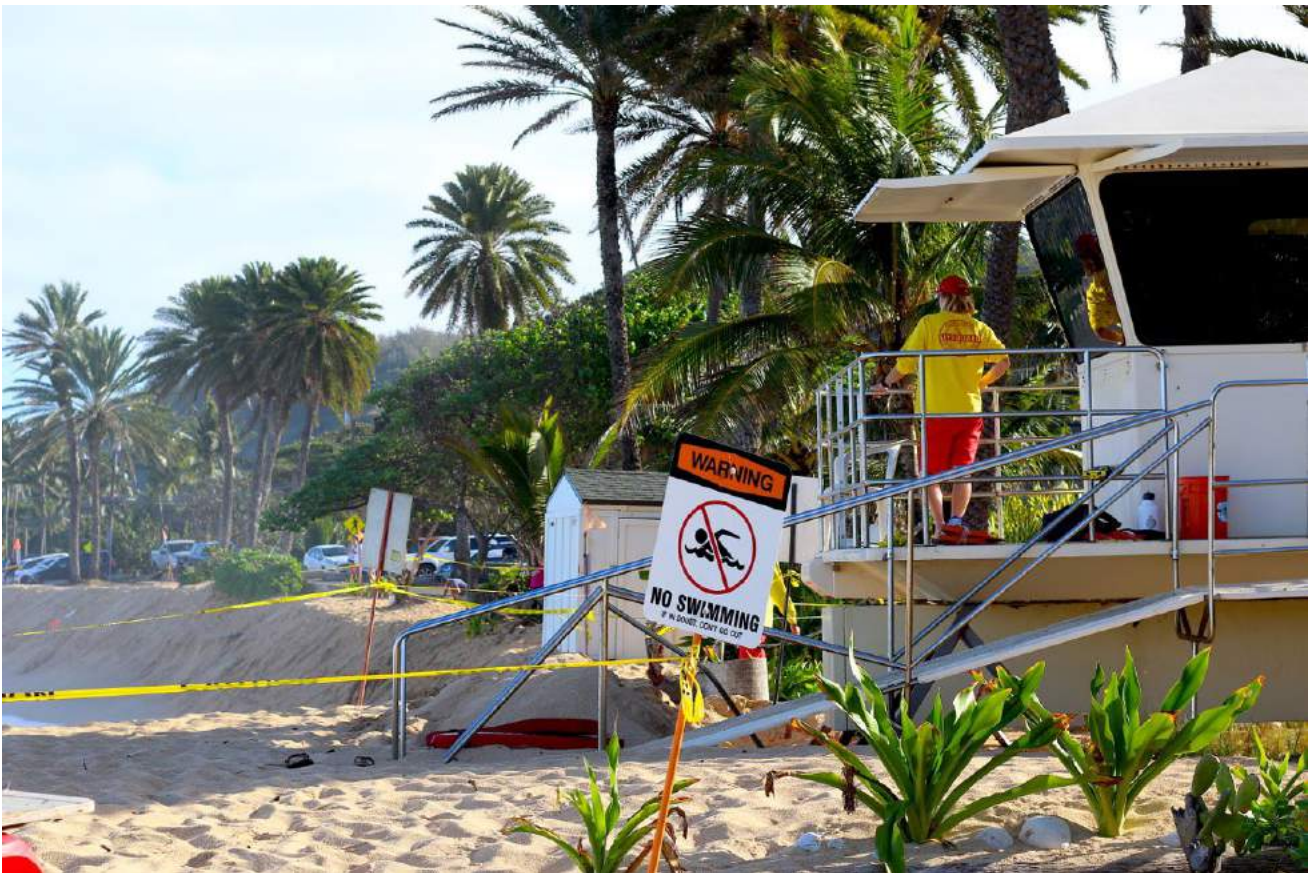
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*Mele Kalikimaka
from Hau'oli La Ha'nau*

NORTH SHORE NEWS December 20, 2017 VOLUME 34, NUMBER 24



Sunset Beach Lifeguard Tower Story & Photo: Banzai Productions

Beach Erosion on the North Shore

Studies of our coastal areas have shown that through the years our beaches are eroding about 1 foot per year. Some scientists say there will be a 100 foot loss in 30 years. In the meantime, the

City and County has moved the lifeguard tower at Sunset Beach back 12 feet. According to Chip Fletcher, Associate Dean at UH Manoa and Professor of Geology and Geophysics we can help slow

down beach erosion by restricting air travel, eating a more plant based diet, having smaller families and going with electric cars.

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Telma, Makana & Kevin

Mahalo from the Emery 'Ohana

First of all Mahalo to everyone who came together to help us in this very difficult time. Thank you so much for your love and support. Please continue to keep us in your prayers. You can help us by contributing to the following:

<http://www.gofundme.com/telmaohana> or send donations and gifts to our mailing address:

Kevin Emery
P.O. Box 1167
Haleiwa, HI 96712
Aloha and God Bless us all.

*Wishing our clients,
friends and neighbors
a joyous holiday season and a happy
2018.*

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*“For God so loved the world
he gave his only begotten son
that whosoever would believe in
Him would never perish but
have everlasting life.” John 3:16*

*Dr. Todd R. Okazaki
Hale'iwa Family Dental*



Christmas Brunch & Free 'Aha Mele Concert

Saturday December 23, 10am Brunch / 11am Concert at the Pikake Pavilion & Main Lawn

Concert is free! Featuring Mailani, Paula Fuga, and Jerry Santos. Visit waimeavalley.net to make brunch reservations or for more details/information



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Q: Is holiday weight gain a myth or reality?

A: Reality!

While the average calories consumed per person per average day is between 2,000 to 2,500, Americans consume more than 4,500 calories on Thanksgiving day and about 7,000 calories at the Christmas meal.

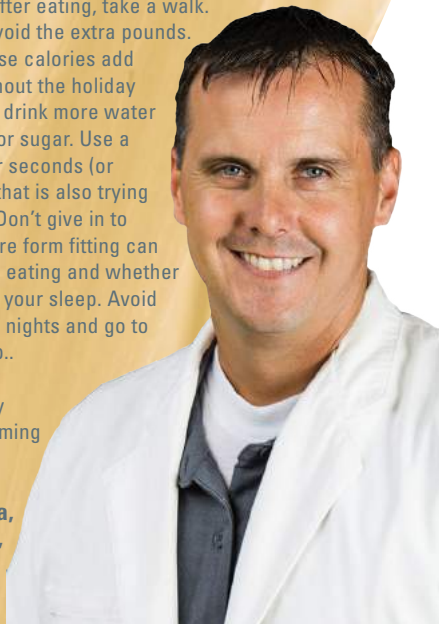
Rumors fly that people gain about 10 pounds over the holidays, but research published in the New England Journal of Medicine indicates it's closer to 1.3 pounds. Unfortunately, those extra pounds can take more than five months to lose. A pound or so may seem minimal, but pounds add up easily unless you work to lose them.

That doesn't mean you can't enjoy the festive holiday food and drink. The trick may be to keep eating to the holiday itself — not the season.

Knowing that temptation is around the corner is important to prepare for your worst temptations — if you want both pecan and pumpkin pie, take a tiny slice of each instead of a full serving, and after eating, take a walk. Portion control is a powerful way to avoid the extra pounds. Other tips include avoid snacking- these calories add up very quickly. Remain active throughout the holiday season. Focus on increasing fiber and drink more water and fewer beverages high in calories or sugar. Use a smaller plate and try to avoid going for seconds (or thirds!). It also helps to have a buddy that is also trying to be mindful during this time of year. Don't give in to loose clothes - wearing something more form fitting can help you pay attention to what you are eating and whether your body changes week to week. Get your sleep. Avoid that day-after groggy fatigue from late nights and go to bed in time to get seven hours of sleep..

I wish you a happy and healthy holiday season! Please keep the questions coming at askthedoctor@kmc-hi.org

**Aloha,
Dr. Jason Hughes,
Chief Medical Officer, KMC**



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**Council Chair Emeritus
Ernie Martin**

Serving You in District 2

Happy Holidays

As we say farewell to 2017, reflecting back on the year brings memories of our community's successful partnerships. I believe that our community should be proud of what was accomplished with the refurbishment of the Pupukea play court. It should serve as a model for public-private partnerships.

In 2010, the Pupukea play court had the distinction of being in worse shape than any other court in the City & County of Honolulu's Department of Parks and Recreation. Seven years later, the community came together in a unique public-private partnership that painstakingly reconstructed the court and restored it to the valuable recreational asset it had been in the past.

Without our combined efforts, the court would have been left to the wayside to deteriorate beyond repair. Mahalo to the organizations, businesses and community members that worked to complete this project.

During 2017, the North Shore also saw the completion of the Kaiaka Beach Park comfort station. The comfort station had the flat roof replaced with a sloped, shingled roof. The toilets, plumbing, and light fixtures were upgraded. A new integrated surveillance system and security gates were installed. The interior walls were painted and a new sidewalk was constructed. The ADA parking stalls were also relocated.

The Pupukea Beach Park Shark's Cove comfort station also saw much needed upgrades. The old, wooden roof was demolished and reconstructed. An elastomeric coating was also applied to the roof to help protect it from weathering. A new electrical system, skylights, security gates and doors were installed. The walls were also repainted.

There are still projects in the works and if we all continue to work together, we can get it done. Mahalo and Happy Holidays to you and your loved ones.



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The Editor and Staff
of the North Shore News sends a
warm aloha & mahalo to all our friends,
family, advertisers, contributors and loyal readers.
Near or far, know that you are in our hearts.
Mahalo for your continuous support.

Enjoy a safe holiday season
and have a prosperous New Year!

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OPERATION: TOY BOX



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SANTA NEEDS YOUR HELP TO PROVIDE TOYS FOR OUR DISADVANTAGED KEIKI THIS COMING CHRISTMAS. A BIG MAHALO TO THOSE OF YOU WHO HAVE SUPPORTED OUR OPERATION: TOY BOX EVENT FOR THE PAST 26 YEARS. THIS YEAR WE WILL CELEBRATE OPERATION: TOY BOX ON SATURDAY, DECEMBER 23, 2017 AT HALE'IWA BEACH PARK. A DELICIOUS BREAKFAST MEAL IS PROVIDED AND SANTA WILL GIVE GIFTS TO THE KEIKI AND TEENS. TOYS AND MONETARY DONATIONS ARE WELCOMED. YOUR SUPPORT IS GREATLY APPRECIATED.



Toys CAN BE DROPPED OFF AT THE NORTH SHORE NEWS OFFICE (ABOVE THE HALE'IWA POST OFFICE), M - F, 9AM - 5PM.

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HAVE A GREAT DAY!



**Representative
Lauren
Matsumoto
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Aloha Friends, Family, and Neighbors!

The beginning of the New Year is just a few short days away, and it has been a pleasure and a privilege to serve as your State Representative this past year. I wish you all the best for a healthy and prosperous 2018, and I am looking forward to continuing our work together to improve our community and State. Enjoy and treasure the peace and celebration of the rest Holiday season with your family and friends!

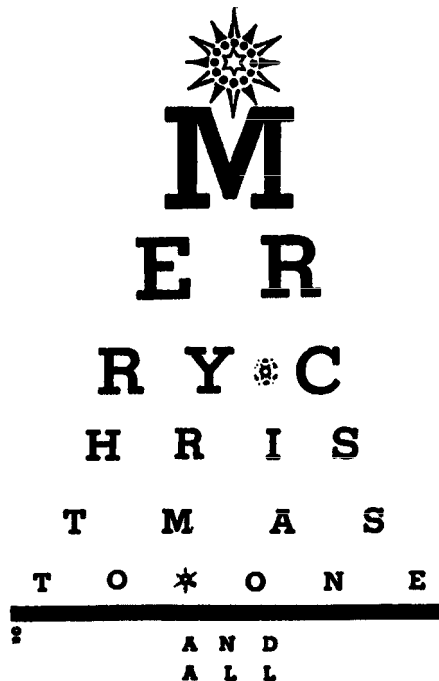
Mahalo to many of you for your ideas and suggestions for legislation for the upcoming 2018 Legislative Session by responding to the survey our office sent out. Mahalo for taking time out of your day to share your thoughts with me. If you have any suggestions or concerns that are important to you, please feel free to share them with me so that we can work together for the betterment of our community and State.

With the New Year, comes new laws that passed in the Regular Session of 2017, and many laws also went into effect this earlier in the summer as well. For a full list of laws that have passed that you can view online, please visit the Hawaii Legislative Reference Bureau's (LRB) website at lrbhawaii.org or give them a call at 587-0690. You may also reach the LRB via email at lrb@capitol.hawaii.gov should you need any assistance researching the new laws.

The 2018 Legislative Session will convene on January 17, 2018. The Hawaii State Legislature website (Capitol.Hawaii.Gov) was recently updated for the 2018 Session - if you're looking for information from the previous Session, visit the "Archives" page. To get there, scroll to the bottom left side of the main page, then click on "Archives". You can find information dating back to the 1999 Session.

Now is also a great time to register to automatically receive information from the Hawaii State Legislature or update your preferences if you already have an account. As I mentioned in the previous issue, you can create personalized measure tracking lists, submit testimony online, and receive hearing notice notifications by email once you have an account at Capitol.Hawaii.Gov, and if you needed any assistance feel free to give my office a call!

Happy Holidays to you all! As always, please feel free to contact me if you have questions or concerns about any happenings in our community. Call me at (808) 586-9490, email RepMatsumoto@capitol.hawaii.gov, or visit RepMatsumoto.com.

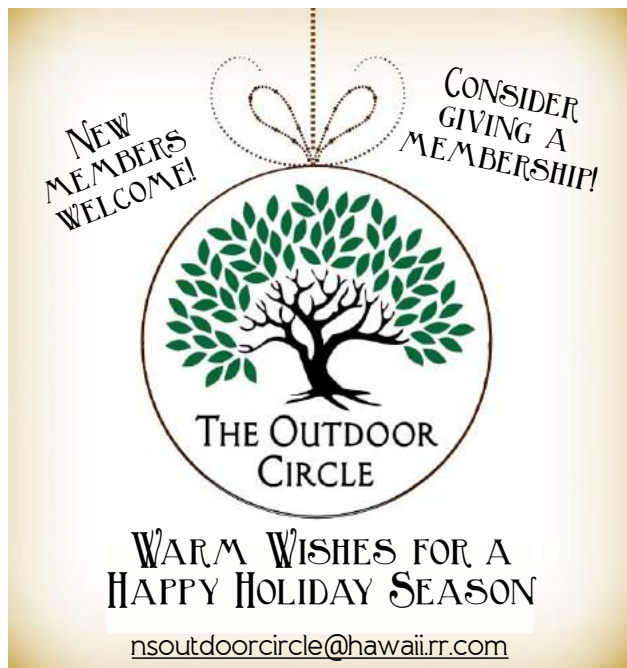


Dr. Clarence Y. Murata

Dr. Ken Nagahiro

OPTOMETRISTS

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**Sunset Beach Community
Association Meeting**

Wednesday, January 17, 2018 7:00pm-9:00pm
Sunset Beach Recreation Center



A Day in the Life of a Seed

By Laurent Pool, Conservation Land Coordinator, Waimea Valley

As we head into our 8th year of the Waimea Valley Native Forest Project, we would like to extend a big MAHALO to the community for their support. We recently surpassed 20,000 native trees, shrubs, and ground covers planted in our restoration sites! The work that goes into each planting is truly an amazing journey that starts with a seed dangling in the wind.

It's all about timing. As we all know from gathering fruit, the abundance and timing of the harvest is always dependent on the environment. When it's time to collect seeds or fruit, we must make it our priority to do so or we risk the seeds being blown away or eaten by various insects and birds. Next we have to clean the seeds. This usually involves each seed being handled individually and cleaned to the specifications in our native plant propagation books. From here the seeds are either stored in our "seed fridge" or sown directly into the media (fancy word for potting soil). Some seeds germinate in as little as 1 week while others can take the majority of a year before we see any growth. Once our seedlings are large enough we carefully transplant them into their final pot. During this whole process, we are slowly moving the individual plants into areas of the greenhouse with less and less shade which helps them adjust to the full sun environment that they will eventually be planted in. Months go by with daily care of watering, weeding, and being shuffled around.....Up on Kalahe'e Ridge, on a hopefully shady day, we find ourselves with a truck load of happy little plants and a crew of eager volunteers. Our volunteers are the final hands

that get to bless the ridge with these little solar powered warriors. Each one will play a vital role in the forest. Each plant has its own purpose and role to play. Every plant gets a little drink of water and some good intentions from the people planting, and then they are left to do what they know best. After all, this is their home. The water that they catch today will be the clean water that we and our children drink decades down the line.

Some of the trees you planted eight years ago are now 20 feet tall and reaching for the sky. They have created microclimates below them that are less hospitable to weeds (thank goodness!!!) and more inviting to the native shrubs and groundcover that they were meant to be there with. Many of the mature plants now produce seeds of their own.

Seeing the full circle makes us appreciate the numerous times each seed and plant was handled and cared for. It also makes us grateful for the work that these plants continue to do day after day on that sunny ridge with an amazing view. As an organization and an ohana, we are humbled by all the support from the local and global community. Without this support, those little seeds hanging in the wind would never have become the forest that they are evolving into today.

Mahalo nui loa!

Blood Bank of Hawaii

Donor Center 848-4770

Mililani Marketplace

1st & 3rd Wednesday 3p-7p



North Shore Chamber of Commerce News

“THE MAP”

One among the many services that the North Shore Chamber of Commerce provides its members is producing the North Shore Business Locator “MAP”. This is accomplished by the Chamber sanctioning one of its members, Green Turtle Publications, LLC (GTP), to publish the “MAP”, and have it printed and distributed.


The “MAP” is starting its 11th year of promoting North Shore businesses. The “MAP” is targeted to tourists visiting the North Shore of Oahu. It is published twice each year for distribution March through August, and September through February; two 6-month periods. It is printed on high quality, heavy glossy bond paper, and in full color to make it very enticing for the public to pick up. It is a bi-folded/accordion 18” x 32” foldout for convenient reading.

65,000 copies of the “MAP” are printed each 6-month distribution period to satisfy a high pick-up rate of over 10,000 per month. Very few are left of each edition. The two predominate distribution zones are Waikiki/Ko Olina, and the North Shore. Approximately 130 drop-off locations are included in the distribution (hotels airport, rent a car agencies, etc.) .

The success of the “MAP” to promote North Shore businesses is unquestionable. It is noteworthy to underscore the MAP’s effectiveness by mentioning that several five- star hotels, such as the Halekulani and the Aulani have, through no solicitation, requested that the MAPs be regularly dropped off at their guest concierge desks. As a result of its high demand, the “MAP” is used by many businesses, including the Chamber’s visitor center, as a promotional tool.

The “MAP” produces significant income for the Chamber and its programs, and its Manager, Roxana Jimenez, encourages its members to participate in the “MAP” by advertising their businesses. GTP will start publication of the MAP’s 22nd Edition this January. Now would be the time to reserve ad space. Either phone GTP at 638-8722, or e-mail Bob Schieve, Owner/Publisher, at schiever001@hawaii.rr.com.

Happy Holidays!
from the
North Shore Chamber of Commerce


Mele Kalikimaka
a Hau'oli Makahiki Hou!
Merry Christmas and a Happy New Year
 From the
Waiialua Community Association

Mele Kalikimaka



Photo: By zone Media



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Please join World Surf League (WSL) Hawaii/Tahiti Nui in congratulating the following local surfers for their phenomenal performances in 2017!

Honolua Blomfield

2017 World Longboard Champion

Benji Brand

2017 WSL Hawaii/Tahiti Nui Regional Champion and Pipe Invitational Runner Up

Barron Mamiya

2017 WSL Hawaii/Tahiti Nui Regional Junior Champion and Vans Triple Crown of Surfing Rookie

Zoe McDougall

2017 WSL Hawaii/Tahiti Nui Regional Junior Champion

Savanna Stone

2017 WSL Hawaii/Tahiti Nui Regional Champion

Dusty Payne

2017 Pipe Invitational winner

2017 World Junior Championship Qualifiers:

- Barron Mamiya
- Finn McGill
- Ocean Macedo
- Eli Hanneman
- Cody Young
- Zoe McDougall
- Summer Macedo

Happy holidays and a prosperous New Year to the North Shore!

Warmest aloha,
WSL Hawaii/Tahiti Nui

- Jodi Wilmott
- Robin Erb
- Lauren Rolland
- Marty Thomas
- Danny Ecker



Mamiya / Heff



Blomfield / Hain



Brand / Heff



Hanneman / Heff



McGill / Heff



Stone / Heff



Mercedo / Keo



Young / Heff



Mercedo / Keo



McDougall / Heff



Payne / Cestari



Poker with the Pros Fundraiser Benefit High School Surf Clubs



Photo: Kristen Brown

Hawaii Polo Club "Ladies League" Ride for Operation: Toy Box



North Shore Surfing Wireless Betty Depolito - banzaibetty.com

NORTH SHORE'S REGINAL JUNIOR CHAMP MAMIYA WINS VANS ROOKIE AWARD

At just 17 Barron Mamiya from the North Shore earned the Vans Triple Crown Rookie Award by besting a field of 18 surfers at the Sunset World Cup. "I'm stoked, I didn't even think I was going to win this award because I did really bad at Haleiwa, but I guess I made up for it here at Sunset," said Mamiya atop the podium. "I'm stoked to win it and hopefully I can keep the momentum going until next year." He has had a really good year. He won the regional Junior Champion title earlier in the season by winning three of the four Pro Junior events. He will be surfing in the World Junior Championship in Australia with a high seed and we will be rooting for him. Mamiya bowed out of the Billabong Pipeline Masters first round but one day he will survive and we will be cheering him on. A great representative for the North Shore!

VANS SKATE JAM FUN!

Banzai Skate park got an epic work out at the Vans Skate Jam this month! Hawaii's hottest skaters came out and pulled radical tricks, listen to great sounds and caught the free swag that the Vans crew threw out! The event was hosted by Ivan and Nathan Florence. The park was completed in 2014 and has been a hit for North Shore Residents and all islanders alike! Mahalo to Vans for all they do for surfing!

WAHINE GALLOP AND SCORE FOR OPERATION TOY BOX

Congratulations to all the Wahine Horse Polo players who came out for the match to fundraise for Operation Toy Box. The exhibition game raised plenty gifts to help needy families for Christmas. The venue was the Hawaii Polo Club in Mokualeia they have been celebrating 50 years of Polo on the North Shore! The Match featured some of the best Women players with team Equus Hotel ending the battle with a 5 to 3 win over Wealth Strategy. The players were Allyssa Barlow, Siri Masterson, Sarah Miller, Anya Ragrangola, Christine Devlin VS Danielle Travis, Noelani Piccolo, Leilani Alquiza, Tyneski Quintet, Rebecca Johnson and Annie Bendon. Mahalo to the players and everyone who came out to enjoy the game and donate to the families! Regular season play starts up again in April 2018. Like horses? You can learn to play! Check hawaii-polo.org for information and watch the action segment on FHi Girls Surfing & Sports TV on Spectrum, Saturday 9:30 p.m. or the Facebook page!

CHANCE'EM RAISES PLENTY FUNDS FOR HIGH SCHOOL SURF TEAMS!

Chance'em put on a great "Poker With the Pros" event at Turtle Bay Resort to raise funds for high school surf teams. It was a big success. They reportedly raised enough funds to pay for all the entries and insurance for the kids! The tables were full and there were donations galore! Winning the charity 5th annual tournament was Makua Kai Rothman who is a shark for sure. He was runner up last year in the Texas hold'em card show down!



Ian Tamanaha from Mililani pulls an air maneuver at the Vans Skate Jam-Banzai Skate Park



OFF da Island in Moorea, Tahiti

Haleiwa resident Erica Lehmkuhl vacationing in Tahiti.



OFF da Island in South-Iceland

Diana and Gabby Murphy from Waialua took a well deserved vacation to Iceland. Diana is pictured here with the North Shore News at the beautiful Seljalandsfoss Waterfall.

First Day Hikes in America's State Parks Offer Invigorating Start to the New Year

Make a New Year's resolution to your health and happiness by kicking off 2018 with an invigorating First Day Hike at Kaiwi State Scenic Shoreline. On January 1, all 50 states will participate in the seventh annual national event that encourages everyone to celebrate the New Year with a guided outdoor exploration.

DLNR Division of State Parks Administrator Curt Cottrell has taken a leadership position and personal interest in the annual hike to the top of the famed Makapu'u Lighthouse lookout in east O'ahu. "Our Hike is perhaps the best attended in the country," Cottrell said, with upwards of 700 people making the short two-mile round-trip trek to the top. He added, "Sunrise will be greeted and heralded in with a pu (blowing of a conch shell) in the four cardinal directions, followed by an oli and Taiko drummers. We are hoping to also have bagpipers to round off what has become a cross cultural celebration of the New Year." In addition hikers will enjoy one of the most spectacular views in Hawai'i, might catch Humpback whales breaching and frolicking in the waters below, and weather permitting, be the last to see the sunrise in America on New Year's Day.

The gate at Kaiwi State Scenic Shoreline opens at 5:30am and sunrise is at 7:09am. The trail is paved and handicapped accessible.

Christmas
PRESENCE

NEW HOPE HALEIWA CHRISTMAS CELEBRATION SERVICE
HALEIWA ELEMENTARY, SUNDAY 9AM



Puppies and Kittens ready for adoption! Contact the Oahu SPCA-Wahiawa.
L to R: Chase King with "Velocity", Amber King with "Snickers", Sarah Moncibias with "Daisy", and Robert Sutton with "Pyra"

North Shore Oral History Project Seeks To Talk Story With Community Elders

The North Shore Ethnographic Field School will begin to "talk story" with community individuals in January 2018. This unique community-based project will pair undergrad and graduate students at the University of Hawai'i at Manoa with community elders in a set of interviews designed to document, preserve and honor their life histories. This opportunity, to tell your own story in your own words, will help train a new generation of students in respectful, ethical methods that empower the community they are engaged in.

The 3-year oral history project is designed to focus on site-specific places and document the activities and memories of kupuna/'ohana with place. The Ka'ena, Mokule'ia and Hale'iwa areas will be the focus during the Spring 2018 semester. The field school will meet every Saturday from January through May 2018, with two life history interviews with community elders (1½-3 hours each) scheduled for Saturday mornings between February-March 2018 at various locations on the North Shore. Questions? Contact Malia Evans at 808-728-7676 or evansmas@hawaii.edu or Hannah Anae at 808-237-9322 or hannahk@hawaii.edu



OFF da Island in Torun, Poland

NSN subscriber Beverly Matsumoto from Altadena, California is pictured here- "Hey Bev! Are you in Poland or Japan?"

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North Shore News



2018 Schedule

PUBLICATION DATE	EDITION	DEADLINE DATE
January 17	#1	January 5
January 31	#2	January 19
February 14	#3	February 2
February 28	#4	February 16
March 14	#5	March 2
March 28	#6	March 16
April 11	#7	March 30
April 25	#8	April 13
May 9	#9	April 27
May 23	#10	May 11
June 6	#11	May 25
June 20	#12	June 8
July 4	#13	June 22
July 18	#14	July 6
August 1	#15	July 20
August 15	#16	August 3
August 29	#17	August 17
September 12	#18	August 31
September 26	#19	September 14
October 10	#20	September 28
October 24	#21	October 12
November 7	#22	October 26
November 21	#23	November 9
December 5	#24	November 23
December 19	#25	December 7

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Editor's Choice

Gifts From the Heart

(Author Unknown)

According to legend, a young man while roaming the desert came across a spring of delicious crystal-clear water. The water was so sweet he filled his leather canteen so he could bring some back to a tribal elder who had been his teacher. After a four-day journey he presented the water to the old man who took a deep drink, smiled warmly and thanked his student lavishly for the sweet water. The young man returned to his village with a happy heart.

Later, the teacher let another student taste the water. He spat it out, saying it was awful. It apparently had become stale because of the old leather container. The student challenged his teacher: "Master, the water was foul. Why did you pretend to like it?"

The teacher replied, "You only tasted the water. I tasted the gift. The water was simply the container for an act of loving-kindness and nothing could be sweeter."

I think we understand this lesson best when we receive innocent gifts of love from young children. Whether it's a ceramic tray or a macaroni bracelet, the natural and proper response is appreciation and expressed thankfulness because we love the idea within the gift.

Gratitude doesn't always come naturally. Unfortunately, most children and many adults value only the thing given rather than the feeling embodied in it. We should remind ourselves and teach our children about the beauty and purity of feelings and expressions of gratitude. After all, gifts from the heart are really gifts of the heart.



OFF da Island in New Orleans

Waialua resident Kathi Albiar took a trip to New Orleans. She is pictured here at the Mississippi River.



CLASSIFIEDS

The North Shore News is published every other Wednesday and mailed free of charge to all North Shore homes and businesses. Extra copies may be obtained at our office.

PRESS RELEASE POLICY: Submit press releases in person, mail or email to Editor, North Shore News, 66-437 Kam. Hwy., Suite 210, Haleiwa, HI 96712. Please type your releases and keep them shorter than 200 words unless they are of an unusual news interest. Releases should be viable news stories and are published on a **space available basis only**, with priority given to those received in our office first. You may attach photos. We are not responsible for the return of any photos. All materials are submitted at owner's risk. We reserve the right to edit and/or refuse all submissions including advertising.

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OFF da ISLAND

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BRRRR

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