



"E Ala Na Moku Kai Liloloa"



Happy Mother's Day!

Mother's Day Brunch
Waimea Valley
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Mother's Day Celebration
Hawaii Polo
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NORTH SHORE NEWS May 8, 2019 VOLUME 36, NUMBER 8



Riders wearing the new 3' Safe Passing Law jersey designed by HBL to communicate the new law in their awareness campaign. Photo: HBL

28th Annual Haleiwa Metric Century & Aloha Fun Rides

Sunday, April 28, was a beautiful day to ride in paradise on Oahu's North Shore. With 700 riders, 150 volunteers and many more supporters who participated in the

event, the bike ride brought many smiles rolling into the finish area at Kaiaka Bay Beach Park all day. Beyond a great day of cycling, the event put on by the Hawaii Bicy-

cling League (HBL), raised awareness about the benefits of cycling and bicycle safety, including the Safe Passing 3 Foot Law, that went into effect in 2018, requiring that drivers provide at least 3 feet of separation when passing a bicyclist.

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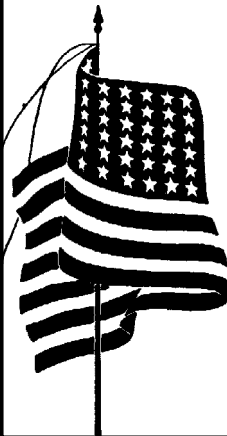
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OFF da Island in Japan- *Waialua residents Tony Kozma, Sam & Marie Deuz, Danna Rose, Danny Parrish and Wendy Wylder are pictured here at Kenrokuen Garden in Kanazawa, one of Japan's most beautiful gardens.*

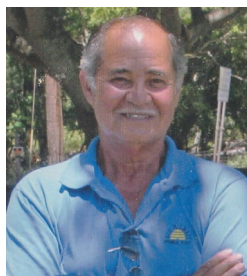


May is National Military Appreciation Month and is a declaration that encourages U.S. citizens to observe the month in a symbol of unity. National Military Appreciation Month honors the current and former members of the U.S. Armed Forces, including those who have died in the pursuit of freedom.

**NORTH SHORE
PHOTOGRAPHY**

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Charles Raymond Mohica
09/18/39-01/31/19

Charles Raymond Mohica, 79 years young, of Boise, Idaho, passed away on January 31, 2019. Charles was a loving husband to Gloria for 58 years and had 3 amazing children: Charles Eleazar, Kealani Rose (Mumma), and Michael Frank. He is also survived by his brothers, Ken, and William and Sister Patricia. Charles was born in Pu'unene, Maui and raised on the island of Oahu. He graduated from Leilehua High School and started his career as a Refrigeration Technician in the United States Air Force in 1957. After ending his service with the Air Force, Charles returned home to Hawaii. He worked for Honeywell and ended his career at BYU Hawaii. After retiring, Charles wanted to be closer to his children, so he eventually moved to the mainland. Charles spent the last 25 years of his life enjoying it. He was a woodworker, golfer, fisherman, and an artist. Charles continued to come to Hawaii to spend time with his family and friends.

A celebration of life will be held on Saturday, May 11, 2019 at 12 noon, in Pupukeya: 59-518a Alapio Road.

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WAFFLE BAR

caramelized banana, coconut, pineapple sauce, berries, fried chicken, sriracha thyme maple syrup

SCRAMBLED EGG BAR

"the greek:" spinach, onions, olives, sun-dried tomatoes, feta cheese ♦ corned beef hash, onions, peppers, romano, chorizo, chilis, poblanos, jack cheese, bacon, portuguese sausage, home fries, white rice, salsa

CEVICHE BAR

poisson cru, shrimp, scallops, octopus

SALAD

little gem salad with butter leaf, tomato, local citrus, pine nuts, pimentos ♦ beet & lentil salad with herbs, goat cheese, & red wine vinaigrette ♦ quinoa salad with roasted spring vegetables ♦ mari's baby caesar salad

ENTRÉES

laksa vegetable curry ♦ rice noodles, tofu, bean sprouts, & greens in a coconut curry broth ♦ crispy duck breasts, tamarind glaze, grilled tokyo negi, & bao buns; served with plum sauce ♦ hawaiian salt & pepper crusted sirloin steak ♦ wilted kale, sauteed mushrooms ♦ miso sweet potato pie with crispy onion crust

DESSERT

fresh fruit salad, chocolate raspberry tart, caroline's homemade banana pudding



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SEATING 2:

11:30^{AM} CHECK IN
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HALEIWA ARTS FESTIVAL**



**Councilmember
Heidi
Tsuneyoshi**
Serving You in District 2

As we move closer to the completion of our fiscal year 2020 budget season, the City Council has an opportunity to direct how city money is spent. It is the Council's responsibility to ensure hard-earned tax dollars are spent wisely and in the best interest of the residents of Oahu.

One of the issues I campaigned on was financial accountability. With that in mind, I took a very critical look at how the city proposes to spend its money in the next fiscal year as well as the revenue enhancing proposals needed to balance the increases. One of the hot button issues has been the city administration's proposal to charge a fee for refuse pickup.

The proposal would introduce a five dollar fee for refuse pickup, generating an estimated \$5.8 million for the next fiscal year. Since taking office, I have consistently been on record that we need to find other methods of balancing the budget without constantly taxing our residents. The city continues to see increases in property tax revenue due to the consistent rise in property values across the island, which has led me to vote in opposition of the refuse pickup fee bill. The city should always look at how its own spending before considering instituting new revenue generators. With that said, within my proposed amendments I submitted budget cuts that would off-set the refuse fee and much more.

Within my budget additions, I included funding to refurbish the John Kalili Surf Center as it has been in disrepair for years. I also reappropriated funding to construct a canoe halau at Haleiwa Beach Park mauka and allocated funds to continue the progress on relocating Waialua Fire Station.

For the Ko'olauloa community, I reappropriated funds for a feasibility study to determine a location within Hau'ula to develop a much-needed community center. I also proposed funding to relook at developing affordable housing in Ko'olauloa due to the obvious demand that has been expressed. Previously, there was an effort to pursue senior, affordable housing, but unfortunately it never came to fruition. I believe now is the right time to take another look at providing affordable living options for the residents of Ko'olauloa.

If you have any questions for me please feel free to contact me at 768-5002 or htsuneyoshi@honolulu.gov. Mahalo!

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APRIL 14 OPENING DAY CELEBRATION
 MAY 5 CINCO DE MAYO CELEBRATION
 MAY 12 MOTHER'S DAY CELEBRATION
 MAY 19 AL LOPAKA DAY
 MAY 26 MEMORIAL DAY CELEBRATION
 JUNE 2 TEAM HAWAII V. TEAM AUSTRALIA
 JUNE 9 TEAM HAWAII V. TEAM AUSTRALIA
 JUNE 16 HAWAII POLO LIFE INVITATIONAL
 JUNE 30 CLIVE USHIJIMA TROPHY

JULY 7 INDEPENDENCE DAY CELEBRATION
 JULY 14 SAMMY DELGADO CUP
 JULY 21 GOVERNOR'S CUP
 JULY 28 FRED DAILEY CUP
 AUG. 4 SUSTAINABLE HARVEST CELEBRATION
 AUG. 11 TEAM HAWAII V. TEAM INDIA
 AUG. 18 INDIA DAY CELEBRATION
 AUG. 25 MURPH DAILEY TROPHY
 SEPT. 1 LABOR DAY / SEASON FINALE CELEBRATION



**Senator
Gil Riviere**
**Serving Oahu's North and
Windward Shores**

The Airbnb Bill Fails, then Passes

The 2019 Legislative session roared to an exciting conclusion with three dramatic votes on vacation rental taxation in the final days, and a threat to kill 15 bills supported by the 12 Senators who dared vote against the "Airbnb Bill."

On the last week of conference committee, the Thursday and Friday floor sessions are held in the evening so that final action in the committees can proceed up to the last minute. On Thursday evening, a motion was made to reconsider disagreement with the House version of SB1292, a bill to require vacation rental hosting sites to collect taxes and pay them to the state.

Although normally a quick, procedural vote, many of us spoke and voted against this motion to reconsider. Our objection is that the state should not be collecting tax from vacation rentals, unless and until provisions are in place to help with regulation. The Senate version of SB1292 contained enforcement and reporting requirements that would have assisted the tax department and county planning departments. The House stripped out the enforcement measures and refused to negotiate. The Senate was left with a choice to take it or leave it.

My vote was to leave it. After several impassioned speeches from Sen. Thielen, me, and others, the Friday night vote was tied 12-12; thus, it failed to pass and most news reports claimed it was dead. Sen. Fevella, who had given a strong speech in opposition the night before, missed the vote due to a medical emergency. (He is fine now.)

During the Friday debate, Sen. Dela Cruz stated that if the new tax bill failed to pass, then \$47 million dollars of appropriations would have to be cut, and he would kill bills according to how the members voted. Twelve of us voted on principle, willing to face the budget ax.

Over the weekend, Sen. Nishihara was persuaded to change his vote. On Tuesday, another motion to reconsider SB1292 passed. Sen. Thielen then moved, and I seconded, an amendment to instruct the Director of the Tax Department to share the maximum amount of information legally permissible with the counties. This unexpected amendment created chaos because it would have had the effect of killing the measure. While most members agreed it was a worthy amendment, they did not agree that it should be passed under the circumstances.

And so, the table was set for another vote and another round of speeches. Go to Senator Gil Riv-

iere on Facebook, if you are interested in seeing and hearing the debate. This time, the vote was 13-12 for passage. Sen. Fevella voted No and Sen. Nishihara switched his vote to Yes.

Also, of great interest on the final Tuesday, was the suspense of whether or not the controversial water bill would be pulled to the floor for last minute action. The Senate gallery was filled with advocates in opposition to the water bill and they cheered with relief when we adjourned for the day. The water bill was, in fact, dead for this year.

You win some. You lose some.

Please do not hesitate to call or write if you have any opinions, questions or solutions that might help me better represent you. My phone number is 586-7330. My email address is SenRiviere@capitol.hawaii.gov. Follow us on FaceBook or online at SenatorRiviere.com. Please visit us in Room 202 at the Capitol; or let's talk closer to home, maybe the next time we pass in the street. Mahalo.

**Sunset Beach Community
Association Meeting**
Wednesday, May 15, 2019 7pm-9pm
Sunset Beach Recreation Center

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

Aloha Friends and Neighbors!

Today at the Capitol, we passed two bills relating to mental health; House Bill 330, House Draft 1, Senate Draft 1, Conference Draft 1 appropriates moneys for youth suicide early intervention, prevention, and education initiatives; House Bill 655, House Draft, 1 Senate Draft 1 Designates the month of September of each year as Suicide Prevention and Awareness Month. The Center for Disease Control and Prevention reported 45,000 deaths to suicide in 2016. In Hawaii, the number of suicides has increased by 30% since 1999. Suicide is often the result of mental illness and it affects so many in our community. Every two days, one person in Hawaii falls victim to suicide, the leading cause of fatal injury deaths in the State.

At least 15.5% of adults in Hawaii struggle with a mental illness according to the State of Mental Health in America. Mental illness affects our families, our friends, and our neighbors. Although this issue has wide a spread impact on our communities and affects so many that we know and love, 67.5% of adults who have a mental illness do not receive any treatment for them. I want to discuss some of the resources that are available to those who are struggling with a mental illness.

Like any physical illness, some mental illnesses are hereditary, and others develop due to different traumas that we may experience. In the same way, mental illnesses need to be treated by doctors and often require medicine just as physical illnesses do. There are so many resources available for those who need help to receive treatment, afford treatment, and get connected to resources that will help them to manage their symptoms.

Samaritan Counseling Center offers individual and family counseling, home visits, and community workshops. They accept most health insurance plans and offer a sliding scale fees for clients who are uninsured. To get more information you can call 808-545-2740 or email info@samaritanhawaii.org.

PACT (Parents and Children Together) offers multisystemic therapy with a home-based model which provides support in your community as well as functional family therapy which is intensive ongoing support for families who have children struggling with behavioral issues. To get more information you can call 808-843-2069.

Hoola Na Pua partners with Catholic Charities for children and families who are survivors of sexual abuse. They offer individual, group, and family

counseling. They also assess for risk of sex trafficking and provide treatment plans. To get more information you can call 808-681-1546.

In the event of a mental health crisis anyone can text the word ALOHA to 741741 to speak anonymously with a crisis counselor 24/7. To receive immediate assistance including transportation to the licensed crisis residential shelter on Oahu and medical response if needed call 808-832-3100.

Our community is stronger together than we can ever be alone. If you or someone you know are struggling with a mental illness please do not hesitate to reach out to my office. It's always okay to ask for help. Reach out to your friends, family, neighbors, or any of the incredible organizations that exist to help those who have a mental illness. There is never any shame in asking for help. Helping each other is the purpose of community.

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



Wailua High & Intermediate School May Upcoming Events:

- 5/5 Band Performance: Wailua Band Stand, 4:00pm
Performing Ensemble: Wailua High School Symphonic Band
- 5/7 Incoming 7th Grade Orientation, Cafeteria, 5:30pm
- 5/11 Band Performance: Aloha Concert, 6:30pm, WHIS-Gym
Performing Ensemble: Wailua Intermediate School Beginner's Band, Wailua Intermediate School Band, Wailua High School Symphonic Band
- 5/14 Last Day for Seniors
- 5/15 Athletic Awards Night, Cafeteria, 6:00pm
- 5/18 Graduation, Toshiyuki Nakasone Field, 5:30pm
- 5/21 School Community Council Meeting, Library, 3:30pm
- 5/27 No School – Memorial Day
- 5/29 Second Cup of Coffee, 8:30am, WHIS – Library
- 5/31 Last Day for Students

Talking Story with Tom Jacobs

The Problem's the Parking

Every other Wednesday a half-dozen or a dozen of us old guys have breakfast at the Haleiwa Café. This week one of the subjects for discussion was parking in Haleiwa Town ... the lack thereof. It became a topic because one of our members had his car towed ... he had parked at one store and shopped there, then had ducked across the street to another store and had been busted by the local tow company for being absent in the first store when checked.

Turns out, I knew a little bit about this problem. A while ago I got a call from one of the North Shore's most involved, most dedicated civic leaders. He wanted to complain about a local company who was towing illegally parked cars in Haleiwa Town, then charging the owners to get their cars back. So I looked into it. Yep, a guy in Wahiawa was towing and charging, and some tows were kinda suspicious. Has the North Shore come to this?

Except ... what's a store owner gonna do? For example, McDonald's has limited parking spaces, guys come and fill them up while they boogie on over to food trucks across Kam Highway. Maybe I need to do some research. So I started by inviting the tow-truck guy to lunch.

The tow-truck company owner, Alex Kanamu of Response Parking Management, turns out to be a good guy. He is honestly concerned about the real problem ... and the real problem is not illegal parking. It's not enough parking ... not enough spaces in Haleiwa Town. People park illegally because they have no choice ... they can't park anywhere else. So they get towed or they get away with it. Kanamu personally verifies that a car is illegally parked before he tows it, by verifying that the owner is in fact not in the store or establishment ... even going so far as checking that he or she is not in a rest room. Sometimes, when special circumstances warrant, Kanamu will not tow even when he is legally entitled to. He'll instead leave a card warning the car owner. "No one likes the hassle of getting somehow to Wahiawa to bail their car out," Kanamu says, "but imagine extra expense and hassle for the car owner if I had no lot in Wahiawa and had to tow the car all the way to Honolulu."

So my friend, who had raised the towing issue initially, and I agree. No towing is not the solution. What's the solution? The solution is to attack the real problem, which is that there are nowhere near enough parking spaces in Haleiwa. There are three large shopping centers in Haleiwa Town: Howard Green's North Shore Marketplace (think Cholo's and Serman's Realty), which seems to make do, barely, with existing parking; Will Schoettle's Haleiwa Town Center

(Think BankOH and the former Pizza Bob's) which has excess parking; and Kamehameha Schools' Store Lots, the newest of the three, which clearly doesn't have enough parking. Haleiwa Store Lots customers' parked cars circle Liliuokalani Church and line Emerson Road. Elsewhere, parking is problematical. Some businesses offer adequate spaces, most don't. Food trucks seem to appear here and there with no thought of providing adequate parking space. Cars clog Kam Highway and jam what parking the food trucks and shops have to offer. One of our state representatives, Sean Quinlan, told me that he had to park a half mile away from a hamburger store and walk over to get his burgers.

Where can we find room for more parking? Well, the City and County has a large equipment storage and maintenance yard just makai of Liliuokalani Church, on Emerson Road. Kamehameha Schools has Ag land behind (east of) the church. And local developer Andy Anderson has offered space for 100 (one hundred!) parking spaces, between Ace Hardware and the Bypass Road, to the city. No response. Elsewhere, there are of course acres of legacy sugarcane and other Ag land surrounding our little town ... in some cases marching right through it. The problem seems to cry out for a comprehensive systems approach.

Haleiwa is one of only seven special districts on Oahu and is the only one outside of the Honolulu metro area. Surely the City and County, perhaps with State help, can find a solution to our little town's pervasive parking problem.

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North Shore Chamber of Commerce News

New Member Highlight: envision.design.build, LLC

The idea for envision.design.build LLC began with friends encouraging owners Gazelle Garner and Parker Beck to start their own design-build company. "I've been doing architectural design work for well over a decade, and Parker has been in construction for just as long...Our combined 25 years of experience in the fields of design, permitting and construction makes us a great resource for anyone looking to renovate their home," shares Gazelle.

In 2008, Gazelle and Parker were each working at their own businesses when they got the opportunity to collaborate on a full house remodel for the same client: "The clients first hired Gazelle to develop the plans for their dream home, and I was later awarded the contract to do the construction," says Parker Beck, who heads up the construction side of their business.

"It took 9 years of planning and discussions before we finally decided to join forces," says Gazelle. Finally, in 2017, envision.design.build LLC was launched.

"Being able to provide both the initial design phase as well as the construction means we don't run into some of the communication break-downs that can sometimes happen when the person who developed the design isn't interfacing with the person building it," says Parker.

Gazelle works with their clients to re-shape and re-envision their home, as well as helping them navigate the sometimes difficult permitting process with the City and County. When it comes time to handing off the plans to Parker, he is already well-versed in the scope of the project, budget, timeline, and has mobilized the trades needed to move the project into the construction phase. Parker also provides custom touches for their clients by occasionally fabricating one-of-a-kind pieces for their projects. They've worked on projects island-wide and on Maui and Lanai, and are focused on developing their business on the North Shore, which has been their home for the last five years.

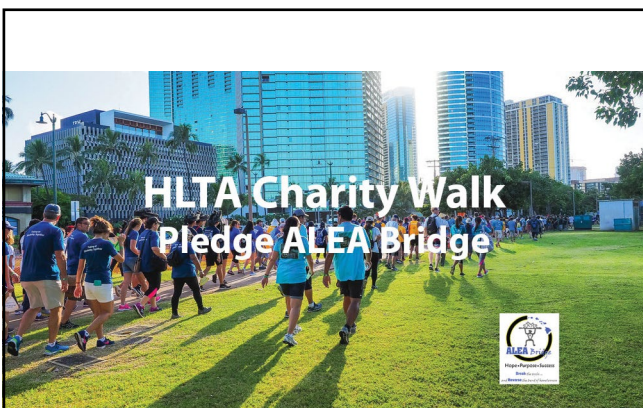
Parker & Gazelle can be reached by email at, info@edbhawaii.com, or by phone at 808-724-4020.. View their work on their website, www.edbhawaii.com.



Parker Beck & Gazelle Garner

ATTENTION HOME-SCHOOL & PRIVATE SCHOOL GRADS

In our next edition, we will honor and list the graduating students of Kahuku High and Waialua High. Let us know if there is a home school or private school student residing on the North Shore that should be recognized. Email information to: NSNHaleiwa@gmail.com



Join ALEA Bridge in the Oahu Charity Walk **Saturday, May 18, 2019 | 8 AM | Magic Island**

Help raise money and awareness for Hawaii's nonprofit organizations!

Visit <https://app.mobilecause.com/vt/Oahu/team/ALEABridge> to pledge for ALEA Bridge.

Click Pledge to this Team below to register for the walk, or simply make a donation.

Click "Create my own page" to fundraise as an individual on behalf of this team.

Let's make a difference, together!

About The Charity Walk

The Charity Walk, founded in 1974 and expanded statewide in 1978, is now Hawaii's largest single-day fundraising event by a non-profit organization. Since its inception, more than \$32 million has been raised to support hundreds of local charities throughout the state. Spearheaded by the Hawaii Lodging & Tourism Association and its non-profit arm Hawaii Hotel Industry Foundation, the Charity Walk is traditionally held every May on Hawaii's, Kauai's, Lanai's, Maui, Molokai's, and Oahu. Money raised on an island or county stays there. The public is invited to participate in this event featuring a morning of great food, fun, fabulous entertainment, and a little exercise to help island charities.

Get Involved with ALEA Bridge

Want to learn more about volunteer opportunities with ALEA Bridge and how to get involved in making a difference for Oahu's homeless community today?

Visit aleabridge.org or email volunteer@aleabridge.org to get started today.





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Clockwise from bottom of photo: Karin Moody (Owner/R), Noel Marchan (RA), Michael Pieklo (RA), Linda Yadao (RA), Trisha Kim (RA), Meme Moody (BIC/R) and Mikey Bruneau (RA)



HALEIWA STORE LOTS | 66-111 KAMEHAMEHA HWY. UNIT #902 | HALEIWA, HI 96712 | (808) 637-1500 | BETTERHAWAII.COM

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Kahuku Medical Center Now Offering Mammography Services

In its efforts to meet the medical needs of the surrounding communities, Kahuku Medical Center (KMC) is again offering mammography screening services.

KMC's imaging department is now scheduling appointments on Tuesdays and Wednesdays for anyone needing a baseline mammography or an annual screening examination.

Mammography images are read and interpreted by Hawaii Radiology Associates (HRA), a radiology group of physicians that has served Kahuku Medical Center since 2016.

"After 13 years, we are excited to bring back this important service to KMC and our community," said Kahuku Medical Center CEO Alan MacPhee. "Early detection of breast cancer is extremely important. Catching breast cancer before it has grown or spread, the patient has a five-year survival rate of almost 100 percent."

"We are planning to expand or enhance other hospital services so our community members are able to get quality and convenient healthcare right here in their own community," MacPhee said. "We're committed to investing in services and programs that will benefit everyone from keiki to kupuna in the Ko'olaupua area and North Shore."

Mammograms are the single most effective method

of early breast cancer detection. For women 40 and older, mammograms should be part of a yearly physical routine and do not require a doctor's referral. Women who are under 40 and have a family history of breast cancer or other concerns about their risk should speak with their doctor to determine when to begin mammography.

To schedule an appointment for a mammogram, call Kahuku Medical Center (808) 380-1426. Appointments are being scheduled weekly on Tuesdays and Wednesdays from 9 a.m. to 6 p.m. Walk-ins are also welcome and most medical insurance is accepted. KMC staff will also be able to assist patients who do not have insurance coverage.

Ayurveda and Beauty

The Ayurvedic traditional views of holistic healing fit very well into the modern models of holism. Total health of the individual encompasses the physical, emotional and spiritual. Ayurveda is known as a "science of healing" and has been practiced for over 5,000 years in India. All Ayurvedic treatments focus on the causes of imbalance rather than the outward manifestation.

In Ayurveda there are three subtle energies which are known as Pitta, Vata and Kapha, commonly referred to as doshas. Kapha is responsible for all forms of matter, Vata is responsible for the force and direction that they move, and Pitta is for transformation. All life forms have these qualities and Ayurveda's purpose is to bring these energies into harmony and balance.

Physical health, self-care, as well as inner qualities contribute to Ayurvedic beauty. As Maya Taware put it in Diet and Beauty (Japan Publishing), "the three parts of beauty are like a scale-one side holds the alankaras, or external ingredients, while the other holds the gunas or internal ingredients. The act of balancing is the third aspect, or rasa.....This is magic, and beauty in its fullness." In order to bring out one's true beauty you will have to discover your own prakruti, which is your essential constitution - this is the blend of subtle energies that make up "you." It consists of your body type and temperament. An initial consultation will help you discover your prakruti and this will guide you on how to take care of yourself and bring forth your own unique, natural beauty.

Heidi has 35 years of experience in the health field, and has practiced Ayurveda since 1996. She draws upon a well balanced and full range of modalities that encompass a wide range of natural treatments. She is dedicated to providing her clients with safe, innovative, natural and modern treatments and products, as well as a firm believer in self-care. SJHT is located at Ka'ala Healing Arts Building. Call/text 808 954-1032 for information. <http://sacredjourneys2018.wordpress.com>, Instagram: sacred_journey_healing

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North Shore Serenity Al-Anon Offers Family Support

North Shore Serenity Al-Anon Family Group meets 6:30 pm every Wednesday at St. Michael's Church Outreach Room, 67-340 Haona St., Waialua.

Al-Anon Family Groups are a fellowship of relatives and friends of alcoholics from different backgrounds, races, and walks of life. They come together to support each other and find solutions for their personal situations. They work on helping themselves and others lead purposeful, useful lives by overcoming frustration and helplessness caused by close association with an alcoholic.

All meetings welcome anyone who believes his or her life may have been affected by someone else's drinking either now or in the past. They are a safe place to share and listen to the experience, strength and hope of one another on a confidential and anonymous basis.

Additional information, including a schedule for Al-Anon meetings for all islands, is available online at <http://al-anonhawaii.org> or at www.al-anon.org; or by calling 888-425-2666.



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Benefits of Massage for Your Health

Taking care of your body should be a top priority. You will feel and look better if you take the necessary steps regarding health and nutrition. Stress relief alone can improve your vitality and state of mind. Massage therapy could play an important role in your life.

Professionals at the Touch Research Institute at the University of Miami explain the more massages you get, the greater benefits you reap. Experts estimate that upwards of ninety percent of disease is stress related. While eliminating anxiety and pressure altogether in this fast-paced world may be idealistic, massage, can without a doubt, help manage stress. Following are health reasons all American adults should be including massage in their family budgets and schedules:

- *Improve sleep quality
- *Decrease anxiety/depression
- *Improve concentration
- *Increases energy
- *Reduce scar tissue and stretch marks
- *Reduce fatigue
- *Increase joint flexibility
- *Enhance immunity
- *Promote tissue regeneration
- *Improve circulation
- *Relax over-used muscles, reduce sports-related soreness
- *Relieve post surgical pain, migraine pain and so much more!

Taking part in this form of regularly-scheduled self-care can play a huge part in how healthy you'll be and how youthful you'll remain with each passing year! Budgeting time and money for bodywork at consistent intervals is truly an investment in you health. And remember: just because massage feels like a pampering treat doesn't mean it is any less therapeutic. Consider massage appointments a necessary piece of your health

and wellness plan and work with you practitioner to establish a treatment schedule that best meets your needs.

At North Shore Ashiatsu and Massage, we welcome you to give massage a try and see for yourself how massage may benefit you and your wellbeing!

Written by Associated Bodywork and Massage Professionals®, Abby Parker and Tenisha Ruidas



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Learn to talk,
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Belladonna Botanicals Adds Their Expertise to the Wellness Corner in Waialua!

Let's celebrate the Grand Opening of Belladonna Botanicals next to North Shore Coffee bar in Waialua. Right next door they join already established Abby Parker of North Shore Ashiatsu and Massage and Aynjul Benigno of Radiant Skincare. All three are women owned and operated businesses whose mission to provide the highest quality in health and wellness on the North Shore.

Belladonna Botanicals is co owned by Simona Fossati and Kristine Williams. Simona is an herbalist and reiki master who owns Mana Healing CBD. Mana healing CBD's is known to support people's healing and transformation, while providing organic vegan skincare and magic potions. They consciously select ingredients for their purity and quality with the intention of amplifying their synergy. Their products are empowered by love, energetically charged and handcrafted here on the North Shore.

Kristine Williams is a naturopathic doctor and acupuncturist on the North Shore specializing in women's health and hormones as well as facial rejuvenation acupuncture. She brings her knowledge and

skillset with her to Belladonna Botanicals to provide people with the highest quality products because it matters to your health what goes on your skin and in your body. She will be taking new patients starting in June.

Kristine and Simona met last year and quickly found they had a lot in common, including opening a wellness shop. Recently it became a reality when they were offered a small retail space. They turned a storage closet into a stylish, carefully curated shop to serve the North Shore. They welcome anyone who is wanting to learn more about themselves and their well-being. Their passion lies in helping people in any phase of their journey to health and happiness.

You can find good vibes, Mana Healing CBD, skin and soul healing potions at Belladonna Botanicals. For more information please visit us at 66-935 Kaukonahua Rd, Waiualua HI 96791, on instagram at @Belladonna_botanicals or by emailing belladonnabotanical@gmail.com. Mahalo :). Join us for the Grand Opening Party on May 17 from 5-7 with pupus, cocktails, music and fun!



The ladies of the "Wellness Corner in Waialua" - Tenisha, Abby, Aynjul, Kristine & Simona



BANZAI NORTH SHORE WIRELESS

NORTH SHORE'S H.S.A STATE CHAMPIONS QUALIFY FOR CALIFORNIA NATIONALS

It's a big deal for Oahu's surfers to get good enough ratings so they can go to the National competition in California. Nationals are at Trestles in southern California and its one of the best waves in the world. Wyatt McHale and Luke Swanson both from the North Shore took home the big trophy last month at the H.S.A., Hawaii Surfing Association State Championships and are hard at work training for the event across the pond. McHale and Swanson both were stand outs through-out the entire event at Ala Moana Bowls in tricky 1-2 occasional 3 foot surf and the wind came up and made it even more difficult. McHale won the 18 and under division and Swanson the 16 and under. They will proudly represent Hawaii in the competition and we wish them all the luck. Take a tea leaf with you! Of note is a double winner. Puamakamai DeSoto won two divisions in shortboard and longboard and qualified in both for the Nationals. No word on how many finalists qualified but below is the top of the heap in some of the divisions!

Boys Short Board 12 Under
1. Tiger Abubo
2. Braedon Harris
3. Kenny Nishimoto
4. Stone Suitt

Girls Under 14
Puamakamae DeSoto
Sophia Carlucci
Isla Sexton
Ewe Wong

Boys Under 18
Wyatt McHale
Cole Alves
Tyty Kirby
Alex Rosenblad

Girls SB 12 Under
Vaihiti Inso
Erin Brooks
Coco Hakikawa
Christyn Simpson Kane

Boys Under 16
Luke Swanson
Jackson Bunch
Thatcher Johnson
Kaliko Pa

Girls 18 Under
Summer Ivy
Jasmine Crawford
Kahelani Papke
Malaika Bishaw

Boys Under 14
Kai Martin
Maikai Burdine
Luke Tema
Shion Crawford

Girls Under 16
Leila Riccobuano
Gabbi Knudson
Luana Silva
Savanna Stone

Open Men
Jackson Bunch
Maikai Burdine
Shion Crawford
Gavin Hogan

SUNNY GARCIA IN THE HOSPITAL

As of this writing I am sad to report that Sunny Garcia is hospitalized after he apparently tried to take his own life. Sunny has been reaching out through instagram about being depressed. "I have an incredible life surrounded by people that love and care for me, and I get to travel to beautiful places to surf and meet different people from all over the world, but I can tell you when I get down that none of that matters," he wrote.

"I just feel like nothing or anyone can help me at the particular time, so I just keep sharing my feelings hoping that it helps any of you out there that suffers from anything and encourage you to reach out and talk to others like yourself because this life can really be beautiful." Garcia has lead the charge of professional surfing for decades and has won the Triple Crown of Surfing six times in his career and a World Title in

2000. He was inducted into the Hall of Fame in 2015 and continued to surf in a few special events. He also is considered ohana in the Maui Ola Foundation where he has been volunteering for a while to help provide hope and confidence to individuals living with genetic diseases. Although he did have some glaring upsetting moments in his life he truly is a wonderful human being and we wish him a full recovery. If you or someone you know are having these difficulties call the National Suicidal Prevention Lifeline at 1-800-273-8255.

SUNSCREEN BAN

In July of 2018, Hawaii became the first U.S. state to ban the sale of sunscreens containing two common chemicals, oxybenzone and octinoxate. A great step as many researchers worldwide have deemed them harmful to aquatic life. There are laws in place and the feds require "truthful and not misleading" labeling on sunscreens. Companies are using the term "reef safe" but there is no agreed upon definition of that so be aware. There are some other chemicals that can cause harm such as octocrylene, homosalate, and octisalate. Any oils also in large amounts can harm reefs. Mineral sunscreens with "non-nanotized" zinc oxide or titanium dioxide ("non-nanotized" means the ingredients are 100 nanometers in diameter or more) appear to be safer for coral reefs than chemical ones. The best thing is to use protective clothing. For a sunscreen I prefer Raw Elements, a Hawaii-based, coral-safe sunscreen company. The company is now a member of The Safe Sunscreen Council, a coalition of companies working to raise awareness about the impact of toxic sunscreen ingredients on our planet. No, they don't sponsor me!! Summer is coming and sunscreens can even ruin pool water so try not to use so much and cover up and wear hats! World Reef Day is June 1st. Let's do our best to protect ourselves and our environment!

Have some news? email banzaib@hawaii.rr.com



Sunny Garcia. Photo: BanzaiBetty.com

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Wyatt McHale H.S.A. State Champion Photo: BanzaiBetty.com

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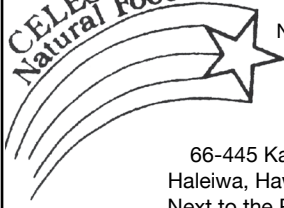
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**WHAT:**

Presented at the Polynesian Cultural Center where it continues to spark worldwide interest, the We Are Samoa Festival is Hawaii's premier showcase of Samoa's traditions. The state's largest Samoan festival celebrates the cultural traditions of the Samoan people with two major events: the World Fireknife Championships and the High School Samoan Cultural Arts Festival.

27th Annual World Fireknife Championships

The world's most talented fireknife dancers turn on the heat this year kicking-off the competition with a Women's Division opening night. The four-night competition at the Polynesian Cultural Center will showcase fireknife dancers as young as six years old seeking to win the coveted title of World Fireknife Champion (in their respective divisions). Attendees will be treated to a cultural experience unlike any other, and the best of the best will be crowned a World Champion in Women, Junior and Senior Divisions.

High School Samoan Cultural Arts Festival

Hawaii high school students of Samoan ancestry will demonstrate their knowledge of Samoa's culture by competing in a series of traditional practices including protocol and speech making, basket weaving, coconut husking and fire making, costuming, poise, dance and interpretation.

WHEN:

Wednesday, May 8 – Saturday, May 11

27th Annual World Fireknife Championships

- Wednesday, May 8, 8:00 p.m. – Hale Ohana
Women's Division: Preliminary Rounds
- Thursday, May 9, 6:30 p.m. – Hale Aloha
Women's Division: Finals
Senior Division (ages 18+): Preliminary Rounds

Rounds

- Friday, May 10, 6:30 p.m. – Hale Aloha
Junior/Intermediate Division: Finals
Senior Division: Semi-Finals
- Saturday, May 11, 7:30 p.m. – Pacific Theater
Senior Division Finals and Crowning

Three finalists will compete during the intermission of the evening show, Ha: Breath of Life. The champion will be announced at the conclusion of the evening show at 9:00 p.m.

High School Samoan Cultural Arts Festival

- Saturday, May 11, 9:00 a.m. – 2:00 p.m. – Pacific Theater

WHERE:

Polynesian Cultural Center

55-370 Kamehameha Highway, Laie, Hawaii 96762

ADMISSION:

Event tickets to attend the first three nights of competition for the World Fireknife Championships, May 8-10, are \$10 for adults, \$6 for keiki (ages 5-11).

Tickets for the Senior Division Finals of the World Fireknife Championships on May 11 during intermission of the evening show, Ha: Breath of Life, start at \$64.95 for general admission, special pricing is offered to Ohana Club members. The ticket cost includes admission to the evening show.

For more information, call the box office at (800) 367-7060 or visit www.polynesia.com. In Hawaii, call (808) 293-3333. To receive updates, event invitations and promotions, join the Ohana Club for free at www.polynesia.com.

**North Shore News
Graduation Issue**
Publication Date: May 22, 2019
Deadline Date: May 10, 2019
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North Shore News



2019 Schedule

PUBLICATION DATE	EDITION	DEADLINE DATE
May 22	Graduation	May 10
June 5	#11	May 24
June 19	Home Improvement	June 7
July 3	#13	June 21
July 17	#14	July 5
July 31	#15	July 19
August 14	#16	August 2
August 28	#17	August 16
September 11	#18	August 30
September 25	#19	September 13
October 9	#20	September 27
October 23	#21	October 11
November 6	#22	October 25
November 20	#23	November 8
December 4	#24	November 22
December 18	#25	December 6

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Used Book Sale

Saturday, May 18, 8:30am-12:30pm
Weather Permitting

Writers' Group

Saturday, May 11, 11am
Topic: "Anniversaries"

Readers' Group

Thursday, May 23, 9:30-11am
Bridge at St Luis Rey

Recurring Events

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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? 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: NSNHaleiwa@gmail.com.



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HELP WANTED
Housekeepers Wanted
Full-Time, Part-Time
Independent Contractors
Call (808) 838-1202

Haleiwa Beach House is currently in search of new employees to service both FOH & BOH.
All positions available.
Please inquire within from 2pm-4pm.

Groundskeeper
Full Time/ Full Benefits
Experienced Preferred
Call (808) 838-1202

MATSUMOTO SHAVE ICE
Now Hiring!
Apply in person daily
9am-4pm
808-637-4827

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. Japanese speaking a plus. Ocean sports experience and dive instructor wanted. Please contact surfnsea@surfnsea.com for details.
Apply in person daily 9am-7pm
62-595 Kam. Hwy., Haleiwa

Giovanni's Original White Shrimp Truck is hiring!
Immediate openings in Haleiwa and Kahuku
If you've got a great smile, like working in a fast paced, high volume environment then Giovanni's may be the right fit for you!
We provide flexible schedules, \$15 starting pay, and 100% employee paid medical benefits. Qualified Applicants Must Have:
• H.S. Diploma or Equivalent
• Drivers license
• Great smile & Lots of ALOHA
• Ability to lift 50lbs
Come join our team and be part of the Giovanni's Ohana, no experience necessary, training available.
56-505 Kam Hwy, Kahuku
(808) 293-1839

FOR RENT
MODERN 1 BEDROOM/ 1 BATH + LOFT
Fully Furnished
1 Bedroom/1 Bath + Loft
Granite/Wood Floors/
Designer Kitchen
Private/Secluded/Gated Estate
\$2065.00/month
Call Jessica at (808)838-1202

TABLES & CHAIRS
Call North Shore News
780-8037
All proceeds go to the North Shore Food Bank

Office/ Shop/Storage for rent in Waiialua
Call Nick 478-1220

FOR SALE
Antique doors, windows and fixtures from a famous house
Call 478-1220

MISCELLANEOUS
"Huge Multi Family Yard Sale, Mother's Day weekend, May 11th and 12th. Furniture, antiques, household items, exercise equipment, books. Clothing, toys, plants, CD's, Dvd's and much more. Kahui St., Ranch Camp, beside WHS. 8 am to 3 pm Sat and Sunday, May 11th and 12th. HAPPY MOTHER'S DAY..."

Mililani Orchid Club
Mother's Day Orchid Sale & Display
Saturday, May 11, 2019
8am - 2pm
Mililani Mauka Elementary School

IMPORTANT MESSAGE from North Shore News
We will only be accepting the following donations: Gently used clothing, towels, blankets and canned goods. Please DO NOT leave the following: Toys, household goods, shoes, and unwashed clothing and bedding.
Mahalo!

Parkinson's Group Meeting
Group meets at the Waiialua United Church of Christ on the 1st Saturday of every month.
Friends & Family Welcome
Next meeting June 1 @10am
Abel 253-9541

Would you like to get the North Shore News via email in color! Just send us a message at: NSNHaleiwa@gmail.com and you get the NSN online every two weeks!

North Shore Christian Fellowship
Ohana Produce Distribution
Friday, June 28 10am
Waiialua Community Association

Waiialua Farmers Co-Op Market
Waiialua Sugar Mill
Saturdays, 8:30am-1:00pm

NOAA Stranded, Entangled Injured Sea Turtles
(808) 725-5730

MAULOA FOOD PANTRY
at Sunset Beach Christian Church
Tuesdays, 9am - 12 noon

Vegan Skin Care & Nutrition
Looking for health minded people for our team that is expanding on Oahu.
Work part time from home with potential to earn a corporate income within a year.
Call Kathy (808) 223-5392

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Mahalo For The Privilege To Serve Our Community!



*A*s National Hospital Week (May 12 – 18) celebrates hope, healing and wellbeing, the team at Kahuku Medical Center extends its gratitude to the Ko`olauloa and North Shore community. Mahalo for the opportunity to provide quality health care to area residents and visitors for over 90 years, offering patients both emergency care and a variety of services to promote long-term health and wellness.

- Rehabilitation Services (physical therapy, occupational therapy, speech therapy)
- Imaging (CT scans, echocardiograms, mammograms, x-rays)
- Inpatient Care (Acute/Skilled Nursing, Long Term Care)
- Diagnostic Laboratory Services
- Primary Care Clinic
- 24 Hour Emergency Services



Kahuku
MEDICAL CENTER

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Care of Friends and Family*

www.kmc-hi.org | 808-293-9221