

"E Ala Na Moku Kai Liloloa"

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NORTH SHORE NEWS April 8, 2020 VOLUME 37, NUMBER 6

North Shore Adjusting to the "New Normal"

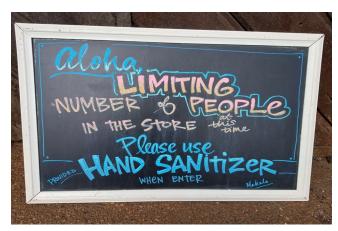
COVID-19 Crisis



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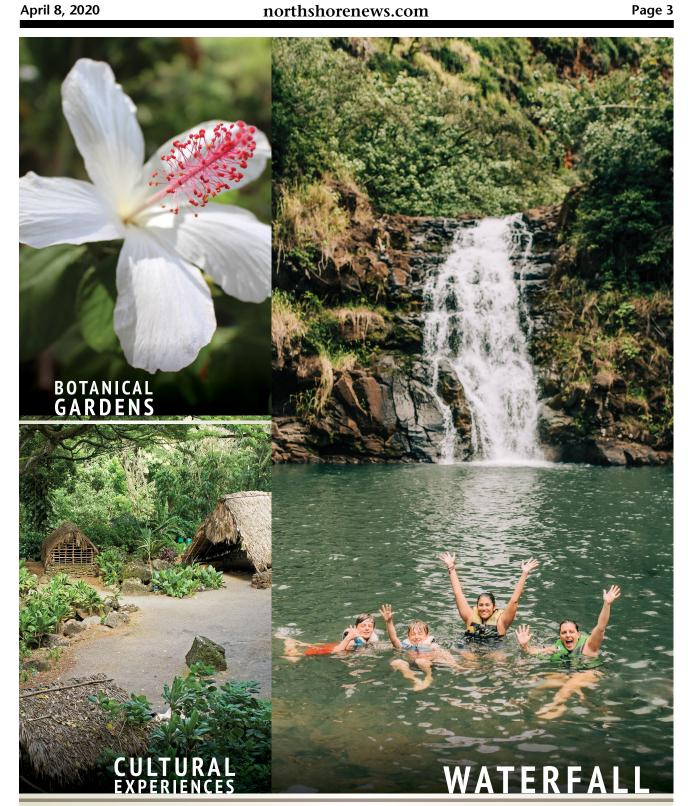


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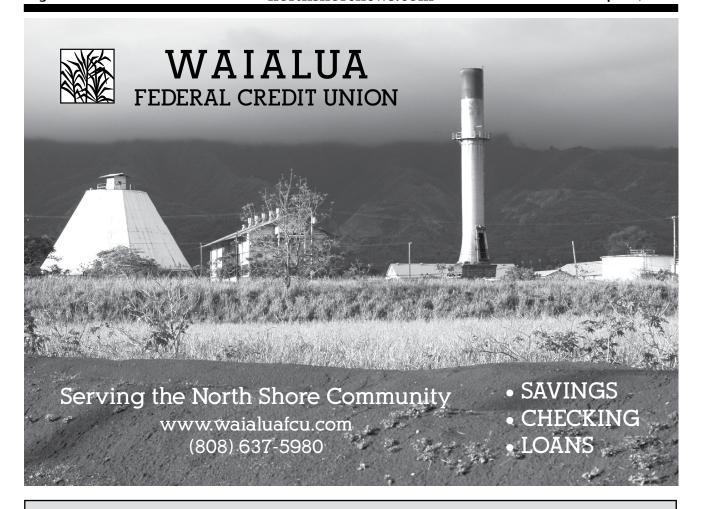


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COVID-19

Daniel Lum, MD Koʻolauloa Community Health Center

We are in the midst of a worldwide pandemic. The cause is a coronavirus, which is not new. However, this strain called COVID-19 or SARS COV-2 appeared in 2019 and causes mild symptoms (similar to the flu) in many people, but others get severe pneumonia and is fatal in some cases. It is more severe for people who are over 65, people with heart or respiratory disease (asthma or COPD), diabetes and those with weakened immune systems. However, deaths have occurred in those younger than 65, such as the teen in New York. Healthy people who have the virus, but no symptoms, can also pass it on to others.

How do you get the virus? You can get it from droplets (someone near you coughing or sneezing), but the distance that the droplets travel is limited. That is the rationale of staying 6 feet apart from others. You can also get the virus by touching a contaminated surface. The virus can live up to 3 days on surfaces.

What can you to do prevent getting the virus? Wash your hands frequently, especially before

eating. Cough or sneeze into your elbow or shoulder. Stay 6 feet away from others and try not to touch your face. If you feel sick, stay at home. If you're feeling very sick, call your healthcare provider. Stay healthy: eat well-balance meals, get a good night's sleep and exercise regularly.

If you are a kupuna or at high risk, take the following precautions. Get 90 day supply of medications; if possible have your medications delivered; be careful about handling deliveries (use a sanitizer on the outside of the container); if you are at a store you can use a hand sanitizer before you touch things like a grocery cart handle. Stay at home unless there is a good reason to go out.

The number of people in the U.S. with CO-VID-19 has now exceeded the numbers in every country with this virus. So all of us need to do our part in preventing the spread of this virus.

Koʻolauloa Health Center 293-9231

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Councilmember Heidi Tsuneyoshi

Serving You in District 2

Aloha,

First of all, I hope everyone is staying safe and healthy during this unprecedented time. The CO-VID-19 pandemic has forced us all to make big adjustments to our daily lives and I wish everyone the best during this trying time. Last month my office had the honor of partnering with the members of the United States Navy to conduct a much needed clean-up of Ke Ala Pupukea Bike Path. As many of you know, it is heavily utilized by both bicyclists and pedestrians, especially during the school year. Many parents and children are able to take advantage of the bike path as they make their way to Sunset Beach Elementary School. On this particular Friday, one of my staffers counted at least 60 people walking the path to the school within a 30 minute span. As you can imagine, Ke Ala Pupukea Bike Path is a key resource to the Sunset Beach community and the North Shore as a whole.

One of the main concerns that is relayed to my office is the build-up of debris along the bike path. The lush vegetation that adds to the beauty of the bike path also can create a dangerous situation when it is not maintained.

During this clean-up we removed over 50 bags of green waste along the path fronting Ehukai Beach Park. I cannot emphasize enough appreciation of the Navy for their help with this much needed maintenance. They did an amazing job of clearing

debris along and around the path and trimming the overgrowth that was impeding safe and clear travel for residents and visitors. I would like to give the Navy a big mahalo for their support in maintaining this treasured resource. We plan to continue this partnership to clear more of the bike path as well as conduct other projects throughout the district.

If you would like to participate in the next Ke Ala Pupukea Bike Path clean-up, please call my office at 768-5002 or email me at htsuneyoshi@honolulu.gov. Mahalo!

Waialua Farmers Market
Open Saturdays

The North Shore Hanapa'a Club have regretfully decided that this year's 2020 North Shore Hanapa'a Jackpot Fishing Tournament will be CANCELLED. We thank you for your understanding and continued support. This is more than a fishing tournament-this is a long standing community tradition that means so much to all of us and we look forward to seeing everyone when we come back HANAPA'A STRONG in 2021!

& Racquel Hill-Achiu



Ke aloha pumehana, The North Shore Hanapa'a Club North Shore Hanapa'a Jackpot Fishing Tournament Eddie Balidoy, Corrine Hill, Carol Jo Gonsalves, Rance Balidoy, Alika Scholtz, Ronald Hill, Lauren Shiraishi



Ke Ala Pupukea Bike Path.



United States Navy.

NORTH SHORE FOOD BANK

Partnering with North Shore News, Alea Bridge & Hawaii Food Bank

APRIL DISTRIBUTION UPDATE

North Shore Food Bank (NSFB) will continue food bank distribution during the COVID-19 crisis.

Wednesday, April 15, 12 noon, WCA (Waialua Community Association)

Wednesday, April 29, 12 noon, Waialua District Park

Please stay home if you are sick!

Stand 6ft apart (3 large steps)

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instagram@nsfoodbank

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MAHALO!



Senator

Gil Riviere

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COVID-19 Updates

Who could have predicted how fast everything would change? Nearly everything familiar about our daily lives has been upended in the last couple weeks by the novel coronavirus, aka COVID-19 and SARS-CoV2. Here is some information that may be helpful.

Social Distancing and Stay in Place Order

Yes, this is what we need to do. The more we abide to the program, the more lives will be saved and the quicker we will get to the end of home quarantine and travel restrictions. This is a great time to spend with loved ones, exercise, and to work on home improvement and cleaning projects. Use this time wisely; slow down, reflect, and plan for better days ahead.

Unemployment

It is likely that 25% of Hawaii's workforce will be unemployed, an astonishing increase from just 2.7% last month. Not surprisingly, the Department of Labor and Industrial Relations is overwhelmed with unemployment claims and the system has not been able to keep up. DLIR asks for patience as they do everything they can to work through the backlog. Payments will be back dated, so all the money will come. The online portal is huiclaims.hawaii.gov The phone number to schedule a phone appointment is 762-5752. The phone number for resetting passwords is 762-5751.

Small Business Loans

The Small Business Administration is providing Economic Injury Disaster Loans up to \$2 million to small businesses to help overcome the temporary loss of revenue they are experiencing. These loans may be used to pay fixed debts, payroll, accounts payable and other bills that can't be paid because of the disaster's impact. See sba.gov/funding-programs/disaster-assistance

Mortgage Payments

Homeowners with federally backed mortgages may be eligible for loan forbearance for up to one year without fees, penalties, or additional interest. Homeowners who are facing a financial hardship from the coronavirus should contact their mortgage servicer as soon as possible, or contact a HUD approved housing counselor at consumerfinance.gov/

find-a-housing-counselor or by calling (800) 569-4287

Forbearance does not eliminate the debt obligation; it temporarily reduces the payment amount or delays payment to another day.

Eviction Moratorium for Renters

Until July 26, 2020, property owners are prohibited from filing for eviction against or charging any fees for unpaid rent and fees to a tenant in properties with federally guaranteed loans or participating in federal housing programs.

The moratorium on eviction does not remove the requirement to pay rent, but it does provide stability in housing during these difficult times. Renters having difficulty in paying rent should contact their landlords early to discuss potential payment options.

School Meals

Certain schools are providing "grab and go" meals for all public and charter school students. Parents or caregivers who pick up a meal must be accompanied by a child, according to U.S. Department of Agriculture requirements.

Breakfast is served from 7:30 a.m.-8 a.m. and lunch 11:30 a.m.-12 p.m., Monday through Friday. For food safety, meals must be consumed by either 10 a.m. (breakfast) or 2 p.m. (lunch).

Participating schools include Waialua High & Intermediate, Kahuku High & Intermediate, Hauula Elementary, Kahaluu Elementary and King Intermediate.

Support Your Local Restaurants

With the closure of all dine-in service, more than 40,000 restaurant workers have been laid off. Every restaurant trying to survive is now offering take out service. Food-a-Go-Go is a helpful new website devoted to connecting Hawaii's restaurants with customers. Go to foodagogo.org and use the drop-down lists to narrow your search from hundreds of great food options.

More Information

Dial 211 or auw211.org – Resource center for COVID-19 questions and assistance programs OneOahu.org – City website for COVID-19 Stay in Place rules and questions

hawaiicovid19.com – State Department of Health website for COVID-19 information

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 and email address is SenRiviere@capitol. hawaii.gov. Follow us on FaceBook or online at SenatorRiviere.com. Mahalo.



Representative Lauren Matsumoto Serving You in District 45

Aloha friends and neighbors!

I wanted to start by thanking everyone who's already helped with our #malamamasks sewing drive. Over 1,000 mask sewing kits have already gone out to the great members of our community who are sewing masks for our non-medical essential workers. These masks will help protect people like those working at grocery stores, takeout restaurants, and pharmacies. These essential workers are upholding our community during this difficult time!

If you're interested in helping sew masks to protect our community and help slow the spread of COVID-19, you can visit RepMatsumoto.com and click on "Mask Tutorial" for a video guide, step-by-step instructions, and information about where and when to pick up mask sewing kits. My office will put together the kits and once you've sewed the mask, we'll help distribute them to essential, non-medical workers in the community.

Please contact my office if you'd like masks for your essential business! We will do our best to distribute them in a timely manner. You can reach us at repmatsumoto@capitol.hawaii.gov, (808) 586-9490, or RepMatsumoto.com.

During this difficult time, the State and Federal governments have offered many options for small businesses, families, and homeowners who may be struggling to make ends meet. Here are several options that individuals and families can take advantage of during this crisis:

Hawaii Unemployment Insurance

Although the Hawaii Unemployment Insurance program is experiencing a high volume of applications and they state you may have some issues with the website, please be persistent to receive unemployment benefits if you've lost your job or been furloughed. You can apply for unemployment insurance at huiclaims.hawaii.gov.

Mortgage Payment Forbearance

The CARES Act provides relief for homeowners with government-guaranteed mortgages. Homeowners with mortgages backed by the FHA, USDA, VA, HUB Section 184a, Fannie Mae, or Freddie Mac are eligible for loan forbearance for up to one year without fees, penalties, or additional interest. Homeowners in need of the forbearance should contact their mortgage servicer found on their monthly mortgage statements or by contacting a HUD approved housing counselor.

Grab-and-Go Meals

Breakfast and Lunch are available for pickup at Waialua High & Intermediate school and are provided free of charge! Parents or caregivers must be accompanied by a child in order to pick up a meal. Go to hawaiipublicschools.org for more information. In addition to measures to help individuals and families, there are also several programs, tax credits, and grants to aid businesses:

Small Business Administration (SBA) Paycheck Protection Program

The Paycheck Protection Program provides small businesses with zero-fee loans of up to \$10 million to cover payroll and other operating expenses. Up to 8 weeks of payroll, mortgage interest, rent, and utility costs can be forgiven. Payments on principal and interest are deferred for one year.

SBA Economic Injury Disaster Loans

The CARES Act, just passed by Congress to assist Americans during the COVID-19 pandemic, creates a new emergency grant of \$10,000 for small businesses that apply for an SBA Economic Injury Disaster Loan (EIDL). EIDLs are loans up to \$2 million for both businesses and nonprofits, and principal and interest payments are deferred up to four years. The EIDL loans can pay for expenses like payroll and operations expenses. The \$10,000 grant does not need to be repaid even if the applicant is denied an EIDL. A small business may apply for both an EIDL and a Paycheck Protection Loan.

Debt Relief for New and Existing SBA Borrowers

For small businesses that already have an SBA loan or take one out within six months after the CARES Act is enacted, the SBA will pay for all loan costs for borrowers, including principal, interest, and fees, for six months. SBA borrowers may also seek an extension of the duration of their loan and delay certain reporting requirements.

Relief for Small Business Government Contractors

Government agencies will be able to modify terms and conditions of a contract and can reimburse contractors at a billing rate of up to 40 hours per week of any paid leave, including sick leave. Eligible contractors include employees or subcontractors that cannot perform work on site and cannot telework due to federal facilities because of COV-ID-19. If you need additional assistance, please reach out to your local Small Business Development Center, Women's Business Center, SCORE Chapter, or SBA District Office.

Employee Retention Tax Credit

The CARES Act creates a refundable payroll tax credit for businesses of all sizes that retain their employees during the COVID-19 crisis. Employers are eligible if employees have been fully or partially suspended as a result of a government order, or they experience a 50% reduction in quarterly receipts as

Continued from page 8

a result of the crisis. For employers with 100 or fewer full-time employees, they may claim a credit for wages paid to all of their employees, up to \$10,000 per person. For employers with more than 100 employees, they may claim a credit for those employees who are furloughed or face reduced hours as a result of the employer's closure or economic hardship. The tax credit is not available if the employer takes an SBA Paycheck Protection Loan.

Payroll Tax Delay

The CARES Act allows employers to delay paying the employer-portion of payroll taxes through the end of 2020. Deferral is not available if the employer takes an SBA Paycheck Protection Loan.

Business Tax Relief

The CARES Act provides other forms of tax relief for businesses, including loosening requirements for net operating losses and limitations on business interest deductions. It also exempts distillers from excise taxes on undenatured alcohol to encourage distillers to produce hand sanitizer.

For more information about any of these programs, please visit sba.gov, irs.gov/coronavirus, or contact my office at repmatsumoto@capitol.hawaii.gov.



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NORTH SHORE REAL ESTATE TRENDS

by Richard Sterman (R) of Sterman Realty

Please stay safe North Shore, curb "Community Spread" by "Sheltering in Place" and, how thankful we all should be that we have a "Place" like this to "Shelter in"!

Major "Trends" are under way: Stocks have lost a third of their value, oil is down by two thirds and America just had 3 million unemployment claims in just one week ... I think we are in a "Major Trend"... and they will probably call it, "The Corona Virus Recession". This is the "Bump in the Road" that I was referring to in the last article, however, it's turning out to be quite a bit larger.

How will this affect our North Shore Real Estate?

I just heard a commentator on CNBC say, "There will be winners and losers, however, everyone will remember 'before the virus' and 'after the virus'." Like the stock market bargains that will come out of this, our real estate market is going to have bargains as well (it almost seems that way already)... and, like those that catch the bottom of any Stock Market downturn, those that are fortunate enough to buy something at the bottom of this real estate downturn will also be very lucky!

I know these will be tough times, however, I want to encourage my readers to at least "try" to save up a down payment as soon as you can (and I hope my sons are reading this) because when the prices and interest rates are as low as you'll ever see them for the rest of your lives - I want you all to buy that home you've been talking about! You will never regret it!

PS: One immediate and good trend happening right now is that "Turtle Traffic" has gone away!

Richard Sterman is a long time Realtor on the North Shore and contributor to the N.S.News. Richard's company of nearly 30 agents, Sterman Realty, has been serving the North Shore community for over 40 years. You can contact Richard with questions or suggestions by emailing Richard@Sterman.com or by calling 808.638.8600.



North Shore Chamber of Commerce News

Member Highlight: Cynthia Archibald of North Shore Nutrition

"The silver lining in this pandemic is that our residents are recognizing the benefits of locally-grown foods and looking for natural alternatives to boost their health and immunity, says Cynthia Archibald, local nutritionist professional and owner of North Shore Nutrition. Cynthia is committed to helping the community get healthier and stronger, especially during this trying time. To promote social distancing, North Shore Nutrition is currently only providing phone and/or virtual services and is offering free 30-minute sessions for new clients.

Owner Cynthia recognizes that people are concerned with staying healthy and are not sure where to go for reliable information. She's available to answer questions about foods that best support immune function, nutritious and "shelf-stable"(i.e. long shelf life) foods to stock our pantries, and where to go for local fresh fruits and vegetables. She regularly shares nutrition tips on her Facebook page,@Nutritionwithaloha and webpage, https://northshorenutrition.weebly.com/.

She partners with North Shore farmers to connect people with local sources of sustainably grown produce. "When we eat the way we should eat, it's not only good for our bodies, it's good for the local economy and our environment. Food sovereignty for Hawaii is a passion of mine," says Cynthia.

Cynthia has lived on the North Shore for the past 15 years. She has a Master's degree in Holistic Nutrition and has been providing consultation work with North Shore Nutrition for the past 5 years.

Her clients can expect to get customized nutrition recommendations to help them meet their unique individual, health and wellness goals. She incorporates a client's medical history and personal health goals into her protocol so her clients get an individualized experience that is tailored to them.

"I've seen dramatic results for people struggling with common conditions like high cholesterol, high blood pressure, and obesity. I've been able to reduce inflammation for those suffering from osteoarthritis. I've helped clients reduce pain in their everyday lives. People I've worked with have noticed higher energy levels during the day and improved sleep at night," says Cynthia.

Cynthia can conduct appointments by phone, 227-1101, Facetime, Skype, or Facebook video, whichever mode best suits the individual.

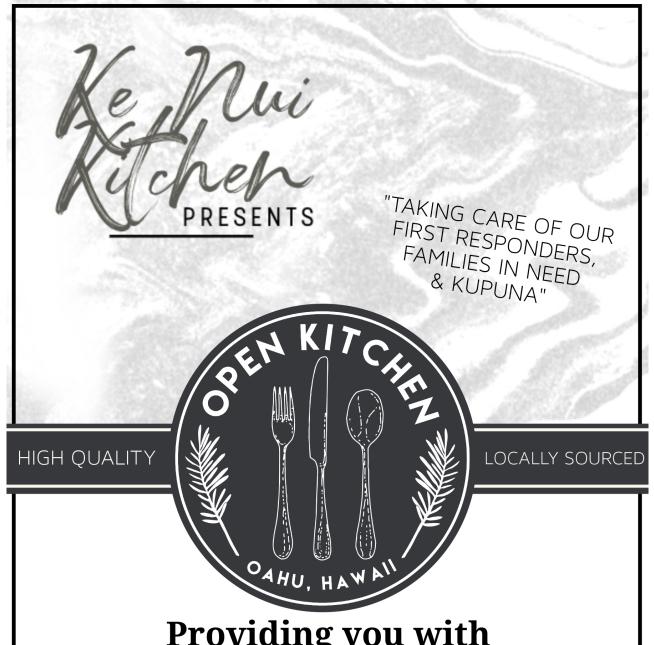
TURTLE BAY

Aloha IS AT THE OF WHAT WE DO



It's more important now than ever to help our fellow members of our community. At Turtle Bay, we have donated 4,000 pounds of fresh food plus personal care packages to our kūpuna and neighbors. Today, we are also announcing the formation of the Turtle Bay COVID-19 North Shore Assistance Fund, which will address the growing impacts of the virus in our North Shore and Koʻolauloa communities.

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In the Shadow of Beauty

By Christopher Buehler, Horticultural Technician, Waimea Valley on Oahu's North Shore

It's been a wet and windy winter in Waimea Valley this 2020, and thanks to one particularly blustery evening this February there are a number of fallen branches and uprooted trees in the botanical collection. The most obvious of these casualties is one that has never failed to delight and impress visitors to Waimea Valley as they approach the first bridge to begin their hike. The fancifully-colored bark of Eucalyptus deglupta, commonly called "Mindanao Gum" or "Rainbow Eucalyptus" makes it one of the rockstars in the world of ornamental trees. With gradations ranging from blue to yellow, to orange, then red and finally brown, as it oxidizes with age, the old bark naturally peels off revealing the bright-green,

new bark underneath, creating some truly striking contrasts. Our 80 ft. tall specimen was the valley's only example of E. deglupta, and has been a favorite subject for countless photos and selfies ever since it was planted in 1993. Sadly, the recent wind damage to its limbs and the resulting vertical split that appeared within its main trunk, required it to be felled for general safety. Now the only remaining evidence of its mighty existence is simply the first 30 ft. of its lower trunk and a pile of soggy, orange wood chips that lie next to its 4 ft. diameter stump. A lamentable sight indeed- so let us have a moment of quiet reflection as we appreciate its past glory.

The Mindanao Gum, though it is remarkable for a number of reasons, is not an especially uncommon tree to come across in warm climates of the world. It can be found planted as an ornamental in southern California, Texas and Florida, not to mention many places in Hawaii. A fine specimen, found in the Wahiawa Botanical Garden, with a "state exceptional tree" designation, comes to mind. Waimea is searching for a replacement tree to be planted in the valley.

The Rainbow Euc. is very distinct however, in that it's one of only fourteen eucalyptus species that is not native to Australia. Instead, being a native to Papua New Guinea, Solomon Islands, Indonesia and Mindanao, E. deglupta is accustomed to growing in a tropical rainforest environment, and vying for light amongst other fast-growing, forest-giants. Although many of the 800 or so other eucalyptus species are also notable for growing to enormous heights, the Rainbow Eucalyptus attains its height significantly more quickly. Average growth rates of E. deglupta have been reported to be as high as 22 feet per year, with some groves achieving 180 feet in just 14 years! This is one of, if not the, fastest growth

rate recorded for any hardwood tree species. Which is why it is planted in Philippine tree plantations. Being a eucalyptus, the heart-wood is evenly-colored and imbued with antimicrobial and insecticidal tannins and phenols, so the wood from older trees are naturally resistant to rot, and prized for lumber and furniture. And because they grow so quickly, young ones are used for paper pulp.

In fact, the absence of this fixture to the valley's entrance highlights a common theme when it comes to the appreciation and conservation of nature. That spectacular Rainbow Gum was planted just 8 ft. away from another tree, an eleven year old accession of a not so photogenic Pereskia quisqueyana ("Baya-

hibe Rose") that then had to adjust to a life in the shadow of its more popular neighbor. This small tree was given its common name because it sports very lovely large pink flowers resembling roses, and at the time of its discovery in 1977 it was located only in one place on earth, Bayahibe village in the Dominican Republic. There were twelve plants known at the time, located in one church yard of that town, and they were all male. Later a tiny population of females was located, and conservation efforts were undertaken, but soon after, the owner of the land that sheltered the females, much like everyone else had done before,

cut every single one down because of the thorns. Pereskia quisqueyana was later named the national flower of Dominican Republic, but it is a highly endangered species, and Waimea Botanical Garden was incredibly fortunate to receive one in 1983, and help in the conservation of this extremely rare plant.

Although the beauty of "Bayahibe Rose" may not be as easy to appreciate, it is in fact no less an extraordinary species than E. deglupta, in that it is one of the very few out of thousands of cactus species that has true, non-succulent leaves. It is a very primitive example of the cactus family and believed to look much like the common ancestor of all cacti, from before the family diverged some 30 million years ago into a separate lineage found only in the Americas. They also reportedly have edible and delicious fruit, but unfortunately our only accession is male so we shall never get a taste from it. But now that our wickedly spiky little friend is able to enjoy the open freedom of full-sun once again, just in time for summer, we may expect to see a new flush of growth and blooms, and maybe, just maybe, this long unnoticed treasure may appear in a selfie or two.





Waimea Valley Crew.



Mahalo Jared & Gail Kawatani from the Hawaii Food Bank–Distributing Senior Boxes at the NSFB distribution April 1, 2020.





Keala Kennelly, Jaws. Photo: banzaibetty.com



Carol Philips, Pipeline. Photo: Brian Bielman









BANZAI NORTH SHORE WIRELESS

OPERATION NIGHTINGALE, CAROL PHILIPS

Carol Philips is widely known for her big wave riding on a bodyboard. She was out at Waimea Bay in the 80's after she moved to the North Shore. And she thought, "if they could do it I could." She thought right! Her bodyboarding career won her two United States Amateur Championships, Hawaii State Champion titles and final appearances in a contest she organized, the World Championship of Women's Bodyboarding. Carol already surfed Pipeline and she knew it would be a great venue for the wahine. "It was Ace Cool that sponsored the first prize money back then and we got together with the bodysurfing event and onward from there," she explained. Pushing for an event for Women at Pipeline is an ongoing conversation that Carol has been heavily involved in for some time.

Carol Philips is a champ in other ways. She has been a leader in promoting women's sports and recently got an award from the state for her work in equality through the years. She served on The State Commission on the Status of Women from 2005 to 2013 and is on the North Shore Neighborhood Board. "The best thing about the board is that it is a venue to bring our legislators and the community together," she said. She does not have any goals in politics, "I'd rather be a surfer than a politician." Carol Philips may not be a politician now but her calm negotiating style is something to be admired. She does have a immediate goal. Carol is working on a project to raise funds for our nurses and healthcare providers. Our health care system needs PPE's, personal protection equipment. The project is called "Operation Nightingale" and is a go fund me project. Check it out here, https:// www.gofundme.com/f/COVID-19-Protective-Equipment-Hawaii-Nurses?utm_source=facebook&utm_ medium=social&utm_campaign=p_cp+sharesheet& fbclid=IwAR0LbsswVU4_WEEm92Afd2o8PH4bUek Ut4jmo26aWmk6_07ZoWNDccRIEXg Right now it's really important for our surf community to help each other, every act of kindness really counts now. A great reminder from Carol. We all hope to see everyone in

WORLD BIPOLAR DAY MARCH 30TH

The International Bipolar Foundation is a leading foundation for bipolar information. Bipolar disorder formerly known as manic-depressive illness is a brain disorder that causes unusual shifts in a persons mood, energy and ability to function as told on the web-site. I don't profess to know much about it but

we all know that it can cripple a persons will to live. Bipolar disorder can be very severe. A person might even have signs of being out of touch with reality and or believing they are the president or that they have committed a crime, extreme up and down feelings. Recently by instagram one of our favorite surfers wrote a heartfelt post about her disorder, a problem that over 1.2 million Americans have. Keala Kennelly posted she was diagnosed a year and a half ago with Bipolar type 2. Kennelly said "if me being open about my condition can help even one person get the help they need it's worth it to me to step forward." Kennelly is stable, on medication and willing to reach out. She has been busy wining world titles and speaking out for women's rights also. She was recently awarded for her work as a women surfer by the State House of Representatives and this powerhouse of an athlete will sure make more history in the years to come! If you are experiencing any signs of depression check out the web site and do go see a doctor to discuss your health. https://ibpf.org/learn/ programs/world-bipolar-day/

Kahuku Medical Center Makes Policy Changes With COVID-19 Situation

Visiting Hours at KMC

In response to the growing risk of COVID-19, Kahuku Medical Center has temporarily cancelled hospital patient visiting hours and is limiting who is able to enter the hospital. This is being done out of an abundance of caution. We sincerely appreciate your patience and understanding as the health and safety of everyone is our top priority.

The emergency room remains open 24 hours a day.

Primary Care Clinic

In an effort to prevent the potential spread of COVID-19, patients of our Primary Care Clinic are asked to call ahead first before visiting. Clinic patients that are given preference are those needing urgent care or with COVID-19 symptoms.

Clinic hours remain the same from 8 a.m. to 6 p.m. Monday through Friday.

Because of the evolving situation, please call our main number at (808) 293-9221 for information. For information regarding COVID-19 from the Hawaii Department of Health, please call 211.

To the Rescue...

By Rex Dubiel Shanahan

I have been rescued twice by North Shore lifeguards since my arrival at Sunset Beach in the summer of 1974. The first one was at a neighborhood bodysurfing contest at Pipeline (before the big contests) when I got caught inside the breaking waves. I had watched the surf breaking for about half an hour and felt safe enough to paddle out. Then a huge set rolled in and I was caught inside. I went under once, came up, and duck dove the second wave seriously thinking this might be the end of my life. When I came up for air, North Shore lifeguard, Ted Lowdermilk, was "casually" paddling by and asked me if I wanted a ride. I scrambled onto his board and rode it all the way to shore. Close call. The second incident was at Kammieland. I was swimming in front of my house and got caught in the rip on a big day and was being carried out to sea. A patrol boat was in the area because of a sanctioned contest at Sunset and I was hauled into the boat and ferried to shore. Rescued again!

North Shore lifeguards provide an invaluable service to residents of our community and the millions of tourists who arrive on our shores unaware of Mother Nature's dangers. We need these public servants to keep us safe and alive!

Last summer lifeguards based at the District 3 substation, Rock Piles, near the skate park, took it upon themselves to paint their office home. Fred Booth was the champion of this project and enlisted his fellow guards to join him. The North Shore Lifeguard Association donated the paint.

I was impressed by the office's makeover and stopped in to compliment the lifeguards on their work. As I entered the yard, I noticed the tiled large landing step on the front porch. It was an awful sky blue color, cracked and missing pieces. Really ugly!

So, because I love the lifeguards and appreciate the services they provide (they are our neighborhood's first responders, too,) and because community service and showing gratitude are very important to me, I took it upon myself to contribute to the beautification of the entryway to the substation. I had picked up some tiles at a construction yard sale in Pupukea and donated them to the effort.

A local tile setter, Wesley Liquorish of Liquorish Stone and Tile, volunteered to lay the tile. I coordinated with Captain Vitor Marcal and the beautification project was on its way!

Because of work schedules and family commitments, it took a few months for the three of us to coordinate the project. When Wesley looked at the job for the first time, Captain Marcal mentioned tiles also needed to be replaced in the foyer, so that was added onto the job. Wesley went above and beyond. He got 150 square feet of slate print porcelain stone tile and thinset donated from Daltile in

Honolulu. He supplied all the other materials. He also hired his crew to assist. I was really impressed with his willingness to contribute his own materials, time, and salaries for his employees.

The District 3 Substation front porch landing and foyer are beautiful! Stop by and take a look sometime, and thank the North Shore lifeguards for their service. They are our protectors! They are our lifesavers!



Mahalo Wesley Liquorish

Help and Support Needed for Community Bathrooms

The City & County of Honolulu, Department of Parks and Recreation (DPR) announced last week that starting March 25th, park bathrooms to remain open during park closures. These comfort stations will be the only DPR facilities available for public use. Park bathrooms will be subject to temporary closure to permit cleaning and maintenance. But during the work from home order, there remains minimal or no maintenance personnel to keep them open and supplied. The State Department of Land and Natural Resources is minimally trying its best to clean and restock the bathrooms once a day. ALEA Bridge is reaching out to our community to request if there are any volunteer groups or individuals that would like to assist in the cleaning and maintenance. Help and support to keep all of your community bathrooms safe, clean and open. To lend a helping hand during this time of crisis, call ALEA Bridge at (808) 379-2532. DPR and ALEA Bridge continues to urge the public to avoid gathering in large groups of ten people or more and to practice social distancing by maintaining six feet of distance between individuals. Mahalo and stay healthy!



Two North Shore residents, Colin Cook of Waialua and Eric Welton of Haleiwa were part of the twelve person Adaptive Surf Team that took home 4th place overall at the World Para Surfing World Championships.

Hawaii Adaptive Surf Team Places Fourth at World Championships

Twelve members of the Hawaii Adaptive Surf Team are back from La Jolla, California after placing fourth in the world at the 2020 AmpSurf ISA World Para Surfing Championships last week. Team Hawaii was among 21 international teams that traveled to the World Championships March 11-15. The Hawaii surfers competed in seven of the eight divisions, which include Kneel, Prone, Stand, and Visually Impaired. Team Hawaii took home the Copper Medal, following Spain (Gold), USA (Silver), and Brazil (Bronze).

In addition to the team's fourth place win overall, four members of the Hawaii team also won top three places in their individual divisions, including Colin Cook of Waialua, who took home his first World Championship Gold Medal in the Men's Stand 3 Division. Cook lost his leg in a North Shore shark attack in 2015.

"I feel so honored and humbled to compete alongside such amazing surfers that have not only overcome so much but have pushed to surf at their highest level. Winning the Gold was just the icing on the cake. A big thank you to ISA and AmpSurf for putting the event together and to AccesSurf, Adaptive Surf Academy and Hawaii Adaptive Surf Team for supporting me from the beginning," said Cook.

Joining the team were staff and supporters of AccesSurf, the local nonprofit that provides free surf and ocean experiences for people with disabilities. The nonprofit runs over 65 program days and over 2,500 ocean experiences a year, including adaptive paddling, surfing, swimming, and specialized events for wounded warriors. The entire group's travel was sponsored by Southwest Airlines.



North Shores's Colin Cook takes home Gold at Para Surfing World Championships.



In this state of emergency and hardship for so many families, the Oahu SPCA is here in Wahiawa to support our community. We provide good quality and the lowest cost Veterinary Care. We understand the importance of keeping your companion animals healthy and current on medications and vaccines. We are currently taking appointments at our Wellness Clinic and practicing social distancing with our new Curbside Service to care for your precious family members.

NEW Wahiawa Clinic Hours Thursday - Saturday 8:30 a.m. to 4:30 p.m. (808) 754-1519

Shelter Animals Need Fostering

During this state of emergency, the Oahu SPCA is trying to prepare for the worst. We are seeking the public's help to foster our shelter animals in the event the facility must temporarily close its doors. Fostering a pet is rewarding as you are caring for one of our rescued animals while we actively search for a permanent

home. During this time of crisis, our Foster Care Program is crucial to safeguarding our rescues and saving more lives. Call (808) 754-1519 or email adoptions@ oahuspca.org.



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Hawaii Votes by Mail

by: The Office of Elections

The 2020 Elections will be the first statewide elections conducted by mail and no traditional polling places will be established. Instead, all registered voters will automatically receive a ballot in the mail.

Voters should be on the lookout for their mail ballot packet on July 21 for the Primary Election and October 16 for the General Election. This mail ballot packet will include a personalized postage-paid return envelope, ballot secrecy sleeve, and ballot. Voters will mark their ballot, place it in the return envelope, and then sign this envelope before returning it to their County Elections Divisions.

Voters can return their ballot by mail, or drop it off at a ballot drop site location within their County. All voted ballots must be received by 7:00 pm on Election Day. Primary Election Day is Saturday, August 8, 2020 and General Election Day is Tuesday, November 3. Voter service centers, offering voter registration, in-person voting, and accessible voting, will also be opened 10 days prior to and on Election Day. A list of locations will be available on the Office of Elections website in May.

Additionally, towards the end of April, voters should be on the lookout for a signature capture card in the mail. This card asks voters to provide a current sample of their signature. The signature will be used

during each election to confirm the voter's identity in order to validate their ballot. If a voter returns their ballot without a signature, or if the signature does not match, they will be contacted by County Election Officials and will have up to 5 business days to correct it.

Election Officials are encouraging voters to verify their registration now and return their signature capture card once received to ensure their voted ballot is counted. Voters must keep their registration up to date as ballots, by law, are not forwardable.

To verify your registration status, contact the Office of Elections at (808) 453-VOTE (8683) or visit olvr.hawaii.gov. For more information about elections by mail, visit elections.hawaii.gov.

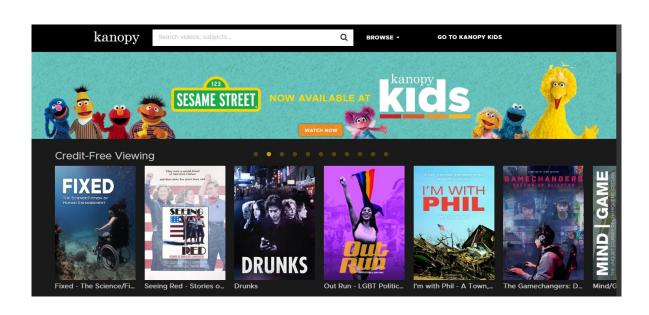




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to Materialize!

Did you hear about the huge wave that was supposed to hit Haleiwa? No, it wasn't from the latest north swell. It was the 400 runners and walkers at Loko Ea's 3rd Annual Fun Run! As the threat of covid-19 hit our state, Malama Loko Ea Foundation cancelled the much anticipated Loko Ea 8K/15K Race/1-Mile Walk which was to be held on Sunday, March 22, 2020. Instead of sprinting through the streets of Haleiwa, across a historic airstrip, and over a private beach, runners were invited to participate in a "virtual race". (A virtual race is a race that can be run (or walked) from any location the runner chooses. Participants can run, jog, or walk on the road, on the trail, on the treadmill at the gym or on the track. They get to run their own race, at their own pace, and time it themselves.) Many of the registered runners chose to "get physical...physical" and continued to support Loko Ea...virtually!

Malama Loko Ea Foundation would like to send a heartfelt mahalo to the following sponsors and donors:

> The North Shore News Kamehameha Schools Hawaiian Steam, Inc. 'Akahi Solutions Paradise Landscape Tamura's Supermarket Menehune Water **Turtle Bay Foundation** Na Kupuna Foundation McDonalds Haleiwa Running Room Hawaii Runners Route Aiea RunnersHI Safety Systems Hawaii Paalaa Kai Mart Aoki's Shave Ice **Pacific Sports Events** Diamond Head Bakery Dael Lunasco The Awesome and Tireless MLEF Staff

This fundraiser for Malama Loko Ea Foundation raises public awareness of Haleiwa's own Loko Ea, an over 400 year old Native Hawaiian fishpond. This event was part of Malama Loko Ea Foundation's ongoing fundraising for their Ho'olala Preservation, Kulaiwi Nani Restoration, and Kupuohi Education programs.

For more information on how you can support or learn about Malama Loko Ea Foundation, please visit lokoea.org.

Anticipated Swell Fails Hawaiian Electric adjusts operations due to coronavirus

Changes to protect employees, customers will not affect electric service

Hawaiian Electric continues to adjust its operations to reduce the potential spread of coronavirus, including postponing less urgent repair and maintenance work, and closing walk-in customer payment centers at least through April.

None of the operational changes being made will interrupt electric service to customers.

To ensure electric service is not disrupted, Hawaiian Electric is postponing projects and work that would require customer outages, unless it is deemed critical for safety or reliability. Our crews and contractors will continue to perform essential work that involves little interaction with the public, including tree trimming (to reduce potential outages), replacement of equipment, and system resilience work that is difficult to reschedule.

Emergency work, including outage restoration and repairs to ensure public safety such as replacing damaged poles, remains a priority.

Although Hawaiian Electric employees are considered "essential workers," the company is trying to reduce the numbers in the field to protect the health and safety of employees and the public. Here are some other measures being taken:

Until further notice, the company is reducing the number of meter readers sent out across its five-island service territory.

Bills for residential and some small- to medium-size commercial customers will be estimated based on the previous month's usage. Meter readers will continue to read meters for large commercial customers.

Once meter reading resumes, the bills will "true up" and customers will be billed accordingly for the actual usage. Customers will pay for only the electricity used.

Service disconnections are suspended through May 17, an extension from April 17. If you receive a notice from Hawaiian Electric before May 17 that threatens to disconnect service, it's a scam and should be ignored.

Customers facing financial hardship are urged to contact Customer Service so payment options and schedules can be arranged to help keep payments manageable. While customers will still be responsible for paying their electric bills, payment schedules and other options can help ease the financial challenges for those most affected by the COVID-19 situation.

The quickest way to start the process is to fill out and submit a Payment Arrangement Request Form at https:// www.hawaiianelectric.com/customerserviceoptions.

Walk-in customer payment centers will remain closed at least through April 30 rather than reopen on March 30 as originally planned.

Hawaiian Electric encourages customers who are having difficulty paying their bills due to the coronavirus pandemic to contact customer service representatives.

To make payment arrangements or for more information, visit the online customer care center at www.hawaiianelectric.com or call: O'ahu, 548-7311; Maui, 871-9777; Moloka'i and Lana'i, 1-877-871-8461; Hilo, 969-6999; Kona, 329-3584; or Waimea, 885-4605.



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PRESS RELEASE POLICY: Submit press releases, mail or email to Editor, North Shore News, P.O. Box 117, 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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 -We are all interconnected and have a shared humanity.
 - -Forgiveness is a gift we give ourselves.
 - —Desmond Tutu

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 117, Hale'iwa, HI 96712 E-MAIL: NSNHaleiwa@gmail.com NSN4Linda@gmail.com PHONE: (808) 780-8037 www.northshorenews.com



Next Issue - April 22, 2020 Deadline Date - April 17, 2020

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

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North Shore Food Bank **April Schedule** See Page 6

North Shore Food Bank @ nsfoodbank

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!

FREE Wooden Pallets Good Condition See Bernie at the Waialua Community Association office 9am-2pm 637-4606

Parkinson's Group Meeting

Group meets at the Waialua United Church of Christ on the 1st Saturday of every month. Friends & Family Welcome Next meeting April 4 @10am northshoreparkinsons@gmail.com

QUESTIONS? ONEOAHU.ORG COVIDRESPONSE@ HONOLULU.GOV **768-CITY**

Now is a Great Time to Quit Smoking! Call the Hawaii Tobacco Ouitline or enroll in their Online Coaching Program 1-800-QUIT-NOW hawaiiquitline.org

Area Food Banks **St. Stephan's Episcopal

Church 1679 Calif Ave. Wahiawa Tues & Fri 9-11a **Our Lady of Sorrow 1403 Calif Ave. Wahiawa Last Sat. 9-11a **St. Michael Parish Waialua Mon. April 27 8:30-11a **Hawaiian Humane Society For Pet Food 2700 Waialae Ave, Hon M-F 11a-7p S-S 10a-4p

Parents w/ keiki in school for help with internet service go to the following for eligibility https://www.spectrum.com/ 1-844-579-3743



ESSENTIAL WORKERS CHILD CARE

Let the YMCA care for your school-age child while you serve our community during the COVID-19 health crisis.

AGES, HOURS, DAYS & COST

- Children 5 12 years old
- Monday Friday: 6:30 am 7:30 pm
 - Children must be dropped off or picked up during these times:
 Drop Off: 6:30 am = 9 am

Drop Off: 6:30 am - 9 am Pick Up: 4 pm - 7:30 pm

- *\$55 per day or *\$275 per week (includes 2 daily snacks)
 - * Financial assistance is available thanks to support from the Hawai'i Resilience Fund at the Hawai'i Community Foundation. Apply online at ymcahonolulu.org.
- Add Optional Lunch and/or Dinner: \$5.50 per meal

ELIGIBILITY

Only children of Essential Workers, as defined by the State of Hawaii Order, who work at:

- Healthcare services and facilities
- Grocery & household supply stores & pharmacies
- Educational institutions
- Organizations that provide charitable and social services
- · Hardware and supply stores
- Restaurants for consumption off-premises
- Transportation
- Hotels, residential facilities and shelters
- Construction, Utilities & Military
- A full list with details can be found at ymcahonolulu.org.

HEALTH REQUIREMENTS

Children will be screened by Hawaii Pacific Health workers each day and not allowed to attend if:

- They or their families have traveled off-island within the past 14 days; or
- Have been in contact with someone under investigation for, or with a confirmed case of COVID-19; or
- Have a fever of 100.4° F + and/or have cold or flu symptoms.

FOCUS ON SAFETY

- · Operating under the strict guidelines
- · of the CDC.
- Daily wellness screening of all children and staff.
- Enhanced cleaning and other safety CDC protocols.
- · Low ratios: 1 Staff to 9 Children
- Children will be kept in set groups of 9 or less, with each group in separate rooms/ areas at all times.

PROGRAM

Arts and Crafts, S.T.E.A.M., Reading Time, Games, Outdoor Activities and assistance with distance learning assignment packets and homework. [Note: WIFI is not available].

LOCATIONS

- Leeward, 94-440 Mokuola Street, Waipahu, 671-6495
- Nuuanu, 1441 Pali Highway, Honolulu, 536-3556
- Windward, 1200 Kailua Road, Kailua, 261-0808

Register online: YMCAHONOLULU.ORG