



“E Ala Na Moku Kai Liloloa”

In This Issue:

The Great Barrington Declaration
Senator Gil Riviere
Page 7

Imagine A Day Without Water
Page 11

Statewide Tree Planting Day
Page 22



NORTH SHORE NEWS October 21, 2020 VOLUME 37, NUMBER 13



John and Peggy Cutting. Photo & Story: MPW ‘Ohana

“He ‘ili‘ili oia – He is a Pebble”

This is what we often say about long time North Shore resident John Cutting and his wife Peggy who over the years have dedicated countless hours of time to our com-

munity. When a pebble is dropped into the water it sends out ripples. Those ripples start small but quickly grow to reach things well beyond the pebble’s immediate impact.

Similarly, John and Peggy’s commitment to kuleana has reached far beyond themselves and has not only made our home a better place, but has inspired others to do the same as well. We celebrate the impact John and Peggy have had on our community and mahalo them deeply for generously sharing their selfless aloha with us all. See story on page 6.

PRSRT STD ECRWSS U.S. POSTAGE PAID HONOLULU, HI PERMIT NO. 1479	*****ECRWSSEDDM**** RESIDENTIAL CUSTOMER
--	--

NORTH SHORE FOOD BANK

IG:@nsfoodbank
Sponsors: Hawaii Food Bank
& Aloha Harvest

DISTRIBUTION UPDATE

Wednesday, October 28, 12 noon,
Kaiaka Bay Beach Park
with NSCF

Wednesday, November 4, 12 noon,
Kaiaka Bay Beach Park

Wednesday, November 18, 12 noon,
Kaiaka Bay Beach Park

Wednesday, November 25, 12 noon,
Kaiaka Bay Beach Park

with NSCF & Malama Loko Ea



For more information and
donations contact :
Linda (808) 780-8037



OFF da Island in Austria

Waialua residents Lam Duong and Sylvia Hoefler on vacation in Hallstatt, Austria.



In Memory of Ron Valenciana

An anonymous donor has offered to match dollar for dollar any donation to the North Shore Food Bank up to \$2500.00. The donations will be in memory of Pastor Ron Valenciana former editor of the North Shore News and founder of the Once a Month Church.

Checks can be sent to:
Once A Month Church
Po Box 117

Haleiwa, HI 96712
For information call 808-780-8037

NOTICE

For 10 years Carolyn and George Williams have been keeping up and taking care of a portion (1/4 mile) of the Waialua Bike Path from Kuoha Street to beyond Waialua Elementary.

Last Tuesday while Carolyn was working on the bike path she ran out of gas for the weed wacker, she went home to get gas and when she returned someone stole her new weed wacker.

Carolyn purchases all her own equipment by collecting cans. Please if you have the weed wacker return it to the Waialua District Park office-no questions asked.

Mahalo
Carolyn
637-9553

A Blessing to Brighten Life's Path...

REFLECTION



Through every experience or season of challenge, there are also blessings. Blessings often arrive in disguise and can be difficult to identify at times, but blessings are always there. My prayer for you today is that you are grounded in peace, love, and hope. You are able, strong, and a beautiful creation of the most high. God bless you, always.




WAIMEA VALLEY IS OPEN

NEW HOURS

THU - SUN  9AM - 4PM

ANNUAL PASSES



SALE

LOCAL RESIDENTS ONLY		
Individual		\$30  \$50
Family	<i>2 adults & up to 6 children age 18 & under</i>	\$60  \$100
Lifetime		\$600  \$1,000

Corporate Annual Passes also available!
Inquiries: info@waimeavalley.net

DAILY ADMISSION

SALE

KAMA'AINA & USA MILITARY		
Adult		\$8  \$12
Child	<i>Age 4 - 12</i>	\$6
Student	<i>Age 13 - 18, or with current college ID</i>	\$8
Senior	<i>Age 62+</i>	\$8
Group	<i>10+ adults, single transaction</i>	\$5  \$10



DONATIONS

No amount is too small; all contributions are appreciated! Fundraising is vital if the Valley is to remain open, preserve local jobs, and maintain our world-class botanical gardens, historical sites, and cultural programs. Donations are tax deductible to the fullest extent of the law. To contribute, please visit waimeavalley.net/donate.

MAHALO FOR YOUR SUPPORT



NORTH SHORE, O'AHU

CALL: (808) 638-7766

@WAIMEAVALLEY  

@WAIMEAVALLEYOAHU 

WHERE HAWAI'I COMES ALIVE

WAIMEAVALLEY.NET

HOW DO YOU CONTINUE HEALTH CARE IN TIMES LIKE THESE? HERE ARE A FEW ANSWERS.

If you've lost your health care and are not sure what you can afford, we want you to know AlohaCare is available through Medicaid and Medicare. Requirements have changed due to recent events, so you may now be eligible.

MEDICAL AND MORE

BASIC DENTAL* FOR ADULTS THROUGH HAWAII DENTAL SERVICE (HDS)

Includes an annual exam, cleanings twice a year, a full mouth x-ray and more.

CHOICE OF DOCTORS AND ACCESS TO TELEHEALTH

Choose from our large network of doctors and get virtual visits from the comfort of your home.

FAMILY MEDICAL

Stay healthy with full medical, prescriptions, and more.

To enroll in AlohaCare, call 973-0712 Toll-free: 1-877-973-0712
TTY/TDD: 1-877-447-5990 or visit AlohaCare.org
To apply for Medicaid, visit medical.mybenefits.hawaii.gov
or call 524-3370, or 1-800-316-8005 on the Neighbor Islands.



*Available only to adult members who do not have any other medical or dental insurance.

quick cuisine™

HAWAII LOCAL DELIVERY

NOW DELIVERING IN NORTH SHORE

MOKULEIA TO V-LAND

GET IT ON Google Play

Download on the App Store

Progress Starts With You

Politics can be a powerful vehicle for change, but only if we get our communities involved at every level. When our government reverts to its worst tendencies – opaque processes, top-down leadership, and rigid power structures – it neglects its people’s value and drives them away. Let’s reverse that trend. Let’s build a government that represents us.

How do we align our government with the needs of our people? The first step is to facilitate active communication between our communities and our leaders. The people of Hawai’i have incredible ideas, many of which either remain unspoken or fall upon deaf ears when they are vocalized. I encourage you to bring your creative solutions, insightful stories, and unique experiences to the table – we need to hear your voice.

Our government’s role should be to listen, then speak. Leadership should be a group effort. Our government should function as a platform for our people’s ideas, as a common ground where different perspectives, approaches, and backgrounds combine to produce collaborative movement.

Over the past several months, hundreds of community members have shared their ideas with me: an elementary school teacher suggested that the State hire unemployed workers as distance learning aides; the president of an agricultural partnership taught me about the value of distribution networks for local farmers; a small business owner recommended that the government invest in shared manufacturing facilities. These voices need to be heard in the State Capitol.

In order to overcome the daunting obstacles that we face, we need grassroots change. That means combining the lived experiences of community members into a shared vision of the future. At every turn, let’s remind ourselves and those around us that we all have the ability to shape the world in which we live. Progress starts with you.



Michael Chapman has worked for the Hawai’i State Senate, the State of Hawai’i, and both chambers of the U.S. Congress. A graduate of Georgetown University and Leilehua High School, he is the Democratic candidate for State Representative of District 45.

MICHAEL CHAPMAN
STATE REPRESENTATIVE

VOTE FOR WAIALUA

- **PROTECT** agricultural land, beaches, and forestry
- **SUPPORT** small businesses and farmers
- **PROVIDE** funding for our schools and roads
- **EXPAND** services for kupuna, children, and immigrants
- **ENGAGE** new groups in the political process

WWW.CHAPMANFORHAWAII.COM



Paid for by Friends of Michael Chapman, 95-310 Kaloapau St. #114, Mililani, HI 96789

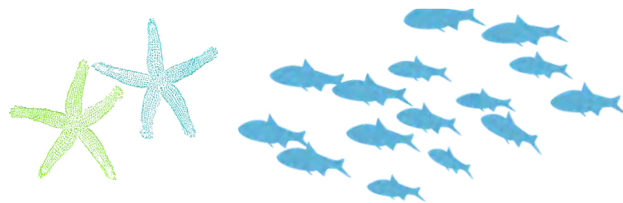
OH SO ONO THEY ARE!
Sada’s Malassadas
MADE FRESH DAILY
Exclusively at
Paalaa Kai Bakery

Simple.
Local.
Snack.
Sweet treat.
Delicious.
Tasty.
Ono.

NEXT PAGE FOR OUR
PKB Super Saver Special

Kuleana

By: MPW 'Ohana



Kuleana means many things. Mary Kawena Puku'i describes kuleana in the Hawaiian dictionary as a right, a privilege, a concern, and even a parcel of property. Kuleana is most often described, however, as a responsibility, a uniquely Hawaiian value and practice which refers to a reciprocal relationship between the person who is responsible, and the thing which they are responsible for. For John Cutting, kuleana is a big part of his lifestyle. John and his beautiful wife Peggy both understand that where we live, our home and community, it is important to give back, to help make it a better place, and that's exactly what they have done. Over many years they have both volunteered for a multitude of community organizations and taken on the kuleana of responsible leadership and caring for our special home.

The list is long as they have both been actively involved in a diverse assortment of organizations including the Outdoor Circle, the North Shore Seniors, caretaking work at Pu'u o Mahuka Heiau and Waimea Valley, the Waialua Bandstand and for the past fifteen years, John has served as a stellar Board Member for Mālama Pūpūkea-Waimea, providing stewardship and educational outreach at the Pūpūkea Marine Life Conservation District.



Uncle John and Palakiko

John and Peggy are both volunteer champions in our community who are moving on in their years and taking on new priorities as they care for 'ohana. John has gracefully retired from his physical role with Mālama Pūpūkea-Waimea but continues to serve in an advisory capacity – for which we are eternally grateful. We would not have been able to accomplish all we have without John's humble wisdom and unwavering guidance. Mahalo for all you have done, John, and for what you continue to do for our beloved community. You are a wonderful example of someone who takes on kuleana selflessly and whole-heartedly to benefit our home...something that enriches us all.

Mahalo nui from so many of us on the North Shore.



Visit us at www.pupukeawaimea.org
IG @malama_pupukea_waimea
FB at Mālama Pūpūkea-Waimea





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

The Great Barrington Declaration

The Great Barrington Declaration states that keeping lockdown policies in place until a vaccine is available will cause irreparable damage, with the underprivileged and young disproportionately harmed. The declaration was authored and signed on October 4th by three doctors of epidemiology, immunology and public health from Stanford, Oxford and Harvard Universities.

This policy statement has its detractors, as does just about every issue these days; but it has also been endorsed by thousands of physicians, scientists, and health experts from around the world. They write, "As infectious disease epidemiologists and public health scientists we have grave concerns about the damaging physical and mental health impacts of the prevailing COVID-19 policies, and recommend an approach we call Focused Protection."

They note that vulnerability to death from COVID-19 is more than a thousand-fold higher in the old and infirm than the young; and for children, the virus is less dangerous than many other harms, including influenza. Keeping students out of school is a grave injustice.

Current lockdown policies are producing devastating effects on short and long-term public health, such as lower childhood vaccination rates, worsening cardiovascular disease outcomes, fewer cancer screenings and deteriorating mental health. This failure to properly detect and treat other illnesses today will cause greater mortality in years to come.

It continues, "All populations will eventually reach herd immunity – i.e. the point at which the rate of new infections is stable – and that this can be assisted by (but is not dependent upon) a vaccine. Our goal should therefore be to minimize mortality and social harm until we reach herd immunity.

"The most compassionate approach that balances the risks and benefits of reaching herd immunity, is to allow those who are at minimal risk of death to live their lives normally to build up immunity to the virus through natural infection, while better protecting those who are at highest risk. We call this Focused Protection."

The declaration stipulates that adopting measures to protect the vulnerable should be the central aim of public health responses to COVID-19, while those who are not vulnerable should immediately be allowed to resume life as normal. See GBDeclaration.org.

A World Health Organization expert says much the same, that lockdowns should not be the primary means of controlling coronavirus. Watch <https://>

youtube.com/eNOx16kH4QQ

There will always be uncertainty, no matter which path is taken to manage this pandemic. Managing risks while avoiding enormous collateral damage was never going to be easy. There must be a middle way between continuous lock downs and reckless abandon; we will find it.

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.

♥ **PET MEMORIAL** ♥

A new place to lay your beloved pets to rest
(only cremated remains accepted)
Communal burial or shelf urn burial available



For pricing and more information, please call:
Reverend Koji Ezaki
Haleiwa Jodo Mission
66-279A Haleiwa Road
Phone: 637-4382



SUPER SAVER

Buy 3 Sada's
Malassadas,
3 turnovers,
and 3 butter
rolls and take
home a FREE
Snow Puffy
to boot!

Cannot be combined
with other offers,
promotions, or daBest
VIP card discount.
Offer valid from
Oct 21-Nov 3, 2020.

Mahalo and Aloha!
www.pkbsweets.com



Aloha friends and neighbors!

October is National Breast Cancer Awareness Month. You don't have to look far to find someone who has been affected by this horrible disease, whether it was you personally or a loved one. Every year dozens of organizations advocate for the incredible research and advancements being made for more effective treatment. Their goal is to raise both awareness and funds for the early detection and treatment for both women and men who are diagnosed with breast cancer.

Sadly, this form of cancer is incredibly common. Over 250,000 women are diagnosed with breast cancer every year in the United States. And, while it is very rare, about 1 out of every 100 breast cancer patients is male. The good news is that if caught early enough, it is treatable, beatable and there are countless stories from survivors in the midst of painful circumstances that give us hope.

The best thing we can do is learn how to monitor breast health to detect early warning signs and develop healthy habits that lower the risk of a breast cancer diagnosis. Here are a few helpful tips to ensure personal health:

Self-Exam - Doctors recommend performing a self-exam once a month. This is to check if there is anything new or out of the ordinary with your body. Self-exams help by becoming more familiar with your body so you know when something changes and can tell a healthcare professional, in fact 40% of diagnosed cases were because of women who performed self-exams first. If you do find a lump, don't panic! 8 out of 10 lumps are non-cancerous.

Professional Exam - The next step is to schedule an exam with your doctor and notify them of any changes in breast size or shape, if there is pain, or new lumps. They will be able to tell you if this is normal or if you need to do further testing. Your doctor may advise you to schedule an annual physical including a mammogram. Mammograms are an x-ray photo of the breast tissue that help detect cancerous cells in early stages. This is an important and effective tool as it can catch signs of cancer years before it can be felt in a self-exam.

Lower Your Risk - There are many factors involved in developing cancer so it is important to take the necessary steps to lower your risk. This includes keeping a healthy weight, maintaining a healthy balanced diet, exercising regularly, and cutting out or reducing alcohol and tobacco intake. Another way to help lower your risk is to breastfeed your children.

This helps keep the breast tissue healthy. Consider any hormonal treatments and oral contraception you may take. Hormone changes and disruptions can lead to abnormal breast health. On top of these things, if there is a history of breast cancer in your family you can ask your doctor about the BRCA1 and BRCA2 tests to see you have a hereditary gene that leads to breast cancer. Having this test does not prevent or promise cancer from developing, but it will help both you and your doctor take special care to ensure early detection and long term health.

It is so important to be educated on how to detect and prevent this disease in our own lives. You can also help others by getting involved with one of the many organizations dedicated to this cause. Creating awareness, education, developing new treatments and equal, affordable access to the healthcare necessary for treatment is vital to be able to beat this disease and eventually find a cure. If you would like to learn more and get involved to support this effort please visit The National Breast Cancer Foundation www.nationalbreastcancer.org, Breast Cancer Research Foundation www.bcrf.org, and American Cancer Society www.cancer.org.

As always, please don't hesitate to contact my office with any questions or concerns about happenings in our community. You can reach me at (808) 586-9490 or at repmatsumoto@capitol.hawaii.gov.

**RETAIL SPACE AVAILABLE FOR RENT
IN HALEIWA TOWN**



Great location, 66-239 Kamehameha Hwy. Haleiwa, HI 96712
(Block from North Shore Marketplace)

In the heart of Haleiwa Town, you can start your business here!
Standalone structure – Large retail store area includes restroom, storage areas and exterior deck.

2,631	Sq.	Ft.	comprise	of:
• Building	–	Approximately	998	sq. ft.
• Utility Room	–	Approximately	118	sq. ft.
• Front Deck	–	Approximately	800	sq. ft.
• Carport/Garage	–	Approximately	480	sq. ft.
• (2) Storage Areas – 1 @ 120 sq. ft. & 1 @ 115 sq. ft.				

Parking: Up to 6 - 8 cars (both private and shared)
Zoning: B-1; Commercial Business District

Lease price: \$3,500/month, NO CAM/RPT
Lease Term: Minimum 2 years
Utilities: HECO + BWS -- both separately metered

AVAILABLE NOW!
Tostart:\$7,000(FirstMonth'sRent-\$3,500+SecurityDeposit-\$3,500)
Please contact us at 808-838-1202 or text 808-450-1098



MUCHO MAHALO!

Cholo's Hits 25 Years

Amazingly, amidst all the current chaos in the world, there are still some rays of sunshine to celebrate. One such piece of good news is the remarkable milestone of Cholo's hitting 25 years of operation this month. Of course we would love to mark this occasion in true Cholo's style with a big fiesta, filled with music and fanfare...but alas, that is not to be, and we'll have to save that for a later date. For now, however, we are very grateful to be open, and would like to thank all our loyal customers who have driven from all over the island to show their Aloha, and put a smile on our faces during these difficult times. Over the years we have enjoyed growing with the needs and wants of the community, and have always appreciated their consistent and faithful support.

Please stop by to see us where we will continue to serve your favorite plates and specials, using the freshest and finest ingredients, and of course, don't forget to visit the margarita bar! And remember, you the people have made Cholos what it is today.

Nancy Salemi,
And all the Family at Cholos.



The Waialua Community Association continues to follow City and County of Honolulu Covid-19 restrictions on social gatherings at our facilities. Our office is only partially open during the week. Please call our office at (808) 637-4606 or email us at wca96712@hawaii.rr.com should you have any questions. All users entering our facilities are required to wear a facemask and observe social distancing. We are committed to keep our community as safe as possible during this current health crisis. Stay safe.

Setting Empowering Goals in Therapy

By Thomas Robertson, LCSW

Early in my training as a mental health professional I was taught to see the therapist and client as fellow travelers along the path of healing. Some people call this type of relationship the "therapeutic alliance." In this role the therapist isn't there to tell the client where they must go, but rather to help remove obstacles that stand in the way of the client's natural growth. For this to work it is necessary to agree on treatment goals as well as the steps for achieving them. This helps the two of you to stay the course and not get sidetracked on the path.

In my training I was also taught that treatment goals should be SMART, meaning they are Specific, Measurable, Attainable, Relevant, and Time-bound. These principles have been proven to be useful, but I have always felt they lack the warmth and the human touch that is needed for designing goals in therapy. Last year some of my social work students took this on as a challenge and added to this model to create goals that are SMARTEST. The EST here stands for Empowering, Satisfying, and Trackable.

I love the idea that treatment goals should be empowering. Many of my clients are survivors of different forms of violence and abuse. It has been said that the medicine for trauma is empowerment. When treatment goals are empowering the client is the one in charge. The client is better able to navigate the process of healing, and as mentioned, the therapist is there as a fellow traveler and empowers the client through the removing of obstacles. Working in this capacity is a great privilege, and I am again and again amazed to see the growth that comes with thoughtful goal setting in treatment.

Ko'olauloa Health Center
293-9231

*We accept everyone regardless of ability to pay.
Improving the quality of life for all. Imua!*



North Shore Chamber of Commerce News

New Member Highlight: Kromasol Hawaii

Lulu Esquivel Lanaro is the representative of Kromasol for the state of Hawaii, a company that sells nutritional supplements to remedy different types of ailments and improve health. Lulu says that Kromasol's products aid with digestion, arthritis, eyesight, circulation, fertility, flexibility, immunity and weight loss. Lulu raves that customers have reported that Kromasol supplements have alleviated their migraines, reduced their cholesterol and blood pressure. "Customers tell me they have increased energy, less appetite, and overall improved sense of well-being."

The ingredients are 100% natural, organic, kosher and contain no preservatives or sugar. The three best-selling products are "Supernova," "Nox," "Kosmos," and "Red." They contain such ingredients as noni, acai, schisandra, mangostino, complex B, resveratrol, collagen, zinc, fiber, amino acids, and other minerals. Lulu assures, "I guarantee these

products work. they are easy and convenient to use, just add water." She's also offering free trials of one product for a new customer. To view these FDA-approved products online, go to Kromasol.com and/or contact Lulu at 225-9055.

Lulu has been a longtime North Shore resident for over 25 years and was the former owner of Lulu's Mexican Grill. She says, "Everyone here knows I will only give the best."



P E A R L F I L M S

H a w a i i N e w Y o r k

v i d e o g r a p h y

<https://pearlfilms.wixsite.com/weddings>

p h o t o g r a p h y

<https://pearlfilms.wixsite.com/photography>

g r a p h i c d e s i g n

<https://pearlfilms.wixsite.com/graphics>

WEDDINGS, ENGAGEMENTS, EVENTS

BIRTHDAYS, ANNIVERSARIES, PARTIES

66-250 Kamehameha Highway, Oahu, HI 96712

e m a i l : p e a r l f i l m s @ m a i l . c o m

c a l l / t e x t : 3 4 7 - 6 5 4 - 2 4 6 2

Participate In “Imagine A Day Without Water”

Imagine a Day Without Water (Oct. 21) is a day to pause and reflect on the many ways that water and water systems impact our lives and communities, and to commit to ensuring a sustainable water future for generations to come. This year, our country faced an enormous public health crisis from the coronavirus pandemic. This crisis demonstrated the critical role that water, and wastewater systems play in our communities, protecting public health, safeguarding the environment, and making a healthy economy possible.

Every day, many people in Hawai'i don't give a second thought about where their drinking water comes from or how it is delivered to the kitchen faucet, garden hose or washing machine. Safe, clean drinking water is so important in our lives, but many of us take this for granted. “Imagine a day without water from the time you wake up until the time you go to bed,” DLNR Chairperson Suzanne Case said, “no water to brush your teeth or take a shower. No water to brew your morning cup of coffee. No water at work to wash your hands or flush the toilet – that would be an inconvenient day!”

A day without water is also a public health and safety crisis. Without water for cleaning, washing, and sanitizing – health care workers, first responders, and front-line workers would not be able to effectively do their jobs. Much of Hawai'i's water infrastructure is aging and in need of repair or replacement. Sea level rise is also threatening and compromising existing infrastructure. Without investment, water and wastewater systems will continue to deteriorate, leading to serious consequences for public health and the economy.

While water infrastructure is important, protecting Hawai'i's only source of freshwater is just as important. Maintaining healthy native forests and watersheds and ensuring the sustainability of our aquifers and streams will enable our public water systems to continue to provide life giving water to our residents across the State. “We must make sure that we protect our streams and ground water so that future generations may enjoy and benefit from this most precious of natural resources,” explained Commission on Water Resource Management Deputy, Kaleo Manuel, “ola i ka wai, water is life.”

“Our native forests and healthy watersheds not only ensure a robust and resilient water supply, but they also provide critical habitat to endemic species, promote biological diversity, and offer beautiful recreational space,” continued Case. “That's why we protect and nurture our forested watersheds.” Imagine a Day Without Water is an opportunity to share why water is important to you, your business, your community. Please take a few moments to share your thoughts on why you value and cherish water

in your lives with a loved one, friend, or associate.

Please tune in to a Facebook Live One Water Forum on October 21, 2020 at 12:00 noon. Panelists from State and County government will talk about how all water is connected in Hawai'i and what this means for managing our precious water resources into the future. Panelists will answer questions from the public: <https://www.facebook.com/HawaiiDLNR/>

For more information on Imagine a Day Without Water please visit: <https://imagineadaywithoutwater.org/>.

If it's made with water, it's made from the forest



Hawai'i's forests are the source of our fresh water. On October 21, **Imagine a Day Without Water** and thank your mauka forests!

dlnr.hawaii.gov/dofaw

FEED TROUGH LLP.

67-292 Goodale Ave.
Waialua shopping center.
(808)637-5600



Come on down for all your pet needs

- Specialty Dog & Cat Food (including Acana, Avoderm, Natural Balance) (Orijen, Propac, Red Flannel, Science Diet, and Solid Gold)
- Horse, Chicken, Duck, Bird
- Rabbit, Guinea Pig Feed
- Treats and Supplies

U-HAUL

AUTHORIZED DEALER

Now renting U-Haul trucks & vans

VOTE – With Our Feet, or With the Ballot?

By Boyd Ready

I've heard it again and again – "I'm out of here!" or "I'll never invest any more of my money in this place, we're planning to move to the mainland." Or even more sad – my kids are all on the mainland, I'm thinking of moving, too. or "This place will never change – it's hopeless." And they're not referring to the weather changing, they're referring to how we are governed.

Look, most people are not 'political.' Most people 'have a life,' after all. So, we elect someone and go on about our life and business: that's our 'republican form of government.'

Under bad government, people 'vote with their feet.' The 'Curley effect,' named for a Boston mayor who governed in his voters' favor so blatantly that the kinds of people who wouldn't vote for him just moved. Mayor Curley never lost an election. It's a power trip.

Over 400,000 native Hawaiians live elsewhere – and our 'Curley-effect' dominant party, 100 years later, has not fulfilled Prince Kuhio's homelands trust.

Well, I'm for staying! Make government accountable to rural Oahu residents. Lower the cost of housing, do better road maintenance, get local control over projects, do sustainable agriculture, foster Hawaiian culture, enable Hawaiian people to live here, and protect forests, reefs, beaches, streams and nearshore waters.

Some Christian people do not vote. Let's remember 'Render unto Caesar what is Caesar's, and to God what is God's.' In a republic, we are 'Caesar,' we are the rulers, and to render unto Caesar means not just to pay our taxes, but also, to vote.

So, do we vote with our feet, and leave? Or vote with the ballot, our citizen-kuleana?

Not registered? Didn't get a ballot? You can still register and vote, October 20 through November 3rd. Contact me at boydready.com for info, and even get a ride to go vote: 463-2936.




*Paid for by Friends of Boyd Ready,
P. O. Box 396, Kahuku HI 96731*



Front L-R: Anne Miller, Julian Miller-Ready, Rodman Miller, M.D. Back Back: Antya Miller and Boyd Ready

**You Can Still
Register to Vote!
October 20th - November 3rd**



**BOYD
READY**

STATE HOUSE (R)

Together We Can Do Better!

www.BoydReady.com
Paid for by Friends of Boyd Ready
P.O. Box 396, Kahuku, HI 96731



Aloha Nui Kākou,

Here is our mana‘o for the week. As always, comments and interpretations are always welcome!

Mai kaula‘i wale ka iwi o na kūpuna

Do not dry out the bones of the ancestors

- Do not discuss your ancestors too freely with strangers, for it is like exposing their bones for all to see

(Puku‘i, Pg. 225, proverb 2069)

Everything in Hawaiian spirituality and ideology has meaning and life. The mana that we hold through our bodies and knowledge is precious and should be treated with care amongst those we are unfamiliar with. Our kuleana with carrying on the works and names of our ancestors can play a huge role in our identity, as well as the sharing of those works with those deserving. Sometimes ‘ike kūpuna doesn’t have to be shared at all, in which case it will stay closely protected in your families traditions. One who freely and often times carelessly reveals too much about his/her ‘ohana, can be easily manipulated and played with. By airing out personal and mana-ful information like laundry on a clothesline, we open ourselves and our ‘ohana to whoever and whatever accepts that invitation.

Remember to be mindful of the type of ‘ike we throw out into the universe. Even with the best of intentions, too much trust can result in various forms of “mana- sucking”. Keep spreading positive and loving vibrations, and always put aloha first. If those in your circle are not reciprocating what you are giving out, then maybe rethink how many chairs you want at your dinner table.

Ke Aloha,

Makua Perry

Email makualii@lokoea.org or visit www.lokoea.org



Bethany Hamilton Photo: Ron Johnson



OHANA SOFTWASH AND EXTERIOR CLEANING

“Cleaning Your Worries Away”





10% OFF*

ANY SINGLE CLEANING

*Limited time offer. Call for details.

SOFTWASHING ▶

- Kills Mold, Algae, Bacteria
- No pressure to avoid damage
- Eco-friendly cleaning solutions

LICENSED & INSURED

ALL TYPES OF ROOFS

PRESSURE WASHING / GUTTER CLEANING / SOLAR PV CLEANING

(808) 389-6861 • ohanasoftwashandexteriorcleaning.com



BANZAI NORTH SHORE WIRELESS

SURFER MAGAZINE, ONLY CHILDHOOD MEMORIES

Surfers never though it would happen, Surfer Magazine kicked out of publication. An iconic magazine that meshed sport, art and culture together, the first of it's kind. Surfer helped legitimize riding waves as a global sport. The magazine was 60 years old. The current editor in chief, Todd Prodanovich posted it on instagram, saying "the whole team had been laid off, no more online magazine either, gone". It hurts! "It's like the nail in the coffin," said North Shore photographer Brian Biemann. "It makes everyone realize that the industry is gone, it felt like part of my childhood vanished." Biemann is one of the most famous photographers in the world. His iconic photos were published in all the surf magazines and now he is trying to figure out where the industry is. As more magazines disappear he like others are trying to find better, bigger businesses that need iconic images. There are a few online magazines now and Surfer's Journal and Surfing World are still being published but for how long. Save those vintage Surfer issues, the price is going up!

BETHANY HAMILTON IS UNSTOPPABLE

Bethany Hamilton could be the most famous surfer in the world. She has 2 million followers on insta and who knows how many more! She is "Unstoppable", she continues to go on the the pro tour and is an international spokesperson. Her movie, "Unstoppable" has hit Netflix and she is now doing a training course called "overcoming obstacles". After her encounter with a shark at 13, Bethany has been working hard! Check out her movie, it tells the tale of surf contest success and surfing Jaws on Maui, a dream of hers. Bethany has won the Women's Pipeline Pro, beat the top surfers at Tavarua and has a beautiful family with two boys! Can't wait to see what she does next!!! Check out her movie now on iTunes, Amazon Prime, Vimeo on demand and of course Netflix!!! You go girl!!!

TAV HAWAII OPENS WITH POLYNESIA PRINT CLOTHES AND ACCESSORIES

North Shore businessman is supporting a new project, TAV Hawaii. Mr. Joe Pickard, from Kahuku, a Native Hawaiian entrepreneur who perpetuates the Native Hawaiian Culture and the arts, is all in! Over the years he has shown a commitment to protecting Hawaii's shorelines and promoting businesses owned

by Native Hawaiians, plus he just loves fashion. The new showroom is located at 1286 Queen Emma Street and they are doing online sales at #tavhawaii. The clothing is hand printed and painted. This ain't your momma's mu'umu'u says Paula Kelly and Marianne Reid the directors of the brand. Tav Hawaii is an extension of TAV Pacific where the block printing was developed like the traditional method of tapa printing. All of the TAV Hawaii designs will be exclusive here in Hawaii! Congratulations to the entire team! Find #tavhawaii for more info on Instagram!



Bethany Hamilton

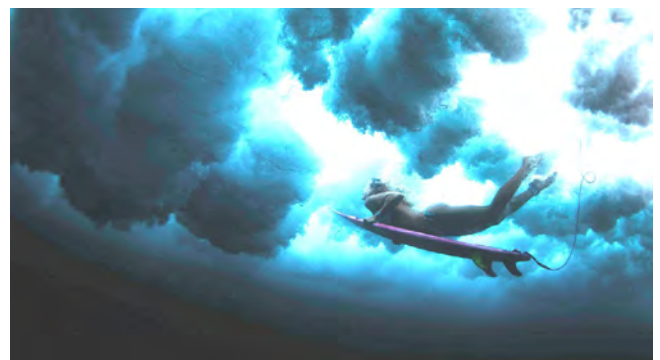


Photo: Brian Biemann

Letters to the Editor

Dear Editor

Kahuku Industrial Turbines Ua Mau ke Ea o ka 'Aina i ka Pono The Life of the Land is perpetuated in Righteousness

Kahuku is now home to 20 industrial turbines! The new 8 AES industrial turbines begin operating in September 2020 despite protests and health concerns and other impacts. Over two hundred residents were arrested during the 2019 30-day protests. About 235 HPD personnel were involved nightly. October 18 marks the first anniversary of the Turbines Protests Arrests in Kahuku by HPD. Other arrests also took place at Kalealoha, Waianae Harbor.

For over ten years, Kahuku residents had continuously objected to the 8 new industrial turbines from Champlin/GEI/AES. The voices of the Kahuku community were ignored. Neighboring Laie Community Association (LCA) President Pane Meatoga Jr., also with the Operating Engineers Union, with its board negotiated for the monetary community benefits. It's unconscionable that LCA negotiated monetary "community benefits" with the corporate developers. The industrial turbines are located in Kahuku, not in Laie. LCA is slated to receive \$20,000.00 annually for the next twenty years.

Meatoga recently resigned after his 20-year term. Kevin Schlag, now the newly appointed LCA President, has been with the LCA Board for over 10 years. Schlag is also a BYUH administrator and a prominent ecclesiastical leader (Stake President) in the area.

LCA has stonewalled the public since the October 2019 protests. Ko'olauloa residents fervently wanted to see some "aloha" at the September 17, 2020 Virtual LCA meeting through Facebook LIVE. The new LCA President's monologue lasted for over an hour with no public participation allowed. Pertinent questions like who voted for the monetary benefits and the alleged LCA elections remained unanswered. Many residents feel there is no display of "Love Thy Neighbor" in the mindset and workings of LCA. Instead, LCA displays a conscience seared with a hot iron. (1 Timothy 4:2)

According to the new LCA President Schlag, "part of the \$20,000 is committed to annual maintenance of the proposed Community Center, and possibly to help complete the project. LCA will also use these funds for things like:

-Paying for ongoing business expenses (insurance, business filings)

-Continuing to support Laie Days and other community events (Laie Days costs about \$10k to put on)."

In other words, LCA is exploiting and extorting "blood money" from from its Kahuku neighbor. Kahuku has to live with the additional new eight Industrial Turbines 24/7/365 with all its impacts to finance LCA's annual Laie Days celebrations.

The children of Kahuku Elementary School, Kahuku Hospital, Bobby Benson Center are "paying the price" to finance LCA, that houses no turbines in its community.

All the students at Kahuku High School from Kahana Bay, Waiahole-Waikane, Ka'a'awa, Punalu'u, Hauula, Laie, Malaekahana, Kahuku, Kawela, Sunset and Pupukea are being exposed to the health impacts of the Industrial Turbines during their formative years.

This controversial and negative environment exist in part because LCA negotiated to support the Turbines in exchange for money to benefit itself. The turbines are located in Kahuku, not Laie.

We suggest LCA donates the annual \$20,000.00 community benefits to the host community of Kahuku. The community center should be located in Kahuku as well.

Malama pono,

Aunty Charlie Silva
Uncle Marvin Iseke
Aunty Gwen
Choon James



Photo: Jon Mozo

Although our buildings remain closed to the public for now, the **Kahuku Public and School Library** is excited to offer **two** important services:

1. **Library Take Out** (via the side door) as a conveniently safe way to access library books and
2. **Computer/Internet Time.**

1. **LIBRARY TAKE OUT** includes:

- picking up holds
- assistance with library card accounts,
- payment of fines and fees, and
- walk up information assistance (for example, "Do you have any new mystery books?" or "I'm doing history day. Do you have any books on Navajo Code Talkers?")

How to place and pick up a library hold:

1. Go to Library Catalog or call library branch to place a hold on the item(s) you would like borrow.
2. After receiving a notice that your item(s) are ready for pick up, you can schedule a Library Take Out appointment online or call to make arrangements to pick up.

2. **COMPUTER TIME**

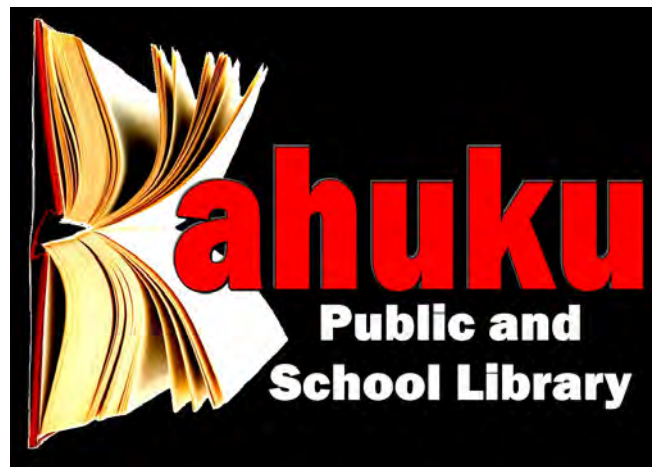
- Computer available on a first-come, first-served, walk-up basis or patrons may call ahead (293-8935) to make a reservation.
- Sessions begin at the top of the hour (e.g., 10 am, 11am). Please note we are closed for a meal break between 12 to 1pm and on Tuesdays between 5pm to 6pm.
- Duration of session is 45 minutes.
- One session per day, per person.
- Parking Lot wifi zones are available outside during open hours. Library barcode # and pin are required to login on Patron_HSPLS.

Please note:

- For the health and safety of all, everyone is required to wear a face covering which covers their nose and mouth at all times during any library services.
- All equipment and high-touch areas will be cleaned after each computer session is completed.
- Our buildings remain closed for other services.
- No book donations will be accepted at this time at Kahuku Public and School Library.

Please stay tuned as the Hawaii State Public Library System continues to work on phasing in more services based on local, state and national protocols.

We appreciate your patience as we continue to phase in our library services for the community!



AMAZING FACTS PRESENTS

666

REVELATION NOW!

EVERYTHING IS ABOUT TO CHANGE!

Broadcast LIVE from the New W.O.R.D. Center
October 23 – November 14, 2020 | 7:00 – 8:30 pm PT

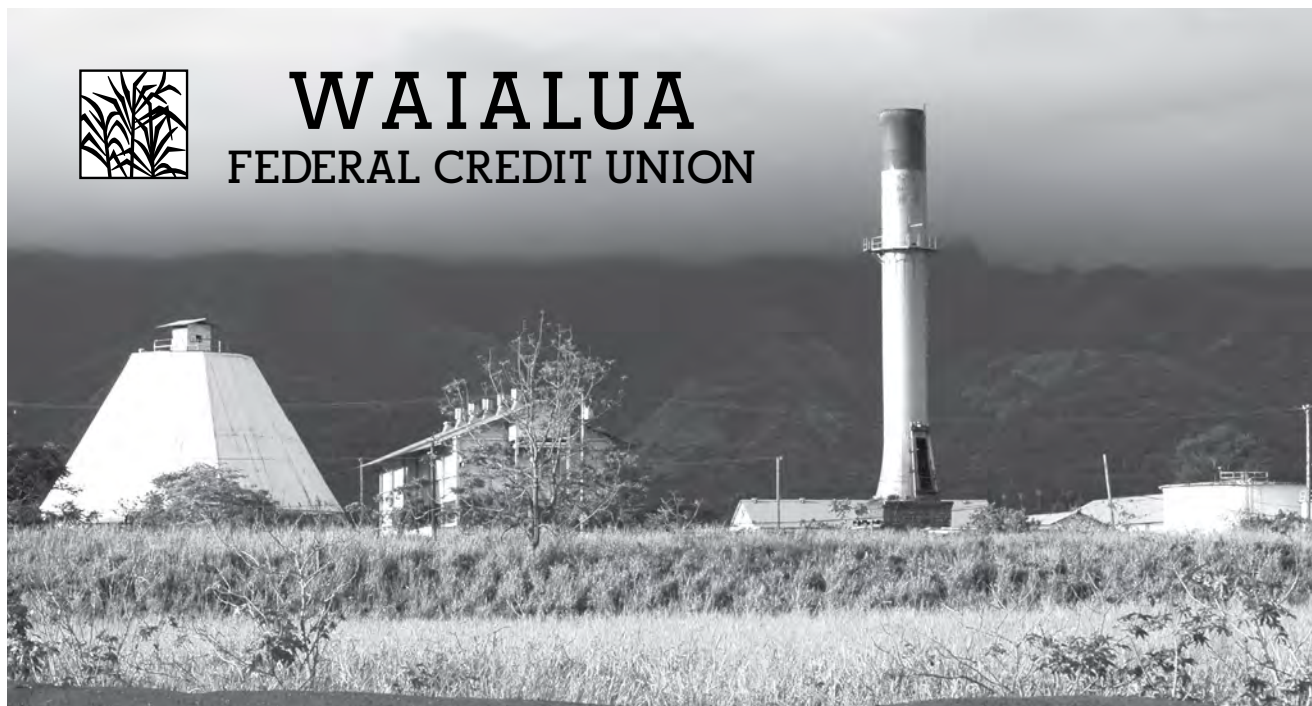
AFTV 3ABN f YouTube

with Doug Batchelor

More details at RevelationNow.com



WAIALUA FEDERAL CREDIT UNION



Serving the North Shore Community

www.waiialuafcu.com

(808) 637-5980

- SAVINGS
- CHECKING
- LOANS



CALL US FOR A FREE QUOTE

808.650.3458

www.HeroMovingHI.com

We offer our customers:

- FREE ESTIMATES & COMPETITIVE PRICING
- A WHITE GLOVE MOVING EXPERIENCE
- CLEAN & COURTEOUS MOVING STAFF
- ON TIME PICK-UP & DELIVERY
- LOCAL, INTER-ISLAND & COMMERCIAL MOVING

WE ARE LICENSED & INSURED

**1 MONTH
FREE
STORAGE**

**FREE
WARDROBE
BOX
RENTAL**

**\$50 OFF
LOCAL
MOVES**

**10% OFF
PACKAGING
SUPPLIES FOR
MILITARY &
VETERANS**



CHECK OUT OUR
REVIEWS ON



WAIALUA FARMERS' CO-OP MARKET

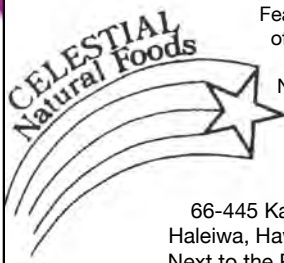
Saturdays 8:30am - 1:00pm
Historic Waiialua Sugar Mill

LOCAL PRODUCE
PLANTS & FLOWERS
ONO PLATE LUNCHES
BAKED GOODS/PRESERVES
ARTS & CRAFTS

HOLIDAY DRAWINGS
November 21 & December 19

**Support Local Farmers
& Local Artists**

BULLETIN BOARD



Featuring the largest selection of certified organic produce on the North Shore. No panic...ours is organic. Open 7 days. Mon.-Sat. 9am-7pm. Sun. 9am-5pm

66-445 Kam. Hwy
Haleiwa, Hawaii 96712
Next to the Post Office
808-637-6729 • 808-637-1922 fax

LTC Laie Trucking Company, LTD

* Ready Mix Concrete * Recycled Aggregates
* Pump Service * Hauling * Equipment Rental

PH: (808) 293-8710 PH: (808) 293-1296
P.O Box 121 FAX: (808) 293-2890
Hau'ula, HI 96717 laietrucking@hawaiiantel.net

"A LOCAL COMPANY, BUILDING A LOCAL COMMUNITY"

N-C PLUMBING & SUPPLY

Cont. Lic. No. C-8913



- RESIDENTIAL & COMMERCIAL SALES & SERVICE
- CONTRACTING & DESIGN • HOME PLUMBING SERVICE
- PLUMBING FIXTURES, HEATERS • FREE ESTIMATES

Nestor P. Calilao (Owner)	Bus:	637-8662
P.O. Box 769	Res:	638-5157
Waialua, HI 96791	Cellular:	372-8718

Saccoccio & Lopez

ATTORNEYS AT LAW

TRIAL LAWYERS

Serving Hawaii since 1984

637-7611

Personal Injury -Property damage
Criminal Law - Traffic Crimes
Landlord Tenant - Bankruptcy

Tavares company

We offer great service!

Thiago Tavares
Welding repair



(808) 304-1042

thiagoamtavares@hotmail.com
67-256 Goodale Ave, Waialua, HI

Hawai'i Statewide Marine Animal Stranding, Entanglement, and Reporting Hotline

Includes stranded/injured sea turtles, monk seals, dolphins, and whales.

Phone: (888) 256-9840

Munden Design & Build

Lic.#BC19632

Design • Plans • Permits • Construction
Additions & New Residences

808 391-8616

Providing quality work since 1978

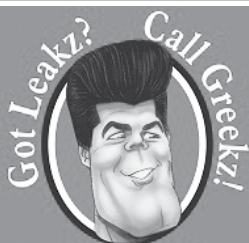
PARADISE

"IF YOU BUILD IT, WE WILL PLUMB"

PLUMBING

New Construction, Repair, Remodels

Dale Christensen C-29856 (808) 368-1473



372-1820

Greekz Plumbing

Greekz Plumbing

License# C-32939
Phone 372-1820



KATHI LEE ALBIAR
OWNER/BROKER - RB 17327

808-358-4139
KATHI@ALBIARREALTY.COM
WWW.ALBIARREALTY.COM

SALES & PROPERTY MANAGEMENT SINCE 1993



HAS YOUR INCOME BEEN IMPACTED BY COVID-19?

YOU MAY BE ELIGIBLE FOR RENT RELIEF OR MORTGAGE ASSISTANCE!

The State of Hawai'i's Rent Relief and Housing Assistance Program, with support from Catholic Charities and Aloha United Way, provides assistance to Hawai'i renters and homeowners who have experienced a reduction in income due to the COVID-19 pandemic.

The program provides renters and homeowners at risk of eviction or foreclosure with assistance in making monthly rent, mortgage and HOA payments, as well as financial counseling, loan modifications and mediation for rent payment plans.



Applications are currently being accepted for payments due between March 1, 2020 and December 28, 2020.

**TO DETERMINE IF YOU ARE ELIGIBLE AND TO APPLY:
www.hihousinghelp.com**

You can apply if you:

- Are a full-time Hawai'i resident
- Are 18 years of age or older
- Have proof of valid and current tenancy for primary residence or own and occupy a housing unit in the State of Hawai'i.
- Can demonstrate a loss of income directly resulting from the COVID-19 pandemic.
- Can demonstrate that your current household income does not exceed 100% Area Median Income (AMI), as defined by Department of Housing and Urban Development (HUD) 2020 income limits.
- There are no asset limits



Eligible Hawai'i renters will receive help with monthly rent payments of up to \$2,000 per household residing in the City and County of Honolulu, or \$1,500 per household residing in the Counties of Hawai'i, Maui or Kaua'i*. Rent payments will not exceed the actual rent owed.



Eligible Hawai'i homeowners will receive help with monthly mortgage payments of up to \$2,000 per household residing in the City and County of Honolulu, or \$1,500 per household residing in the Counties of Hawai'i, Maui or Kaua'i*.



Applications are also being accepted for HOA dues, financial counseling, loan modifications and mediation for rent payment plans.

* Rent, mortgage and HOA payments can be made in lump sum payments for up to three months at a time from August 1 to December 28, 2020 and any amount of time from March 1 to July 31, 2020.



CATHOLIC CHARITIES HAWAII
521-HELP (4357)
catholiccharitieshawaii.org



Aloha United Way
2-1-1
auw.org



NORTH SHORE FOOD BANK
CAR WASH
 Saturday, November 7, 9A - 2P
 Waialua Community Association



A portion of the proceeds will go to purchasing bus passes for our homeless Veterans. Donations accepted- (toiletries, gently used blankets and clothing).

For information call (808) 780-8037

Mahalo for your support!



SPONSORED BY NORTH SHORE NEWS

VETERAN'S SERVICE EVENT



WAIALUA COMMUNITY ASSOCIATION

- OUTSIDE ON GRASS AREA -

SATURDAY, NOVEMBER 7
9AM - 1PM



Service Providers: VA Outreach Team, USVETS GPD Team, VA Nursing Team, VET Center Team

Services: Free flu shot to all Veterans, housing assessments, VA benefits counseling & more...

Masks and social distancing will be enforced!



"It's about how we treat our veterans every single day of the year. It's about making sure they have the care they need and the benefits that they've earned when they come home. It's about serving all of you as well as you've served the United States of America."

-- Barack Obama

Statewide Tree Planting Day

In a September 29th announcement, Governor David Ige proclaims October 30th, 2020 as Statewide Tree Planting Day in Hawai'i and asks the people of the Aloha State to join him in recognizing the value of trees and plants in combating climate change, asking all residents and visitors to protect the health and environment of our island state

The Statewide and County-wide Tree Planting event on October 30th, 2020 is organized by La Ho'olu Pae Moku / ReTree Hawaii, a coalition of climate, environmental and conservation organizations together with schools, government agencies and community groups. Information about the event and sign up to participate in planting are available at retree-hawaii.org.

Governor Ige's proclamation:

Recognizing October 30th, 2020 as Statewide Tree Planting Day:

WHEREAS, greenhouse gases from human activities worldwide are the most significant driver of climate change since the mid-20th century; and

WHEREAS, climate change is real and we're seeing its impacts right now in our island state in rising sea levels, warmer air and ocean temperatures, coral bleaching,

an increase in ocean acidity, coastline erosion and extreme weather events, which are all threats to the health and environment of the Hawaiian islands; and **WHEREAS**, sea level rise is already having an impact on beaches, roadways and homes near the shoreline on every island; and

WHEREAS, the statewide tree planting initiative is a response to the growing threat of climate change to our counties and our state; and

WHEREAS, trees help fight climate change. As trees grow, they remove carbon dioxide from the air, storing carbon in the trees and soil, and release oxygen into the atmosphere; and

WHEREAS, trees provide many benefits to us, everyday. They offer cooling shade, attract birds and wildlife, purify our air, prevent soil erosion, clean our water, and add beauty to our homes and communities; and

WHEREAS, on October 30th, with the goal to plant 100,000 trees, with 10,000 volunteers, on 1,000 sites across the state, public, private and non-profit organizations will plant trees and other plants that sequester carbon from the atmosphere and beautify our islands;

THEREFORE I, DAVID Y. IGE, Governor of the State of Hawai'i, do hereby proclaim October 30, 2020 as



67-068 Kealohanui St, Waiialua, HI 96791
637-8286

Waiialua Library

♥ still here for you ♥

with

Library Take Out

- * Reserve books, audio books, DVDs, music CDs online librarieshawaii.org
- * Pick up hold items
- * Open/manage a library card account
- * Get information and assistance by telephone or via walk-up service
- * Use computers by calling in ahead

Thank You for Being a Friend!

For a small donation you can join "Friends of Waiialua Library" and receive our quarterly newsletters and email announcements.

Pick up an application at the library

"STATEWIDE TREE PLANTING DAY"

in Hawai'i and ask the people of the Aloha State to join me in recognizing the value of trees and plants in combating climate change and ask all residents and visitors to do their part to protect the health and environment of our island state.

Individuals, businesses, schools, faith organizations, and community groups are encouraged to plant trees everywhere. To register a site for planting or to volunteer, go to retree-hawaii.org/planting for an interactive map or a list of all registered sites. Anyone can register a new planting site, participate as an individual planter, or volunteer at one of the registered sites on the website. Due to Covid-19 we are encouraging everyone to plant at home or wherever they can, and then register their planting at retree-hawaii.org/planting until October 30th, 2020 to be entered in the statewide count. For questions contact coordinator, Rob Weltman at (808) 354-0490 or by email: info@retree-hawaii.org.

Sunset Beach Christian Church Food Bank

Headed By: Pastor Jacob Pierce
Tuesdays from 12-2p



CLASSIFIEDS

The North Shore News is published every other Wednesday and mailed free of charge to all North Shore homes and businesses.

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.

EDITORIAL POLICY: We welcome articles and letters from our readers. Letters to the Editor are published on a space available basis only and preference is given to shortness of length, and quality of content. We prefer to run not more than one letter, per person, per 6 month period. Letters subject to edit.

Views expressed by our contributing writers and advertisers do not necessarily reflect the view of the management and staff of the North Shore News. All rights reserved. Reproduction in whole or part without permission is prohibited. © 2020.

Editor & Classifieds

Linda Seyler

Typography

Downtown General Store

Contributing Writers

Tom Jacobs

Betty Depolito

State Representative Lauren Matsumoto

Senator Gil Riviere

Councilmember Heidi Tsuneyoshi

Photography

Banzai Productions

Facebook: NSNewsHaleiwa



Please recycle this newspaper.

SERVICES

SHORE ELECTRICAL SERVICE

New Const-Remodels
638-0049/Lic#C20777

Andres Plumbing

All your plumbing needs
808-256-7337 Lic#C24500

**Computer Problems?
I can fix any MAC or PC
Chris 371-3089**

Hawaii Tree Co.

Trimming & Removal
Professional-Reliable
Free Estimates
462-2749

ALOHA COMPUTER

PC/MAC Repair/Virus
Removal
MOBILE COMPUTER
REPAIR SERVICE
372-2667

CS EuroCars Kapolei Mercedes Repair Shop

with low labor rates
ASE Certified Technician
27 years experience
2116 Lauwiliwili St. Unit 104F
Kapolei, HI 96707 - Under New mgmt.
808-682-1957

ANGELS PLUMBING

Repairs
Remodeling
Renovation
638-7878
Lic. #C12004



DOG/CAT NAIL TRIMMING

At your home- only \$20.
Call 808-388-5336

HOT YOGA NORTH SHORE

ZOOM Classes everyday!
Keep practicing, be well.
www.hotyogannorthshore.com

HARVEY'S TOWING LLC

24 hr Towing Service
Lockouts, Jumpstarts &
Recovery. Specializing in
opening locked car doors.
Call anytime 478-0333

ESTRADA'S WE HAUL 'EM

Garbage-Rubbish-Trash
Call Rick 808-216-9419

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!

BUSINESS SERVICES CENTER

Fast & Convenient Copy, Fax, Scan,
Computer/Internet, Laminate, & More



Across from
the Haleiwa
Post Office

637-4558 • gonorthshore.org
#gonorthshore

GERMAN CAR SERVICE

Professional-Qualified
Technician
Call Gary
637-6800

North Shore Food Bank
@ nsfoodbank

Aloha Window Cleaning

Gutter Clean Outs
Pressure Cleanings
Window Cleanings
Call us today at
808-638-1630

HELP WANTED

NOW HIRING



Apply in Person
1116 Whitmore Ave
(808) 621-3207

Part time work,
Morning hours 7-12. Must be
clean, responsible, efficient,
and a team member.
Serious only apply.
Please leave your name and
phone number.
808-637-8155

House Cleaner Needed
Please leave your name and
phone number- 637-8155

Next Issue - Nov. 18 2020
Deadline Date - Nov. 6, 2020

**Marianne
Abrigo, Properties**

Specializing in -
North Shore
Real Estate
Ask for our list of avail-
able properties and/or a
free market analysis.

Marianne M. Abrigo
"Realtor since 1974"

Office 637-3511
Fax 637-0777
Email mabrigo222@aol.com

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



Cardiopulmonary

- Echocardiogram (ECHO)
- Electrocardiogram (EKG)
- Electroencephalogram (EEG)
- Holter WGH Outpatient Services
- Convenient. Comprehensive. Quality Care Close to Home.
Call us today at 808.621.8411
- www.WahiawaGeneral.Org Monitor
- Pulmonary Function Test
- Treadmill Stress Test

***For your convenience, all services are available on the 2nd floor.**



Diagnostic Imaging

- Bone Density (DEXA Scan)
- Computed Tomography (CT)
- Mammography (3D offered)
- Nuclear Medicine
- Ultrasound
- X-Ray

***Walk ins are available for some procedures.**



Laboratory

- General laboratory
- Phlebotomy services
- Transfusion services

***As always, walk ins are welcome.**



Rehabilitation

- Physical Therapy (Orthopedic, Neurology, Balance/Vestibular, Sports)
- Occupation Therapy (ADLs, Hand)
- Speech Therapy (VitalStim, Modified Barium Swallow Study)

***Come visit us in our new & expanded location on the 3rd floor!**



For your safety and the safety of others, **Wahiawa General Hospital** has implemented CDC safety recommendations to our outpatient clinics which includes screening questions and temperature checks upon entering, face mask, social distancing, and proper cleaning techniques after every use to name a few.



Wahiawa General Hospital
128 Lehua Street Wahiawa, HI 96786
For further details, please visit us at www.wahiawageneral.org