



**“E Ala Na Moku Kai Liloloa”**

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2019 Menehune Surf Contest

NORTH SHORE NEWS September 22, 2021 VOLUME 38, NUMBER 9



Historic Preservation Committee: L to R Boyd Ready, Antya Miller, Laura Figueira, Barbara Ritchie and Mike Fritz. Not pictured: Leif Andersen and Ed D'Ascoli

## Historic Hale'iwa's Signage Project

By Antya Miller

What is Historic About Hale'iwa? The State bypass signs direct people to "historic Hale'iwa," but there is little information in the town to tell people WHY it is historic. Recently, the

North Shore Chamber's Historic Preservation Committee installed three more plaques at the K. Nishimura Tailor, Ishimoto Store and Surf N Sea historic buildings to address this question. The

Chamber secured grant monies from the Hawai'i Tourism Authority, the National Trust for Historic Preservation, and the Atherton Family Foundation to implement a signage project that interprets the history of Hale'iwa Town. The Chamber, also known as Hale'iwa Main Street (HMS), has worked since 1984 to preserve our historic buildings and history in support of the City's Hale'iwa Special Design District ordinance.

PRSRT STD ECRWSS U.S. POSTAGE PAID HONOLULU, HI PERMIT NO. 1479	<b>RESIDENTIAL CUSTOMER</b>  *****ECRWSSSEDDM*****
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There are three components to the project, one completed and two in progress:

1. The Chamber's Hale'iwa Walking Tour brochure/map of the historic buildings, revised and reprinted;
2. Plaques on the historic buildings protected by the Hale'iwa Special Design District; and
3. Four interpretive kiosks at key locations spaced throughout town next to parking lots and/or high-traffic areas.

The first Walking Tour was "Lucky" Cole's idea, using Meryl Andersen's historical information, Ilona Hemperly's sketches of the historic buildings, and Jo Jean Schieve's capable desktop publishing skills and was printed in 1998. The updated 2020 map was completed and reprinted and is now available at the Chamber's office. To accomplish the Walking Tour Map and other components of the project, tons of research had to be done starting with Meryl Andersen collecting stories from the old timers in the 1960s.

Since then, the bulk of research has been done by Barbara Ritchie and Rick Rogers (deceased in 2020), who have spent countless hours going to the Bureau of Conveyances, State Archives, the State and Hamilton Libraries, doing oral histories and internet searches, etc. Sanborn Fire Insurance Maps are a big help in finding when a building was built, but in rural communities like ours, Sanborn maps weren't done until 1927 so other methods must be employed to determine the built date.

In researching the Morioka Building, aka The Growing Keiki, the North Shore News was the source of information regarding Beverly Fettig, who started the first art gallery there in 1963. Oral histories require the tenacity of a detective and the social skills of a diplomat. One needs to figure out the family relationships, who to interview, how to get in touch with them, who is still alive that grew up knowing the buildings, and it all requires loads of time. Our kupuna, many in their 90s, have been very gracious and generous in helping us and working with Barbara Ritchie, our committee member and masterful oral historian.

To date, we have written 15 building plaque narratives, installed seven, eight are being made, and six require property owners' permission. They are manufactured in Pennsylvania and are just like the plaques in Chinatown's historic district. Each plaque's narrative provides a short history of a building and its role in the development of Hale'iwa town. The Historic Preservation Committee Chair, Antya Miller explains, "These signs will complement the Chamber's Walking Tour or stand on their own, in telling Haleiwa's story to residents and visitors alike, so they can learn about Haleiwa's unique history and character."

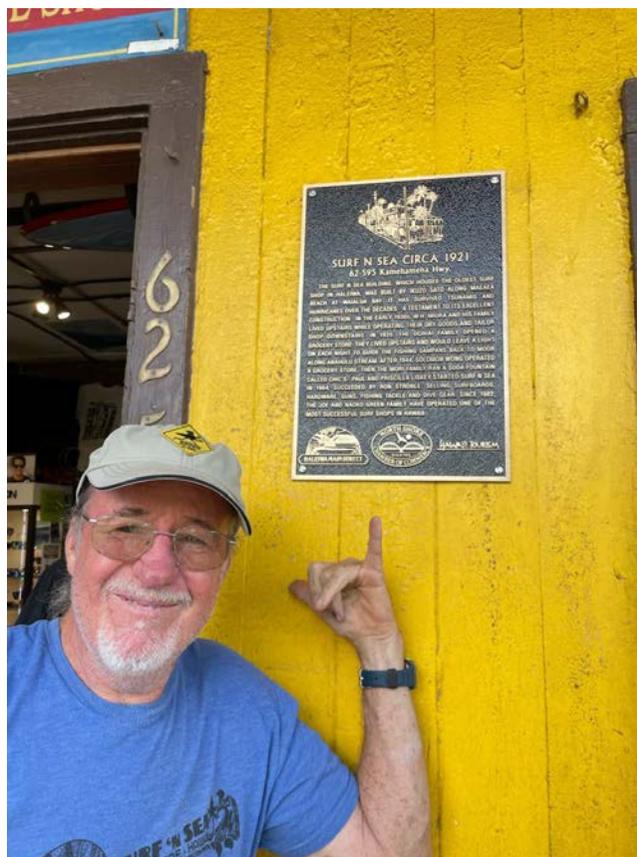
Four kiosks are planned and will be placed stra-

tegically throughout the town. Each one will have a map showing Haleiwa's buildings or sites and the viewer's location. The other side will be a topic of the town's history with photos:

- Kiosk 1 Hale'iwa and the Plantation Era, at the Chamber's Visitor and Business Services Center;
- Kiosk 2 Ancient Waiialua, at the Waiialua Courthouse;
- Kiosk 3 Kingdom and Missionary Period, at Lili'uokalani Protestant Church;
- Kiosk 4 Surfing Era, at Hale'iwa Beach Park.

The first kiosk has been ordered. These are public educational signs and will only have sponsors' logos on them; no advertising. We have been working with the Dept. of Planning and Permitting since 2017 and have received written consent from them for the design of the kiosks. Property owners need to give permission to the Chamber for the kiosk placement on their property and approve the proposed history.

This project is the culmination of 25 years of planning and thousands of hours of volunteer time by the Chamber and its Historic Preservation Committee. We owe a great deal to the current committee members, many who came before them and the kupuna and others in the community who have helped us piece together the histories of these buildings. Mahalo nui to all of you.



Joe Green receives plaque for the Surf n Sea building  
Photo: Joe Green

# NEW HOURS! TUE - SUN, 9 AM - 4 PM

## NEW HOURS, SAME BENEFITS FOR KAMA'AINA ANNUAL PASS HOLDERS

- Snack bar and gift shop discounts
- 7:30 AM Tuesday - Sunday early-bird walking hours and general admission to the Valley
- 7:30 AM Tuesday - Sunday early-bird hours at Hale Kope coffee shop
- 8 AM Early-bird waterfall swimming every weekend

### ANNUAL PASSES



<b>Individual</b>	\$30	<del>\$50</del>
<b>Family</b> <small>2 adults &amp; up to 6 children (18 &amp; under)</small>	\$60	<del>\$100</del>
<b>Lifetime</b>	\$600	<del>\$1,000</del>

## FOOD & DRINK SPECIALS START TUESDAY 9/21



- "Taco Tuesdays" 11 AM - 4 PM
- Wine and cheese charcuterie boards, Thursdays 2 - 6 PM
- Sunday brunch, 8 - 11 AM



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## Waimea Valley's Carbon Offset Program

By Chad Middleton, Grants and Evaluation Manager

One thing that is great about our North Shore community is the ability to pivot from one existential crisis to another. While the pandemic has disrupted our lives and the economy, the slow moving climate crisis has not gone away. A recent report from the Intergovernmental Panel on Climate Change stated "there is no going back from some changes in the climate system. However, some changes could be slowed and others could be stopped by limiting warming." (Climate Change 2021: The Physical Science Basis. Contribution of Working Group I to the Sixth Assessment Report of the IPCC ) Carbon offsets are a practical and effective way to address climate change and encourage the growth of native forests. By planting a tree you can counteract your personal carbon emissions—your "carbon footprint"—while contributing to a more sustainable future.

Each year the Waimea Valley Conservation Program plans to reforest one to five acres of mauka land with 400 native trees and 1280 native shrubs per acre. The current ten year Forest Stewardship Plan proposes activities through 2026. The next ten year plan will allow Waimea to evaluate successes and challenges, and look to the future, implementing strategies that make the greatest environmental impact. While scientists debate quantification of the effects of planting a tree, reforestation benefits include carbon sequestration, fresh water capture, and wildlife habitat creation. The trees also help us to preserve and perpetuate native Hawaiian plant communities in Waimea Valley, forest carbon capture includes carbon stored in soils, shrubs, and ground cover species. Climate change, along with the changes in Hawaii's plant communities, threatens native habitats with increasing pressures from invasive species and



annual rainfall and temperature variability.

If you would like to join us to plant trees on Kalahe'e Ridge located above Waimea Valley please sign up for a volunteer Hui Hanai Aina day. This will require an intermediate level, 45-minute hike up and down the ridge, and a full day of tree planting; 9 am to 3 pm. Planting days are on specific days and we don't plant often in the dry summer months. More information and an email link to make a reservation can be found on our website Volunteer page. An email reservation request to our volunteer coordinator will secure your spot for the six hour 'ecoxperience. Shorter volunteer events can also be scheduled in the lower valley including child friendly ohana volunteer day activities.

While the price of your climate footprint is a personal choice, making a contribution in your local community has ripple effects. The dedicated staff at Waimea Valley have good jobs in conservation and culture based land stewardship with Waimea's non-profit management company. The efforts of reforestation include collecting seeds from the forest, propagating seedlings in our nursery, clearing the site and removing invasive species, installing a fence to prevent ungulates from uprooting the plants, planting trees, and visiting the planting sites to weed around the trees for the first three years of growth. You can donate to plant a conservation tree through the Waimea Valley website or donate to Waimea Valley at any Foodland or Sack and Save location in the month of September and your donation will be partly matched by the Give Aloha campaign. Waimea Valley donation number 78621.

Haleiwa Town Center  
66-145 Kamehemeha Hwy, Haleiwa

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

Aloha,

The City and County of Honolulu is proposing an expansion of the Kawailoa Transfer Station (KTS). As many of you know Kawailoa played an important role during the flooding in March when they suspended their load limits to assist with debris disposal.

As it currently stands, KTS’s primary operation is to consolidate waste for transfer to H-Power. Its primary customers are municipal solid waste (MSW) collection trucks from the City’s Laie and Waialua Refuse Yards as well as residential self-haulers. Green waste is not currently accepted at KTS except for incidental green waste; otherwise it is redirected to Hawaiian Earth Products in Wahiawa, the City’s green waste contractor.

The expansion of the facility would entail the construction of a new scale, office and expanded tipping area which would include a new green waste receiving bay, among other things. We are very excited for the new opportunity to have green waste recycling within the community as we know its importance to this specific region. The convenience of having a green recycling facility nearby will go a long way in promoting recycling in Haleiwa and the North Shore.

Laniakea Beach traffic has been a point of contention for many years. The popular destination has created a massive chokepoint for motorists as beachgoers are left to their own devices to cross Kamehameha Highway. While it has taken some time, the State, City and community stakeholders have been working collaboratively to offer short-term and long-term solutions. The State has published a draft environmental assessment with its analysis of four different alternatives: No Build, No Build Settlement, Transportation System Management and the pedestrian shift.

The No Build alternative is simply leaving the situation as-is. It assumes shoreline erosion efforts happen on an as-needed basis and the needed for more invasive emergency repair projects to the highway in the event it suffered greater than normal damage. A similar repair occurred in Ka’a’awa in 2020 when a portion of Kamehameha Highway collapsed into the ocean due to shoreline erosion.

The No Build Settlement alternative would allow for cars to park on the mauka side of Kamehameha Highway and guardrails and crosswalks would be installed to provide for safer crossing to the beach. Cars would enter through the Haleiwa end and exit out the Waimea end of Kamehameha Highway. Vehicles travelling Haleiwa-bound on the highway would be prohibited from turning left into the parking area. The City Department of Parks and Recreation has removed the cattle fence which would allow for additional space for cars to park and maneuver and is coordinating with the State Department of Transportation on the other aspects of the plan.

The Transportation System Management alternative would involve blocking off the mauka parking with a permanent guardrail. It would be in a location similar to the concrete barriers that were installed in 2013. There would be no parking and no crosswalks would be established.

The final, and SDOT’s preferred alternative, is the pedestrian shift alternative. It is the realignment of Kamehameha Highway, moving the highway up to 80 feet mauka from its current location from the Haleiwa side of Lauhulu Stream Bridge to the Haleiwa side of Kawailoa Stream Bridge. This alternative would block parking on the mauka side of Kamehameha Highway and create a multiuse path where the existing highway is currently. It would provide up to 90 parking spaces located between the multiuse path and the new, realigned highway, more than what would be possible through the No Build Settlement alternative. The nature of the alternative provides coastal erosion protection for the highway and minimizes the extent of flooding to the highway.

I am very excited that we are making progress on addressing this very important issue and I would like to thank SDOT, DPR and the many community stakeholders for getting us to this juncture. We are on the right path to solving this puzzle in a manner that is a win-win for everyone.

Mahalo for the opportunity to serve you. Please contact me at 768-5002 or [htsuneyoshi@honolulu.gov](mailto:htsuneyoshi@honolulu.gov) if you ever have any questions or concerns we can assist with. Mahalo!

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 when you play Lucky Seconds Jackpot at Paalaa Kai Bakery!

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**SNOW PUFFIES**

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- I'a ID and Pono Fishing Practices
- Native plant propagation and outplanting
- Water quality sampling
- Kilo and mākāhā management
- Cordage, lashing, printmaking



*I'a*—Fish or any marine animal \*  
*Kilo*—The act of careful observation  
*Mākāhā*—Sluice gate, as of a fish pond \*  
*Pua 'ama*—small fry sized striped mullet



Would you like to **VOLUNTEER** with us?

Sign up for our **'OHANA WORK DAYS!**

Next month's dates **SATURDAY OCT 2 & 23**  
 9am-11am

**HELP RESTORE LOKO EA FISHPOND**

65-540 Kamehameha Hwy  
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More info + sign ups online @ [lokoa.org](http://lokoa.org)

*Limited space each week.*



**KIA'I LOKO**  
 AFTER SCHOOL PROGRAM  
 Fall 2021

**WHO?**

4th-6th Graders

**WHEN?**

Oct. 20, 27

Nov. 3, 10, 17

@ 2:30 PM-5:00 PM

**WHERE?**

Loko Ea Fishpond

62-540 Kamehameha Hwy.

Haleiwa, 96712

Registration is limited to 15 participants!

\*\*\*\*

For more information visit:  
[www.lokoa.org](http://www.lokoa.org)

\*\*\*\*

For questions or to signup email:  
[jacob@lokoa.org](mailto:jacob@lokoa.org)

\*\*\*\*

Program Fee: \$25 per participant

To help to partially cover program costs

-financial aid available upon request-



Mahalo to our Funders!



This Project is funded through support of NOAA Fisheries, Pacific Islands Region

**Are you interested in learning 'Ōlelo Hawai'i? (Hawaiian language)**

Stay tuned for more information about classes and workshops here at Loko Ea!

**HELP WANTED:**

We are looking for a part-time accounting student to assist fiscal officer in grant management, financial, and office work. Flexible hours for a North Shore student.



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

**Updates On This And That**

**Road Resurfacing** – After a series of delays due to contractor bid challenges, road resurfacing has finally begun on Kamehameha Hwy from Haleiwa to Wahiawa, Kamananui Rd and the extremely bumpy Wilikina Dr. Another terrible section of highway from Waimea to Waialea may also get resurfaced in the coming months as that construction contract was just awarded.

**Homeland Defense Radar** - Hawaii – The siting process and environmental studies continue for a massive discrimination radar system to track missiles potentially coming from North Korea. The two sites under consideration are Waialea mauka and West Kauai. The military is well aware of strong opposition to the North Shore site and prefers the Kauai location, but the final decision has not been made.

**Laniakea Traffic** – The comment period for the Draft Environmental Assessment on four proposed traffic alternatives at Laniakea are due September 22, 2021. Late comments may be accepted but are not guaranteed. A link to the Draft EA can be found on page 8 at [http://oeqc2.doh.hawaii.gov/The\\_Environmental\\_Notice/2021-09-08-TEN.pdf](http://oeqc2.doh.hawaii.gov/The_Environmental_Notice/2021-09-08-TEN.pdf)

**Agricultural Lands** – An interagency working group has been meeting to consider policy and legislative changes regarding agricultural condominium property regimes (Ag CPRs). Our agriculture lands are under threat from unscrupulous developers and misguided buyers who illegally build houses on Ag CPRs. I have been an active participant trying to close loopholes, improve oversight, and limit abuses of our planning and zoning processes.

**Kawaihapai Airfield** – We continue to work toward resolution of the water and lease issues at the airfield that the DOT stated as justification for their planned closure of the airfield. General aviation is important for our state and particularly important for our district. I am confident we will keep the airfield open, but there is still work to be done.

**North Shore Coastal Resiliency** – An impressive working group has been convened to recommend strategies to improve coastal resiliency. Organized by Surfrider Foundation and the UH Sea Grant Program, I was invited to join climate and coastal scientists, oceanfront homeowners, relevant government agencies and assorted policy wonks to consider the very challenging problem of how best to manage and protect our beaches and shorelines

as erosion and sea level rise occur.

**Energy** – As a member of the Senate Committee on Energy & Environmental Protection, I have had the opportunity to visit various electricity power plants this summer to stay informed on the challenges of moving Hawaii towards renewable energy. The AES coal plant is scheduled for closure next year and they propose conversion to burning biomass to replace the steady base load of power that would be lost. Kalaeloa Partners is a co-generation plant that uses oil to produce electricity and steam used to refine oil at the nearby PAR refinery. A large battery system is meant to provide electricity in the evening when the AES plant goes offline, but that may have to be charged by burning oil in a traditional power plant until more renewable production comes online. Finally, we saw a prototype wave energy conversion device that will be installed in the spring at the Wave Energy Test Site off Marine Base Hawaii.

My phone number is 808-586-7330 and email address is [SenRiviere@capitol.hawaii.gov](mailto:SenRiviere@capitol.hawaii.gov). Follow us at [FaceBook.com/SenatorGilRiviere](https://www.facebook.com/SenatorGilRiviere) or online at [SenatorRiviere.com](http://SenatorRiviere.com). Mahalo.

**North Shore News**  
Publication Date: October 20, 2021  
Deadline Date: October 8, 2021

A promotional advertisement for Paalaa Kai Bakery. The ad features the bakery's logo at the top, which includes the text "PAALAA KAI BAKERY" in red and green, the website "www.pkbsweets.com", and a cartoon character holding a pie with "PKB" and "Da Best" below it. The main offer is "Purchase 2 or more CINNAMON Finger Puff CREAM PUFFS GET 25% OFF Above Selected Pastries". The text "25% OFF" is in a red box. At the bottom, there is a disclaimer: "This offer cannot be combined with other promotions, discounts, or daBest VIP card discount. Offer is valid 9/22/21 - 10/15/21."



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

**Aloha Friends and Neighbors!**

I wanted to say a big thank you for your patience and understanding as the state and city agencies coordinated efforts to fix the Waialua Beach Road Bridge and regulate traffic at Thompson Corner. My office was working with the State Department of Transportation and in regular communication with the Mayor's office and the City and County Department of Transportation Services to find ways to expedite the process and keep our communities informed. I am relieved that everything is back up and running, making it both safe and efficient for the community to drive through the area.

While the bridge has reopened, traffic is still affecting the community. My office has been working in conjunction with HDOT to find solutions for these traffic issues. In order to promote safety and wellbeing, we need to hear from you! Earlier this month I mailed out a survey to the community about Thompson Corner. I want to make sure that your voice and opinions are considered when the final decision is made on what is best for the intersection moving forward. Please take the time to fill out the survey and send it back to my office by September 30, 2021. Or, you can take the survey online by visiting my website [www.RepMatsumoto.com](http://www.RepMatsumoto.com) and fill it out today!

We have already received quite a bit of feedback about some of the questions on the survey. If you have any questions, comments or concerns about the survey, please do not hesitate to reach out to my office by emailing [RepMatsumoto@capitol.hawaii.gov](mailto:RepMatsumoto@capitol.hawaii.gov) or call me at (808)586-9490.

To keep the good news coming, I want to inform you that Ka'ena Point Natural Area Reserve has been awarded Capital Improvement funding. The Ka'ena Point Natural Area Reserve will receive \$42,000 for fence improvements and gate reconstruction. The estimated completion of this project is this upcoming December. The area reserve has been wanting to ensure the fences are retrofitted and predator proof. I am excited that this project is taking place to protect the land and its native species.

I also want to encourage the community to help preserve the beauty of Ka'ena Point State Park. If you have never spent time there, I highly recommend it! The park is located at the furthest northwest corner of Oahu and offers wonderful hiking, beach access, wildlife viewing, and shoreline fishing. The beauty of Hawaii is one of the reasons the whole world wants

to visit. At the same time it is so important to take care of the land by helping to protect and cultivate its beauty. The Department of Land and Natural Resources has a volunteer program for anyone who would like to help with visitor education, ecosystem restoration, and marine debris removal. You can learn more about this program and sign up by visiting the DLNR Division of State Parks website for Ka'ena Point State Park at <https://dlnr.hawaii.gov/dsp/parks/oahu/kaena-point-state-park/>. You can also register to volunteer by emailing [kekai.k.mar@hawaii.gov](mailto:kekai.k.mar@hawaii.gov).

Our community has undergone many changes and adjustments over the past year and a half. The state has made a number of decisions that affect families, small businesses and our community as a whole. The pandemic, flooding, bridge closure, Thompson Corner traffic, poor road conditions, unemployment benefit delays, and Kawaihapai (Dillingham) Airfield discussions are just some of the issues our community has been facing. We have experienced many exciting wins as well. Roads are being repaired, unemployment benefits are being received, and overall good progress is being made. I want to assure you that I am working towards your best interest to find solutions to issues and answer your questions. As always, please feel free to contact me if you have questions or concerns about our community. Call me at (808)586-9490, email [RepMatsumoto@capitol.hawaii.gov](mailto:RepMatsumoto@capitol.hawaii.gov), or visit [RepMatsumoto.com](http://RepMatsumoto.com).

**rajanee**  
thai cuisine  
at Hale'iwa Store Lots  
Take Out Only 12:30-8pm  
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808-784-0023



# Rash

By: *Naty C. Hopewell, APRN*

Most of us have experienced having a rash sometime in our lives. There are different types of rash, depending on the cause. In this article, we will not be discussing rash caused by communicable diseases, such as measles or scabies. We will try to discuss some of the more common rash we see at our health center.

One type of rash is caused when you ingest food or drink that you are allergic to. This type of rash is itchy; it can present as a mixture of flat and raised, slightly red lesions and can also present as hives or just swelling of your eyelids or lips. Remember that you can react to food or drink that have not caused you problems in the past. It is just that you have reached a point where your body can no longer tolerate that food/drink.

Another type of rash is "contact dermatitis." This is an itchy rash that can also be a combination of flat or raised lesions; sometimes it can also cause blisters and occurs on the skin that has come directly in contact with that allergen. It can be a reaction to a plant, metal or sap from a fruit or tree. If the rash occurs around your neck or wrist, think of a necklace or bracelet you may have worn. If you have been gardening and the rash occurs on your lower arms(if wearing gloves), it might be some plant you have come in contact with. In Hawaii, if you develop an itchy rash on your hands after peeling a mango, you may be reacting to the sap from the mango skin. You can probably eat the fruit without any problem.

If you develop a crusty rash that is flat, raised and sometimes with blisters that begins in one area and spreads to another area, think of impetigo. This is caused by bacteria and needs to be treated with antibiotics.

In summary, rash is not always easy to figure out the what and the why.

**Ko'olauloa Health Center**

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**FARMLOVERS**

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**Thursdays 2-6pm**

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farm-fresh produce • gluten-free breads • slushies  
smoothies • pasta • burgers • pizza • dim sum  
poke • local artisans

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# **ANAHULU BRIDGE HALEIWA HOLIDAY LIGHT & SOUND SHOW**

## **DECEMBER 10-11**

Would you LOVE to be a Sponsor for our  
2021 Anahulu Bridge Light and Music Show,  
a Two-Night Event?

And Receive Full Publicity island-wide and  
on our regular announcements?

Contact Roxana at the North Shore Chamber of Commerce  
[roxana@gonorthshore.org](mailto:roxana@gonorthshore.org) or call 808-637-4558





The Friends of Ali'i Beach Presents:

THE 44th ANNUAL NORTHSORE MENEHUNE SURFING CHAMPIONSHIPS OCTOBER 11th - 31st 2021 HALE'IWA, ALI'I BEACH PARK

\*\*\*VIRTUAL EVENT\*\*\*

- \*ENTRY FEE: \$25.00 (ENTER ONE DIVISION ONLY) All contestants receive a contest t-shirt & goodie bag (details TBA)
\*DEADLINE: Mail-In must be postmarked by OCTOBER 11th Drop @ Surf and Sea Hale'iwa by: OCTOBER 15th
\*MAIL TO: Menehune Surf Contest P.O. Box 507 Hale'iwa, HI. 96712
\*MAKE CHECKS PAYABLE TO: FRIENDS OF ALI'I BEACH, INC.
\*INFORMATION: Submit your (1) best wave ridden at Hale'iwa (Peaks okay too) between October 11-31 2021. For detailed rules/information and to upload your footage go to our website
\*WEBSITE: www.northshoremenehunesurfcontest.com
\*EMAIL: ivykaui@live.com \*HOTLINE: #(808)6372544 (Alii)
\*INSTAGRAM: MENEHUNE SURF CONTEST

------(Detach and Mail)------(Please Print CLEARLY)-----

Name of Keiki: \_\_\_\_\_ Phone: \_\_\_\_\_
Address: \_\_\_\_\_ City/Zip: \_\_\_\_\_
BirthDate: \_\_\_\_\_ AGE On OCTOBER 16 2021: \_\_\_\_\_
SurfBoard Sponsored: YES \_\_\_ NO \_\_\_ Email: \_\_\_\_\_
PARENT NAME PRINT: \_\_\_\_\_
PARENT SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

\*The above signed parent or guardian and the participant release The Friends of Ali'i Beach, its officers, contest staff, event sponsors, The City & County of Honolulu and The State of Hawaii from any and ALL liability arising from bodily injury or property damage sustained during this event. I have made a voluntary choice to participate in this Event. I the above signed have carefully read and understand this agreement. I understand that this release of liability which will legally prevent me or any other persons from filing suit and any other legal claim. I also agree to conduct myself in a professional sportsmanlike manner before during and after this Event. I understand that any unprofessional or unsportsmanlike conduct will result in immediate disqualification from the event. Also, the above signed, do hereby grant THE FRIENDS OF ALI'I BEACH, its successors, assigns and licensees, unrestricted use of my image, my name, my personality and my voice in connection with the use of photography for any and all motion picture, promotional and commercial videos, radio and television purposes, internet, posters and/or performances thereof, including without limitation, the publicity in connection therewith.

CONTEST DIVISIONS: (Check ONE event only)
KOKUA DIVISION: Boy \_\_\_ Girl \_\_\_ (For boys & girls, ages 3-8 who need help in the water or on the beach. Non-competitive, everyone receives a trophy)
SHORTBOARD DIVISION: (No Boards longer than 6'6")
Boys/Girls 4-6 \_\_\_ (NO assistance) Boys 7-8 \_\_\_
Girls 7-9 \_\_\_ Boys 9-10 \_\_\_
Girls 10-12 \_\_\_ Boys 11-12 \_\_\_
\*GIRLS 13 \_\_\_ \*BOYS 13 \_\_\_
LONGBOARD DIVISION: (boards MUST be at least 3' over surfers head, NO GUNS) Girls 7-9 \_\_\_ Girls 10-12 \_\_\_ \*GIRLS 13 \_\_\_
Boys 7-9 \_\_\_ Boys 10-12 \_\_\_ \*BOYS 13 \_\_\_

\*\*\*\*\*This Year ONLY Boys and Girls 13 ShortBoard and LongBoard\*\*\*\*\*

MAHALO TO ALL OUR SPONSORS!!!

**Covid Testing at BYU Hawaii**  
**55-220 Kulanui St. Laie, HI**  
**MON-FRI 7am - 2pm**  
**SAT 9am - 12pm**



 **Nomi Health**



**COME RIDE  
WITH US!**

Horseback Riding Lessons,  
Trail Rides, Private Event  
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# Hawai'i Superfoods Project

*Aims to increase the consumption, demand, and competitiveness of Hawai'i grown Superfoods.*

(Honolulu, September 15, 2021) The North Shore Economic Vitality Partnership (North Shore EVP), in cooperation with the State of Hawaii Department of Agriculture, is kicking off the Hawai'i Superfoods recipe challenge! Community members, statewide, are invited to take part by creating and sharing Superfood-based recipes from September 17 to December 17, 2021.

As part of an effort to increase the consumption and awareness of Hawai'i grown specialty crops, recipe creations will be featured on social media and through distribution by partners (below). **To participate, tag Superfood recipes with #hawaiisuperfoods and #hisuperfoods on Instagram (@hi\_superfoods) and Facebook (@HISuperfoods).** Alternatively, recipes can be submitted at: [hisuperfoods.com/submit-recipe](https://hisuperfoods.com/submit-recipe).

The Hawai'i Superfoods project aims to increase demand and competitiveness of Hawai'i specialty crops by **showcasing a variety of Hawai'i grown crops that possess exceptional nutritional value, otherwise known as Superfoods!** Superfoods, such as moringa, contain high vitamin, micronutrient and antioxidant content, contributing to disease prevention and greater health.



The 16 Superfoods featured include:

- Breadfruit
- Banana
- Cacao
- Ginger
- Guava
- Herbs
- Kale
- Macadamia nuts
- Moringa
- Mushroom
- Papaya
- Sea Asparagus
- Taro
- Tomato
- Turmeric
- Avocado

Participating specialty crop farmers and CSAs currently include:

- Adaptations Inc.
- Aloha Turmeric
- Farm Link Hawai'i
- Hawai'i Banana Source
- Hawai'i 'Ulu Cooperative
- HIP Agriculture
- Honolulu Mushroom Company
- Kahumana Organic Farm
- Kamiya Papaya
- Kaua'i Kunana Dairy
- Lanakila Pacific
- Lydgate Farm
- Mālama Kaua'i
- Olakai Hawai'i
- O'ahu Fresh
- Sustainable Moloka'i
- Thrive Family Farm

Superfood farmers and related businesses and organizations can take part in the project too! The Hawai'i Superfoods Project will promote the identified superfoods **FOR FREE!** For more information, please visit our website at [hisuperfoods.com](https://hisuperfoods.com) or join us as a participating partner at: [hisuperfoods.com/project-agreement](https://hisuperfoods.com/project-agreement). **But don't delay, the Hawai'i Superfoods project ends December 2021!**

*Funding for Hawai'i Superfoods Project was made possible by the U.S. Department of Agriculture (USDA) Agricultural Marketing Service through grant SCBGP FY20 and co-sponsored with the State of Hawai'i Department of Agriculture. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the USDA.*





## NORTH SHORE REAL ESTATE TRENDS

by Richard Sterman (R)  
of Sterman Realty

### FUTURE TRENDS?

The current unpopular North Shore "Turtle Traffic" trend is back!

Although that might be the most annoying 'trend' facing North Shore residents these days, it's always good to look at what good things have taken place out this way and here are just a few:

- The Bike Path was built for the enjoyment of hundreds of residents and their children.
- The Banzai Skate Park was built and now enjoyed by hundreds each day.
- The Sharks Cove area became a part of an 80-acre Marine Life Conservation District preserving the natural marine life there and has become a premier snorkeling & diving spot on Oahu.
- The controversial Sharks Cove Mall was not built, however, we have some great 'food trucks' to visit over there whenever we're hungry.
- The Haleiwa Design District was formed to make sure the rural 'country' atmosphere of Historic Haleiwa Town remains for generations to come.
- The Trust for Public Land and the North Shore Community Land Trust protected 1,129 acres in the hills above Pipeline and Rocky Point and has become a community park for hikers and bikers from all over the island.
- A little known fact; a small group of Haleiwa residents petitioned the City & County of Honolulu to stop the 'high-rise' trend that started in the Cement City area and they were able to get all future construction with a height limit of 25 feet. Without that we could have seen high-rise buildings spread from Waiialua to Kahuku.

So - we have some "Good Trends" and I'm convinced that those working hard at fixing the Laniakea Traffic problem will succeed in a fix very soon!

Richard Sterman has been serving North Shore's real estate needs for over 40 years. He is the owner and Principal Broker of Sterman Realty, the largest Full-Service real estate company on the North Shore. You can contact Richard by emailing Richard@Sterman.com, going to www.Sterman.com or just calling 808.638.8600.

## Waiialua High Culinary Class Participates in the Aloun Farms Mahi'ai Culinary Competition

Aloun Farms is inviting the general public to select the ChefZone People's Choice Award for this year's "Eat Local, Shop Local, Live Sustainably" themed Aloun Farms Mahi'ai Culinary Competition. Starting at noon Monday, Sept. 20, through midnight Wednesday, Sept. 22, anyone can vote by liking the photo of their favorite dish via Aloun Farms' Facebook and Instagram pages (@AlounFarmsHawaii). The school team that receives the most likes will receive a prize pack from event sponsors.

"We're excited to partner with ChefZone to bring back our culinary competition this year," said Aloun Farms President Alec Sou. "While we wanted to hold the competition at ChefZone, and host a gala featuring dishes from the winning culinary team, we're grateful that we could still put on this event and be able to support our local high schools, and promote eating and shopping local, and living and farming sustainably."

The competition took place this past week at the nine participating high schools where students, advisors, and a judge socially distanced and followed COVID-19 protocols. This year's participants included teams from Campbell High School, Farrington High School, Lahainaluna High School, Leilehua High School, Moanalua High School, Nānākuli High School, Waipahu High School, Waiialua High School, and Wai'anae High School.

Teams were required to create a unique dish with Aloun Farms' 'Ewa Sweet Onion and ChefZone's Exclusive Brand "Villa Frizzoni" Pasta. Bonus points were awarded to teams who used additional ingredients including: Kauai Shrimp, Maui Cattle Company, and/or other in-season Aloun Farms' produce including Chinese parsley, eggplant, zucchini, long bean, kabocha, green onion, head cabbage, cantaloupe, watermelon, Meyer lemon, mint, kamote leaves, green papaya, or honeydew melon.

Each judge rated dishes based on: creativity; locality and ingredient choice; presentation; flavor profile; texture and density; and seasonality. The team that receives the highest score will receive \$2,500 in scholarship prize money to further their education in the culinary field. Second and third place will receive \$1,500 and \$500, respectively. The winning teams, including the ChefZone People's Choice

Award, will be notified via email and announced on Friday, Sept. 24, via Aloun Farms and ChefZone's social media and websites. Participating schools will also receive \$4,000 each to benefit their culinary programs, custom chef coats, and other prizes thanks to presenting sponsor ChefZone, a division of Y. Hata & Co., Limited and other sponsors including Mahi Pono, Meadow Gold, Krause Family Foundation and Leeward Community College.



# BANZAI NORTH SHORE WIRELESS

## FIVE WORLD TITLES AND MOORE!

Hawaii's Carissa Moore won her fifth world title at Trestles surf break in San Clemente, California. She defeated Kauai's Tatiana Weston Webb who now surfs for Brazil in a 2 out of three battle in great 5-8 foot perfect surf. Weston-Webb was able to win the first of the three heats as the new final format took place and Moore had to come back strong to take the title. Moore came into the event as the reigning WSL Champion, World No. 1 and Olympic gold medallist. "It was a long year and it was a very long day," said Moore. "Today didn't start as I expected, I had to fight my way back so it made it a bit sweeter to win. I was about to have a meltdown after the first heat. I tried my best, surfed from my heart, and it worked out. I've never been in the water when winning a world title, so this is extra special. I couldn't ask for anything more!" The win was a back to back world title for the Hawaiian. Gabriel Medina clinched his third title in the surf off against another of Brazil's finest, Filipe Toledo in a close match, 16.36 to 17.53. "This was my biggest goal in surfing," said Medina. "It's not everyday you accomplish your dream. This is a special day for me, it's a day I'll remember forever and tell my kids about. This year was very intense and mentally challenging, I had to work hard, have patience and let my surf talk. I had to surf a lot to win this title!" Find more and watch replays at WorldSurfLeague.com.

## KEALA KENNELLY'S NEW BOARD SHORTS, FINALLY

"KK" as she is called, Keala Kennelly, has had an epic career in surfing. Her accomplishments span 25 years as a top rated surfer and big wave slayer. She has won best wave of the year, man or woman, was top rated on tour, Triple Crown Champion, 2018 big wave World Champion, acted in film and television, won the Women's Pipeline Pro, won the Red Bull Magnitude, and the list goes on, big or small surf. Now she is taking her talents on to a new adventure, entrepreneur. KK has designed new board shorts for women surfers. After 15 years of asking designers to produce shorts that have great stretch material and better styling for women she has designed her own. Finally a board short that fits women. "The cut is longer, has four way stretch and super comfortable" she explained. "I have three colors and new colors coming in. They come up about mid thigh, the perfect length and have a pocket. The major surf

brands don't include pockets for women. The four way stretch performs way better." You can find them on her website. The name reflects her work in equality for women surfers with an equal sign that represents greater than and equal to. KK is on the move again to make an impact on surfing! A little opportunity and a lot of work goes a long, long way!  
<http://www.kealakennelly.com>

## "PANIC EQUALS DEATH"

Are you a daredevil in the sea? Want to get crazy extreme and develop your heavy water experience? You can do just that by checking out local surfer Mark Healy's class through The Inertia online courses. Learn to push yourself, keep calm, and manage fear in heavy surf from one of the best big wave surfers on the planet. Esteemed waterman Mark Healey teaches you how to improve your breathing, navigate barrels, and develop a mindset to survive extreme conditions from his lifetime of knowledge in the ocean. Healy has lived near Sunset Beach his whole life and is a well respected deep sea free diver, hunter, stunt man, big wave rider who you don't hear much about. His class is worth checking out. This writer ran across it. I sure wish I was 25 again!  
<https://www.healeywaterops.com>



Keala Kennelly Photo: banzaibetty.com

### Department of Environmental Services

The C&C of Honolulu Dept. of Environmental Services launched its revamped Refuse Division website today at [www.honolulu.gov/opala](http://www.honolulu.gov/opala) including the **New Landfill Siting page**, which includes **a limited-time public survey**. The City is forming a Landfill Advisory Committee (LAC) to evaluate and rank potential landfill sites, based in part on information from the survey. The LAC meetings are planned to begin in October and open to the public.

# Balancing Mind and Body for a Better Life

By Sherry Heiser

Long-time North Shore resident Dali Pyzel started her diverse career as a high school social studies teacher. She later became an online program director and librarian. In the meantime, she married, raised two daughters, and managed her family's surfboard business. As it grew, she was able to hire her replacement. With her children now grown, she decided it was time to delve into her interest in alternative health therapies. Helping children with attention and learning challenges was particularly important to her.

"There are alternative therapies that are very well researched but not very well known," says Dali.

In the process of extensive research, she found that neurofeedback has successfully helped many people, including those with ADHD. After formal course training, and many hours of working alongside mentors, she started accepting clients in 2019. Her business, Mind Balance Hawaii, offers brain mapping and hair tissue mineral analysis, neurofeedback and heart rate variability training. She offers "safe, alternative therapy to help regulate emotion and feel more relaxed, improve sleep, lessen migraine and PMS pain, improve focus, increase mental and physical performance, and increase reading comprehension and spelling."

As a neurofeedback clinician, she meets with clients at her home office to review their medical history, including diet and medications, and asks them what they hope to achieve through the therapy. A hair tissue mineral analysis measures nutrients and toxic minerals in the hair. Unwanted symptoms often relate to nutritional deficiencies, mineral imbalances, and heavy metal toxicity. More data is provided through the use of full-cap quantitative electroencephalogram, or brain mapping, which shows frequency patterns in different regions of the brain.

Once the client's information is compiled and studied, Dali offers therapy to address her client's needs. Training the brain to make new neural connections is achieved through lifestyle changes and use of neurofeedback training. The goal is to disrupt current patterns of activity and teach the nervous system to respond in healthier ways so the brain is back to its optimal state.

"I want to help people as much as I can," Dali says. "I'd especially like to help more kids struggling in school."

Mind Balance Hawaii has primarily attracted clients through word of mouth. As a respected professional in her field, she was asked to make a presentation about her work to the Hawaii Biofeedback Association two months ago. In addition to her ongoing research and professional endeavors, she is actively working toward a master's degree in acupuncture and Chinese medicine.

Anyone interested in Mind Balance Hawaii may visit its website at [mindbalancehawaii.com](http://mindbalancehawaii.com) or telephone (808) 388-5757.



Dali Pyzel is a neurofeedback clinician at Mind Balance Hawaii, located at her home office on the North Shore.

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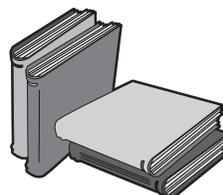
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your local library.

## Your Well-being – Your Future

### Ladies, ride this next wave with support

Change is inevitable. The past year has taught us about the necessity of learning to adapt in uncertainty, letting go of the familiar and embracing new ways to live fully as we walk new territory. What has been your experience during these changing times?

One thing is for certain, another season of this pandemic will require planning ahead, so we can all face new challenging times with effective tools and coping strategies to build confidence and resiliency.

The wise old precept, “You can’t move ahead by doing what you have been doing,” summarizes our need for growth and adaptation in a changing world. One sure way to harness inner strength and create long-term success is to access support for creating sustainable lifestyle change.

### A life and health coach can help

A coach can empower you to discover your motivational drivers to take necessary steps for goal achievement. Guiding you in committing to your progress, overcoming saboteurs, and holding you accountable, a coach ensures you are saying YES to YOU.

Using a client-centered approach, through powerful questions, coaching creates change on a behavioral level, releasing negative habits that keep you stuck, and securing new positive ones. Limiting beliefs and strengths are identified, wins celebrated, and the beautiful journey of being seen, heard, and validated, generates inevitable success.

Collaboration with other health and wellness professionals can be part of the process too, as necessary, to ensure optimal success in a well-rounded self-care regimen.

### Consider riding this next wave by investing in YOU

Now is an ideal time to ask yourself, “What do I want more than anything but just haven’t put necessary steps into motion?” A new career pursuit? Improved eating habits? Better stress management?

When we invest in ourselves with a vision for improved life and health, it creates a feeling of certainty which can ground us during these times.

As women redefining ourselves, honoring our desires is a courageous path built on self-love and self-awareness. The accountability in the coaching relationship will support turning your inspiration into actions and then results.

There is no time like the present. You are extraordinary and your gifts are needed more than ever.

My name is Jennifer Andrea Telford, Life and Health Coach, CLT, specializing in self-love and em-

powerment for women. A past resident of the NS, a 20-year women’s health professional, and past tenant at Ka’ala Healing Arts, I divide my time between LA and Hawaii. I offer virtual /phone 1:1 coaching and small group workshops.

I would love to talk to you. Set up a call, email (and tell a friend!) Together let’s find the path that is right for you.

Jennifer Andrea Coaching  
Ho’ano Wellness for Women  
[www.jenniferandrea.com](http://www.jenniferandrea.com)  
[nurtureyourheart@yahoo.com](mailto:nurtureyourheart@yahoo.com)  
818-522-0417

## North Shore Serenity Al-Anon Offers Family Support

When denial causes the alcohol drinker and their loved ones to think, “it’s only alcohol,” they might consider how much it is actually affecting their lives. There is help available in Al-Anon for anyone who is affected by someone else’s alcoholism.

Al-Anon Family Groups (AFG) are a fellowship of relatives and friends of alcoholics from different backgrounds, races, and walks of life. In Al-Anon, people have supported each other and found solutions for their personal situations for 70 years. They work on helping themselves, and others lead purposeful, useful lives by overcoming frustration and helplessness caused by close association with an alcoholic. Al-Anon groups meet in more than 130 countries, and Al-Anon literature is available in more than 40 languages.

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

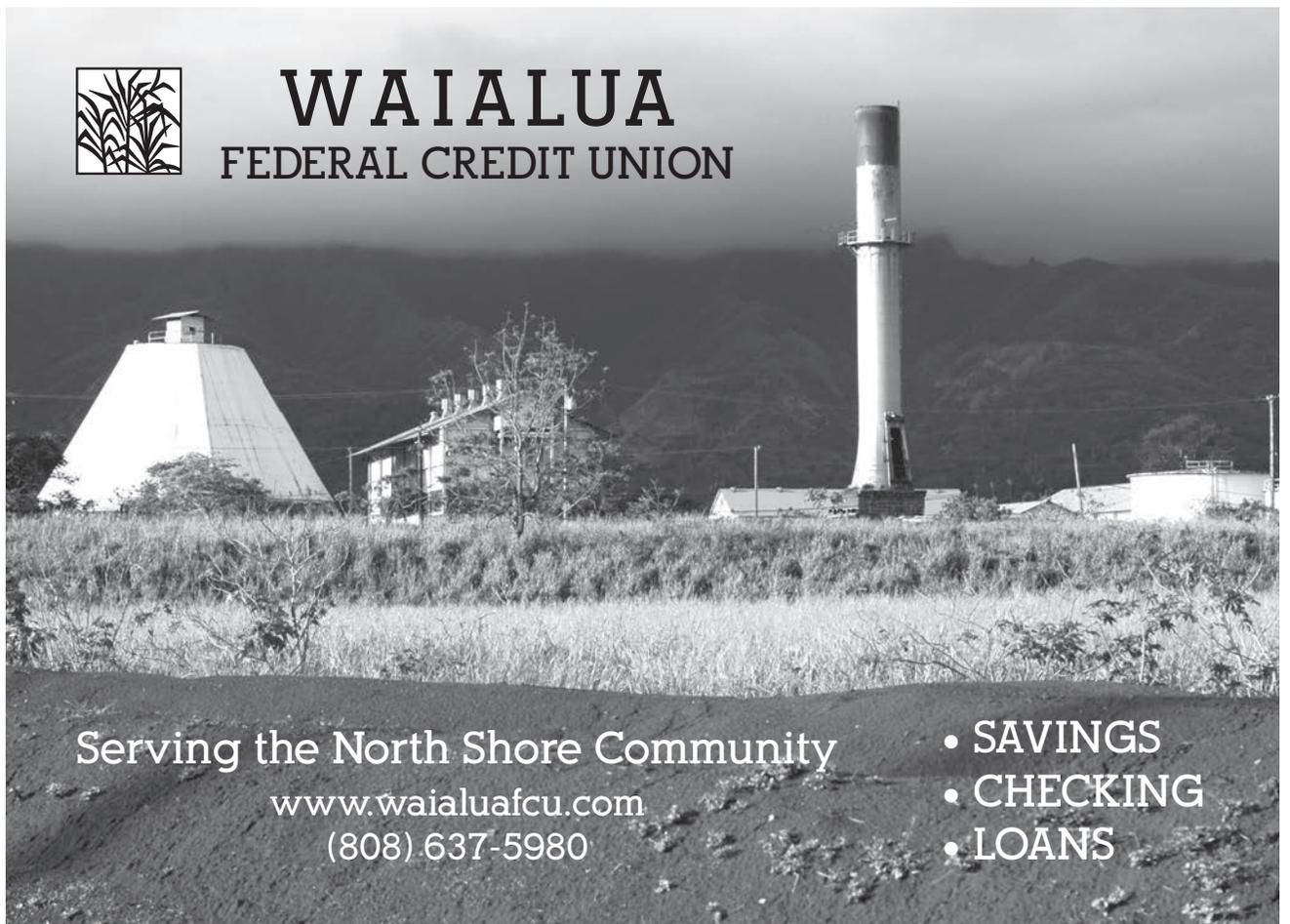
North Shore Serenity AFG meets 6:30 pm Wednesdays via Zoom (Meeting ID 847 8326 6578; Passcode 809980). Previous to March 2020, when Covid-19 gathering restrictions were imposed, the group was meeting at St. Michael’s Church in Waialua.

Additional information is available at <http://al-anonhawaii.wixsite.com/al-anonhawaii> or [www.al-anon.org](http://www.al-anon.org); or by calling 808-546-5647.

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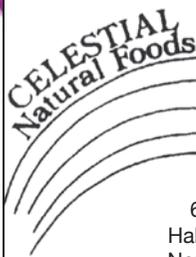
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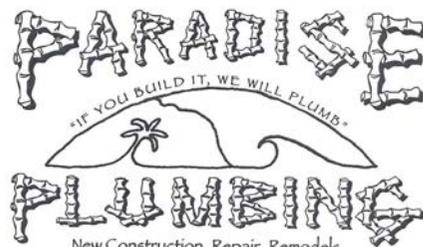
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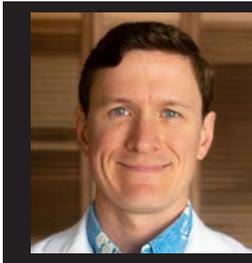
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## Ask the Doctor

Nash Witten, MD

Start walking!

As a primary care Family Physician, I am asked, or must tell, patients every day about the importance of regular exercise. Whether you are 16 or 78 years old or have a BMI of 46 [morbidly obese] or 21 [normal], we all need to exercise daily to stay healthy. The U.S. Department of Health and Human Services recommends that “children and adolescents ages 6 through 17 years should do 60 minutes or more of [ . . . ] activity daily.” For adults, this organization recommends “at least 150 minutes to 300 minutes a week.” Unfortunately, numerous studies have linked “sit time” to an increased chance of dying, as well as increased rates of obesity, diabetes, and heart disease. But, as I tell my patients daily, you don’t need to start running; just go for a walk! Walking has been found to improve high blood pressure and BMI and lower your risk of diabetes, stroke, heart disease, and early death! One of the benefits of living on the North Shore is that we have numerous free, convenient places to walk:

- Sunset Beach to Waimea Bay: Ke Ala Pūpūkea Bike Path (a.k.a The Bike Path)
- Pūpūkea: Pa’ala’a Uka Pūpūkea Road (a.k.a. Boy Scout Trail), Kaunala Trail
- Hale’iwa: Hale’iwa Beach Park, Hale’iwa Ali’i Beach Park, Kaiaka Bay Beach Park
- Waialua: Waialua District Park, Waialua Beach Road Bike Path
- Mokolē’ia: Peacock Flats Access Road (a.k.a. Mokolē’ia Trail), Kealia Trail, Ka’ena Point State Park

The next question that patients usually ask me is, “how fast should I walk?”

The Department of Health and Human Services recommends at least moderate-intensity exercise for the times listed above. The easiest way to determine if you’re walking at your moderate-intensity is that you can talk but not sing. Each of us has a baseline fitness level, and therefore what level of exertion is needed to exercise at a moderate-intensity will vary. Thanks to all of our fitness gadgets, including our smartphones, you can track your daily activities and progress over time for some additional motivation, if needed.

On behalf of your family, friends, community, and primary care physician, start walking!

Nash Witten, MD Board Certified, Family Medicine, Assistant Clinical Professor, Department of Family Medicine and Community Health, University of Hawai’i at Mānoa, John A. Burns School of Medicine Adjunct Assistant Professor, Department of Native Hawaiian Health, University of Hawai’i at Mānoa, John A. Burns School of Medicine



*The H.O.M.E. Project will be giving FREE J&J Vaccines and Flu Shots at the North Shore Food Bank at Kaiaka Bay Beach Park, Wednesday, October 6, 9am -11:30am. They will vaccinate if you do not have an I.D.*

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Senator Donovan Dela Cruz's office, Councilmember Heidi Tsuneyoshi's office, Achieve Zero, HPD and the houseless community worked together to clean up trash at the Karsten Thot Bridge in Wahiawa.

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Wednesday, October 20, 12 noon

Wednesday, November 3, 12 noon

Wednesday, November 17, 12 noon  
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**North Shore  
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**2021  
Schedule**

PUBLICATION DATE	DEADLINE DATE
October 20	October 8
November 17	November 5
December 15	December 3

October 20  
November 17  
December 15

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**Andres Plumbing**

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

**Sunrise Asphalt Services, LLC**

For all your driveway, pothole and parking lot needs.  
Licensed and Insured.  
Lic# 37527  
(808)754-9928  
Sunriseasphaltservices.com

**BEE HIVE**

\$250.00/ 10 FRAME BEE HIVE  
"LONGSTROTH,  
WILL PROVIDE ASSISTANCE  
MASTER BEEKEEPER  
682-1955.

**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

**DOG/CAT NAIL  
TRIMMING**

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

IG: @nsnews\_haleiwa

**GERMAN CAR SERVICE**

Professional-Qualified  
Technician  
Call Gary  
637-6800

**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

**North Shore Mobile  
Notary Public**

Looking for a Notary Public  
on the North Shore? Contact  
Nicolas Vargas to meet at your  
preferred location and have your  
documents notarized!  
Call/text 304-6900 or email  
worldclassnotary@gmail.com  
to make an appointment.

- ◆ Rain Gutter Clean Out
- ◆ Pressure/Scrubbing
- ◆ Window Cleaning
- ◆ Auto Detailing

Ku's Aloha Cleaning  
**341-1656**

**CC SALVAGE**

No job too small,  
we haul it all!  
Island Wide Services  
24/7/365  
Wanted Junk Car  
**808-457-2103**

**HOT YOGA  
NORTH SHORE**

**IN-STUDIO classes everyday!**

Sign up and book online.  
[www.hotyoganorthshore.com](http://www.hotyoganorthshore.com)

**ZEN CLEANING**

Vacation rentals, post  
construction  
and move out cleaning!  
Contact  
us at 808-255-9651  
for a quote.

**Hawaii Tree Co.**

Trimming & Removal  
Professional-Reliable  
Free Estimates  
808-462-2749

**Haleiwa Accounting**

Accounting &  
Bookkeeping services  
Call Aaron 808-202-8235  
HaleiwaAccounting.com

**NORTH SHORE  
AUTO &  
TRUCK SERVICE**

808-637-1234

**HONEY BEE HIVE  
SWARM**

Removal & Relocation  
808-724-9966

**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](http://www.northshorenews.com)

# CLASSIFIED ADS

**Next Issue - Oct. 20, 2021**  
**Deadline Date - Oct. 8, 2021**

Would you like to receive the North Shore News via email in color!  
Just send us a message at:  
NSNHaleiwa@gmail.com

**OFF da ISLAND**  
Are you leaving Oahu on vacation or business? Do you live on a neighbor island, the mainland or foreign country and subscribe to the North Shore News? Send us a photo of someone in front of a sign or landmark holding a copy of the NSN. Email your photo along with the person or persons' name, community of residence, contact info and photo location to: NSNHaleiwa@gmail.com.

**Classified Ad Rates**  
3 lines (min.) \$18.89  
4 lines \$25.13  
5 lines \$32.45  
1" Box Ad \$41.88  
(27 characters in each line)  
Include your contact information.  
*\*Ads can be text, or emailed.*  
We reserve the right to refuse any advertisement with a full refund.  
(808) 780-8037 • NSNHaleiwa@gmail.com

**FREE ADS**  
Garage & Yard Sales, Reunions, Lost & Found.  
Email ad to:  
NSNHaleiwa@gmail.com



**Marianne Abrigo, Properties**  
Specializing in - North Shore Real Estate  
Ask for our list of available properties and/or a free market analysis.  
**Marianne M. Abrigo**  
"Realtor since 1974"  
Office 637-3511  
Fax 637-0777  
Email mabrigo222@aol.com

## HELP WANTED

**Household Help**  
Beachfront Estate  
16 hours per week  
808-637-0808

**Hiring Now**  
**Apply In Person Today!**  
**Ted's Bakery**  
59-024 Kamehameha Highway  
Haleiwa, HI 96712

Pet care professional with grooming experience to care for poodles on NS, Pupukea. Competitive compensation based on experience. References required  
638-7073

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

North Shore Chamber of Commerce is looking for volunteers to help with our Visitor Center sales and services. 3 hour shifts, Monday through Friday are available. Come be part of our team, helping the North Shore be a better place to live, work, and play!

**Retail Sales Associate**  
Polynesian Treasures  
North Shore Marketplace  
*Now Hiring for PT/FT sales position. Previous retail and management or leadership experience a big plus!*  
Competitive wage plus commission and bonus.  
Fax resume to 637-8535  
or email to polynesiantreasures@hawaii.rr.com

**GIOVANNI'S SHRIMP TRUCK NOW HIRING!**  
Starting pay \$15 an hour plus benefits.  
Call 293-1839 or apply at the Kahuku location  
56-505 Kam Hwy, Kahuku



**McDonald's is Hiring at Haleiwa and Laie**  
Competitive Hiring Wage with Flexible Hours  
College Tuition Assistance (\$2500 annually)  
Pay for Grades (HS and College Students)  
Free Food & Uniforms and More Benefits Available!  
It's EASY to apply:  
You can Text 38000 'HI127' to apply at Haleiwa or 'HI126' to apply at Laie  
Or go online at <https://careers.mcdonalds.com/main/RestaurantJobs> > type Haleiwa HI or Laie HI in the search box

## FOR SALE

**OFFICE FURNITURE**  
Desks, Chairs, File Cabinets, Minolta Bizhub high speed Copier/Scanner, Bar Fridge, Misc. Supplies  
220-4702

## MISCELLANEOUS

**SAVE THE DATE**  
**St. Michael's Tent Sale**  
Saturday, October 23  
9am - 1pm  
Clothing, bedding, other misc items  
67-390 Goodale Avenue  
Waialua

**North Shore Serenity AI-Anon Family Group** meets 6:30pm  
Wednesdays via Zoom.  
Zoom# 84783266578  
Password 809980  
Open to anyone who believes his or her life may have been affected by someone else's drinking. Additional info: <http://al-anonhawaii.wixsite.com/al-anonhawaii> or [www.al-anon.org](http://www.al-anon.org)  
808-546-5647

North Shore Food Bank  
IG @nsfoodbank

**KQNS 107.3 FM Christian Radio**  
Inspirational, Health, Music, Addictions, Marriage, Prophecy, Stories, etc..

**POTHOLES ALERT & REPORT**  
State Owned Roads (e.g., Kam Hwy) **536-7852**  
City Owned Roads (e.g., KeNui/Pupukea Rd) **768-7777**

**BUSINESS SERVICES CENTER**  
Fast & Convenient Copy, Fax, Scan, Computer/Internet, Laminate, & More  
  
**Across from the Haleiwa Post Office**  
637-4558 • [gonorthshore.org](http://gonorthshore.org)  
#gonorthshore

**Hawai'i Statewide Marine Animal Stranding, Entanglement, and Reporting Hotline**  
*Includes stranded/injured sea turtles, monk seals, dolphins, and whales.*  
Phone: (888) 256-9840

**Sunset Beach Christian Church Food Bank**  
Every Tuesday  
12 - 2pm

**PURPLE VAN FOOD BOXES**  
If anyone wants or needs a food box we can help and deliver.  
Please call 808-638-9627

**New Hotline Created to Report Derelict Fishing Gear**  
Derelict fishing gear, like nets, is responsible for entangling marine life like turtles and whales. To report hazardous nets or other gear call:  
**The Marine Debris Rapid Response Hotline**  
833-4-Da-Nets  
(833-432-6387)



**Healthy patients from the inside**  
*Outpatient Services*

**Cardiopulmonary**

- Echocardiogram (ECHO)
- Electrocardiogram (EKG)
- Electroencephalogram (EEG)
- Pulmonary Function Test
- Treadmill Stress Test
- Holter Monitor

*All services are available on one 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

*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 clinic.*



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