



**“E Ala Na Moku Kai Liloloa”**

In This Issue:

**Hawaii Polo Winter Invitational**  
Page 6

**Moving Forward with the Virus**  
**Senator Gil Riviere**  
Page 7

**North Shore Chamber of**  
**Commerce News**  
Page 10



NORTH SHORE NEWS November 17, 2021 VOLUME 38, NUMBER 11



Kapo'o Tidepools Photo: MPW

## Kapo’o Tidepools Officially Protected

Mālama Pūpūkea-Waimea is pleased to announce that after a sixteen-year effort by the community to ensure better protections for the Pūpūkea Marine Life

Conservation District (MLCD), on August 24, 2021, Governor David Ige signed new administrative rules that officially include and fully protect the Kapo’o Tidepools as a

part of the larger marine protected area. This means that the tidepools are now completely a “no take” zone and it is illegal to harm, take, injure, or kill any marine life there in any way. In addition, it is illegal to possess in the water any device that could be used for the taking of any marine life such as scoop nets, buckets, or any other fishing gear.

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

Continued on page 2

Continued from page 1

The shallow three-acre “tidepools” – a semi-enclosed area connected to adjacent Sharks Cove – provide critical nursery habitat for over 70 types of fish species, over 20 limu species, and dozens of coral and marine invertebrates species like urchins, nudibranchs, sea cucumbers, and anemones. Surrounded by sharp rocky reef and influenced by dynamic tides, waves, and freshwater seeps, this unique area serves as the “piko” for the 100-acre MLCD, which stretches from 100 yards off Kulalua Point to the Wānanapaoa Islets offshore of Waimea Bay.

“The Kapo’o tidepools add to the diversity and uniqueness of the Pūpūkea MLCD and are a key part of what makes this area a special place,” said Brian Neilson, Administrator for the Division of Aquatic Resources (DAR). “DAR appreciates the community support we received for expanding the MLCD boundary to conserve the fish, invertebrates, and limu in this area.”

MPW expresses its gratitude to the Governor and DLNR for making these long-needed rule changes to enhance protection for the Kapo’o Tidepools and the entire MLCD. With the dramatic increases in the number of people using the MLCD, increased pressures from poaching, and hundreds of visitors a day crowding the small Kapo’o Tidepools, the protections now allow MPW and other community members to better

educate residents and visitors about the outstanding marine life of Kapo’o and the entire MLCD.

To report a violation, call (808) 643-DLNR or download the DLNRTip app on your phone

To report a Monk Seal sighting, or any seal or turtle in distress, call 1-888-256-9840

For more info about rules and regulations, visit <https://dlnr.hawaii.gov/dar/>

Contact MPW at [www.pupukeawaimea.org](http://www.pupukeawaimea.org)



Makai Watch & DOCARE collaborate to educate & enforce



**OFF da Island in Portugal**-After enjoying surf sessions in Ericeira and along Portugal’s Silver Coast, Mike and Stephanie Van Lear from Pūpūkea visited the Fortaleza do Guincho, a former fortress built in the 17th century and later transformed to a hotel and restaurant. For information on the NSN OFF da Island campaign turn to page 23.

## NORTH SHORE FOOD BANK

IG:@nsfoodbank

Sponsors: Hawaii Food Bank  
& Aloha Harvest

### DISTRIBUTION UPDATE

at Kaiaka Bay Beach Park

Wednesday, November 17, 12 noon  
w/ Loko Ea

Wednesday, December 1, 12 noon  
Free Flu Shots 9am - 11:30am

Wednesday, December 15, 12 noon

Wednesday, December 22, 12 noon  
w/ Loko Ea



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





'TIS THE SEASON AT WAIMEA VALLEY

# HOLIDAY HOURS!

## MON - SUN, 9 AM - 4 PM

## 11/29/21 - 1/3/22



### KAMA'AINA ANNUAL PASSES MAKE A GREAT HOLIDAY GIFT!

- Snack bar and gift shop discounts
- 7:30 AM Daily early-bird walking hours and general admission to the Valley
- 7:30 AM Daily 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>

### GIFT SHOP HOLIDAY SALE NOW THROUGH 12/24/21

- Ku Ono Wai Wai gift shop specializes in locally-sourced, handmade products and unique finds from North Shore artisans



**WAIMEA VALLEY**  
HI'IPAKA LLC

Open Daily 9am - 4pm, 11/29/21 - 1/3/22  
Regular Hours: Open 9am - 4pm, Closed Mondays

Call: (808) 638-7766

@waimeavalley  

@waimeavalleyoahu 

WHERE HAWAI'I COMES ALIVE

WAIMEAVALLEY.NET





# IF YOU'RE PART OF OUR CLUB, YOU'RE PART OF OUR 'OHANA.

We'd like to welcome our 'Ohana Club members back to the Center. Enjoy shopping, dining and see our spectacular HĀ: Breath of Life evening show. Plus, right now, members can take advantage of our **Special Fall Offer** with huge savings. For offer details and to join our club for free, visit [PCCOhana.com](http://PCCOhana.com).\*

\*Must be a Hawai'i resident with valid ID. Some restrictions apply.



## CLIMATE ACTION PLANNING FORUM PRESENTED BY HAWAII ENVIRONMENTAL CHANGE AGENTS

HONOLULU, Hawaii – A free online event entitled, “Climate Action Planning Forum”, will preview climate change priority bills for the 2022 legislative session. The event is sponsored by the environmental organizations that comprise Hawaii Environmental Change Agents.

The event features State legislators and environmental organizations presenting their priority bills. The most popular bills will be discussed in breakout sessions where coalitions will be formed and strategies discussed to advance the bills through the legislative process.

This free online event is open to the public and will be held as follows:

Saturday, December 4, 2021

10:00 to 11:30 am

Register in advance at: [bit.ly/3qsqfmz](https://bit.ly/3qsqfmz)

“This is a follow-up to our event on Sept. 18, which brought together environmental leaders in the State Legislature and environmental organizations,” said John Kawamoto, a member of the event planning committee. “They shared their priority environmental issues with the hope of building support for them. At the upcoming event, the issues will be narrowed to those that impact climate change, and specific bills will be discussed. The ultimate goal remains the same -- to pass legislation that will benefit the people of Hawaii.”

“The extreme weather caused by climate change is becoming more severe and more pervasive throughout the world,” said Charley Ice, another member of the event planning committee. “The international gathering in Glasgow for the Paris Agreement (“COP26”) could not be more unanimous and clear: we must significantly reduce the emission of greenhouse gases in the next decade in order to keep the earth habitable. If the present trend of increasing the burning of fossil fuel continues, devastation will occur on such a large scale that it will fully undermine civilization as we know it. Climate change is such a large and complex issue that a multi-faceted approach is needed. We will explore Hawaii’s most effective, practical alternatives at this event.”

The environmental organizations sponsoring this event include Hawaii Youth Climate Coalition, Citizens’ Climate Lobby, Climate Reality Project, Climate Protectors, 350.Hawaii, Hawaii Electronic Vehicle Association, Our Revolution Hawaii, the Environmental Caucus of the Hawaii Democratic Party, For the Fishes, and the Environmental Justice Task Force of Faith Action for Community Equity.

# A Heartwarming Thanksgiving Story

By Anonymous

A blind boy sat on the steps of a building with a hat by his feet. He held up a sign which read "I am blind," please help.

There were only a few coins in his hat.

A man was walking by. He took a few coins from his pocket and dropped them into the hat. He then took the sign, turned it around, and wrote some words. He put the sign back so that everyone who walked by would see the new words.

Soon the hat began to fill up. A lot more people were giving money to the blind boy. That afternoon the man who changed the sign came to see how things were.

The boy recognized the footsteps and asked, "Were you the one who changed my sign this morning? What did you write?"

The man said, "I only wrote the truth, I said what you said in a different way." I wrote: "Today is a beautiful day but I cannot see it."

Both signs told the people that the boy was blind. The second sign told people that they were so lucky that they were not blind. Should we be surprised that the second sign was more effective?

Moral of the story: Be thankful for what you have. Be creative. Be innovative. Think differently and positively. When life gives you 100 reasons to cry, show life that you have 1000 reasons to smile. Face your past without regret. Handle your present with confidence. Prepare for the future without fear. Keep the faith.

The most beautiful thing is to see a person smiling. And even more beautiful, is knowing that you are the reason behind it! Happy Thanksgiving!

This year the Annual Thanksgiving Day Celebration sponsored by North Shore News and Waiialua Community Association will be canceled. Be safe and have a Happy Thanksgiving!

**WORKSHOP**

## The North Shore's First Coworking Space

10+ Desks available daily, weekly, monthly at the Waiialua Sugar Mill

More info <https://hawaiiwork.shop> or (808) 339-3099

## You have an expert in the neighborhood.

Whatever your real estate needs, let Davilyn's 15 years of expertise work for you. Call today for a consultation with Davilyn at our new Haleiwa or Mililani office.



**Davilyn Sato**

REALTOR® | RB-22766  
(808) 542-9195  
Davilyn.Sato@corcoranpacific.com

**corcoran**  
PACIFIC PROPERTIES

Remarkable homes, peerless expertise, pure Aloha Spirit.



Haleiwa Town Center  
66-145 Kamehameha Hwy, Haleiwa



**OPEN DAILY**  
**7 DAYS 6a-6p**  
**Right in Waiialua**

**Welcome & Aloha**

**- 3 Reasons to Visit PKB -**

1. To say hello again to Ms. Snow Puffy and Sada's Malassada
2. To look over all of your favorite pastries, pies, bread, sandwiches, cookies and counter snacks
3. To see if you might be the next Lucky Seconds Jackpot winner

**Have a Great Day!**

**@pkbsweets**  
**www.pkbsweets.com**

Located at 66-945 Kaunohua Road, right next to Paalaa Kai Mini Mart.





# HAWAII POLO WINTER INVITATIONAL

& Toy drive for Operation Toybox

BRING NEW UNWRAPPED TOY FOR DISCOUNTED ADMISSION

December 5<sup>th</sup> 2021

**POLO GAMES. LIVE MUSIC. FOOD.**

For more information visit [www.hawaiipolo.com](http://www.hawaiipolo.com)



**Moving forward with the virus**

I attended a sold-out baseball game in San Diego in August. 43,000 people packed the place, there were no vaccination or testing requirements, and almost nobody wore a mask after entering. The lively crowd enjoyed the full concession options, received a gift Padres backpack, and went home with an exciting 10th inning victory for the home team.

Last week, I attended a 2/3 capacity football game at UH. 6000 vaccinated people sat obediently in their seats wearing masks, not allowed to enjoy even a soft drink or a potato chip. A couple of portable "concession stands" sold water for anyone who did not want to drink from a fountain. Tickets were expensive and the pregame vaccination verification protocol was an added layer of something. Our home team ran out of time on the 18-yard line and everyone shuffled home.

Major League Baseball and major college football teams (except UH) have been packing out stadiums all summer and fall. Has there been a single report of super spreading and doom from these crowded outdoor activities? I can't find one. When and how will we move forward?

Before anyone gets too fired up with their "freedom" or "safety" position, let's recognize two things: Covid-19 has disrupted everything and rendered profound losses; and, Covid-19 and its variants are not likely to disappear, so we will have to learn to live with it.

Fortunately, there is a responsible way to move beyond this pandemic: rapid antigen tests. These test kits, which can be found in local pharmacies (when not sold out), reveal within 15 minutes whether or not a person has Covid-19 and is contagious.

With widespread distribution of cheap, rapid, self-administered antigen tests, we could prevent large outbreaks. For example, you wonder if your child was exposed at school yesterday, so you pull out a rapid test and in 15 minutes, from start to finish, you have an answer. Or you hear that someone you recently met is Covid positive, or you want to take extra precautions before visiting someone. In minutes, you will know if you need to stay home and contact your doctor, or you are safe to go about your day. It is that simple.

Regular or periodic testing at home, school or work could serve as sentinels for any circulating

virus. PCR tests that take days for results are useless for timely, actionable information. If vaccinated people can also be spreaders, then we really need a testing program for everyone. Rapid antigen testing can help snuff out the spread.

Dr. Michael Mina has been championing rapid antigen testing for more than a year. He offers a logical policy direction to help get us back to regular living. Look him up and read more about this important protocol that we have yet to effectively support.

Quoting Dr. Mina, "certain segments of the population are not the problem. The problem is the virus. The only solution we have for a public health problem like this is the public. And rapid, at-home tests are the exact kinds of tools that allow the public to feel empowered to take control of their slice. And if enough of the public does do that, then the slices add up and we're taking care of the whole pandemic."

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.

Hale'iwa Town Christmas Parade will be canceled this year. Happy Holidays!



Ua ku'i kākou i ke kai.  
*We are all connected by the sea.*



# HELP SUPPORT HEALTHY AND ABUNDANT MARINE LIFE ON THE NORTH SHORE!



Donate now to sustain Mālama Pūpūkea-Waimea's stewardship programs:

- Outreach and Education
- Ka Papa Kai Marine Science for Youth & Lawai'a Pono Programs
- Makai Watch Program in partnership with DLNR/DOCARE
- Native Hawaiian Plant Coastal Restoration
- Beach Cleanups and More!



*Since 2005, MPW has committed to working to replenish and sustain the natural and cultural resources of the Pūpūkea and Waimea ahupua'a for present and future generations through active community stewardship, education, and partnerships.*

To make a tax-deductible contribution today, visit:  
[www.pupukeawaimea.org](http://www.pupukeawaimea.org) or scan the QR code  
@malama\_pupukea\_waimea FB:Mālama Pūpūkea-Waimea



MAHALO!







## Ask the Doctor

Nash Witten, MD

### Update in Diabetes Screening Recommendations

On August 24, 2021, the United States Preventative Service Task Force (USPSTF) updated its recommendation on who should be screened for diabetes. The USPSTF is "a volunteer panel of national experts in prevention and evidence-based medicine." The USPSTF gave a B grade to their recommendation that all overweight or obese adults aged 35 to 70 should be screened for diabetes.

### What qualifies as overweight or obese?

A BMI from 25 - 29 qualifies as overweight, and a BMI above 30 qualifies as obese. Want to find out what your BMI is? Check out the Centers for Disease Control and Prevention's "Adult BMI Calculator!"

### How do physicians screen for diabetes?

The easiest option is to check a fasting blood glucose level with a finger glucose test strip. Ideally, "fasting" means not having anything to eat for 8 - 10 hours before the test. If your fasting blood glucose level is greater than 100 mg/dL, you should see a physician for further testing.

Your physician will usually then check a hemoglobin A1c to screen you for diabetes.

If your hemoglobin A1c is between 5.7 and 6.4 percent, you are considered to have prediabetes.

If your hemoglobin A1c is greater than or equal to 6.5 percent, you are diagnosed with diabetes.

### Why did the USPSTF change its screening recommendation?

Once diagnosed, lifestyle changes and medications were shown to improve health outcomes in those with diabetes. Also, in prediabetes, the same interventions were shown to reduce the likelihood of getting diabetes and improve outcomes!

If you are interested in being screened for diabetes or need help with managing your diabetes, please call our clinic to schedule an appointment.

*Dr. Nash Witten is a Board Certified Family Medicine physician at the Queen's Health Care Centers Hale'iwa, located at 66-125 Kamehameha Hwy., Hale'iwa, HI 96712. The clinic is accepting new patients, call 808-691-8501 to schedule an appointment. Submit questions to the doctors at [nsaskthedoctor@gmail.com](mailto:nsaskthedoctor@gmail.com).*

## In Memory of North Shore Outdoor Circle Past President Jean Merlet

Jean Merlet was a community volunteer that could always be counted on when asked to help. From working on the executive board nomination committee to growing starter plants for the annual plant sale at Waimea Valley, she was a valuable team member and she was fun to be around. Her smiling face could be seen at many Outdoor Circle workdays, field trips and fundraisers during the 1990's. She was an avid home gardener and loved the Sunset Beach community so when asked to be on the Ke Ala Pupukea Bike-path committee she didn't hesitate and worked tirelessly on the project. The project was huge, it involved preparing a landscape plan, mapping the 23 sections of the 3.5-mile bike path. Jean took on the mighty task; drawing maps, listing all trees, shrubs, ground covers, mulch, drip lines, and hoses that would be needed per section. Kerry «Gidget» Germain remembers Jean with great fondness while sitting with her at her home several hours every week making plant lists and maps so they could get to the next phase of the project. During those days they shared a lot of laughs and happiness when things went right while Gidget could always rely on Jean's positive encouragement when things went wrong.

It was a proud day for Jean when Ke Ala Pupukea Bikpath won project of the year from the City and County of Honolulu in 1995 during her reign as NSOC President (1995-1996). The project was supported by the Sunset Beach Community Assoc., North Shore Neighborhood Board, and countless Sunset Beach residents. Jean was beaming the day of the Mayor Bike Parade along the path on January 27, 1996 and was pleased to see the project bring the community together by making it a friendly and safe place for all NS residents.

Outdoor Circle members are stronger because of Jean Merlet's service to help make her community a better place— one plant at a time. The North Shore Outdoor Circle sends a heartfelt mahalo and Aloha to Jean, her late husband Chuck, and the entire Merlet ohana.





## North Shore Chamber of Commerce News

### Celebrating Anahulu "Rainbow" Bridge's 100th Birthday

The 2021 Anahulu Bridge Holiday Lighting and Sound Show produced by Hawaii Events Unlimited runs 6 to 9 pm Dec. 10 and 11 to mark the holiday season and the bridge's 100th birthday. This is the final event celebrating the 100th birthday of Anahulu "Rainbow" Bridge. It is generously sponsored by Richard Sterman of Sterman Realty, Joe Lazar of Haleiwa Joe's Restaurant, Joe Green of Surf and Sea, and the Oahu Board of Realtors. On both days prior to the bridge lighting, Santa Claus will visit the North Shore Marketplace from 3:30-5:30 pm to meet and have pictures taken with kids, young and old.

### Chamber Office Open for Business

The North Shore Chamber of Commerce Business and Visitor Center located across from the Haleiwa Post Office resumed normal business hours after Covid-19 restrictions were reduced. Office hours are now 10 am to 4 pm, Monday through Friday. The Chamber office provides a variety of business services including printing, copying, scanning, faxing, laminating, and access to a computer and the internet. In the near future, it is hoped that a notary services will be available as well. Discounted fees are available to Chamber members. Local residents and visitors alike are stopping by to see the spruced-up office, get the latest information about businesses, and talk story.

Roxana Jimenez, the office manager of the Chamber, resigned last month, and the Chamber is in the preliminary stages of recruiting a part-time Executive Director and an Office Administrator. The Chamber is interested in finding a North Shore resident to fill these positions. If you are interested, contact the Chamber office where full details are available. The Chamber is excited that many former volunteers are returning, but it still needs more to help with the Visitor Center services and special events.

### The Chamber Depends on a Team

A team of volunteer community members work with the Chamber staff to meet a variety of demands in support of our North Shore community. An integral part of the Chamber is its Board of Directors, chaired by President Mary Wood, a resident of Waiialua. Other board members are: Carol Phillips, North Shore Surf Girls; Marcia Murphy, Pacific

One Mortgage; T.J. Cuaresma, Tita Ei Nei Productions; Thomas Donovan, Turtle Bay Resort; Howard Green, North Shore Marketplace; Marianne Abrigo, Marianne Abrigo Properties; Bill Martin, Island X Hawaii; Ed D'Ascoli, Xcel Building; Charlie Teixeira, North Shore Embroidery; Lee Bryant, North Shore Equipment Rentals; Carolyn Unser, Ka'Ala Ranch; and Thomas Naylor, Ke Nui Kitchen. All are available and happy to hear your comments and concerns.

The North Shore Chamber of Commerce proudly represents the interests of our businesses and citizens. Let's all work together to make the North Shore a perfect place to live, work and play!



Interim Office Manager Michelle Spencer greets visitors to the North Shore Business and Visitor Center.

## ANAHULU BRIDGE



## HOLIDAY LIGHTING

&

## SOUND SHOW

December 10<sup>TH</sup> & 11<sup>TH</sup>, 6-9 PM



Produced by Hawaii Events Unlimited and Generously Sponsored By:  
Richard Sterman of Sterman Realty, Joe Lazar of Haleiwa Joe's Restaurant, Joe Green of Surf N Sea, & the Oahu Board of Realtors.



North Shore Chamber of Commerce  
[Director@GoNorthShore.org](mailto:Director@GoNorthShore.org); phone (808)637-4558







NORTH SHORE HAWAII  
**Surf N Sea**  
 SINCE 1965

# BLOWOUT SALE

NOV 12 - JAN 31

Everything for the ocean is here and it's ALL ON SALE during our Annual Blowout Sale! With Christmas coming up fast, our Annual Blowout Sale is your chance to knock a few names off your shopping list and save at the same time.

On the beach since 1965 (808) 637-SURF [surfnsea.com](http://surfnsea.com)





# OFF da Island in Cambodia

North Shore resident Jackie Levin had the opportunity to visit and work in Cambodia this past month. She is pictured here in front of Angkor Wat, Siem Reap at sunrise with the North Shore News! Normally this area would have thousands of visitors, however, due to Covid 19, Jackie and her daughter were the only ones there! Cambodia at this time was closed to tourism.

Jackie traveled to Cambodia to volunteer with an organization called Helpcode, a non profit organization which focuses on Childhood Drowning Prevention. Drowning is a hidden epidemic in Cambodia, due to a country with many rivers, canals, water vats, floating villages and rice paddies. Helpcode is trying to make a difference teaching Cambodian children to swim including training the entire family on survival swimming and safe water rescue.

During the month of August Jackie and local North Shore swim teacher Daneta Sinkule (aquanettaadventures.com) collected over 60 life vests and goggles for Helpcode and the children of Cambodia. For more information, visit [www.globalgiving.org/projects/preventing-5000-children-from-drowning-in-cambodia/](http://www.globalgiving.org/projects/preventing-5000-children-from-drowning-in-cambodia/)



**rajaneer**  
thai cuisine

at Hale'iwa Store Lots  
Take Out Only 12:30-8pm  
Masks Required  
808-784-0023







  
**FARMLOVERS**  
**HALE'IWA**  
**FARMERS MARKET**

at Waimea Valley

**Thursdays 2-6pm**  
**local farms food art**

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

**Follow us @alohafarmlovers**




On the evening of August 4, 2021 **Ronald "Ronnie" Wallace Broadfoot** passed away peacefully at home with Sharyn by his side, after battling cancer for 11 years. He was born in Manhattan Beach on April 12, 1950 to Barbara and Wallace Broadfoot. He attended Aviation High School, El Camino College and ITT Tech. He moved to Hawaii and lived on the North Shore of Oahu where he had a passion for surfing. He is survived by his sisters Laurie Thrane and Julie Boesiger, nieces, nephews and Sharyn Warren. He is greatly loved by his family and lifelong friends.

**NOTE TO RONNIE**

May you realize what a gift your life was to those the knew you  
**LOVE DOESN'T DIE**

DEPARTMENT OF PARKS AND RECREATION  
 HALEIWA ALII BEACH PARK

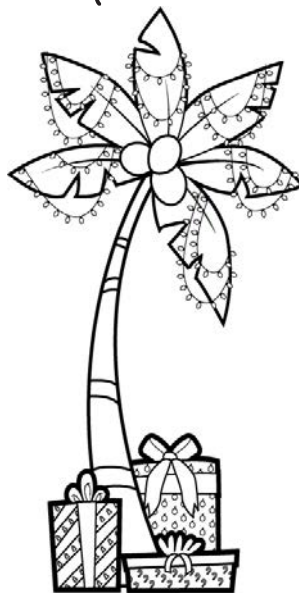
*Santa's Corner*

**Free Family  
 Event Friday  
 December 10**

Come and take a free picture with Santa from 3:00 p – 6:00 p  
 Free craft take and make kit.



Bring your own cell phone or camera to take your pictures with Santa.



For more information, please call 637-9721 or 768-6837



## Hypertension

By: *Naty Camit Hopewell, APRN*

Hypertension is the medical term for high blood pressure. A person's blood pressure consists of two readings: 1) the bottom numbers which is the diastolic reading; this reflects the heart at a resting phase and 2) the top numbers, the systolic pressure, which reflect the pressure in the heart when it pumps your blood full of oxygen to different parts of your body.

Normal blood pressure is 120/80. However, this varies according to the person's size, family history and lifestyle. In general, the smaller the person, the lower the blood pressure and conversely, the larger the person, the higher the blood pressure. However, it should not exceed 120/80. If you exercise regularly, your heart muscle becomes a more efficient pump and this may prevent high blood pressure. What you eat can also affect your pressure. A diet high in sodium, such as potato chips and lots of canned foods, causes your body to retain more water and may raise your blood pressure. Family history can also make a difference; if your parents have high blood pressure, you are more likely to develop hypertension. As you get older and your body functions are not as efficient, your blood pressure may also rise. Stress can also raise your pressure.

So how do you counteract all the above. Try to keep your weight within normal range according to your height. Exercise regularly; this will help burn calories and make your heart a more efficient pump. Try to limit your sodium and caloric intake. Avoid eating foods high in sodium, such as canned foods, cured meats (ham, sausage), and snacks such as chips. Avoid or limit high caloric foods, such as ice cream and cookies. Learn how to manage your stress in a healthy manner, such as exercise and meditation and doing things you enjoy. Keep your life in balance by having enough time to relax and enjoy life.

### Ko'olauloa Health Center

293-9231

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



## NORTH SHORE REAL ESTATE TRENDS

by Richard Sterman (R)  
of Sterman Realty

### NEW AGRICULTURAL LOTS COMING UP FOR SALE

The latest "Real Estate Trend" on the North Shore is the increase in Agriculturally Zoned parcels that are coming onto the market for sale.

The main reason for the increase in the number of acres available has been Dole deciding to sell all of their North Shore Ag Lands. Already 2,000 of their 2,200 acre holdings have been sold.

These Dole parcels, now owned by individuals, were mostly larger tracks of land (hundreds of acres in size) and many of them are now being broken down to smaller 2 or 5 acre parcels and offered to the public.

Very few of these lots are actually fully subdivided individual lots (with their own TMK numbers). Most of them are Ag "Units" within a CPR (or Condo) Project and are for Farming Purposes only. Usually there will be 2 parcels that will allow Farm Dwellings, however, those lots will be at a higher price.

Most of these 2 Acre Ag-2 Parcels or 5 Acre Ag-1 Parcels will be for farm use only and allowed a barn, however, they will not be allowed any kind of homes or living structures.

A lot of buyers are calling to ask why a 2 or 5 acre lot, with ocean views, is half the price of a comparable lot in other Ag sub-divisions. The public should know, before they make any kind of offer, what the actual 'use' can be and that they will most likely not be allowed to live on the property or build a normal home. This also means obtaining a normal home loan will not be possible.

All that being said - the good news is that there are more smaller ag lots opening up that will allow more small farmers to own their own parcels and grow more food for our community (not just to ship off to the mainland).

I'll have more info on this latest trend very soon and pass that along to you as well!

*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.*





# North Shore Wireless

## Betty Depolito

### HONOLUA WINS HER THIRD WORLD TITLE

Honolua Blomfield won her third WSL world title last month at the Jeep Malibu Longboard Classic presented by Havaianas. Blomfield, who won the Cuervo Surf Ranch Classic last month, followed that up with the title clinching performance in Malibu by advancing into the semifinals. She won over American Lindsay Steinriede in the quarters but did not advance into the final. Blomfield is the youngest ever to win a world title in longboarding. She hails from the North Shore winning her first title at 18 in Taiwan and is now 22 and destined to win many more. Her approach to surfing a wave is beautiful, tall and sleek on the nose, flying through the air like an Iwa bird. Longboarding is a more graceful sport and Blomfield is a talented nose rider destined to be called the best ever. Congratulations!

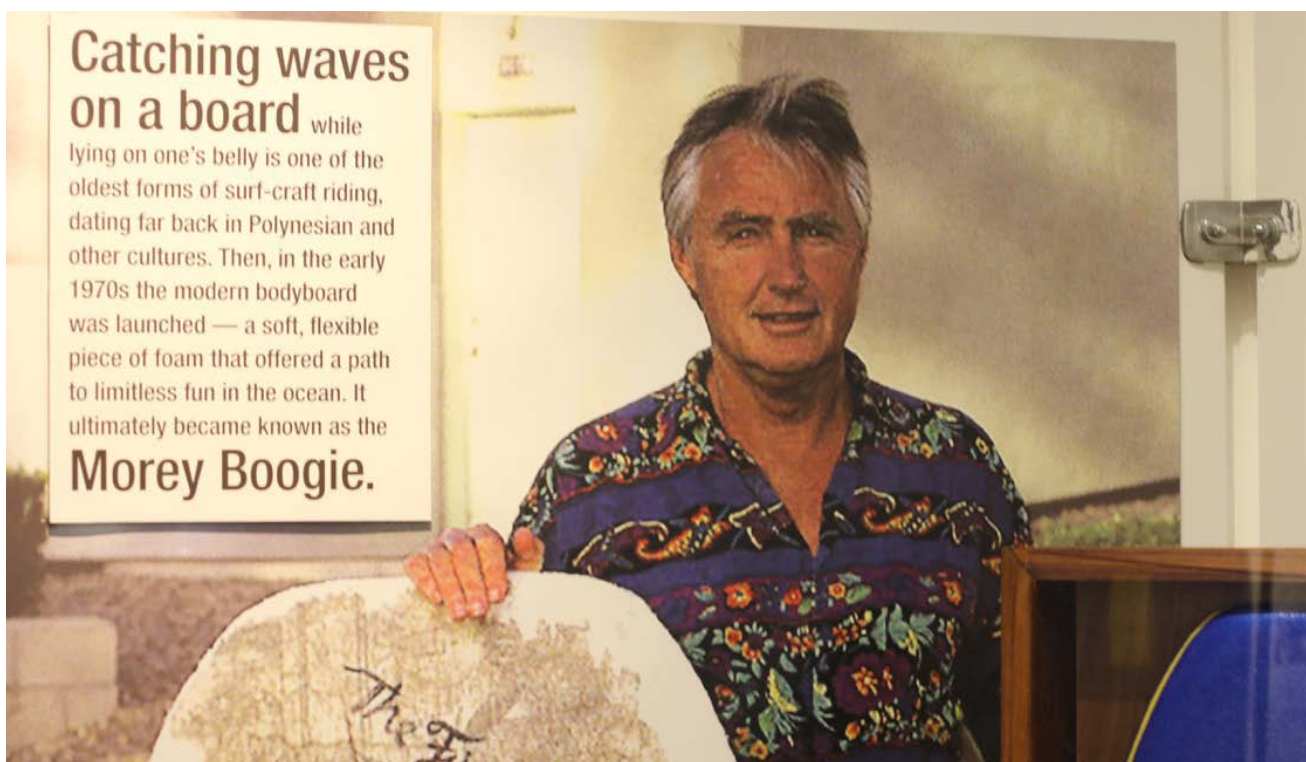
### LIFEGUARD DRAMA ON KE NUI ROAD

There has definitely been some drama on Ke Nui Road lately. Lots of traffic, cameras and blockage. No one would know Ke Nui was there but the future of the tiny road will change for sure. Good or bad it's bound to gain some fame. Producer John Wells is launching "Ke Nui Road", a pilot program focusing on lifeguards and North Shore Surfers. The intent is to bring to life

the drama of an elite crew of heavy-water lifeguards and the young adults they train to be hard core watermen. Matt Kester (Animal Kingdom) is the executive producer and is also writing the script that will include the beauty of our area and the aloha spirit of the islands as we all struggle to enjoy it all. The program is for HBO.

### MOREY INVENTOR OF THE BOOGIE BOARD PASSED ON AT 86

Tom Morey was an engineer who designed many things but the Boogie Board was his most famous contribution to the surfing world. Morey made the lightweight flexible surf riding machine in his backyard in Hawaii in 1971. He used newspapers in the first one, heat sealing them to the foam. He first named the craft S.N.A.K.E but later the boogie for the "wiggle and jiggle" of it all. He was honored recently at a gala fundraiser by the California Surf Museum in Oceanside California. Not only did he work for many engineering firms, Douglas Aircraft and more but he also was the first to make a fin box that also changed the way surfboards are made. Morey was a really interesting guy. He pioneered the first ever wave riding event that paid prize money and also invented a paper hat that was widely sold. He was a drummer, an inventor and a full on likable fun guy! He will be missed!



Tom Morey Photo: Courtesy California Surf Museum, Oceanside, California

# VANS TRIPLE CROWN OF SURFING NORTH SHORE, O'AHU, HI



"OFF THE WALL AND INTO THE WATER"





# Kuilima Farm Plants 200 Next Generation Malama Trees in Honor of Arbor Day

In celebration of Arbor Day, Kuilima Farm has recently hosted community members in planting nearly 200 trees. The socially distanced planting over the last couple months allowed for guests to take time with their loved ones, write an intention, wish, or remembrance down on paper, and plant it with their tree sapling.

North Shore lifeguards, Turtle Bay Resort staff, North Shore Community Land Trust, and other community members planted a variety of food tree saplings, including different varieties of orange, lemon, lime, avocado, ulu, along with other native trees such as koa, wauke, puakenikeni, kukui, noni, and more.

Farmers transitioned to the new roadside Farm Stand earlier this year, which is just a few hundred feet down the road closer to Turtle Bay. Farmers are selling their farm-fresh goods alongside other locally made items like books, clothing and Kuilima Farm stuffed animals for keiki. The Kuilima Farm Stand is open daily from 9 a.m. – 5 p.m. In addition to the food trees, Kuilima Farm has a new hydroponic lettuce operation and 15 acres of new crops planted, striving to be the first “farm-to-resort” operation, where all Turtle Bay restaurants will soon use fresh produce sourced directly from the mauka lands across the street.

Be sure to check out the new historical plaque located behind the farm stands which details the past, present, and future of the 468 acres of agricultural land that comprise Kuilima Farm, protected in perpetuity under conservation easement under Turtle Bay Resort’s ownership.

“Many of the 200 trees were planted by North Shore community members and organizations; each with a legacy note buried with their roots that commemorate each person’s commitment to this land, community or their loved ones. We are honored to have hosted so many community members to be a part of this journey and contribute toward feeding our community and guests,” says Chris Lee, VP of Farm Development. “The Kuilima Farm stand is a authentically, refined experience allowing residents and guests to explore local agriculture, which will always be evolving with the seasons so there will be something new to experience or taste with each visit.”

Please visit [kuilimafarm.com](http://kuilimafarm.com) and follow via Instagram @KuilimaFarm or Facebook for information about seasonal produce offerings, upcoming events and career opportunities.

## Ke’onipa’a Anoba, Kuilima Farm

Meet Ke’onipa’a (Oni) Anoba.

He leads the maintenance, farm beautification and supports the conservation efforts at Kuilima Farm, which is comprised of 468 acres of agricultural land owned by Turtle Bay Resort and cared for by Pono Pacific Land Management. Oni, who was born and raised in Kailua, has been with Pono Pacific for nearly seven years and has worked on land conservation and restoration projects across the state.

While he earned a degree in Natural Resource Management and Conservation from the University of Hawaii-Manoa, Oni’s education in food production has been a collection of schooling, hands-on learning, in-the-field experience and soaking up knowledge from other farmers.

“I have been blessed to share time with a number of kupuna and farmers that have helped to me to grow in many ways,” he relates. “My goals for Kuilima Farm are for it to be a place of abundance of food for the community, gathering materials for cultural practitioners, and just an overall educational experience for those who visit in the future.”

Oni is one of many passionate individuals, striving to make an impact on the future of food security across the islands. Many new projects are underway at Kuilima Farm, including a hydroponic lettuce operation, 15 acres of new crops planted, a native garden, and wash-and-pack facility to safely bring more food to the community through the new roadside Farm Stand where farmers are selling their fresh produce daily from 9 a.m. – 5 p.m.

This November, the Kuilima Farm Stand will have Kahuku sweet corn, lettuce, greens, tomatoes and other seasonal cropslist other seasonal crops available daily.

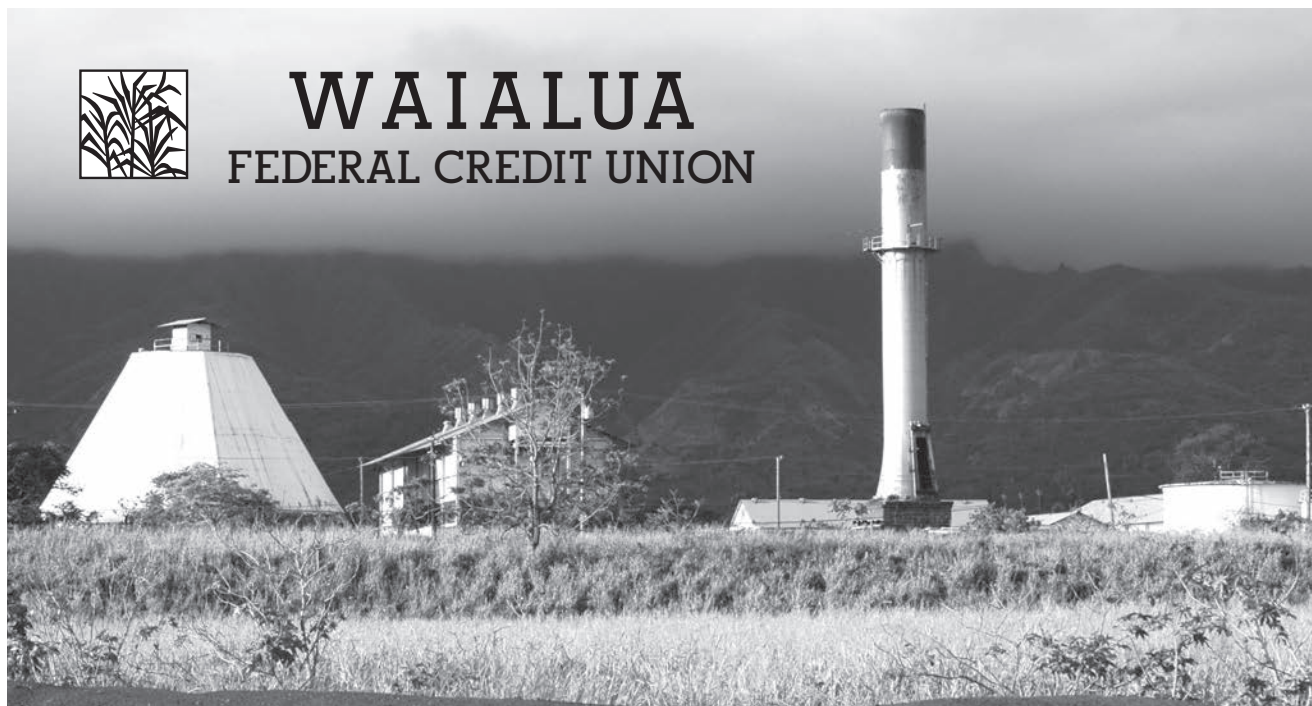
Please visit [kuilimafarm.com](http://kuilimafarm.com)



Ke’onipa’a (Oni) Anoba Photo: Kuilima Farm




# WAIALUA FEDERAL CREDIT UNION



Serving the North Shore Community

[www.waialuafcu.com](http://www.waialuafcu.com)  
(808) 637-5980

- SAVINGS
- CHECKING
- LOANS



The Happiest Place on the North Shore  
**Waialua UCC FARMERS MARKET**  
 67-174 Farrington Hwy  
 Tuesdays 3-7pm  
 farms-food-music-local artisans family fun

Proudly Partnering with the North Shore Food Bank  
 Learn More: [waialuaucc.org](http://waialuaucc.org)

## Waialua United Church of Christ Welcomes Pastor Nan Riddle

Pastor Nan has served in several churches as a Senior Pastor, and she brings vast experience, training, and passion for serving diverse communities, transforming churches, leading international ministries, promoting compassion and justice, and loving people right where they are at in their journey.

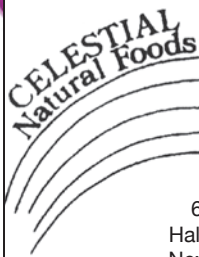


Her life story is an incredible miracle. She was abandoned at birth and later adopted. She began playing the piano and singing when she was three years old. As a musician, Pastor Nan believes in the power of music to bring people together and transform the world.

She is a trailblazer in envisioning fresh ways for the church, and community, to live and be unconditional Love in our world today. Her education and background also include teaching in public and private schools, and she has an incredible passion for lifting up our children, youth, and young adults.



# 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

## ALPHA ELITE FITNESS

12 Week Transformation Boot Camp  
Hale'iwa Beach Park  
M/Tu/W/F 8:30am

Coach Sam  
Call/Text: 808-861-9494  
IG: @samcamxo  
www.iamalphaelite.com



## TILE INSTALLATION

Lope Fuentes Lic# 31228  
lope.fuentes@gmail.com  
**808-276-2257**  
www.fuentesstoneandtile.com



## RESIDENTIAL AND COMMERCIAL PLUMBING

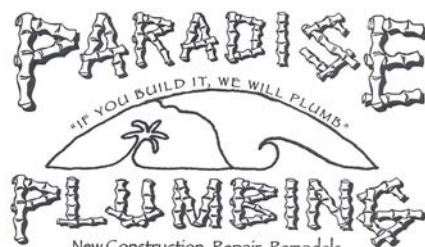
License #C-24500  
35 yrs experience  
**808-256-7337**  
www.andrestheplumber.com  
email: andresplumbing@hotmail.com

## Munden Design & Build

Lic.#BC19632

Design • Plans • Permits • Construction  
Additions & New Residences  
**808 391-8616**

Providing quality work since 1978



Dale Christensen C-29856 (808) 368-1473



## Greekz Plumbing

License# C-32939  
**Phone 372-1820**

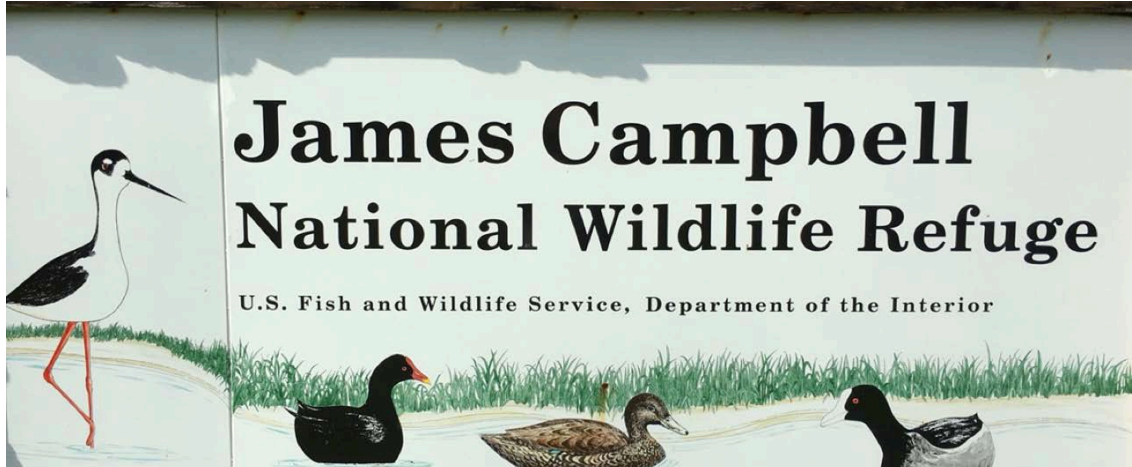


NORTH SHORE FOOD DELIVERY

Let North Shore's original delivery service bring your next meal to your doorstep!  
Thursday-Saturday evenings  
Order online: dudefoodhi.com

# **KEEP THE COUNTRY COUNTRY**

**Kahuku now is home to this 100 acre Refuge. The development footprint is not growing.**

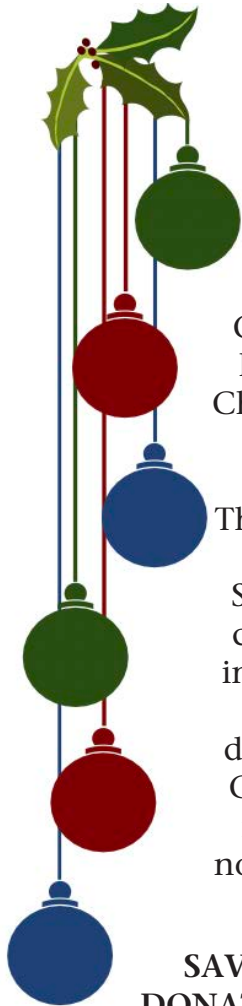


# **KEEP THE COUNTRY COUNTRY**

**More conservation easements are added in this region -- Kawela Bay to Kahuku Point, Oahu's last undeveloped wild coastline is now preserved.**







# OPERATION: TOY BOX & CHRISTMAS CHEER

LET'S STIR UP THE CHRISTMAS SPIRIT and help spread "Christmas Cheer" to our neighbors in need.

This holiday season North Shore News and North Shore Food Bank will be collecting and distributing toys for our keiki. We will also be collecting donations for "Christmas Cheer" bags with Christmas goodies, toiletries, non-perishable foods etc...

## SAVE THE DATE- DONATION DROP OFF LOCATIONS:

December 13 - 21:  
Stonefish Bar & Grill  
10am-7pm

December 13 - 21:  
North Shore Chamber of Commerce  
10am-4pm

December 17, 18, 20 & 21:  
WCA (Hale'iwa Gym)  
10am-3pm

Donations can also be made to:  
North Shore News or  
Once A Month Church  
PO Box 117, Haleiwa, HI 96712

For information please call Linda  
(808) 780-8037

# OFF da Island in Los Angeles, California

NSN subscriber Nicole Hiramoto from Vancouver, WA and her friend Hannah Herbig just finished running the Los Angeles Marathon which started at Dodger's Stadium and ended at Century City. "Good job girls, but where is your NSN?"



**North Shore  
News**



**2021/2022  
Schedule**

### PUBLICATION DATE DEADLINE DATE

December 15	December 3
January 19	January 7
February 16	February 4

**Direct-Mailed to Every Home**  
MOKULEIA · WAIALUA · HALE'IWA · KAHUKU · LAIE  
Every 4 weeks  
15,000 copies

*North Shore News will be published every 4 weeks  
until further notice*

*"The North Shore's most popular  
publication" since 1970  
(808) 780-8037 · NSNHaleiwa@gmail.com*



## KEEP WAIALUA COUNTRY! WAIALUA FARMERS CO-OP MARKET

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

Local Produce, Plants &  
Flowers, Ono Plate Lunches,  
Baked Goods, Arts & Crafts

Support Local Farmers &  
Local Artists This Holiday  
Season!



# 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. © 2021.

**Editor & Classifieds**

Linda Seyler

**Typography**

Downtown General Store

**Contributing Writers**

Betty Depolito  
 State Representative Lauren Matsumoto  
 Senator Gil Riviere  
 Councilmember Heidi Tsuneyoshi  
 Richard Sterman  
 Tom Jacobs

**Photography**

Banzai Productions  
 Bill Romerhaus  
 North Shore Photography

**SERVICES**

**SHORE ELECTRICAL SERVICE**

New Const-Remodels  
 638-0049/Lic#C20777

**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.

**LAWN AND YARD MAINTENANCE**

M&M Property Consultants  
 LICENSED AND INSURED  
 Free Estimates  
 Call or text (808) 731-0933

**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

**ABCARDETAILING**

Auto detailing and Vinyl Wrapping  
 Joe (808) 492-2214

**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

**ALOHA COMPUTER**

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

- ◆ 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**

**NORTH SHORE NOTARY PUBLIC**

Mobile Service  
 Call/Text Nicolas  
 808-304-6900

**HOT YOGA NORTH SHORE**

**IN-STUDIO classes everyday!**

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

**NORTH SHORE AUTO & TRUCK SERVICE**

808-637-1234

**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**

**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](mailto:NSNHaleiwa@gmail.com)

[NSN4Linda@gmail.com](mailto:NSN4Linda@gmail.com)

PHONE: (808) 780-8037

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



Please recycle this newspaper.



# CLASSIFIED ADS

**Next Issue - Dec. 15, 2021**  
**Deadline Date - Dec. 3, 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

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



**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/>  
Restaurant Jobs > type Haleiwa HI or Laie HI in the search box

**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

**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.  
email resume to polynesiantreasures@hawaii.rr.com

## FOR RENT

**North Shore Chamber of Commerce Office Share**  
Rent office space by the hour, half day or full day. The office is located in Haleiwa.  
For more information call NSCC  
808-637-4558

## MISCELLANEOUS

Do you have keiki between the ages of 6 & 17 interested in joining Roller derby? Pacific Roller Derby's Juniors, the Honolulu LeiOuts Junior Roller Derby is having a Free Skate, Meet & Greet. November 19 & December 10 from 6-8pm, open to all skill levels. Come enjoy a free skate night, get your questions answered, and make some new derby friends. The Honolulu LeiOuts are an unrestricted league, open to ALL Keiki.  
Papakolea Community Park  
-2150 Tantalus Dr., Honolulu  
[pacificrollerderby.com](http://pacificrollerderby.com)

**North Shore Serenity Al-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:  
<https://www.al-anonhawaii.org/>  
808-546-5647

**Haleiwa Jodo Mission Virtual Buddhist Services**  
Search "Koji Ezaki" on YouTube

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

Let's Stir Up the Christmas Spirit! Operation: Toy Box & Christmas Cheer- Sponsored by North Shore News and North Shore Food Bank is accepting donations! See page 21 for information.

**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

Bulky Item/Dead Animal Pick-Up Waialua/Haleiwa  
808-637-4795

North Shore Food Bank  
IG @nsfoodbank

**The Marine Debris Rapid Response Hotline**  
833-4-Da-Nets (833-432-6387)  
To Report Derelict Fishing Gear



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.