



Loko ea Fishpond Photo: MLEF

O ke kahua mamua, mahope ke kūkulu—Build Upon a Strong Foundation

A little more than a decade ago, a kāhea went out to the community to solicit support for restoring Loko ea Fishpond, a historically significant cultural site nestled on the North Shore of O'ahu. Loko ea is one of two loko i'a, ancient Hawaiian fishponds, located

in the ahupua'a of Kawailoa within the moku district of Waialua. The call was answered by James Estores, Benson Lee and a small group of community members who established Mālama Loko Ea Foundation in 2009. Today the restoration of Loko ea represents the timely re-imagination of what it means to honor Hawaiian culture and support a thriving, sustainable community in modern-day Hawai'i. Mālama Loko Ea Foundation remains steady in addressing the needs of the community as it implements a comprehensive plan to restore this wahi pana, and the traditional Hawaiian aquaculture practices, that will inform the development of a sustainable ecosystem and community.

RESIDENTIAL CUSTOMER

*****ECBM22EDDW

Juliana Simone (R) CRS COMPASS

To my friends, clients and neighbors on the North Shore, I'm so pleased to announce that I've joined COMPASS, an innovative, sophisticated and tech-forward company making incredible waves in the real estate industry.

A big mahalo to all of the clients and colleagues I've had the fortune of working with, who have all made Sunset Homes and my office in Haleiwa such a highlight over the past 20 years. It's been a truly rewarding experience but I'm thrilled to embark on this new partnership with COMPASS and further empower my clients with their real estate needs.

Through exclusive COMPASS programs like Concierge, we can maximize the value of your home with no upfront costs or fees. Please allow me to introduce you to this program and share all that Compass has to offer. Let's connect soon in this new year. Until then, wishing you all good health, love, and prosperity!



808-220-4702 RB-15582 Juliana.Simone@Compass.com

Juliana Simone is a real estate broker affiliated with Compass, a licensed real estate brokerage. Both abide by Equal Housing Opportunity laws. Compass Concierge: Rules & Exclusions plus additional terms and conditions apply. Compass offers no guarantee or warranty of results.



COVID-19 Update

By: Daniel Lum, MD

Omicron is out there. The North Shore is experiencing its biggest wave of COVID-19 infections since the start of the pandemic. Get tested if you feel sick with: fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, diarrhea, nausea or vomiting.

There are new treatments such as monoclonal antibodies (given intravenously or by injection) and new oral medications which can prevent you from getting seriously ill or dying from COVID-19. These treatments are most effective if given in the first few days of symptoms.

You are at high risk for getting seriously ill or dying from COVID-19 if you have any of the following: less than 1 or over 65 years of age, very overweight, diabetes, asthma, heart disease, high blood pressure, chronic lung, kidney, or liver disease, pregnant, cancer, immune suppression from things such as HIV infection or organ transplant treatment, developmental disorders such as CP or Down Syndrome, dementia, mental health condition, or are technology dependent (e.g. tracheostomy or gastrostomy).

Protect yourself by getting vaccinated against COVID-19. If you are already vaccinated (2 doses of Moderna or Pfizer or 1 dose of Johnson and Johnson), and have not gotten a booster, get one. If it has been 6 months since your last dose of Moderna or Pfizer, or 2 months since your dose of J&J and you are 16 years or older, you're eligible for a booster. You are 6-12 times more likely to be hospitalized from COVID-19 if you are unvaccinated than if you are 20 times more likely to die if you are unvaccinated than if you are vaccinated and boostered.

We provide testing, monoclonal antibody treatment, and vaccinations for COVID-19 at the Koʻolauloa Health Center.

Koʻolauloa Health Center

808-293-9231

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

Valentine's Day Dinker at the proud peacock waimea valley

Sunday February 13 • 6:00pm

Appetizer (shared plate)

CHARCUTERIE BOARD

Toasted Almonds, Strawberries, Camembert, Chèvre, Manchego, Duck Liver Mousse, Locally-Cured Prosciutto, Sesame Lavash, House-Made Pickles

First Course (shared plate)

¹/₂ **DOZEN KUALOA OYSTER** Shiso Mignonette & Chili Pepper Water Gelé

Second Course

CRAB & ASPARAGUS SALAD Butter Lettuce, Blood Orange, Celery, Avocado, Shallots

Third Course

HAWAIIAN-RAISED FILET MIGNON 'Ulu Purée, Grilled Oyster Mushroom, Ume Demi-Glace, Red Veined Sorrel, Smoked Hawaiian Peppercorn & Salt

Dessert

CHOCOLATE-DIPPED PARADISE Chocolate Fudge Cake, Caramel-Compressed Banana, Dark Chocolate, Guava Mousse Hibiscus Sauce

\$173.00 FOR 2 (\$86.50/PERSON) EXCLUDES ALCOHOL





Open Tuesday - Sunday, 9am - 4pm *Closed Mondays after January 4*

Call: (808) 638-7766

WHERE HAWAI'I COMES ALIVE

@waimeavalleyoahu O

WAIMEAVALLEY.NET



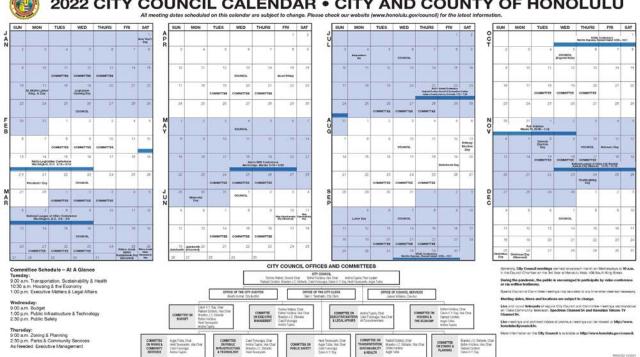
Aloha,

I hope everyone had a wonderful holiday season with family and friends and am wishing everyone the best in 2022. The New Year brings us all new opportunities to work toward bettering our communities. At the City Council, I am looking forward to completing long-standing community projects and continuing to advocate for improvements to vital North Shore infrastructure like drainageways and stream outlets.

I have included with this piece a copy of the City Council 2022 calendar where you will be able to see our scheduled committee and council meetings. In March and running through to the end of June, the council begins deliberations on approving the City's operating and capital budgets. During this time, City Councilmembers are able to work with their constituents to include funding for projects to improve their communities. Last year, we focused on stream maintenance issues which were pulled into focus after the April 2021 flooding by appropriating funding for a stream and drainage ways maintenance program. We also worked closely with the HESD Ocean Safety division to address some of the concerns they experience including adding funding for an emergency bypass entry to Waimea Bay Beach Park to allow first responders better access to the park.

I am excited for what 2022 has in store and am looking forward to working with you all on projects for the North Shore. Please feel free to contact my office at 768-5002 or htsunevoshi@honolulu.gov if you have any questions or concerns that we can assist with. MAHALO!





2022 CITY COUNCIL CALENDAR • CITY AND COUNTY OF HONOLULU

Full Cycle Takeout: (Re)building the Hawai'i Reuse Economy One Takeout Container at a Time

You've seen the overflowing garbage cans; litter polluting shorelines, trash floating by when you paddle out. It's heartbreaking, but we can do something about it. It's a new year; let's make one of our resolutions supporting zero waste takeout!

30% of that debris on the shorelines comes from disposable takeout packaging, but realistically to-go orders aren't going anywhere. Takeout orders have increased 300% since 2015, and so has all of that packaging waste and increased costs for businesses. We need new models for the takeout that move Hawai'i toward zero waste, while supporting businesses and customers' needs. That's where Full Cycle Takeout comes in.

Full Cycle Takeout is Hawai'i's first full-service reusable container program, and it's FREE! Choose a reusable container for your meal, check-out on the Full Cycle Takeout web app, and return to one of our 3 return stations within a week. Containers are collected, sanitized, and restocked by Full Cycle for a truly circular, waste-free system. This grant-funded pilot program is running in Hale'iwa and Waialua with 6 diverse restaurant partners: Hale'iwa Joe's, Rajanee Thai, The Cosmic Kitchen, Cholo's, Wicked HI Cafe, and Gordo's.

Our goal for this pilot program is to work out all of the kinks so choosing reusable is convenient, easy, and impactful! From there, Full Cycle Takeout can expand beyond the North Shore to all of O'ahu. Imagine hundreds of thousands of customers every day choosing takeout in reusables; those overflowing trash cans and polluting litter, all becoming a thing of the past. We can make this a reality!

Sign-up on the <u>Full Cycle Takeout web app</u> to save time at the register. Tag us when you use the program @fullcycletakeout, and send us all your feedback at <u>info@fullcycletakeouthawaii.org</u>. Mahalo North Shore for helping us make zero waste takeout a reality!

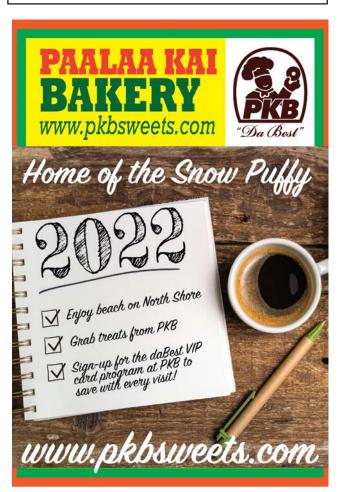


Full Cycle Takeout at Haleiwa Joes Photo: Erik Kabik



Full Cycle Takeout at Rajanee Thai Photo: Erik Kabik

North Shore News Publication Date: February 9 Deadline Date: January 28



The Bobby Benson Center

Major Dave Benson, formerly of the Honolulu Police Department, watched his son Bobby go deeper and deeper into drugs

and despondency while well-meaning friends and professionals told him, "He'll grow out of it." Bobby didn't. At the age of 15, he took his life. Major Benson took tragedy and turned it into hope for thousands of youth in Hawaii by creating a safe and therapeutic space for them to get help.

Established in 1990, The Bobby Benson Center has been a place of safety and refuge for youth throughout the state. The mission of The Bobby Benson Center is to serve individuals and families affected by substance use and co-occurring disorders in Hawaii, employing best practice through a continuum of care services. Our vision is to connect, empower and transform lives. Giving individuals the knowledge and skills needed to reach their highest potential.

The Bobby Benson Center understands that addiction is a disease and any destructive behavior can be changed. Recovery is possible! All Bobby Benson Center staff, are trauma-informed and have experience in the field.

The Bobby Benson Center in addition to offering residential treatment services for adolescents (13 to 17 years old) Bobby Benson Center officially opened up Continuum of Care Services (which includes Intensive Outpatient and Out Patient services) for adolescents and adults in October 2021.

Bobby Benson Center Residential offers diverse outing activities, engaging school services, cultural and therapeutic activities that empower the youth. With our structured schedule the youth are able to grow physically, socially, psychologically, and spiritually. Outings to the beach, movies, ice skating, and other activities will help the youth learn to have fun in safe and healthy ways.

Continuum of Care Service at Bobby Benson Center offers all the support you would get in Bobby Benson Center Residential Program except you would continue to live at home. Service include but are not limited to: Outreach, Screening/Assessments, Placement Determination, Individual & Group Counseling, Anger Management, Motivational Enhancement, Cultural Discovery, Substance Abuse Counseling, Therapeutic Recreational Outings, Life Skills/Skills Building, Dialectical Behavior Therapy (DBT), and Relapse Prevention.

If you or someone you love is suffering from substance use or co-occurring disorders please reach out to us for help at Phone: (808) 293-7555. If you wish to support our efforts you can donate gently used clothing, hygiene products or money via checks to the Bobby Benson Center 56-660 Kamehameha Hwy; Kahuku, HI 96731.



Bobby Benson Center Staff



Bobby Benson Center would like to thank The Clarence T.C. Ching Foundation for the generous donation of \$25,000 to assist in the establishment of our Continuum of Care services located at 2045 Kamehameha IV Road, Honolulu, HI 96819. Together we are improving the lives of Hawaii's people and we truly are grateful for the support of The Clarence T.C. Ching Foundation.

We're organizing to ensure that **our communities** are welcoming, inclusive, & supportive of **our LGBTQ+** friends, families, and neighbors.

With Hawai'i's historic embrace of māhū, aikane, and other expressions of gender and sexual diversity, it's our kuleana.

Join Us!

North Shore Koʻolau Diversity Collective





This and That

Happy New Year! Let's make this a great, positive year, OK?

The Cesspool Problem

Every day in Hawaii, 88,000 cesspools release nearly 53 million gallons of untreated sewage into the ground, adversely affecting groundwater and coastal waters. Most homeowners are probably not aware that all cesspools in Hawaii will need to be closed by 2050, only 28 years from now, sooner than a new 30-year mortgage term. To accomplish this, a variety of solutions will need to be implemented, such as connection to existing sewage systems where possible, new package plants for smaller, remote neighborhoods, upgrading individual systems to septic tanks, etc.

Waialua Town Hall

Rep. Matsumoto and I are hosting an online presentation by WAI, Wastewater Alternatives and Innovations, on January 27th, from 6:30 to 8:00 p.m. The meeting is targeted for Waialua residents due to the high concentration of cesspools in the area, but it is open to all. I helped host a similar presentation for Kahaluu a few months back. Please register at tinyurl.com/townhallwaialua and login for this informative meeting.

Laniakea

The parking area at Laniakea was temporarily closed due to the mud bog created by the rains. The city is looking into laying out gravel to help provide a more reliable surface, and the DOT is planning to alter the barrel locations to widen the service area and move the crosswalks closer to the bus stops. Keep in mind this is a temporary test project that can be modified while DOT considers longer range solutions.

Kawaihapai (Dillingham) Airfield

We continue to work with DOT Airports, the Army and the non-airport water users on repairing the leaky water system and transferring it to a new entity, probably a cooperative. It is a complicated exercise, but must, and will, be resolved. The threat of early closure was removed in late September, so the existing lease remains in effect until 2024. The Army and DOT-A continue to work on term of a long-term lease extension. We have made great progress, but the job is not yet done.

Kukaniloko

A blessing and dedication was recently held for the installation of a new marker along Kamehameha Hwy at Kukaniloko. While other regions around Oahu are known as moku, this area is known as a kalana and it includes four areas: Kukaniloko, Lihue, Halemano, and Wahiawa.

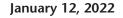
My phone number is 808-586-7330 and email address is <u>SenRiviere@capitol.hawaii.gov</u>. Follow us at FaceBook.com/SenatorGilRiviere or online at <u>SenatorRiviere.com</u>. Mahalo.





Buy 3 Sada's Malassadas and get 10% OFF - TRY 6 and get 15% OFF or SETTLE for 12 and get 10% OFF plus a FREE Snow Puffy!

This offer cannot be combined with other promotions or daBest VIP card discounts. Offer valid from January 12 - 25, 2022. Mahalo!





Aloha Friends and Neighbors!

Happy New Year! I hope that you and your families had a wonderful holiday season to close out 2021. For most of us, last year was full of ups and downs. As I reflect on everything that has happened I am struck by how resilient our community has been. I am thankful to see our students continue to persevere in new learning environments. I am grateful to the community members who have banded together to help their neighbors in times of need. Most of all, I am hopeful for our communities as we continue to rebuild in the midst of the pandemic; moving from survival back to stability and strength.

As we approach opening day for the 2022 legislative session I look forward to interacting with you more throughout the legislative process. With the new year comes new goals, new hopes, and of course, the enactment of new laws from the previous legislative session. Here is a short list of the new laws that will affect our communities:

ACT 5 Microchips are required for all cats and dogs in Hawaii.

ACT 182 Dogs must be safely restrained in a manner that is not likely to cause them danger of being unable to reach food/water or tangled up. Dogs under six months cannot be tethered unless actively monitored.

ACT 51 Criminalizes intentionally or knowingly capturing, trapping, or killing a shark, without permit, in state waters with penalties ranging from \$500 to \$10,000.

ACT 175 Moves Hawaii Farm to School program from Dept. of Ag. to Dept. of Ed. and aims for 30% of food served in public schools be grown locally by 2030.

ACT 156 Adds eligibility for UH Hawaii State Scholars Program for students that received two or more years of special education services be tween grades 7 and 12 who graduate with a 3.0 grade point average or better.

ACT 177 Double-Up Food bucks program ex panded to include both locally grown fruits and vegetables as well as healthy proteins that are included in the program, without the \$10 a day limit.

ACT 148 Raises the age in which guns must be secured in all homes from 16 to 18 years.

These are seven of the 238 laws that have gone into effect after the 2021 legislative session. This is not a list of legislation I introduced, nor does it reflect my voting record or legislative priorities. If you have any questions, please do not hesitate to contact our office. For a full list of laws, visit my website at www. RepMatsumoto.com.

I also wanted to take this opportunity to invite you to a Town Hall with WAI: Wastewater Alternatives & Innovations, an environmental non-profit organization, Thursday, January 27th at 6:30PM. We will be discussing the cesspool issue in Hawaii, specifically North Shore. They will present new technology options for cesspool conversions, how to qualify for loans and grants for the conversion, and will be available for questions from the community.

Every day thousands of cesspools release millions of gallons of contaminated water into our groundwater which endangers the health of our community. In 2017 a bill was passed that would ensure all cesspools in Hawaii would be converted by 2050. Waialua is classified as a Priority 3 Area by the Department of Health, meaning that cesspools pose a potential impact on sensitive waters. The good news is that there are solutions to this issue. Join Senator Riviere and myself as we host the Virtual Town Hall meeting via Zoom with the WAI team to discuss these solutions. To register for this event, you can visit my website www.RepMatsumoto.com.

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, or visit RepMatsumoto.com.

TOWN HALL MEETING



- Learn how to qualify for available loans and grants
- Ask the WAI team and your government representatives your questions about cesspools, alternatives, water quality & more

Dial in at: +1 253 215 8782 Meeting ID: 892 0587 3129



2021 Anahulu Bridge Holiday Lighting - Mahalo to our sponsors Joe Lazar, David and Richard Sterman and Joe Green





Dear Doctor, I saw aspirin on the news last week, am I supposed to still be on it?

As usual in medicine, it depends.

The U.S. Preventive Services Task Force (USP-STF) released a draft recommendation in October on the use of aspirin to prevent heart disease and stroke. These conditions are the leading causes of mortality in the United States, and previously aspirin was commonly prescribed as a means to prevent them. The benefit (preventing a heart attack or stroke) versus risk (bleeding in the stomach, intestines, and brain) of starting aspirin was weighed by the USPSTF in making their decision.

The first caveat to their draft recommendation is that the guidance does not apply to anyone with a clinical indication to be on aspirin, such as someone who already had a heart attack or stroke. This is called secondary prevention, or the prevention of recurrent disease, which is not the focus of this draft statement.

#1: The USPSTF **does not recommend** people 60 years or older to start aspirin to prevent a first heart attack or stroke.

#2: The USPSTF **recommends** people age 40 to 59 years talk with their physician about starting aspirin to prevent heart attack and stroke.

If you are currently on aspirin, or between age 40 and 59, and concerned about reducing your risk of a heart attack or stroke, let us know how we can help!

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., Haleiwa, HI 96712. The clinic is accepting new patients, call 808-691-8501 to schedule an appointment. Submit questions to the doctors at nsnaskthedoctor@gmail.com.

Free Covid vaccine and booster shots (J&J, Pfizer and Moderna) at Kaiaka Bay Beach Park, Wednesday, January 19th at the North Shore Food Bank distribution, 9am-1130am. Flu shots are also available.



The North Shore Chamber of Commerce Wishing our Sponsors, Members and Residents A Happy, Healthy, Safe and Prosperous 2022!

The visitor center across from the Haleiwa Post Office and next to the Waialua Community Association is open Monday through Friday 10:00am - 4:00pm for information and business services including: printing, scanning, faxing, lamination and computer use at reasonable prices and discounts for members.

Stop in and see us soon! Aloha



Show your community pride! Provide an important service!

BECOME A VOLUNTEER

THE NORTH SHORE CHAMBER OF COMMERCE



OFFICE & VISITOR CENTER NEEDS YOU!!!

Greet visitors & provide business services It's just a fun place to hang out a few hours! visitor@gonorthshore.org; 808-637-4558



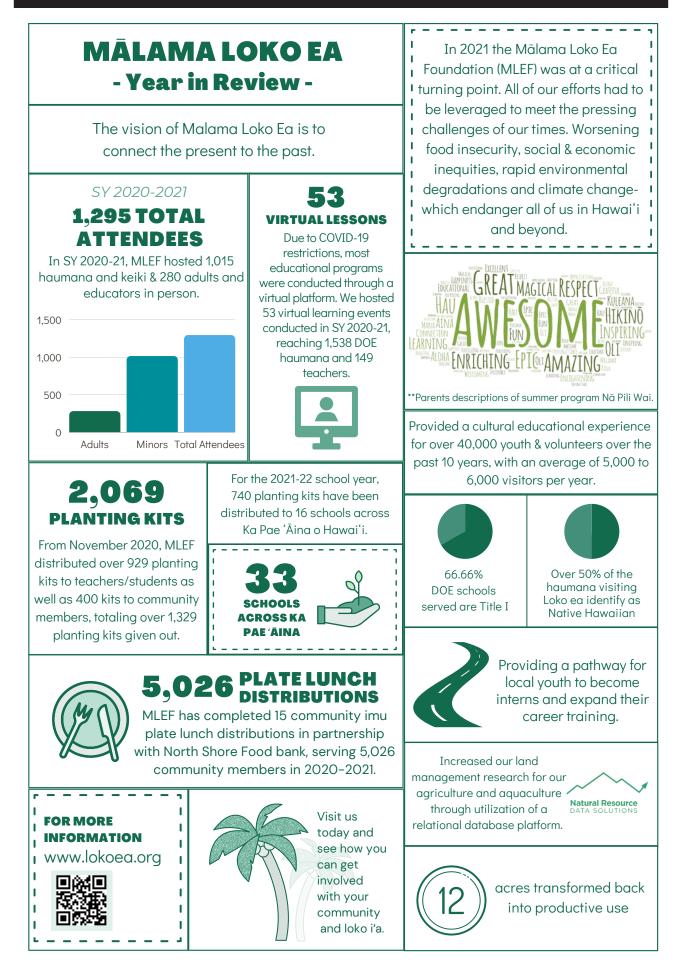


Once a main focal point in the moku of Waialua, the Loko Ea-'Uko'a Fishpond Complex served as a food production resource for families throughout the area. Loko ea and 'Uko'a fishponds are in the ahupua'a (land division) of Kawailoa. It is a rare and significant cultural site that once provided fish for the reigning ali'i (chiefs) nestled on O'ahu's North Shore. The area was famous for its profusion of fresh water springs, flowing streams, abundance and fertility that could sustain families with bountiful harvests.

Over time, the Loko Ea Complex has unfortunately taken on an unprecedented amount of stress due to surrounding developments, neglect and a lack of continuous cultural practices. The focus now is community and "Restoring Ea" is our action plan to reinvigorate and rejuvenate Loko ea, 'Uko'a, and its community to reestablish the vital relationship between 'āina and kānaka. Restoring Ea is restoring food independence within our communityproviding a rich source of aquatic protein to every family in the Waialua Moku. To achieve this goal we must first Restore Ea or life to the pond itself. Once the ponds are in optimum health, an environment conducive to producing the rich food source will be achieved and the community and pond will once again be connected.

The mission of Mālama Loko Ea Foundation is to perpetuate the Native Hawaiian culture through education, land stewardship, and community building, while sustainably restoring our precious natural resources.

For more information: www.lokoea.org | 808-637-3232 | info@lokoea.org





Native Hawaiian Education Program
OFFICE OF

Elementary & Secondary Education



September 2021—Mālama Loko ea Foundation received a grant from the Native Hawaiian Education Program. With federal American Rescue Plan funding from NHEP, our Restoring Ea program, directly addresses systemic inequalities endured by Hawaiians which are magnified as a result of the pandemic. MLEF programs will:

- Increase the relevance of Hawaiian language and traditional knowledge
- Strengthen cultural identity and sense of place
- Restore the physical and spiritual relationship between kānaka and 'āina
- Provide work and economic opportunity
- Promote leadership and professional development
- Support community resilience via food production and sovereignty
- Enhance community partnerships and alliances
- Deepen a sense of kuleana for protecting 'āina



FUTURE AMERICORP HOST SITE; Holomua Leadership Series

The MLEF proposed program- *Holomua Leadership Internship*, is designed to nurture diverse 'āina conservation by teaching emerging young professionals Hawaiian cultural knowledge in order to build capacity within the North Shore of O'ahu.

For more info or to apply for current internship opportunities, visit www.lokoea.org



KAIĀULU—COMMUNITY PROGRAMS

None of this work could be done without the support of our *kaiāulu* (community members) and partners. Our *kuleana* (responsibility) is to continuously expand our engagement and grow our vision of connecting the past to the present. As we join with the local kumu, keiki, 'ohana, and kūpuna to reconnect with this *wahi pana* (sacred place), we know that there is still much work to be done. It is our hope that our community has the opportunity to deepen their *pilina* (relationship) with Loko ea through mo'olelo sharing, hana no'eau workshops, 'ohana projects, volunteer events, free community programs, and internships. Engaged community decision making are all paths to fulfill this vision as well as maintain this sacred loko i'a. *Stay Tuned for more community programs!*

MAHALO TO OUR KAIĀULU PROGRAM FUNDERS:





Upcoming Events	Beginning January 20	Free Virtual 'Õlelo Hawai' i Classes First 100 participants Every Thursday, 29 classes 6pm - 7pm on Zoom
	January 22	Kumu 'Ikena Workshop Series 'Ulana Lauhala Intro 9am-noon
		ʻ Ohana Workday 9am-11am
	February 05	Kumu 'Ikena Workshop Series Lomilomi 9am-noon
		ʻ Ohana Workday 9am-11am
For more information and to		

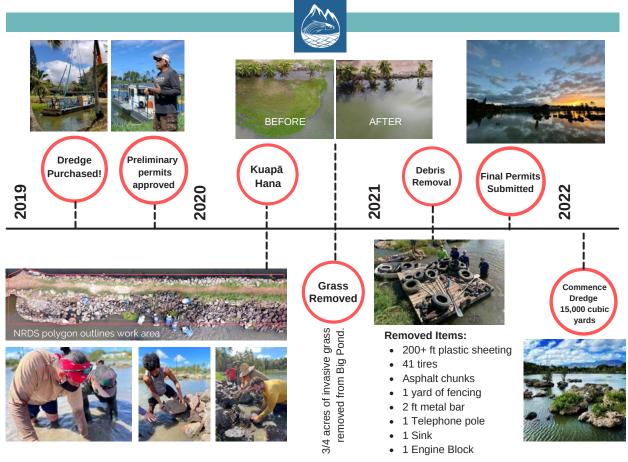
For more information and to register, visit our events page.

For more information: www.lokoea.org | 808-637-3232 | info@lokoea.org



Loke ea Restoration: Preparing for Productive Aquaculture

Mālama Loko ea Foundation (MLEF), alongside the community, has continuously worked since 2008 to restore Loko Ea back to a state of health and balance. MLEF is dedicated to rehabilitating a flourishing ecosystem through our ongoing habitat restoration program known as, Kulāiwi Nani (beautiful homeland). The removal of invasive grass species throughout the pond has reopened waterways to allow the native life and vegetation to thrive. Our program initiative plays a vital role, not only to Loko Ea itself, but also to the greater Waialua bay where marine life relies heavily on the natural food source provided by the nutrient rich water of Loko Ea. Today, we continue this stewardship with the support of partner organizations, funders and the help of countless volunteers who have made Loko Ea what it is today, doing our part in maintaining our Kulāiwi Nani.



LOOKING TO THE FUTURE OF MALAMA LOKO EA FOUNDATION





In 2019, the Nakupuna Foundation funded a master site plan including a 2-story learning center. **The Nakupuna Learning Center** *will increase student success, cultivate vital community partnerships, and inspire individuals to become active members of an intellectually diverse ad active learning community.*

The Nakupuna Learning Center will support:

- MLEF staff, local farmers and aquaculturists, University professors and research, Hi-DOE, Kamehameha School students, private school students, and community members work. All in a collaborative environment to create rich, engaged, rigorous conversation STEM learning and teaching experiences.
- Service, research, and teaching activities that promote leadership and stewardship in preserving and enhancing conservation, science, and culture in Hawai'i.
- Establish an educational resource to contribute to significant increases in student retention and graduation rates.
- Provide more cultural and land-based programs for community families.
- Home for the Holomua Leadership Program.

Restoring Nā Loko O Waialua-'Uko'a Loko i'a

Loko ea Fishpond is linked physically and historically to 'Uko'a Fishpond. The ponds of 'Uko'a and Loko ea were considered as bountiful sources of choice fish and as such, were considered favorite locales of the ruling ali'i. Historic accounts document that King Kamehameha himself helped to restore the life-giving waters of this fishpond after his political consolidation of the islands in 1810.

The distinguishing feature of the pond was its ample fish stock, comprised of a distinctive school of 'anae and āholehole whose skin colorings emulated the markings of various types of other fish species.

The waters of 'Uko'a emanate from streams originating in the upper mauka lands and from lower springs. However, records from 1883 indicate that 'Uko'a Fishpond was believed to have a subterranean connection with the ocean, since the waters of the pond would be adversely affected during the presence of strong offshore conditions and stormy weather. Over time, water diversion, spring capping & erosion from intensive sugar cultivation carried soil into the area, and siltation and other changes were due to accommodating demands of the sugar era.

While 'Uko'a marsh is mostly being managed for bird wetland habitat today, remnants of the fishpond remain historically significant. The long-term vision of MLEF is to clear out 'Uko'a stream in order to once again reconnect the two fishponds of Waialua, restoring health and water flow for present and future generations.





Do you live around 'Uko'a or Loko ea? Do you have stories to share? We would love to hear! Please reach out— info@lokoea.org | 808.637.3232

northshorenews.com

44th ANNUAL NORTHSHORE MENEHUNE SURF CONTEST RESULTS

2021





4-6 BOY & GIRL SHORTBOARD

1. Lani Santos

- 2. Zara Carvalho
- 3. Grey Given

7-9 GIRLS LONGBOARD

- 1. Chaya Doner
- 2. Kaira Dow
- 3. Keala McElheny

10-12 GIRLS LONGBOARD

- 1. Pietra Santos
- 2. Chloe Colandrea
- Cash Hoover

13 GIRLS LONGBOARD

- 1. Puaiohi DeFries
- 2. Sheadyn Friel
- 3. Kili Tanaka

10-12 BOYS LONGBOARD

- 1. Hayden Jackson
- 2. Cruz Lemes
- 3. Cade Bernier

13 BOYS LONGBOARD

1. Jon Doner

7-9 GIRLS SHORTBOARD

- 1. Zoe Bradshaw
- 2. Emma Colandrea
- 3. Emma Falk

10-12 GIRLS SHORTBOARD

- 1. Skai Suitt 2. Kylie Oshiro-Kaneshiro
- 3. Kauanu Moleta

13 GIRLS SHORTBOARD

- 1. Chesney Guinotte
- 2. Haven Ingbino-Francisco

7-8 BOYS SHORTBOARD

- 1. Rito Furuta
- 2. Kingston Palakiko
- 3. River Giles

9-10 BOYS SHORTBOARD

- 1. TJ Ingbino-Francisco
- 2. Ryder Prouty
- 3. 'Aukai Tanaka

11-12 BOYS SHORTBOARD

- 1. Sunny Giles
- 2. Merrik Mochkatel
- 3. Kai Nelson

13 BOYS SHORTBOARD

- 1. Stone Suitt
- 2. Mala'e McElheny
- 3. Kaiano Costa





The Foster-Blomfield 'Ohana & The Friends of Ali'i Beach would like to Mahalo all of our extremely generous sponsors. With their valued support, as well as our volunteers and our amazing community We are able to make this event a success!

Mahalo Nui

HE>i

Amazing Pickle Wax Remover Auntie Lolo's Cookies Banzai Bowls Better Homes and Gardens Billabong Blomfield 'Ohana Boardrider's Body Glove Breaker's BrooklynHawaii.com Bubble Gum **Buell Wetsuits** C & R Surfwear Café Hale'iwa Catch Surf Celestial Foods Charmaine's Moa Betta Cookies Cino Surfboards Clark Little Photography Climbworks Keana Farms Creatures of Leisure Dave Riddle Dennis Pang Surfboards Fiberglass Hawaii Fine Woods Hawaii Foster-Blomfield 'Ohana FreeSurf Guava Shop Hale'iwa Joe's Hale'iwa Surf Shop Hawaiian Airlines Hawaiian Water Patrol

Da Fin

Da Hui

Dakine

Electric

Empire FCS

Hurley Island Fin Design J. Boards JohnJohn Florence Kaena Kai Clinic Ke Kula Kaiapuni O Hauʻula Kicker Kicks Kono's Kua'aina Lei Lei's Live Like Sion Local Motion Magic Island Production's Malama Market Manu O Ke Kai Canoe Club Girls Matsumoto's McDonald's MS Softtops Nalu Hawaiian Spirit Nixon North Shore News North Shore Surf Shop NS Air Conditioning NS Lifeguard Association O'Neill On a Mission Pa'akai Noa Pakaloha Patagonia Polynesian Treasures Pyzel Quiksilver Rag Surfboards Raging Isle Rash Wetsuits Reef

Restaurant 604 Ripcurl Rockwell Productions Roxy Schaper Hawaii Scoop of Paradise Screentech Seamaids Sector 9 Skull Candy Solarez Sterman Realty Sticky Bumps Suitt 'Ohana SunBum Surf Co. Hawaii Surf N Sea Surf News Network Surfer Magazine Team Real Estate Ted's Bakery Terry Ahue The Growing Keiki The Mission Third Stone Tim Carroll Tini Manini Town N Country Triad BodyBoards Uncle Bo's Vans Volcom vs Woolley Brothers WSL



MALAMA PUPUKEA WAIMEA, NEW SIGNS, NEW RULES

The Pupukea Marine Life Conservation District is a protected area and has many prohibited activities. The goal is to protect the area and make sure the area species have a protected area in which to grow and reproduce. The non-profit has been doing a great job! It's a special area of the North Shore. Pay attention to the new signs which indicate the tide pools are now part of the protected district. They include a new map and other information. Some of the activities that are prohibited are no fish taking, no injuring any marine life or eggs and no possession of a device that may be used to take marine life. You can not take any sand, coral or alter any feature there. I am sure you get it. Be sure to take a look at the map with includes Waimea Bay. Earlier NOAA made laws prohibiting being near dolphins also. You have to be 50 feet away. Dolphins use the area for a resting site and no harassment is allowed. For a full list of rules and regs go to http://dlnr.hawaii.gov/dar/marinemanaged-areas/hawaii-marine-life-conservation-districts/ oahu-pupukea/. For a great movie about Sharks Cove Marine llfe by Marine biologist Terry Lilly link up here https://www.youtube.com/watch?v=WktnqbNWLOc

STORM TAKES OUT THE FRONT SCAFFOLDING AT HALEIWA CHALLENGER SURF EVENT

We have had some stormy weather that has caused flooding around the islands. Kona storms or Kona Lows have been the culprits, but we do need the rain. Kona storms are seasonal in Hawaii from October through April. Classified as cold core cyclones they usually come from the south pulling up tropical rain. Lots of rain, snow, and wind for the islands. One hit during the Challenger Surfing event in Hawaii and blew down the front of the scaffolding during the night. No one was hurt, the contest continued the next day with the Women's Finals. In the weather the ladies endured the brown water and extreme conditions. Winning that contest was Haleiwa's own Bettylou Sakura Johnson and of course John John Florence took the mens.

Pipeline was different. There were excellent conditions for the one star qualifying event with John John Florence winning that also. In the wahine event the North Shore's Moana Jones killed it. Jones has built up her surfing at the Pipe enduring the heavy crowds that most of us avoid. Her time out in the break showed! Jones was superb in her ability to pick the best waves and getting some tubes along the way. This could earn her a spot in the upper tear Challenger Series along the way. Big congrats! The next North Shore event is at Pipeline. This contest will be a WSL World Tour event with 42 men and 18 women battling it out for the start of the season.

SURF PERMIT EQUALITY RULES IN THE WORKS

There have been a lot of complaints regarding women surfers not getting equal opportunity to have events in Hawaii. A new resolution and bill were introduced by the City Council that directs the City Parks Department to change the rules for more equality so that if not followed the applicant can not have a permit. There has been a number of women behind requests to follow Federal Discrimination Laws but they have been ignored by some permit holders. There are companies that support women surfers like Vans and Red Bull. Both are conducting equal opportunity events with support for both men and women through their companies. Some other companies don't see the value and are ignoring Federal Laws. The ISA, (International Surfing Association) who is the main organizer for the Olympics, sees the value in women's surfing and has been conducting events in an equal format, the Olympics requires it. Hawaii should look at and look forward to more involvement for our surfers in the Olympics but the qualification is skewed. Few events here means our surfers can not qualify. Many of our Hawaii surfers changed countries so they could try and qualify. More work needs to be done. The city is conducting meetings to come up with new rules. Meetings are coming up and the community will be invited to testify. I have been heavily in favor of total equality in the events here, not 90 men and 34 Women in a contest, no way, 90 to 90! Some against say "there are more men in the organization and they surf better, we go by percentages." Sounds reasonable? That is not how our laws are. Build it, they will come. Women have the events so they can become better, be pro and have a chance to qualify. Write letters to your city council rep and we will get things sorted out. I will post when it's time to chime in at https://www.facebook.com/search/ top?q=hawaii%20women%27s%20sports%20agency, on Facebook and instagram, banzaibetty. Or you can find all the information on the City and County Parks website.





News from Lā'ie and Kahuku by Line-Noue Memea Kruse

2021 OIA Girls Volleyball Champions

Kahuku High and Intermediate School volleyball program battled hard all 2021 season to earn the title of 2021 OIA girls volleyball champions. Former Kahuku All-State 2002 Player of the Year and Division I collegiate volleyball athlete, Head Coach Tuli Peters Tevaga knows a thing or two about the game as well as collegiate competition in the sport of volleyball. Coach Tuli alongside of her dedicated assistant coaches Shai Magalei, Musie Lauhingoa, and Tia Thompson selected the 2021 theme of "We are Kahuku" to lead the season with pride, determination, grit, and pure heart. Senior

Natali Keni credited her coaches that "pushed us and my teammates" the coaches and teammates "were so supportive of each other." Senior co-captains Emmalei Mapu and Shace Niu not only were fierce athletes on the court but they are honor roll scholars. Co-Captain, Player of the Year OIA Eastern Division, and HHSAA Division I All Tournament Team Emmalei Mapu in addition to watching film, waking up early to attend seminary, and rehab after every practice she has "been in my school's SBG throughout my whole high school career and also been an honor roll student as well." She believes

"with these things, it has helped me to learn and fill leadership roles, volunteer to help those around me & also be available to represent myself, my name, and my community everywhere I go in a good way." Mapu is committed to Western Nebraska. The Lady Raiders echo the same commitment to cultivating close relationships with each other that helped in clutch times. Junior setter, Bella Akanoa worked hard to give her teammates the right sets and hittable balls. Akanoa never competed at this level before "it is different competition from my Jammers Volleyball Club" she gained confidence and maintained a positive attitude. The Lady Raiders are fortunate to have senior student-athletes to example the "We are Kahuku" through intensive practices and mental focus which Keni shares, "volleyball is 1% skill and 99% heart and mindset." Seniors Makayla Vaomu, Amia Silva, Anastaysha Mioi, Emmalei Mapu, Natali Keni, and Shace Niu led their team with pride and pure heart.







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



Congratulations 2021 Kahuku High School Football Champs!



2021 Operation: Toy Box & Christmas Cheer

Christmas cheer fills hearts and keiki toy bags! Mahalo from North Shore News and NS Food Bank to the North Shore community for blessing this event year after year. "You are loved and appreciated"





Enjoy pony rides (no reservation required), bouncy houses, a power wheels track, and game tents! Grab a partner and sign up for our Portagee Horse Shoe Tournament, or solo 'Ulu Maika Tournament. Limited slots available. Don't forget to stay after the fair for our open mic night and special guest performance!

CRAFT FAIR IS FREE TO ENTER

Live Music Entry Fee: \$10 after 3pm

Portagee Horse Shoe Entry: \$40 per team

'<u>Ulu Maika Entry</u>: \$20 per person

ITINERAI MULTI-MARKET	RY:
MULTI-MARKET	10 AM - 3 PM
PORTAGEE HORSE SHOE	10 AM START
ULU MAIKA	12 PM START
OPEN MIC	3 PM - 5:30 PM
GUEST PERFORMANCE	6 - 9 PM

Call, email, or go to northshorestables.com/book-online to reserve a vendor stall or sign up for tournaments. Stalls are \$40.

FEBURARY 5, 2022 • 10AM - 9PM

67-221 Waialua Beach Rd. (808) 270 5032 info@northshorestables.com northshorestables.com



NSN4Linda@gmail.com PHONE: (808) 780-8037 www.northshorenews.com

Please recycle this newspaper.

Fax

Email

637-0777

mabrigo222@aol.com

North Shore be a better place to

live, work, and play!

To Report Derelict

Fishing Gear

https://www.al-anonhawaii.org/

808-546-5647

LASSIFIED Next Issue - Feb. 9, 2022 KQNS 107.3 FM Help Wanted **Retail Sales Associate Christian Radio** Deadline Date - Jan. 28, 2021 **Polynesian Treasures** Inspirational, Health, North Shore Marketplace Music, Addictions, **Household Help** Now Hiring for PT/FT sales Marriage, Prophecy, **Beachfront Estate** Would you like to receive Stories. etc.. position. Previous retail and the North Shore News 16 hours per week management or leadership 808-637-0808 via email in color! *experience a big plus!* Just send Competitive wage plus **Sunset Beach Christian** Pet care professional with us a message at: commission and bonus. **Church Food Bank** NSNHaleiwa@gmail.com grooming experience email resume to Every Tuesday to care for poodles on NS, polynesiantreasures@ 12 - 2pm Pupukea. Competitive hawaii.rr.com compensation based on expe-**OFF da ISLAND** rience. References required Are you leaving Oahu on vaca-tion or business? Do you live on NORTH SHORE 638-7073 FOOD BANK a neighbor island, the mainland Нарру 2022! Distribution Update or foreign country and subscribe at Kaiaka Bay Beach Park to the North Shore News? Send us McDonald's is a photo of someone in front of a Starts 12 noon sign or landmark holding a copy Hiring at Haleiwa Wed., January 19 of the NSN. Email your photo and Laie Wed., February 2 along with the person or persons AISCELLANEOUS Wed., February 16 name, community of residence, Competitive Hiring Wage contact info and photo location with Flexible Hours For information or to to: NSNHaleiwa@gmail.com. College Tuition Assistance donate contact: (\$2500 annually) Linda (808) 780-8037 In a world where you Pay for Grades (HS and College Students) can shop anywhere... **Classified Ad Rates** Free Food & Uniforms and SHOP LOCAL 3 lines (min.) \$18.89 He dared to have a More Benefits Available! 4 lines \$25.13 dream... It's EASY to apply: 5 lines \$32.45 January 17th Holiday You can Text 38000 'HI127' 1" Box Ad \$41.88 to apply at Haleiwa or 'HI126' **Honors Civil Rights High School Seniors** to apply at Laie (27 characters in each line) Leader Dr. Martin can apply now for Or go online at https://careers. Include your contact information. Luther King, Jr. mcdonalds.com/main/ HMSA's Kaimana *Ads can be text, or emailed. Dr. King's main goal was Restaurant Jobs > type Haleiwa HI We reserve the right to refuse any Scholarship Program equal civil rights for all races advertisement with a full refund. or Laie HI in the search box To apply, visit and social groups; a message https://hmsa.com/kaimana (808) 780-8037 • NSNHaleiwa@gmail.com needed in Hawai'i today. All applications must Even in the "aloha state" be received by **GIOVANNI'S** cries of prejudice call out Friday, Feb. 25, 2022. SHRIMP TRUCK at times regarding housing, **FREE ADS** employment, and social **NOW HIRING!** opportunities. Starting pay \$15 an hour Garage & Yard Sales, One person's contribution plus benefits. Reunions, Lost & Found. Hawai'i Statewide Marine to better a society and Call **293-1839** or apply at Email ad to: Animal Stranding, the Kahuku location community can nmake a NSNHaleiwa@gmail.com Entanglement, and 56-505 Kam Hwy, Kahuku difference. You and I can **Reporting Hotline** make a difference, if we'll Includes stranded/injured sea only try. Take this time to be turtles, monk seals, dolphins, thankful that one and whales. courageous man like Dr. **МАТЅИМОТО** Phone: (888) 256-9840 Martin Luther King dared to **SHAVE ICE** do what he dreamed. Now Hiring! Marianne Apply in person daily Abrigo, Properties North Shore Serenity Al-Anon 9am-4pm Family Group meets 6:30pm North Shore Food Bank 808-637-4827 Wednesdays Specializing in -North Shore IG @nsfoodbank via Zoom. **Real Estate** Zoom# 84783266578 Ask for our list of avail-Password 809980 able properties and/or a North Shore Chamber of Com-Open to anyone who believes free market analysis. The Marine Debris merce is looking for volunteers to his or her life may have been Marianne M. Abrigo help with our Visitor Center sales Rapid Response Hotline affected by someone and services. 3 hour shifts, Monday "Realtor since 1974" 833-4-Da-Nets else's drinking. through Friday are available. Come (833-432-6387) Office 637-3511 Additional info: be part of our team, helping the



Healthy patients from the insi Out Patient 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.

128 Lehua Street Wahiawa, HI 96786 | (808) 621 - 8411 | www.wahiawageneral.org

