



"E Ala Na Moku Kai Liloloa"



NORTH SHORE NEWS April 6, 2022 VOLUME 39, NUMBER 4



2022 Waialua Robotics Team with Robot: Poi Pounder XXIII Photo: WHS Robotics

Waialua Robotics Team Kicks Off Their 2022 Season

By Glenn Lee

The Waialua Robotics Team is excited about competing for the 1st time in 2 years in the FIRST Robotics Competition. The team has spent 6 weeks conceptualizing, designing, building and programming a robot for competitive play against teams from around the World. The team has signed up to compete in Port Hueneme, Ventura County, Hawaii at the Stan Sheriff Arena, Salt Lake City, and the World Championship in Houston, Texas.

in back-back weekends of FIRST competitions. The team was very successful winning the Engineering Excellence Award, a Finalist Award, a Tournament Champion Award, and the overall best program recognition called the Regional Chairman's Award. Our successes have earned us a spot to compete in the World Championship from April 20-23, 2022 at the George Brown Convention Center in downtown Houston, Texas.

Championship events and look forward to participating after 2 years of no in-person events due to the COVID-19 Pandemic. Our team is comprised of many new students, during a rebuilding year caused by the FIRST Robotics program being cancelled for almost 2 years. However, our students have worked hard and have experienced much successes despite the challenges. We look forward to the rest of the season as we continue to improve and work harder.

Most recently, our team traveled to California to participate

Our team has qualified to compete in 13 straight World

Please follow our progress at www.waialuarobotics.com and see our special projects that we have been working on during the off-season at

www.projects.waialuarobotics.com

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

VEX Robotics Teams Qualify for World Event



Pictured Hale'iwa Elementary - Sponsored by Hawaiian Electric, the Hawai'i VEX Robotics State Championships held in February and March qualified VEX robotics teams to advance to the 2022 VEX Robotics World Championship in Dallas, May 3-12. Hale'iwa Elementary (2 teams) and WHIS (3 teams) will advance to the World Championships.

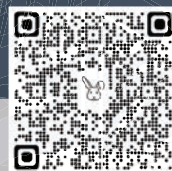


Pictured Waialua Intermediate Photos: Hawaii Space Grant Consortium

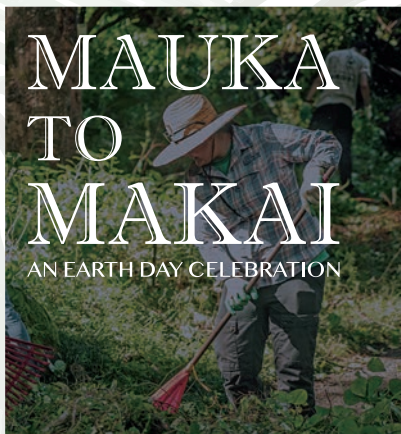
EVENTS ARE BACK!



Sunday April 17
9 AM & 12 PM Seatings



- Join us at the Pikake Pavilion for a delicious brunch menu by Ke Nui Kitchen
- Full breakfast bar, build your own omelette, prime rib carved onsite, farm salad, shrimp cocktail, house-made pastries and desserts, mimosa and Bloody Mary bar, and much more
- 11:30 AM keiki egg hunt for all brunch families
- Online reservations only! \$87/adult, \$54/keiki under 10 (before taxes and fees); includes gratuity and same-day admission



Saturday April 23
***** Volunteers Needed! *****

- Mālama ‘āina volunteer project for all ages (8:30 AM check in, 9 AM start, 12 PM pau)
- Raffle and free same-day admission for all volunteers
- Sustainability Village at the Upper Meadow with food, music, local vendors, Hawaiian games, and more
- Kama‘aina enjoy all-day discounted admission for adults (\$5) and keiki ages 4 - 12 (\$2.50)
- Volunteers RSVP to volunteers@waimeavalley.net or (808) 638-5855



Friday May 6
9 AM - 4 PM @ the Pikake Pavilion

- Businesses hiring include Waimea Valley, Ke Nui Kitchen, Turtle Bay, City and County of Honolulu Police Department, Hawaii Transfer Company, Royal Hawaiian Movers, and more
- Part-time, full-time, and permanent positions available
- Free to attend, must register in advance
- Register/learn more at waimeavalley.net



Open Tuesday - Sunday, 9 AM - 4 PM
 Closed Mondays

Call: (808) 638-7766

@waimeavalley  

@waimeavalleyoahu 

WHERE HAWAI'I COMES ALIVE

WAIMEAVALLEY.NET



DOUBLE *the* ISLAND ADVENTURE.



BUY AN ANNUAL PASS AND GET ONE FREE*

Now when you purchase a Kama'aina Annual Pass, we'll give you **one for free**. Share with someone all the fun at the Polynesian Cultural Center for 12 months. Plus, join the free 'Ohana Club for special discounts and more. To sign up, visit PCCOhana.com.*

*Expires on 4/30/22. For Hawai'i residents with valid ID. Some restrictions apply.



EASTER *weekend*

GOOD FRIDAY SERVICE
Friday, April 15th. 6pm.

EASTER SUNDAY
Sunday, April 17th. 9am.
Keiki Sunday School Available

HALEIWA
GYM LAWN
66-437 KAM HWY.

WWW.NSCF.CHURCH

NORTH SHORE
CHRISTIAN
FELLOWSHIP





Aloha,

On March 18th, the City's Department of Parks and Recreation (DPR), the Hawai'i Army National Guard, the Honolulu Police Department's Wahiawa Community Policing Team (CPT), North Shore community leaders and my office conducted a second clean-up of the Ke Ala Pupukea Bike Path. The heavily utilized bike path is regularly inundated with debris from the lush greenery which attracts riders. The effort was spearheaded to follow-up on a previous effort that the District 2 office coordinated with volunteers from the Navy which resulted in the removal of more than 70 bags full of leaves, branches and other vegetation protruding onto the bike path.

Aside from advocating for the more consistent maintenance and upkeep of Ke Ala Pupukea Bike Path, I am also in agreement with community leaders on the complete restoration and reconstruction of the bike path. The City's Department of Transportation Services included \$200,000 to fund the planning phase of improvements to the bike path and included an additional \$300,000 in funding for the design phase for the complete reconstruction of the bike path. Heavy usage and vegetation overgrowth along the bike path has accelerated its deterioration, making it unsafe for some riders. Now is the time to begin the process of fixing the bike path and making a concerted effort for more regular maintenance of the bike path to ensure its long-term viability.

Mahalo for your support and if you have any questions or concerns please do not hesitate to contact my office at 808-768-5002 or htsuneyoshi@honolulu.gov.



Reed Matsuura



Desiree Lau from the Dept. of Parks & Rec, Heidi Tsuneyoshi, Kelly Anaya from the Council District 2 Office

Follow us!
PAALAA KAI BAKERY

"Da Best"

@PKBSWEETS
www.pkbsweets.com

Join PKB on Instagram with over 2000 followers!

We love to see posts of you enjoying our treats at home, on the beach, in Waiialua, or all around Hawaii! Thank you for your support and have a wonderful Easter!

@PKBSWEETS

- 29th Annual -

HALE'IWA METRIC CENTURY

BIKE RIDE

Sunday, April 24, 2022

Start 7:30am Kaiaka Bay Beach Park

- Camp Erdman
- Waialua District Park
- Sunset Beach Neighborhood Park
- Kahuku District Park
- Hau'ula Beach Park (turnaround)

Finish by 2:00pm Kaiaka Beach Park

Complete route is 100k (62 miles).



We expect between 500 and 1,000 bicyclists to participate in this family-friendly bicycling ride. Primary routing is on Farrington and Kamehameha Highways. This is a ride and not a race and participants will be instructed to ride legally and with aloha.

Roads will remain open to all vehicular traffic. We very much appreciate your patience during this once-a-year bike event. Proceeds from this ride go towards bike education and advocacy for safer biking conditions. The Hawaii Bicycling League is a 501(c)3 non-profit, founded in 1975.

For more information: www.HBL.org/HaleiwaMetric
Contact: Bicycle@hbl.org 808-735-5756

Sponsorships are available!

From \$250 to \$2500

Bicyclists appreciate and support businesses who support them. Opportunities for you include:

- Distribution of your materials to all participants
- Signage at the Start/Finish and Aid Stations
- Inclusion in pre-event marketing and social media
- Your logo on the event t-shirt
- We welcome discussing recognition that most benefits your organization.

Contact: Lori McCarney lori@hbl.org or call 808-347-0833





Legislative and Resolution Updates

At this time in the Legislative session, only a few hundred of the thousands of measures introduced in January are still in consideration. Should these bills pass out of their final committees, they will likely need to survive the infamous conference committee to reconcile differences between House and Senate versions before being sent up to the Governor.

Three measures I introduced are still in play. SB 3329 will improve and conform Hawaii's statutes with the national uniform standards on SLAPP lawsuits. Strategic Lawsuits Against Public Participation are used as a tool to suppress opposition to proposed projects or public discussions. They can have a chilling effect on free speech and reduce participation in the public forum.

We are helping improve the Division of Conservation and Resource Enforcement policies and standards through SB 3019, and we will conduct a carrying capacity study for the Pupukeya Marine Life Conservation District with SB 3330.

This is also the point in the session when the Legislature considers resolutions in support of assorted issues or to encourage action by various departments and agencies. Six of my resolutions are looking good for passage out of the Senate.

SCR 200 calls on the Department of Land and Natural Resources and the US Army to complete a land transfer of 87 acres at Kawaihapai Airfield and Army Beach that was approved 30 years ago. This transfer was approved by Congress in the Defense Appropriations Act of 1991 and moved slowly forward until about 2005, but it was never completed. It is time to repatriate the land and recommit to the future of the airfield.

One of the hard lessons from the Na Pua Makani wind project approval process is that the Department of Planning and Permitting illegally granted a waiver of the setback ordinance and allowed two wind turbines to be built too close to the property line - without any public notice. The approval letter stated that objections must be filed within 30 days; however, there was no public disclosure of the application for waiver or its approval. The paperwork was quietly filed away. SCR 204 calls on DPP to establish a process to publicly disclosure waivers and variances.

Stream maintenance, or lack of it, is a major, unresolved concern. In recent years, we have seen the

massive Hanalei flood and flooding events in Haleiwa, Hauula, Waiahole, East Honolulu, and other communities. The biggest challenge to stream maintenance, after cost, is the policy that each property owner along a stream is responsible for their specific portion; therefore, nobody is responsible for the entire stream. SCR 199 seeks to implement a study of the Waiahole Stream watershed and jurisdictional challenges, and help identify an effective maintenance plan, and also serve as a model for maintaining watersheds around the state.

SCR 205 calls for a study of commercial activity, legal and illegal, on Kaneohe Bay; SCR 203 encourages educational programs for limu kala in this Year of Limu; and SCR 201 calls on the Army Corps of Engineers to better coordinate with the state on coral protection.

My phone number is 586-7330. My email address is SenRiviere@capitol.hawaii.gov. Follow us on FaceBook or online. Please visit us in Room 202 at the Capitol; or let's talk closer to home, maybe the next time we pass in the street. Mahalo.

North Shore News
Next Publication Date: May 4, 2022
Deadline Date: April 22., 2022

HAVE A HAPPY NORTH SHORE EASTER!
@pkbsweets

We have the perfect sweet treats for your Easter celebration!

EASTER SUPER SAVER SPECIAL
Purchase 1 each of the 3 items below and receive a huge 20% discount on a dozen Snow Puffies!

- 1 Malassada with Custard
- 1 Chocolate Covered Croissant
- 1 Butter-Top Ensamada

Offer valid April 6 - 20, 2022. Cannot be combined with other promotions or daBest card discount.

Have a great day!



Aloha friends and neighbors!

We have officially opened our doors to the public and it has been so great seeing our residents and guests back at the Capitol. If you haven't already, please take the opportunity to come down and join us for floor sessions or give testimony during hearings. As we enter this month of April, we have seen many changes to the Covid restrictions that have been in place for the past few years. Some major changes that we've seen are the lifting of mask requirements both indoors and outside as well as the closing of the Safe Travels program.

April is Child Abuse Prevention Month. As a mother, it is incredibly important to me to ensure that my children and all the Keiki in our community are safe and well taken care of. There are many ways to help prevent child abuse and neglect by working together to protect and strengthen families in Hawaii. One of the ways we do this at the Capitol is our annual Hawaii Women's Legislative Caucus Easter Basket Drive.

Every year the Women's Legislative Caucus holds an Easter Basket Drive for donations to outstanding organizations that help women and children in need. We are excited to support the charitable work of incredible organizations: Domestic Violence Action Center, Institute for Human Services, Parents and Children Together, and Salvation Army Hawaii. There are other opportunities you can partner with as well to join this cause. Between creating awareness, donating, volunteering as a mentor or childcare worker, or even being a court-appointed special advocate (CASA), there are opportunities for anyone to help bring attention to this issue and find ways to care for our keiki. If you would like more information on how to get involved, please reach out to my office!

April 11 is National Pet Day! This day is not only for the furry companions in our lives but also a day for pets who don't have human companions or have been orphaned. In comparison to last year, there was an increase in the number of stray animals picked up by the Hawaiian Humane Society over the New Year's holiday. These orphaned animals are looking for homes and you can be the family they have been looking for.


The North Shore Humane Society is currently home to animals looking for new homes and their four-step process makes becoming a pet owner easy! Prospective families can start by visiting NorthShoreHumane.org and viewing a list of animals looking for a new home. Next, fill out an application to let the Humane Society know you are interested. The process can take up to 48 hours and once it is complete, you can set up a time to meet with the potential newest member of your family. Once your application has been approved, you will be contacted by a counselor to finalize all the details.

As per new legislation enacted on January 1 of this year, make sure to get your pet microchipped. The Hawaiian Humane Society offers microchips for \$20. The microchips are very small and can be scanned for a unique number that is used to locate the owner's contact information and reconnect lost animals to their families.

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

Earth Day
April 22nd
Reduce-Reuse-Recycle-
Replenish-Restore

Waialua United Church of Christ



Maundy Thursday Service April 14 at 7pm
Easter Sunrise Service April 17 at 7am
Easter Morning Service April 17 at 10:30am

67-174 Farrington Hwy, Waialua

Mālama Hawai'i
MAKERS MARKET
Hale'iwa Town

*Held every 3rd Saturday
of the month! 10am-3pm*

@ Waialua Community Association
66-434 Kamehameha Hwy. Haleiwa, HI



**A curated pop-up market
supporting Hawai'i's
premier local businesses**

UNIQUE & LOCALLY MADE:
ART, HOME GOODS, APPAREL,
ACCESSORIES, FOOD, AND MUCH
MORE! FAMILY + PET FRIENDLY!

For our calendar & more
information visit us at:
WWW.MALAMAHAWAIIMARKET.COM
@MALAMAHAWAIIMARKET





Ask the Doctor

Nash Witten, MD

Dear Doctor, what does it mean to be "Board Certified?"

Nearly every healthcare team member can be board-certified by their respective accrediting organization. At the Queen's Health Care Centers Hale'iwa, every physician is Board Certified in Family Medicine. This means they have met the American Board of Family Medicine (ABFM) requirements to be certified. A Board Certified Family Medicine physician must meet the following criteria:

Initial Board Certification

1. Completion of a 3-4 year Family Medicine Residency program accredited by the Accreditation Council for Graduate Medical Education.
2. Completion of required practice improvement and knowledge self-assessment modules.
3. Pass the Family Medicine Certification exam (aka "boards") after residency. The board exam consists of 300 multiple choice questions over a ~6 hour time period.

Maintaining Board Certification

1. Completion of at least 50 hours of continuing medical education activities per year.
2. Completion of at least 50 required knowledge self-assessment activities per recertification period.
3. Completion of either the longitudinal recertification exam or the one-day recertification exam every ten years.

Family Medicine physicians can also complete additional requirements to receive the board-certified designation in Addiction Medicine, Adolescent Medicine, Geriatric Medicine, Hospice & Palliative Medicine, Pain Medicine, Sleep Medicine, and Sports Medicine. Some of our providers at the Hale'iwa clinic have these additional certifications too!

Check out www.theabfm.org to learn more and see if your physician is board certified.

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 nsaskthedoctor@gmail.com.



YMCA CAMP ERDMAN

SUMMER CAMP

Camp Erdman is much more than archery, the ropes courses and camp outs. It's a safe place for kids and teens to discover who they are, improve skills, and develop independence. We create a nurturing, yet challenging community where kids and teens thrive.

DAY CAMP
5 DAYS
GRADES K-5



OVERNIGHT CAMP
5 NIGHTS & 6 DAYS
AGES 7-17



FAMILY CAMP

2-Night Family "Staycation" in cabins with all meals, accommodations, fun camp activities, and opportunity to mingle with other families, relax, and enjoy the great outdoors.

WEEKEND DATES



MOTHER'S DAY
4TH OF JULY

LABOR DAY
HALLOWEEN

COMMUNITY DAY

Saturday, April 9 10am - 3pm

FREE ADMISSION



Bring the entire family down to our beautiful beachfront 20-acre site to enjoy a fun, free day experiencing camp activities, tours of our new cabins, and learning about the many opportunities offered from Family Camps, to Youth and Teen Summer Weekly Overnight Camps, Environmental and Cultural Programs, Retreats, and more!

WAYS TO GET INVOLVED

DONATE ANNUAL CAMPAIGN



KA'ENA POINT TALK STORY SERIES

LAST FRIDAY OF EVERY MONTH
6-7pm
FARM TO BARN

COMMUNITY DAY VOLUNTEERS



www.ymcahonolulu.org/camp-erdman
69-385 Farrington Hwy, Waialua



North Shore Chamber of Commerce News

Watch out for Bill 10

By Mary Wood, NSCC Chair

I am asking that you look at Bill 10 before the City Council. This is a land use bill that was introduced by Tommy Waters. On page 66 is a proposal to allow "Mobile Commercial Establishments" (MECs), which includes food trucks, as acceptable land use.

Background: For several years the North Shore Outdoor Circle (NSOC) worked with the North Shore Chamber of Commerce (NSCC) on a rewrite of the Haleiwa Special Design District ordinance and specifically added a section regulating food trucks within the district. This section provides limitations on the proximity of food truck locations to each other, requires green barriers, and limits signage. In response, Department of Planning and Permitting (DPP) proposed Bill 46 in 2018 to lower previously approved standards for food trucks. NSOC and NSCC successfully opposed that bill.

Now the DPP proposes adding MCEs as an acceptable land use on Oahu through Bill 10 - again with minimal standards or regulations on sandwich board signs which are illegal under the current sign code. The Haleiwa District is exempt from Bill 10, but that will do nothing to create even more of a food truck mess in Kahuku, Sharks Cove, Sunset Beach, and the expansion and proliferation of food trucks Island-wide.

The brick-and-mortar restaurants that have to follow all laws, pay taxes and, in most cases, provide bathroom facilities will be hurt terribly. Food trucks are required to provide comfort stations only to their employees, not patrons. This overwhelms places that have public bathrooms. The NSCC Visitor Center is one such place. Its bathroom accommodates 50++ people a day almost exclusively coming from food trucks. More food trucks with no bathrooms on long stretches of highway will also increase public urination and defecation, which is already a problem.

Who really wants to have the visual clutter of food trucks at all parks and beaches and disrupting small town commerce?

Status: Bill 10 passed the first reading February 2022. The deadline for final action is October, but there will probably be hearings beginning in April. Both the NSOC and the NSCC will be weighing in. We are rallying as many businesses - particularly restaurants - to defeat this bill.

We are seeking help and support to get this information out to the community.



North Shore Chamber of Commerce Annual General Meeting

Breakfast Business Networking

Haleiwa Joes

Wednesday, April 20, 8am - 11:30am

\$15.00 non-members \$10.00 members

For info call 808-637-4558

STONEFISH GRILL
- THE GATHERING PLACE -

Haleiwa Town Center
66-145 Kamehemeha Hwy, Haleiwa



First Baptist Church of
HALEIWA

First Baptist Church of Haleiwa

66-415 Haleiwa Road, Haleiwa

(808) 637-4847

Good Friday

· Friday, April 15

· Service starts at 6:30 PM

Easter Sunday

· Sunday, April 17

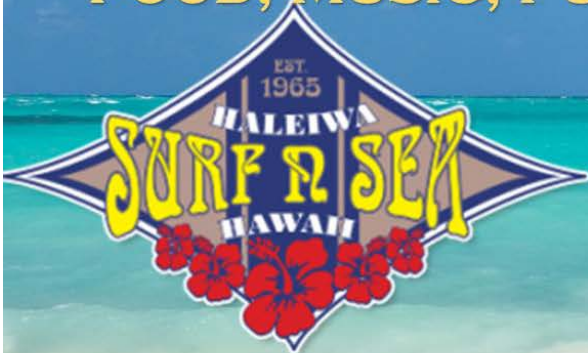
· Service starts at 10:45 AM

· Followed by a potluck and
easter egg hunt at 12:15 PM

SURF AND SEA BACK PORCH JAM

BUSINESS NETWORKING

FOOD, MUSIC, FUN



April 23, 2022 6:00 - 9:30

62-595 Kamehameha Hwy

Haleiwa, HI

RSVP: info@gonorthshore.org





Taylor Steele @tay_steele

Superheros of the North Shore

These Superheroes are the kids of the Hoapili group of The North Shore. Hoapili (meaning “favorite friend”), is made up of kids who are striving to overcome challenges such as Down Syndrome, Fetal Alcohol Spectrum Disorder, Autism, Anxiety, Visual Impairment, Intellectual Disability, Hearing Loss and ADHD to name a few. This group was created by Terra and Jeremy Daniel as a way to create positive experiences where these kids feel accepted, appreciated and recognized.

The Hoapili group has partnered with local North Shore non profit soccer and leadership program, The Mālama Football Club. The Mālama FC teaches our youth that they can achieve anything. With their team motto being “Sí se puede,” (Spanish for “you can do it!”), our community is realizing that our Hoapili players are teaching US this principle.

Coach Chuck from Mālama FC recounts a story. “Today, Footballer Liam asked what my spirit animal was. I told him a pack mule. He then asked, “but aren’t those stubborn!?” I said, “yes and maybe I am too.” Liam stayed positive (as he always does) and said, “oh no your not Coach Chuck you are cool!” A parent of the Hoapili group then followed up by saying, “Everyone is cool in Hoapili, pack mule or not. Everyone is equal and equally accepted.”

The Mālama Football Club is grateful for ANY charitable donation or lead to potential grants & sponsorships. We are currently accepting sponsor applications

to support us during our Fall soccer and leadership camp of the Hoapili Group.

For info: contact Coach Chuck Steele from Mālama Football Club @ 808.354.6696 or malamafootballclub@gmail.com. If you know someone who could benefit from The Hoapili group, reach out to Director Terra Daniel @801.647.1313. To follow the action of our superheros check out www.malamafootballclub.org, www.hoapili.org or on Instagram @malamafootballclub.

A sincere thank you to the volunteers and our community who have brought our Superheroes together. Shouts to the Hoapili group for the energy and aloha that they share with our community!

WORKSHOP

The North Shore's First Coworking Space

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

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



3Rs SCHOOL RECYCLING DRIVE



Formerly Aloha 'Āina Recycling Drives

Sponsored by Schnitzer Steel in partnership with the Kōkua Hawai'i Foundation's 3Rs School Program

LOCATION: Waialua High & Intermediate School
67-160 Farrington Hwy. Waialua, HI 96791

DATE: Saturday, April 23rd TIME: 9-11am

ACCEPTED AND RESTRICTED ITEMS:

RESIDENTIAL MATERIALS ONLY, PLEASE. NO COMMERCIAL OR GOVERNMENT DROP OFFS.

SCRAP METALS

YES: All types of scrap metal including bicycles, washers, dryers, fencing, filing cabinets, etc.

NO: Refrigerators, AC units, any compressed gas cylinders, or microwaves



HOUSEHOLD GOODS

YES: New and gently used clothing, shoes, accessories, books, DVDs, CDs, kitchen items, toys, and games

NO: Mattresses; soiled, moldy, or broken materials; baby equipment (strollers, car seats, high chairs, etc.)



ELECTRONICS

YES: All TVs, computers, printers, scanners, monitors, large toner cartridges, laptops, game systems, cameras, cell phones, cables and cords

NO: Smart boards, microwaves, fans, vacuums, blenders, large printer & copier machines, or multiple loads (please limit your donations to one small truckload, one TV and bag of toner cartridges per dropoff)



COOKING OILS

YES: Used household cooking oil in sealed containers (up to 5 gallons per vehicle)

NO: Motor oil or leaking containers, no restaurant oil



HI-5 ALUMINUM CANS, PLASTIC & GLASS BOTTLES

YES: Only HI-5 containers; remove caps and excess liquid

NO: General recycling including cardboard, #1 & #2 non-beverage plastic containers, glass jars, wine bottles, metal food cans



CONFIDENTIAL DOCUMENTS

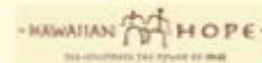
YES: Documents for shredding; Collected in locked bins and shredded off-site (Limit 2 boxes of paper per car)

NO: Newspapers, glossy magazines, other types of paper



Proceeds from scrap metals, used cooking oil and HI-5 beverage cans and bottles will go directly to the host school.

PARTICIPATING RECYCLERS:



The 3Rs Recycling Program is a program of Kōkua Hawai'i Foundation. For more information, write to 3Rs@kokuahawaiiifoundation.org.



kokuahawaiiifoundation.org

© 2018 Kōkua Hawai'i Foundation (Rev. 3/22/22)

Want to Eat Easter Candy? Then Eat Some and Enjoy It.

By: Ke'alohe Naipo, Registered Dietitian

You read that correctly. This Registered Dietitian is telling you to eat candy. Let me explain.

If you have ever tried dieting, you may have heard that candy is "bad" food and should be eaten in moderation. Not only is the idea of moderation subjective, but most people who have tried restrictive dieting know there is usually no space in their plan for candy. So, you eliminate candy, cravings intensify, eventually leading you to overeat or binge the next time candy becomes available.

The problem is not the candy, it is the messaging from diet culture. Restrictive diets are not sustainable, in fact most people last on average 6 months. Not to mention most people who lose weight by dieting will regain the weight in 1 to 5 years.

Also, can you imagine a life without your favorite candy or food? I suspect you might be unhappy, especially in Hawai'i where food is the focal point of our culture. An example that food is more than nutrition.

So, what is the alternate? Try intuitive eating. It is a new philosophy that encourages the individual to trust their inner body wisdom to help make choices that honor their health and satisfy cravings as well. There are ten principles to learn and help you make peace with food.

If you want to eat Easter candy, then eat the candy. You can trust yourself to enjoy this.

Like any new skill, learning to eat intuitively takes time and practice. I would be happy to explain more and support you with nutrition counseling. Call the Health Center at 293-9231 to schedule an appointment today. Most insurances accepted with referral from a PCP.

Ko'olauloa Health Center
808-293-9231

*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

Trends to Cultivate for Earthday and Beyond

For this Earthday Issue - let's look at several Trends that should help preserve this small spit of land in the middle of the Ocean:

CLEAN ENERGY

Requiring Solar Hot Water heating for all new Construction, Encouraging Photo Voltaic with tax credits and promoting Electric Vehicles through benefits will all help get Hawaii off of fossil fuels and hopefully move us toward 100% Clean Energy in the future.

CLEAN WATER

Clean Ocean Water around our islands is obviously important, however, making sure we have clean Drinking Water may not only be important - it may be critical. Mandatory conversions of old Cesspools to newer Septic Tanks, Closing Down Red Hill Fuel Tanks, getting away from single-use Plastics and, recently, requiring all new Septic Tanks installed above the water table to use Evapo-Transfer Systems will surely help. Clean drinking water is so important for our future.

LOCAL FOOD PRODUCTION

Important Ag Lands are being protected and food production is encouraged. Farmers are now producing more and more diversified agriculture on both existing and recently divested Ag 1 and Ag 2 parcels. More and more individuals and families are moving to the North Shore specifically seeking these smaller Ag Parcels to grow their own food, food for others and also 'live off the land'.

PRESERVING OUR BEACHES

Hawaii has some of the most beautiful beaches in the world. Protecting them in all ways possible is of utmost importance. There have been more and more Community Cleanups and Protection Projects. Recently, engineers have been looking at new ways to protect the shoreline and actually returning some of the sand that has been lost.

The State of Hawaii, the City Municipalities and all of us that live here are becoming more and more aware of why a sustainable lifestyle is essential not only on Earthday, but throughout the entire year!

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

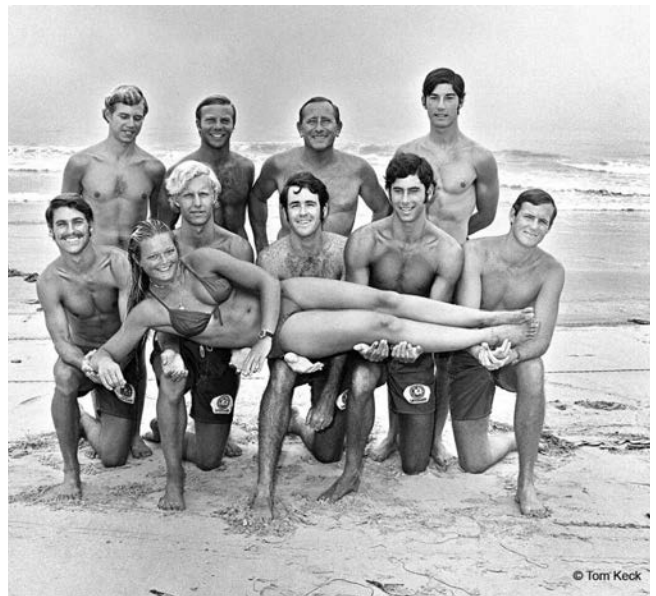
BRONZED JOYCE, FIRST, FIRST, FIRST!

World famous surf location Dana Point in California recently honored one of the most famous surfers with a life size bronze statue. The recipient is Joyce Hoffman, the first woman to surf Pipeline, just one of her achievements. She surfed on a 9'6" single fin, backside, the typical board of the times with sharp rails, a "knifey" board Hoffman said. "Aim and go," she explained. The statue of Joyce Hoffman is in Dana Point's Watermen's Plaza. "I can't express in words what this means. It's the most amazing honor," said Hoffman. Joyce Hoffman had a great surfing career and as she explained it she had a lot of support from the industry and guy surfers. In 1965 she was named the L.A. Times Woman of the Year. It was the year she won the U.S. Championship in Huntington Beach and the World Championship in Peru. She also has west side connections, winning the Makaha International in 1964 and 1966 also winning the U.S. Championships in 1966 and 1977. It was in 1966 when she was voted the best woman surfer in the world by the International Surfing Hall of Fame, she was just 19 at the time. The first annual Surfer Poll awards was a triumph as well as being the first woman lifeguard and having the first woman surf model named after her, the Hoffman Model. Not only did Hoffman surf, she also raced motocross and 2-liter Can Am cars. Hoffman now in her seventies still lives and surfs in Dana Point. She is a continual blessing to surfing and to the women surfing Pipeline, respect!

SAUDI ARABIA NOW IN THE ISA

The International Surfing Association announced Saudi Arabia as the 110th member nation in February. The ISA continues to support non-traditional surfing countries in efforts to expand the sport all over the world. They are the leaders in organizing the Olympics for water sports and continue to make strides in diversity setting an example for all. The organization founded in November 2021 is led by Nouf Al Nasser, their female CEO. The ISA and federation are organizing surfing and SUP courses for coaching and judging. They are organizing the inaugural Kingdom of Saudi Arabia National Championships for surfing and SUP in early 2023. "The Saudi Surfing Federation is very excited to join the ISA at this hugely important time for the sport following its successful debut at the Tokyo Olympics," said Nouf Al Nasser. "We firmly believe our membership of

the ISA will help us accelerate the development of surfing, stand-up-paddling and wake surfing across the country." Surfing in the Olympics is confirmed at least till 2028. An exciting time for Saudi Arabia and surfing!



Joyce Hoffman with the guys



Joyce Hoffman statue in Dana Point




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

Cloud Computing: Trust but Verify

By Carl Mazzanti

An increasing number of small, medium and large businesses are adopting “cloud computing,” or the delivery of computing services over the Internet. Cloud services can offer faster and reliable application updates, greater flexibility, and may result in economies of scale since businesses typically only pay for the services they use, adding new features on an as-needed basis. But they can also put your sensitive data at risk, painting a digital target on its back.

For business owners, it is a matter of “trust but verify” your cloud provider. That is because, just as Willie Sutton famously robbed banks in the Depression era since “that’s where all the money is,” cloud services today are where all the data is. Cloud providers may unwittingly serve as “honeypots” for cybercriminals, who can crack one digital “safe” and gain access to reams of potentially valuable passwords, personally identifiable information and other data.

On the plus side, a cloud computing environment can offer improved reliability in the form of efficient data backup, disaster recovery, and business continuity services, since data can be mirrored (or copied) at multiple sites on the cloud provider’s network. And reputable cloud providers can offer robust policies, technology and controls that help to protect data, apps, and infrastructure from potential threats.

But verifying a cloud provider, to ensure it meets the security and other needs of a business, means doing

some digging. First, scour the contact to be sure you understand exactly what the provider is promising. Does it say they will move your information into the cloud and secure it? Or does it just say they will move it? The latter is like contracting with a moving company to transport your household goods to a new location, only to find it dumped on the lawn of your new home because the fine print did not say they would place it inside the house.

Another important step is to see who is verifying the provider’s claims, since a company that is performing services should not be the one checking them. Instead, a best practice is to ensure that an independent, qualified third party reviews the provider’s cyber-practices. Additionally, consider include whether the provider’s cloud architectures, standards and services suit your business’ workloads and management preferences; and if a significant amount of re-coding or customization will be necessary to align legacy workloads with the cloud provider’s platforms.

Cloud computing can offer powerful benefits to businesses of all sizes — but the migration can be intimidating. Working with a trusted IT services consultant and taking other steps to gain a thorough understanding of the issues involved can make the process go a lot smoother and ensure that your data is efficiently migrated, and maintained safely.

Carl Mazzanti is the president of eMazzanti Technologies in Hoboken, NJ and a proud resident of the North Shore. cmazzanti@emazzanti.net

★ **LAST CALL** ★

23RD ANNUAL HALEIWA ARTS FESTIVAL

CALL TO ARTISTS!

- WHO:** Visual Fine Artists in All Media.
Artists in Music, Dance and Drama for our Performing Arts Stage.
- WHAT:** The 23rd Annual Haleiwa Arts Festival Summer Event: A Celebration of Visual, Performance and Cultural Arts.
- WHERE:** Haleiwa Beach Park in Historic Haleiwa Town on the North Shore of Oahu, Hawaii.
- WHEN:** **Festival Dates: July 16-17, 2022**
SUBMISSIONS ARE DUE BY APRIL 11, 2022.
For Guidelines and Artist Application Go To:
www.haleiwaartfestival.org
- WHY:** To Provide Our Community With an ART & CULTURAL EXPERIENCE For All to Enjoy for FREE!

WE NEED YOUR SUPPORT - BECOME A HAF MEMBER TODAY!

NAME: _____ EMAIL: _____
ADDRESS: _____ PHONE: _____

GOLD	\$1000
SILVER	\$500
BRONZE	\$250
FRIEND	\$100
SUSTAINING MEMBER	\$50
BASIC MEMBER	\$25

MEMBERSHIP IS FOR THE CALENDAR YEAR



Haleiwa Arts Festival

COMMUNITY4ART

Please make checks payable to:
HALEIWA ARTS FESTIVAL
P.O. BOX 1141
HALEIWA, HI 96712

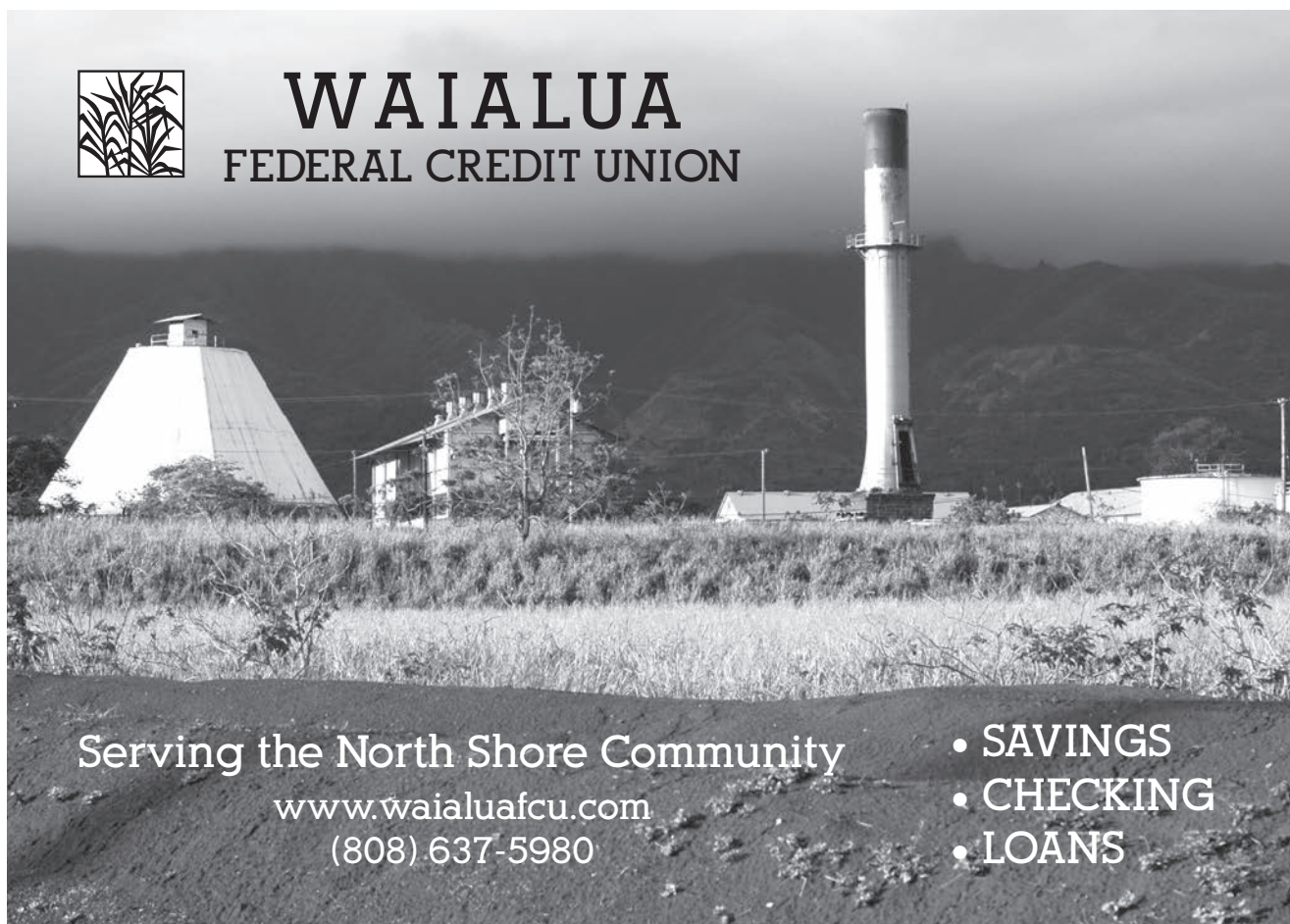
For more information:
haleiwaartfestival.org
808.637.2277

The Haleiwa Arts Festival is a 501(c) 3 tax-exempt organization. All contributions are tax deductible in accordance with Federal law.

COMMUNITY4ART haleiwaartfestival.org



WAIALUA FEDERAL CREDIT UNION



Serving the North Shore Community

www.waiialuafcu.com
(808) 637-5980

- SAVINGS
- CHECKING
- LOANS



The Happiest Place on the North Shore
Waiialua 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: waiialuaucc.org



67-068 Kealohanui St, Waiialua, HI 96791
FriendsofWaiialuaLibrary@gmail.com
808-637-8286

Used Book Sale!!!
Saturday, April 16, 8:30am-12:30pm
At Waiialua Library
Weather Permitting

**Welcome Back To The
Waiialua Library**
Sunday - Closed
Monday - Closed
T, W, Th 9:00am-12:00pm
1:00pm-6:00pm
Friday 12:00pm-4:00pm
Saturday 9:00am-12:00pm
1:00pm-2:00pm

No proof of Covid-19 vaccination
or test required.

BULLETIN BOARD

CELESTIAL
Natural Foods



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

PARADISE

"IF YOU BUILD IT, WE WILL PLUMB"

PLUMBING

New Construction, Repair, Remodels

Dale Christensen C-29856 (808) 368-1473

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)
P.O. Box 769
Waialua, HI 96791

Bus: 637-8662
Res: 638-5157
Cellular: 372-8718

FOR SALE

Beautiful 3 Bedroom house and a second lot with a magical off-grid cabin. 6 Acres total in Fern Forest Vacation Estates, the Big Island.

The house includes an operating Airbnb above the garage.

https://www.zillow.com/homedetails/11-2272-Makoa-Rd-Volcano-HI-96785/299973233_zpid/
or contact Marguerite Hauberg at 206-606-3664



HALEIWA, HAWAII

Over 40+ years of Professional services and Historic Images to the Community. Aka "Nostalgic Photos Hawaii"
search: northshorephotohawaii.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

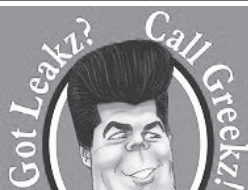
Providing quality work since 1978

♥ PET MEMORIAL ♥

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



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



372-1820
Greekz Plumbing

Greekz Plumbing

License# C-32939
Phone 372-1820



BACKFLOW TESTING LLC

Protecting Hawaii's Only Life Source
PHONE: (808) 699-5140 • EMAIL: 808BACKFLOW@GMAIL.COM

News from Kahuku Public and School Library

Aloha Don Ramos

Tamara King

Don Ramos, the friendly face everyone sees upon walking into the library, is retiring on April 29th, 2022. Don's roots with the Kahuku Library run deep.

As an 8-year old child, he used to sit on the carpet in the newly built library (founded in 1968) and listen to School Librarian Mrs. Oshima's read aloud time, back when Kahuku High and Intermediate was also an elementary school. Then, in middle school, he worked as an assistant janitor for the Kahuku Library for a couple summers into his high school days.

In 1981, he became a permanent hire and officially started his career for the Hawaii State Public Library System as a Library Assistant. Shortly after, he trained a new hire named Richard Burns, who would eventually become the State Librarian. A couple years later, he met his lovely wife of 37 years, Myrna, inside the library's back conference room. His family grew with the birth of his two daughters, Donna and Andrina, who also spent countless hours inside the library. They were both stellar students, excelling in band and sports, National History Day Champs, and valedictorians.

Don's meticulous nature and work ethic led to his work in graphic design and production. He would painstakingly make banners, signs, and flyers by hand, using stencils, rulers, pencils, and super-potent permanent markers that would make the average person pass out. Don has the eye to make designs come to life and literally pop off the page. He's known for large 3-D projects, such as a 6 ft wide pterodactyl skeleton; a bat cave made out of empty milk jugs and trash bags; a life-size vintage British phone booth that spun around; and a castle complete with a crest, dragon, and mice for the keiki corner.

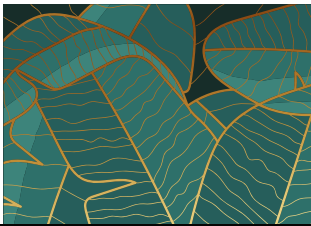
Besides graphics, patrons will miss Don's top-notch customer service. Friendly, relaxed, and helpful. He knows the Dewey Decimal System by heart and stops whatever he's doing at the moment to help you first. Don, it's been a pleasure to work with you and we wish you well. Happy trails as you ride into the sunset.



Don Ramos

rajaneer
thai cuisine
at Hale'iwa Store Lots
12:30-8pm
808-784-0023






Haleiwa Arts Festival
A NON-PROFIT ORGANIZATION
23rd ANNUAL
HALEIWA ARTS FESTIVAL
JULY 16/17 • HALEIWA BEACH PARK



WE NEED YOUR HELP!

If this **FREE, ANNUAL, COMMUNITY EVENT** is important to you, we need your donation to make it possible this summer.

WE CAN NOT DO IT WITHOUT OUR COMMUNITY'S SUPPORT!

Send your tax deductible donation to:

Haleiwa Arts Festival / P.O. Box 1141 / Haleiwa 96712

COMMUNITY4ART

www.haleiwaartfestival.org

The Haleiwa Arts Festival is a 501(c) 3 tax-exempt organization.

NORTH SHORE FOOD BANK

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

DISTRIBUTION UPDATE

at Kaiaka Bay Beach Park

Wednesday, April 6, 12 noon

Wednesday, April 20, 12 noon

Wednesday, May 4, 12 noon

Wednesday, May 18, 12 noon

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



We need more
Love not Hate
on these **Legendary Shores**

That's why we're organizing to ensure
that **our communities** are
welcoming, inclusive & safe
for our **LGBTQ+**
families, friends, & neighbors.

Join Us!



**NORTH SHORE KO'OLAU
DIVERSITY COLLECTIVE**

nskdiversitycollective.com



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 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. © 2022.

Editor & Classifieds

Linda Seyler

Typography

Downtown General Store

Contributing Writers

Betty Depolito

State Representative Lauren Matsumoto

Senator Gil Riviere

Councilmember Heidi Tsuneyoshi

Richard Sterman

Line-Noue Memea Kruse

Photography

Banzai Productions

Bill Romerhaus

North Shore Photography



Please recycle this newspaper.

SERVICES

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.

HANDYMAN SERVICE

Experienced in the
carpenter trade
Call Eric 808-688-4161

LegaSea Energy Solar

Christensen Bros.
Construction Inc.
Specializing in off grid livin'
since 2005
License BC 27977 -
808-351-4657
@legasea_energy

**CS EuroCars Kapolei
Mercedes Repair Shop**

with low labor rates
ASE Certified Technician
27 years experience
2116 Lauwilwili 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

Scot's Painting Service

25 yrs. experience
Free estimates
808-953-7904

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

Paumalu Electric Inc.

new construction,
remodels and rewiring,
service and repairs.
Lic. C-18074 808 638 9054

CC SALVAGE

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

North Shore Martial Arts

Self Defense Training
Free for all ages
M & W 7-8pm WCA
Text or Call 808-216-4335

**HOT YOGA
NORTH SHORE**

MONTHLY INTRO SPECIAL!

\$99

www.hotyoganorthshore.com

FREE COVID TESTING

Everyday thru April
at Kaiaka Bay Beach Park
8:30am - 3:00pm
Please pre-register at:
ALOHACLEAR.COM
pupukeygirl@hotmail.com

Hawaii Tree Co.

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

**HONEY BEE HIVE
SWARM**

Removal & Relocation
808-724-9966

**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

#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

NSN4Linda@gmail.com

PHONE: (808) 780-8037

www.northshorenews.com

CLASSIFIED ADS

Next Issue - May 4, 2022
Deadline Date - Apr. 22, 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 mabrigo22@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/RestaurantJobs> > type Haleiwa HI or Laie HI in the search box

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 polynesian treasures@hawaii.rr.com

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

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

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!

FOR SALE

BEE HIVES
 HUBERT 808-285-4320

MISCELLANEOUS

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

Blood Bank of Hawaii Kahuku Medical Center
 Thursday, April 28
 10:00am - 6:00pm
BloodMobile
 56-117 Pualalea Street
 Kahuku 808-848-4770

Waialua High and Intermediate Presents
UNDER THE LIGHTS
 Saturday, April 16
Speed & Quickness Clinic
 For Ages 5-13 \$10
 6-7:30pm @ WHIS Field
Waialua Grinds Food Fest
 over 20 Food Vendors
 5-8pm WHIS Parking Lot
Live Music
 5-8pm WHIS Lawn

NOTICE FOR NORTH SHORE SERENITY:
 Effective April 6, North Shore Serenity Al-Anon Family Group is returning to meeting onsite at 6:30 pm Wednesdays at St. Michael's Church, Outreach Room, 67-340 Haona St, Waialua, 96791. During this meeting, participants may also attend virtually via Zoom #84783266578 Password 809980.
 Open to anyone who believes his or her life may have been affected by someone else's drinking.
 Additional information available at www.al-anon.org; or by calling 808-546-5647

Local couple with over 22 years of onsite luxury property caretaking looking for a new property to love. Honest, loyal, hard-working, reliable, discrete. Over 35+ years of Hawaiian construction experience in underwater construction, concrete work, carpentry, tile setting, plumbing, pool and lawn care and light electrical. Excellent references, examples/photos of previous work, own tools. Terms negotiable. Ready to start in April/May. Contact 808-476-6907 or pupukea-girl@hotmail.com

SAVE THE DATE Spring Tent Sale
 at St. Michael
 Saturday, April 23
 8:30am-1:30pm

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

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.



Our Emergency Room is here for you 24 hours, 7 days!



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