

"E Ala Na Moku Kai Liloloa"

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U'i and Kaimana - HMAR

NORTH SHORE NEWS April 5, 2023 VOLUME 40, NUMBER 4



Kahuku Lady Raiders wait at the lane line in anticipation for the starting whistle of their game. Photo: Gina Ahue

Kahuku Aquatics Succeed, Even Without a Swimming Pool

By Gil Riviere

The Kahuku Lady Raiders are off to another strong start in high school water polo, winning their first five matches in OIA play. Kahuku is a perennial favorite, having won 15 OIA championships and placed second or third in the state

tournament 12 times. They do this without having regular access to a swimming pool.

Kahuku is a perennial community from any of Oahu's having won 15 OIA 21 public swimming pools. Onships and placed The nearest is 22 miles away in or third in the state Waialua, a 40 to 60 minute drive.

The next closest public pool is in Kaneohe, 25 miles and an hour away. The entire Koolauloa region is disadvantaged when it comes to having a facility to teach their children to swim, to swim for health, to participate in recreational activities, and to compete athletically.

BYU Hawaii graciously allows the Lady Raiders to rent the university's pool, hire lifeguards and practice in the afternoons,

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based on availability. Morning sessions are not possible, so conditioning, training, and practice are limited when compared to the private schools and the handful of high schools with on-campus pools.

"We have some of the most talented aquatic athletes on the island. Unfortunately, they are not given adequate opportunity to train and improve," says Kahuku water polo coach Gina Ahue. "It all comes down to not having the facilities for our swimmers and water polo players to build their skills."

Coaches from both ILH and OIA support greater access to swim facilities throughout Oahu to help perpetuate and grow aquatic programs that are so greatly underserved. But the need is greater than high school sports teams. Swimming is an essential skill that can save someone's life and provide lifelong, healthy exercise.

The need for a swimming pool in Kahuku has been well known and discussed for decades. Back when the Kahuku District Park and Kahuku Elementary School were in the planning stages, a commitment was made to build a pool in Kahuku. The desire and need for a community pool is clearly described in the Koʻolauloa Sustainable Communities Plan, yet no progress has been made in delivering this community asset.

The Kahuku Community Association (KCA) recently formed a task force dedicated to moving forward the construction of a multi-purpose recreational facility and a 50-meter swimming pool in Kahuku District Park. There will be many challenges ahead to realize this long overdue promise, including funding, location and design, but there is no time like the present to start.

If this is an issue that resonates with you, please contribute your thoughts and support. On April 20th at 7-9pm, Mayor Blangiardi will be having a town hall meeting at Lā'ie Elementary School to listen to the Ko'olauloa communities. Please join KCA by attending and providing your personal testimonies on the importance of this project.



SAVE THE DATE TOWN HALL MEETING

with Mayor Blangiardi

Thursday April 20 7-9 p.m. Lā'ie Elementary School

Thursday May 4 7-9 p.m. Waialua Elementary School



April 5, 2023

The Community is Invited to

'A Historical Evening'

presented by Kumu Hula Keith Awai

and

Boyd Ready Haleiwa Waialua Historical Society

sponsored by

Waialua Community Association 66-434 Kamehameha Hwy, in Haleiwa

> Friday, April 21, at 6:00 PM Refreshments

Members Free or Donation

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Public Information Meeting
Hosted by Nexamp and
Melink Solar Development
for Kaukonahua Solar + Sheep Farm

Nexamp and Melink Solar Development are holding a public meeting to share information about Kaukonahua Solar + Sheep Farm, a proposed community-based renewable energy project in Waialua.

Located off Kaukonahua Road, the solar facility will complement Villa Rose Egg Farm, producer of Waialua Fresh Eggs, and feature a sheep grazing partnership with Oʻahu Grazers.

Kaukonahua Solar will generate clean power, build grid resilience, and offer discounted electricity to low- and moderate-income residents. The informational meeting will discuss community-based renewable energy, how it works, and the benefits for communities.

All public comments and questions from the meeting will be filed with the Public Utilities Commission.

- ☐ Friday, April 28, 2023
- 6:00 7:30 p.m.

To learn more, visit: nexamp.com/kaukonahua-road-solar





OPEN TUESDAY - SUNDAY, 9 AM - 4 PM Closed Mondays

CALL: (808) 638-7766









ALI'I KA 'ĀINA (The Earth is Chief)

By: Sean Flemming, Horticultural Field Supervisor, Waimea Valley, Oahu.

"There's a revolution that needs to happen and it starts from inside each one of us. We need to wake up and fall in love with the earth. Our personal and collective happiness and survival depends on it." – Thich Nhat Hahn.

This Earth Day we are reminded that one person can start a revolution. One person picking up trash in their community can inspire 10 people to do the same. We belong to this Earth; the Earth does not belong to us. The forests, oceans, mountains, rivers and lakes are our brothers and sisters. If we want to protect the Earth, we must focus on our immediate surroundings. Whatever actions we take today will ripple into the future.

Our mission at Waimea Valley is to preserve and perpetuate the human, cultural and natural resources of Waimea for generations through education and stewardship. Waimea Valley is an extraordinary place. A sacred valley that radiates a powerful energy. This valley commands respect. Through the hard work of our staff and volunteers we will continue to fight to protect this sacred valley for generations to come. We are calling on the community to help protect and

preserve this sacred land.

We invite you all to come volunteer and become stewards of Waimea Valley. If you are interested, you can visit our website at www.waimeavalley.net/volunteer to learn more about opportunities to become a steward. If you would like to sign up for a regular volunteering schedule, you can send an email to volunteer@waimeavalley.net. We are very grateful for our many volunteers who help us in the gardens, streams, mountains and everywhere in between. Volunteers play an important role in helping us fulfill our mission to preserve and protect this wonderful valley.

Come join us this Earth Day Saturday, April 22nd for a day of stewardship and celebrations. We have a day of activities planned including community organizations, arts & crafts, live music, hālau performance, Hawaiian games, and food for sale. We look forward to seeing you all and mahalo for helping us fulfill our mission to protect and preserve this sacred Valley.

"'A'ohe hana nui ke alu 'ia." No task is too big when done together by all. Mary Kawena Pukui, 'Ōlelo No'eau #142

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CALL 808.637.2277 FOR MORE INFORMATION

COMING JUNE 24 - 25:

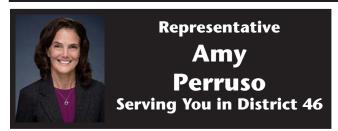
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The North Shore community is fortunate to be home to a wide range of local food producers who showcase the diversity of Hawai'i's food system—from small, organic farmers, to coffee and chocolate growers, to kānaka maoli working to restore loko i'a and revive indigenous foodways. We are proud of our ability to nourish our community, along with the 'āina we call home.

But, we have also inherited an agricultural economy dominated by large corporations who continue to exploit and contaminate the environment. Recently, the Hawai'i Alliance for Progressive Action compiled data showing that over 215,000 pounds of restricted use pesticides were released across Central Oahu and the North Shore in 2019. Many pesticide-impacted areas sit within a mile of homes and schools. Pesticide users sprayed 23 different kinds of pesticides in those areas that year. This included 13 that are banned in other countries, 12 known to disrupt human hormones and four known carcinogens. But it did not include neonicotinoids, a class of neurotoxic insecticides that have been destroying bee and pollinator populations around the world.

Confronted by this alarming reality, one of my legislative priorities has been to envision a better future for our food system through a two-pronged approach: first, by incentivizing sustainable best practices, and second, by increasing regulations on restricted use pesticides that harm our bodies and environments.

On the first front, we have seen some exciting successes. This legislative session, we are moving forward several innovative measures that would advance our efforts. We are working to establish a working group within the Department of Agriculture that would develop a comprehensive plan to build a more resilient food system. We are also moving forward a bill to establish a Healthy Soils program that would provide farmers with educational and technical assistance to implement farm management practices that contribute to healthy soils that can more effectively nourish crops and sequester carbon. And-of special interest to the farmers in our district-we are pushing for legislation that would provide an income tax credit for farmers, ranchers, and fishers to incentivize growth in our local agricultural economy. Finally, we are working to protect water rights for kalo farmers and to restock loko i'a, or traditional fishponds.

On the second front, we have encountered more resistance. This session, our bills to 1) increase penalties for pesticide use violations, 2) improve reporting requirements for pesticide applications, 3) expand buf-

fer zones around schools and parks to reflect evidence-based standards of safety, and 4) add malathaion and neonicotinoids to the list of restricted use pesticides, all died in both the House and the Senate. This tells us that large corporations continue to hold undue influence over policy making, and reminds us that we, as a community, must work harder to hold these corporations accountable. The only reason we have reliable data on pesticide usage is thanks to on-the-ground organizing by community members who fought for years to pass Act 45 in 2018, which mandated annual reporting on restricted use pesticides. While that was a huge victory, it was also just the first step in protecting our island home from irresponsible agricultural practices.

Cultivating a food system that nurtures our bodies, our communities, our lands, and our waters, is no small feat. But we can do this if we are willing to challenge the model of corporate agriculture that has dominated for the last century, embrace the incredible indigenous knowledge that has sustained life on these islands for generations, and support our food producers to make responsible, sustainable, and regenerative choices. Ultimately, a healthy food system means a healthy community. Let's grow one together.

repperruso@capitol.hawaii.gov





PLEASE JOIN US

For an evening of cocktails, dinner, and a live auction to help raise funds for our new water system

PURCHASE A TICKET: \$125



MAHALO FOR YOUR SUPPORT

KA HO'OMAKA: TO BEGIN AN EVENING FUNDRAISER EVENT

SATURDAY APRIL 8, 2023 WAIMEA VALLEY PIKAKE PAVILION

5:00 PM Cocktail Hour

6:00 PM Dinner

6:30 PM Guest Speaker Ernest Lau, Board of Water Supply Manager & Chief Engineer

7:00 PM Live Auction, Music, Hālau Hula

TABLES & TICKETS

KAMANANUI (\$5,000)

- · Reserved parking
- Light pupusVIP seating
- Dinner buffet with table for 8
- Tableside champagne greeting
- · 2 bottles of wine
- Deluxe table centerpiece
- · Table signage recognition
- Guest souvenirs
- · Group photo
- · Event program recognition
- · 20 Waimea Valley admission passes
- · 2 Toa Luau tickets

ELEHAHA (\$1,000)

- · Light pupus
- · Dinner buffet with table for 8
- · Table centerpiece
- · Table signage recognition
- · Event program recognition
- 10 Waimea Valley admission passes

KAMANAIKI (\$2,500) • Light pupus

- Dinner buffet with table for 8
- 1 bottle of wine
- · Table centerpiece
- · Table signage recognition
- · Group photo
- · Event program recognition
- · 15 Waimea Valley admission passes

SINGLE TICKET (\$125)

- · Light pupus
- · Dinner buffet

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North Shore Country Market receives a generous donation from American Savings Bank. (L to R): Sharla Billianor, Assistant VP and Michelle Espanto, Vice President of ASB Wahiawa Branch; Robb Anderson, President of NSME and Clifton Kaneshiro, Business Specialist at American Savings Bank.





Councilmember Matt Weyer Serving You in District 2

Aloha Friends and Neighbors,

I hope you have all enjoyed the start of spring! I would like to share information regarding Bill 19 (2023), proposed by the Department of Parks and Recreation. The bill seeks to establish a uniform policy for commercial activities on public parks and beaches across O'ahu. Bill 19 has been referred to the Committee on Parks, Enterprise Services, and Culture and the Arts, chaired by Councilmember Tulba. As currently written, Bill 19 would remove existing beach park-specific protections, which include protections at Kokololio, Waiale'e, Sunset, 'Ehukai, Pūpūkea, Waimea Bay, Hale'iwa Ali'i, Kaiaka Bay, and the undeveloped portions of Hale'iwa Beach Park adjacent to Pua'ena Point for a broad framework. I believe these existing protection are important, for regulating commercial activities at our beaches - and prohibiting them when appropriate – is necessary to protect our natural resources and community access. I think it is important that we do not see a return of activities to areas the community has already sought to protect. Bill 19 will likely be amended as it proceeds through Council over the next several months, so please provide testimony on ways you think the bill should be changed.

I want to share some updates on our real property taxes as well. I have introduced amendments to Bills 37 (2022), 38 (2022), and 40 (2022), currently pending at Council and relating to increasing our low-income tax credit, home-owner occupant exemption, and kūpuna home-owner occupant exemptions. Increasing these credit and exemption amounts will help protect our families against increasing property tax bills, and your testimony on these measures is welcome.

I also want to highlight Bill 10 (2022) again. Bill 10 implements systematic updates to our Land Use Ordinance and was sent to the Council last year by the Planning Commission. Mahalo to everyone that has reached out and provided insight into what changes are needed to protect and serve our community. Bill 10 is currently in the Committee on Planning and the Economy, chaired by Councilmember Kia'āina, and I believe that a vote should not occur on the final version of Bill 10 until all of our community's concerns have been addressed. Our office has been conducting outreach across our community, and from that we are drafting proposed amendments to the current version of Bill 10. I invite you to reach out to discuss ways you think Bill 10 needs to be amended so that we can ensure that our entire community's voice is heard.

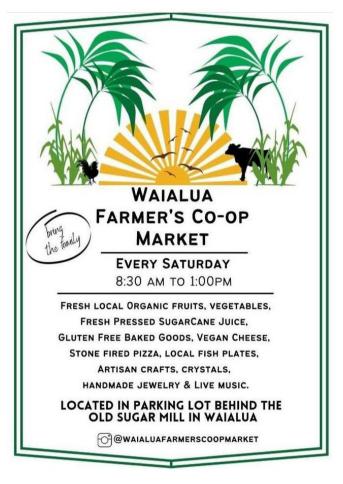
If you are interested in submitting testimony or

want to find out more about other bills moving through Council, please visit https://www.honolulucitycouncil.org/. Please feel free to email me anytime at mweyer@honolulu.gov, or call our office at (808) 768-5002. Mahalo for your continued engagement and interest in community issues!

Mahalo, Matt



Earth Day Reduce-Recycle-Reuse





Dear Doctor, "What should I be eating?"

The foundation of the medical specialty of Family Medicine is illness prevention. Our goal, likely in line with your goal, is to prevent illness - to encourage our patients, like you, to avoid needing our medications and treatments. Most medical conditions we see in primary care are preventable, like heart disease, COPD, and diabetes, not to mention infectious diseases like pneumonia or influenza. One of the more difficult questions we get asked by patients is, "What should I be eating?" Despite its importance, nutrition isn't a big focus during medical school.

I often print Harvard T.H. Chan School of Public Health's "Healthy Eating Plate" for my patients. This plate focuses on food quality and recommends 50% of your plate be vegetables or fruit. The remainder should be whole grains and proteins. I also like this reference because it discusses drinks and the importance of regular exercise.

If you dig deeper into this website, you'll find lots of other good material on nutrition, such as what the term "whole grain" actually means on food products. There is also a page on "healthy fats" and what healthier fat can replace your favorite non-healthy oil when cooking. The page on protein also breaks down how much protein you need and how protein is packaged with other components that might not be desirable, like salt and fats. Check out the Harvard T.H. Chan School of Public website for great nutrition articles and articles on sleep, stress management, and healthy recipes.

https://www.hsph.harvard.edu

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





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North Shore Chamber of Commerce News

Buying Local

Many farmers and agricultural business owners call the North Shore their home. Buying local fresh produce and food products is our community's way to support them. By going to farmers markets, which are held throughout the week, we buy our produce directly from the farmers themselves and have the opportunity to get to know them as our neighbors.

Members Spotlight – Meet the Folks at Kahuku Farms

The Matsuda and Fukuyama families have been farming on the North Shore of Oahu for 100 years. Today its parent company, Matsuda-Fukuyama Farms is a wholesale business growing papaya, banana, long eggplant and lu'au leaf for our local supermarkets and restaurants.

Because farming is so risky, the family business needed to diversity to survive. Fourth generation family members, Kylie Matsuda-Lum, sister Kalyn and husband Judah, stepped up. They created the Farm Café at Kahuku Farms, located at 56-800 Kamehameha Highway, Kahuku. It is a true farm-totable experience where they actually brought the tables to their farm.

The café has now built an outstanding reputation for its smoothies, farm pizza, liliko'i butter, and butter mochi. In addition, it offers the first locally grown acai bowl made with acai berries freshly harvested from the nearby fields.

Education is also an important component of this business. Kahuku Farms offers a tractor-pulled wagon ride through its fields where guests learn what it takes for farmers to put fresh food on our local supermarket shelves.

Says Kalyn: "Kahuku Farms was created as a gathering place. Our Gardens are free to visit for people to explore and reconnect with nature.

"Our mission is simple, it's all about connecting food, people and 'aina with authentic island farming experiences. Whether it be through our farm fresh menu, educational tours or farm grown gifts, our goal really is to get people excited about agriculture again. "

Chamber General Meeting and Board Elections

The North Shore Chamber of Commerce will be hosting its General Membership Meeting and Annual Board Elections at Haleiwa Joe's on April 26th at 8am. The meeting is open to the public. Cost,

which includes a buffet breakfast, is \$10 for members, \$15 for nonmembers. Anyone interested in serving as a Board member is encouraged to contact the Chamber at (808) 637-4558 or info@gonorth-shore.org. it is anticipated that three or four positions will be open for election.

The Board of Directors is dedicated to working with the Chamber to make our North Shore a better, safer, and more unified place. Board members devote their time to collaborate on a wide array of issues and projects which include preserving our community's historical heritage, solving infrastructural issues, providing legislative advocacy, and planning community and business events. Being on the Board of Directors is a great way to give back to our community and work towards creating a brighter future for our friends, families, and businesses on the North Shore.

Mahalo to all the volunteers!

April is volunteer

appreciation month.



SCAN THE QR CODE TO REGISTER

Contact 808.430.0428 if you have any questions



Kuilima Farm Increases Food Security For North Shore

Kuilima Farm is celebrating achieving U.S. Department of Agriculture (USDA) Food Safety certification. That makes the farm one of only 100 of the state's 7,300 farms certified under USDA food safety guidelines. Passing the USDA audit and achieving Food Safety certification allows Kuilima Farm, which is owned by Turtle Bay Resort and managed/operated by Pono Pacific Land Management, to increase food security to the North Shore community.

"Not having food safety certification can limit a farmer's opportunity to sell produce," explains Kuilima Farm Manager, Leslie Hanawahine. "Following a strict 'Good Agricultural Practices' plan, receiving annual USDA audits and biannual visits, and food safety certification will empower our farmers to grow their reach. It also allows us to grow more produce specifically to send directly across the street to the Resort and for local markets close by."

A wash-pack facility is also newly completed. "The wash-pack facility will further enhance our ability to distribute our produce to nearby markets by streamlining our vegetable washing and packing operations, allowing us to increase production volume for the North Shore community," says Hanawahine. This directly impacts the farm being able to expand distribution of its lettuce greens, microgreens and edible flowers grown in their solar-powered hydroponic facility, which produces eight varieties of lettuce 25 percent faster than growing in soil.

Kuilima currently produces over 1,200 lbs of lettuce greens per month. Affordable bags of salad mixes are available regularly inside the coolers at the roadside farm stand. Chefs at Turtle Bay Resort source 700 pounds of fresh produce per week from the farm, including salad greens, vegetables, herbs, and fruits for their menus.

"We had so much fun hosting the community at last year's first Fall Festival and our first Spring U-Pick last month," says Pono Pacific's Vice President of Diversified Agriculture, Ramsey Brown. "We strive to be a place where community can come to learn and feel connected to where their food comes from while also always improving our production in order to increase food security for the North Shore."

Enjoy a walking Farm Tour and learn about the Hawaiian ahupua'a land division system and current farming practices at Kuilima; explore the native Hawaiian garden at the piko (center) of the farm; complete a native plant scavenger hunt; plant 'ilima, kalo, or ti leaf; and sample farm fresh goodies. Tours are available weekly. Visit kuilimafarm.com for more details.



Hydroponic Green House - Kuilima Farm



Kuilima Farm



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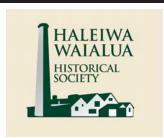
Website



WEDDINGS CORPORATE MILITARY PROMS







Water for Agriculture – Ancient Lowland Springs, and Lake Wilson

By Boyd Ready

We all understand that for the country to stay 'country,' we need agriculture. To provide food and fiber our farmers need land, water, capital investment, and labor. Let's focus on water.

Lake Wilson was created by the early Waialua Sugar Company with water from the upper reaches of the Kaukonahua Stream, fed by Ko'olau Mountain streams on either side of what is now Wahiawa town. Around the same time as the construction of the Panama Canal, from 1902 to 1905 thousands of Japanese and Korean laborers, donkeys, wheelbarrows, dynamite and mining-train tracks excavated 30 horizontal tunnel shafts to add steady, groundwater flows into the streams. They then built a massive earthen dam using a rail trestle over the canyon. They dropped giant rocks and loads of earth from above, compacting it, then topping it off with riprap (dry-laid stone used to form a foundation). This reservoir can hold almost 3 billion gallons of water for controlled release.

Ancient Hawaiians had long mastered the art of directing the gravity flow of water. In fact, Waialua's people built a two-mile long stone-lined ditch by hand, reputed to be the longest ancient Hawaiian water ditch. It brought water from Kaukonahua Stream, near Mt. Ka'ala, down to kuleana farm plots in what is now Waialua town. The early Waialua Sugar operations

used that same ditch until replacing it later with 'Pump 1,' above Waialua town, for a more reliable groundwater flow.

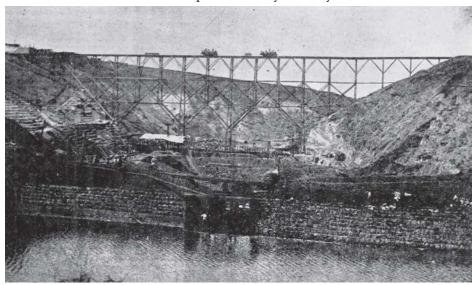
Ancient Hawaiians in Waialua also used the freshwater spring-fed and mountain stream-fed wetlands for taro fields that supplied a population of 8,000 with the staple, and sacred, food: poi. Combined with sweet potato, nearshore fisheries, breadfruit, pig, dog, and chicken, and the famous Loko ea and other aquaculture ponds, Waialua was 'aina momona, a fat land, well-watered and so, waiwai, wealthy.

Waialua suffered a huge population loss in the 1800s which overwhelmed traditional Hawaiian agriculture. The population fell from 8,000 to a low of 1,200 due to epidemics and emigration. As it rebounded, kalo fields in our low, spring-fed wetlands on the makai side of Hale'iwa, transitioned to rice production primarily by Chinese immigrants. Waialua was Oahu's second largest rice producer in the 1870s.

Later, when Japanese immigrants preferred imported California rice, the wetlands transitioned to lotus, or 'hasu' plantings, a staple in the Japanese diet. Many of these areas are not farmed today perhaps due to the hard, manual labor needed for this kind of farming. However, there are some farmers who grow kalo profitably in these same wetlands today. But our vast uplands between Wahiawa and Hale'iwa need reliable water from Lake Wilson flowing by gravity.

By comparison, our Board of Water (BWS) provides Waialua and Hale'iwa about 2 million gallons per day for domestic and agricultural used. BWS potable water costs too much for many crops because of the electricity it takes to pump the water from the ground. The Waialua Sugar Co. water system provided over 60 million gallons per day mostly from the Koʻolau watershed, the 30 hand-dug collection tunnels and Lake Wilson, therefore not needing electricity for pumping.

Lake Wilson has an earthen dam with an improved, enlarged spillway for safety, and is the largest freshwater reservoir in the State. Its five outlet valves have been repaired, and substantial parts of the open ditch distribution system have been retrofitted to piping. The Hawaii State legislature is now considering buying Lake Wilson from Dole Food Company. There is no water shortage for the North Shore, but it needs Lake Wilson for its low cost, gravity-fed water and flood-control features. With surface water like this we can support our farmers and agriculture growers to "keep the country country."



The Wahiawa Dam under construction. Looking down the valley and showing rock protection at the foot of the earth fill which extends 500 ft. to the railroad trestle. Honolulu Advertiser Archives - February 15, 1906.

Kahuku Elementary Students Name the Newest **Pup Seals**

Photo and Story By: Penny Nakamura

It seems only appropriate that 11-year-old Rhyze Thompson, a native Hawaiian and a student at Kahuku Elementary got the naming rights for the first Hawaiian monk seal born this year on the North Shore.

"I named her Mea Ola U'i, which means beautiful in Hawaiian, but we call her U'i for short," said Thompson, who was among dozens of students in the fifth-grade classes at Kahuku, who had the honor of submitting names. "U'i' was born on January 28th, and at that time the ocean around here was really rough, so U'i is really tough, she dragged around her placenta for 2 days after she was born."

This is not the first monk seal the 5th grade classes at Kahuku got to name this school year, in August another monk seal gave birth on the North

Shore, and the students selected the pup seals' names by popular vote, but only after they did their research, and Hawaiian language translation studies.

"The first pup seal we named was born in August, and she came just as our school year started, and I liked the name 'Lehiwa', which means admirable and attractive." said Eden Savaiigaea,

10, who nominated that winning name. "I kind of ing period, the mother does not eat at all." felt like a seal mom, when my name was chosen."

Not only did the students get an immersion in marine biology and Hawaiian language studies, but they also learned how man are the monk seals worst enemy.

"There are only about 60 or 70 monk seals left in and around our island (Oahu)," said student Ina Mae Unga. "We must be careful because there aren't too many monk seals left."

Hawaii Marine Animal Response Educational Engagement Manager, Emily Greene says her goal with each student she encounters is to teach them good stewardship of marine life, and the land and waters they inhabit.

"Throughout the Hawaiian Islands the monk seal, which is indigenous to this specific area, is an endangered species, and there are only about 1570

monk seals left," said Greene. "We all need to be mindful; and there are actionable items we can all do, for example, pick up trash when you see it and always keep 150 feet away from a mother seal and her pup."

Samantha Kimak, 10, explains that cat waste can kill the seals. "We learned that cat poop, can kill a seal, because they don't know what it is and if they eat it, it makes them very sick and they die," said Kimak. "They should be eating crustaceans, like crabs and shrimp. They're omnivores."

According to Greene, the top killer of monk seals, aren't sharks but man's trash, like fishing tackle and lines, and the feral cat waste. "What I love about students naming our pup seals, is they become so invested in the project, and then it really becomes a

community project," said Greene, who says HMAR volunteers stand guard when the pup seals are born and rope off the area to alleviate stress on them. "We don't reveal location, because we want to give the seals the best chance of survival, since pup seals are weaned in 4 to 7 weeks, and the mother seal will then swim away. During that nurs-



Kahuku Elementary student finalists with 5th grade teacher Alison Faleolo.

What pleasantly surprised scientists here is that Kaimana the mother, who was born at Kaimana beach/ Waikiki was relocated to the more protected area of the North Shore, and researchers weren't sure if she would have her pup back in Waikiki or here.

Ironically, Kaimana is the daughter of the infamous Rocky, who bit a tourist last year who was swimming too close to her and another pup seal in Waikiki.

"We were so happy Kaimana had her baby here, because 70% of the time a seal will return to the area they were born, but she had U'i here," said Greene. "NOAA considers Kaimana having U'i on this side of the island a huge success, because it looks like they're both thriving."



Dear Editor:

In a world of rapidly changing weather and food shortages, it is imperative that the state take over and pay for the upgrade (an upgrade of its own legislation) instituted on a major dam and agricultural water system; the one that feeds the farmers of "the breadbasket of the island"; the north shore of Oahu. The aging agricultural system is functioning but will soon be turned off, to run dry, due to the \$26,000,000 upgrade the state requires of the old dam. The new regulation requires the spillway to withstand 45 inches of rain in a 24 hour period! Seems to be unreasonable. Dole, who owns the land, wants to gift it to the state since the local branch cannot absorb that cost and will shut it down. It's a perfect example of how government regulation can destroy an industry like farming. Another consequence of removing the dam is that it is used for flood control.

Gains made in the past to repopulate the north shore with small farms, sustainable food supplies, subsistence farming, and reforestation efforts (like our certified wildlife habitat farm) will disappear in a cloud of dust...literally. Government is institued to provide infrastructure; things like roads and water. Soil is also a resource; it needs enough water, the basic building block of life, to upkeep nutrients. Dirt is like nature's stomach- it needs probiotics to digest the minerals in a way that makes them available for plants. 'No water' means the death of probiotics then plants, ending up in heavy silt runoff that kills coral, creates a dustbowl environment where topsoil erodes, and reverses the lands ability to regenerate.

Small north shore farmers teeter on the edge of sustainability. Without agricultural water- an affordable one- most, if not all, will go out of business, since drinking water, which is not always even rurally available, is TWENTY times more expensive. 'Food security' is no more than lip service if water is not available to the small farmer—when we need it most. This is happening all over the planet. Our family runs a small old farm on the mainland. They haven't made money in five years. This is the fifth year the crop has died, due to drought, insect infestation, disease and excessive heat. Here on the north shore, our farm had to sacrifice our crop again due to windstorm, stress, and drought damage, for the forth time. Without ag water, with increasing heat and drought, that stress will look mild in comparison, and we'll be done farming.

Even major flooding will be much worse without cultivated land and the dam. Land with crops, fruit

trees and even deep-rooted grasses allows rainwater to go into the soil. Without ag water, relying on only rainwater in this area, the land is too arid, and the fruit trees, good ground cover plants and crops die, leaving the topsoil as hard and dry as a concrete brick. Rainwater immediately runs into the low-level areas, where people and buildings exist, causing flooding, major damage, and possible loss of life.

Farms are the leech-fields of the land. The natural forests disappeared long, long ago and the soil became depleted, barren. Farms like our are trying to rewild the land with koa trees, native shrubs and rain storage ponds in addition to farming our crops. What will happen to the wildlife that has repopulated the area, with no water? What will happen to what we produce without ag water? It's a future I don't want to even imagine.

Jeanne and Bruce Clements Waialua



Mokule'ia Food System Coming into Bounty – Kawaihapai Farms

By David Collentine

Former corporate agricultural land in Mokuleia that lay fallow and "choke" Guinea grass, is being used to grow produce that provides income to local farmers and locally grown food to Oahu residents. Kawaihapai Farms, is a former 186 acre Dole property, mauka of the Dillingham Airfield that is yielding regular harvests of kalo, mai'a (banana), 'uala (sweet potato), casava, eggplant, long beans, grape tomatoes, and squash. Other plots of land within the farm are being managed by owners using agroforestry practices that will yield a diversity of tree fruit; mango, suriname cherry, avocado, soursop, 'ulu, niu (coconut), as well as bamboo and hardwood. During the clearing and preparation of the land for planting, discarded plastic irrigation pipe, sheet plastic, rocks and trash have been removed. The access to this farmland is giving North Shore residents the opportunity to take their objective of establishing a sustainable food system on Oahu and make it a reality for the community. The availability of the locally grown food is easy to see when produce grown by Kawaihapai farmers is sold at the Aloha Stadium farmer's market and brought by the individual farmer to their community church. The establishment of a local food system will give association (palina) to the ecosystem and strengthen the healthy social space in Mokule'ia and the North Shore.



NORTH SHORE REAL ESTATE TRENDS

by Richard Sterman (R) of Sterman Realty

The State of our Real Estate

Exactly 15 years after the last "Financial Crash" we almost had another one! Yes, for some reason, March 15th (The Ides of March) is an ominous date for our economy. Many of our recessions started on that day (the 1981 Interest Rate recession, the Gulf War recession and the Bear Stearns recession). Recently, both the Covid lockdown and the Silicon Valley Bank failure (both happening on March 15th) ALMOST threw us into two different recessions. So, what stopped them?

The U.S. Government! Remember it "raining money" during Covid? "A trillion here and a trillion there and, after a while, we're talking about some real money!" It was the government, printing money, that kept us out of these last two recessions! However, it's exactly this path of pumping money into the system that is inflationary!

So - how does this affect Real Estate?

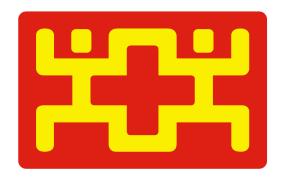
With higher rates to fight this inflation (now around 6%), those owners with existing loans (around 3%) don't want to sell! This dwindles the supply down and we're back to the age-old "Supply & Demand" scenario. Less supply and more demand means higher prices (inflationary!).

What does this mean for the State of Real Estate here on Oahu? It's still strong! In fact - with "inflation" not going away and people's money in the banks at risk, there seems to be no safer place right now than real estate!

As always - I'll keep you posted!

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.

SAVE THE DATE HALEIWA ARTS FESTIVAL JUNE 24-25, 2023



KO'OLAULOA HEALTH CENTER

Food is Medicine

Can't imagine eating 5 servings of fruits and vegetables a day? Think again! A "serving" can be a small apple or a salad. Start from wherever you're at now and increase gradually. Not eating any vegetables at all? Set modest goals. Try just one serving a day.

Changing old habits is hard but worth it! Studies show people who eat 5 servings of fruits and vegetables a day lower their risk of dying from heart disease, cancer, or respiratory disease. In an 8-week study, some diabetic patients got a weekly \$10 voucher (for up to 8 weeks) to purchase fruits and vegetables from a local farmers market. Those who got the vouchers had better blood sugar control than those who didn't.

KHC offers these baby steps towards putting more fruit and veggies in your diet:

- 1. We love and want to support our farmers on the North Shore! Stop by a fruit stand or farmers market for the freshest stuff.
- 2. Can't get your kids to eat fruits and vegetables? At KHC, we've got a free cookbook for our patients that has kid-friendly fruits and vegetables recipes you can prepare together. Ask for one on your next visit.
- 3. Convenience is key. Keep cherry tomatoes, local apple banana, oranges and papayas on hand and carrot & celery sticks cut in the fridge ready to grab when you feel snacky.
- 4. Don't like how veggies taste? Mix them into foods you like. How about adding mixed frozen veggies into your beef stew or chili? Or a handful of baby spinach to your scrambled eggs?
- 5. Eat out a lot? Pick tossed greens instead of mac salad on your next plate lunch.

Once you've achieved your modest healthy eating goal, keep going! Add one more serving a week. Before you know it, you'll have a healthy habit.

Appointments: 808-293-9231
Information: koolauloachc.org
Clinics: Kahuku and Hau'ula
Low Cost Pharmacy: Kahuku









FIHi Girls Surfing & Sports on Spectrum OC 16 Sat 9:30 BANZAI NORTH SHORE WIRELESS

RED BULL MAGNITUDE, TRULY HISTORIC WOMEN BIG WAVE SURFING

It was an action packed big wave season for Hawaii with back to back swells that the wahine in the Red Bull Magnitude had a chance to surf. The Magnitude event runs from December 1st through February 28th and it was an impressive three months that included outer reefs, Waimea Bay and Pe'ahi on Maui. Once again it was mostly the surf at "Jaws" that was favored by the judges. The overall winner of this year's digital contest was Paige Alms from Maui. She strung together an impressive array of waves to claim the overall title and a \$20,000 prize purse.

"I'm so stoked to come out on top at Red Bull Magnitude," said Alms. "This was one of the best winters in Hawaii for performance in big-wave surfing, and it's an honor to be in the mix among some outstanding competitors", said Alms after the awards ceremony. Second place overall finisher and last year's overall winner, Skylar Lickle, claimed the Best Ride award, which was given to the single highest-scoring wave, for her stunning ride at Pe'ahi in January. Red Bull athlete Izzi Gomez scored the Best Tow award, while also catching her first-ever barrel at Pe'ahi this season. There was no award but local North Shore charger Siri Masterson entered a giant tow wave that was super impressive. " That wave was the ride of a lifetime" she said. "I'll never forget that one". The Breakthrough Performer and 3rd place finisher was Felicity Palmateer, who competed in Red Bull Magnitude for her first time this season. Finally, the People's Choice award, voted on by fans following online, was Aussie-Brazilian Anne Dos Santos, narrowly edging out fellow competitor Polly Ralda. The award was given in honor of Larry Haynes, a famous North Shore cinematographer who passed away

The criteria of the event was 15 foot Hawaiian size waves and the top three selected waves were scored. Red Bull over the years has been a giant supporter of Women athletes while some companies have not. Providing camera crews and safety crews for the video event was key as well as the overall mental support of the women athletes. Congratulations to all. All the competitors were surely winners in this historic event. To see the rides log on to the Red Bull website.

Red Bull Magnitude Complete Results:

Overall Performance:

1st - Paige Alms, 2nd - Skylar Lickle, 3rd - Felicity Palma-

teer, 4th - Bianca Valenti, 5th - Katie McConnell

Best Ride: Skylar Lickle Best Tow: Izzi Gómez

Breakthrough Performer: Felicity Palmateer People's Choice in Honor of Larry Haynes:

Anne Dos Santos

PUERTO RICO FINAL OLYMPIC QUALIFIER LOCATION

The ISA announced that Puerto Rico will be the location of the 2024 ISAWorld Surfing Games (WSG), the all-important final stage of qualification for surfing in the Paris 2024 Olympic Games. The competition is set to take place in the municipality of Arecibo on the worldrenowned reef breaks of Margara, a heavy water wave, and the twin breaks of El Pico and Rastrial, both offering solid waves mainly favoring lefts. The competition window is provisionally scheduled from February 22nd to March 2nd, 2024. The 2024 WSG will see the culmination of two years of Olympic qualification, with a total of fourteen (14) Olympic slots up for grabs. Puerto Rico will see surfing history made as the top five (5) ranking eligible men and top seven (7) ranking eligible women claim their slots. The 2024 Paris Olympic Games will be held in Tahiti's famous Teahupoo surf break.

ROUTE 99 BAY EQUITY LOANS PIPELINE BODYBOARD CHALLENGE

Finished up March 7 at the break Pipeline. The men's participants wanted to wait for the last swell of the waiting period and it paid off in a great way with surf good in the morning at 3-4 feet. Looming was a giant swell with west winds that would ruin everything so they called it on. The sand build-up was still challenging making for last ditch maneuvers into the sand bank. It was a battle of flips, 360's and air moves, really fun to watch! Later it was more like victory at sea as west winds came as a front approached. "We were blessed to get a run at Pipeline, so it's all good", said Kawika Rohr-Kamai, 22 from Waimanalo. Rohr-Kamai finished up in third place. It was the elder of the final Jeffery Hubbard, 47, from Ewa Beach just missing out of the win. "We surfed 5 heats today... I'm glad to make the final with these guys", said Hubbard after the awards. Hubbard is a 7 time world champion and five time winner of this event. He is known for innovating air maneuvers. He was just edged out by 24 year old Tanner McDaniel from Kauai. "I was pretty gassed at the end but when you have back to back heats like that you just gotta get in a rhythm and keep the energy and maintain, try to keep calm and keep going". Going he did, right to the win and \$1,600.00. All results below. Mens Bodyboarding:

Tanner McDaniel 14.20 HI, Jeffery Hubbard 14.00 HI, Kawika Rohr-Kamai 12.30 HI, Haven Ahn9.00 HI Drop Knee:

Sammy Morretino 12.34 HI, David Hubbard 11.34 HI, Justin Cadiente 9.00 HI, Mack Crilley 8.43 HI Women's Bodyboarding:

Neymara Carvalho 11.77 BRZ, Sari Ohhara 10.74 JPN Ayaka Suzuki Crilley 9.44 JPN/HI, Jessica Becker. 7.00 BRZ/HI



Overall Performance: 1st (middle) Paige Alms. 2nd (2nd left) Skylar Lickle, 3rd (2nd right) Felicity Palmateer, 4th (right) Bianca Valenti, 5th (left) Katie McConnell Photo: RBM



Red Bull Magnitude Competitors Photo: RBM



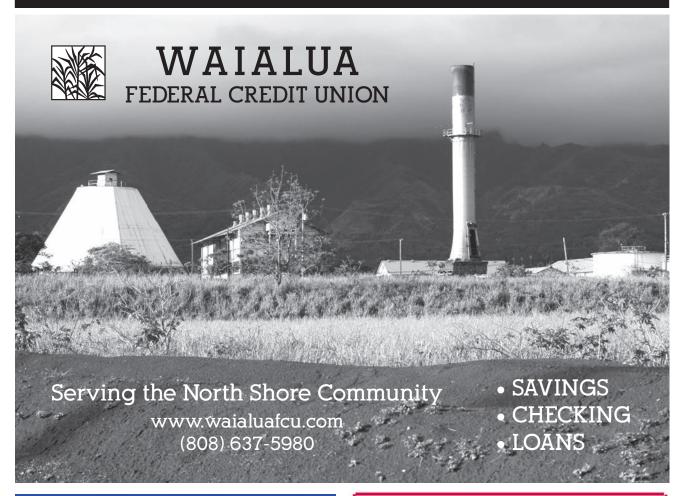
Kaya Waldman-Waimea Bay, Impressive Backside Photo: RBM



Emi Erickson- Waimea Bay, often called "Queen of the Bay" Photo: RBM



Jeffery Hubbard Mens Bodyboarding Finalist Photo: @banzaibetty





OFF da Island in Charlotte, North Carolina - Hale'iwa resident Vaneetha Crampton visiting her daughter Tara during spring break. They are pictured at the Optimist Hall, a former cotton mill now a food court.



67-068 Kealohanui St, Waialua, HI 96791 FriendsofWaialuaLibrary@gmail.com 808-637-8286

Writers' Group

Thursday, April 13, 9:30-11am Topic: "Faith"

Readers' Group

Thursday, April 27, 9:30-11am Title: "For Whom the Bell Tolls" by Ernest Hemingway

Computer Introduction

by appointment - 808-637-8286

Family Story Time & Craft

Every Saturday, 10:00am

Used Book Sale

Sat. April 15, 8:30am-12:30pm Weather Permitting

Library Closed Fri. 4/7 for Good Friday



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FLORAL LEI MAKING



TUESDAY, APRIL 18TH at 5 PM - 7 PM

Waimea Valley Cultural Educator Lana Dorr will share how to make floral lei po'o in time for graduation. Space is limited to 10. Must preregister at 808-293-8935.

FEEL GOOD MOVIE NIGHT

Tuesday, April 11th - 5pm-7pm



Gigi & Nate (PG-13)

After an accident leads to his full paralysis, Nate Gibson struggles to adapt as a quadriplegic even with his family's support. One day, Nate meets a capuchin monkey named Gigi. The service animal soon becomes an unlikely close friend and companion that alters the course of Nate's life.



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WEDNESDAYS AT 10 AM

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Thursdays 9:30am -1:30pm April 6th, 13th

No appointments, walk in/sign up only

- Books printed in 2020-2023
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Apr 7th HOLIDAY Good Friday

Drop off: Last Friday of month, 10 to 11am

56-490 Kam Hwy 808-293-8935 M, W, Th: 9 - 12 pm and 1 - 4 pm; Tues: 12 - 4pm and 5 - 7 pm; Fri: 12 - 4 pm



NOTICE!

The North Shore News will no longer be mailed to the North Shore residents effective:

April 2023

Due to increased printing rates, postage rates and to reduce paper waste the North Shore News will no longer be mailed to the North Shore residents.

To receive the North Shore News in COLOR

for free by email, send a message to: NSNHaleiwa@gmail.com OR

Subscribe to receive the North Shore News (\$23.00 Apr-Dec) Call for payment info OR

Pick up the North Shore News at area locations: North Shore Chamber of Commerce, Kahuku Library, Waialua Library, NSN stand by Bank of Hawaii, NSN stand at North Shore Marketplace by Polynesian Treasures, Malama Market, Waimea Valley, Pupukea Foodland, Laie Foodland, Brown Bottle, Paalaa Kai Market, Wahiawa Library, Starbucks and more.

Please call for more information: (808) 780-8037

Mahalo to the North Shore community for your support!



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Chun's Store 66-412 Haleiwa Rd, Haleiwa Fridays - Mondays 9am - 3pm Breakfast and Lunch Menu Varies from Week to Week Text for Phone Orders (808) 772-1977 mamanitashi.com



OFF da Island in Australia

Cindy and Jim Covell from Waialua enjoying their vacation in Australia and visiting the Great Barrier Reef. Cindy brought along the NSN to remind her of the good times back on Oahu's beautiful North Shore. For information on the OFF da Island campaign turn to page 23.

North Shore News

Publication Date: May 3 Deadline Date: April 24 North Shore Swim Series - Memorial Day

Publication Date: May 31 Deadline Date: May 19 Haleiwa Arts Festival - Graduation

NORTH SHORE FOOD BANK

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

DISTRIBUTION UPDATE

at Kaiaka Bay Beach Park

Wednesday, April 19, 12 noon

Wednesday, May 3, 12 noon

Wednesday, May 17, 12 noon

Wednesday, June 7, 12 noon

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







The North Shore News is published every four weeks and mailed free of charge to all the North Shore homes and businesses. Digital copies are emailed in color.

PRESS RELEASE POLICY: Submit press releases, email to the Editor. Releases should be viable news stories or human interest stories and are published on a space available basis only. You may attach photos. We reserve the right to edit and/or refuse all submissions including advertising.

EDITORIAL POLICY: The North Shore News is a community paper. We welcome articles, pictures and Letters to the Editor.

CLASSIFIED AD RATES: Classified ad rates are \$6.00 per line with up to 27 characters per line. The box ads are \$40.00 per column inch. Submit classified ads by email. Phone calls are always welcomed.

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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



Next Issue - May 3, 2023 Deadline Date - April 24, 2023

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 NSN? Send us a photo with someone in front of a sign or landmark holding a copy of the NSN or holding a written sign with "NSN". Email your photo with a caption including names, place of residence and photo location. NSNHaleiwa@gmail.com

TUESDAY MARKET WAIALUA

at Waialua United Church of Christ 67-174 Farrington Hwy. Tuesdays 3pm -7pm Foods, Crafts, Wares, Entertainment

Happy Easter!

FREE ADS

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Miscellaneous

HAWAII POLO OPENING DAY

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NORTH SHORE COUNTRY MARKET RE-OPENING SOON

Vendors are welcome and needed. Hawaii Made ONLY. 8X10 Booth \$25.00 per week, collected monthly show or no show. For information contact. Roberthegreat1942@gmail.com

Happy Birthday Nana!

Ella. Eva & Remi



North Shore Serenity Al-Anon Family Group meets 6:30-7:30 pm Wednesdays at St. Michael's Church Outreach

Family Group meets 6:30-7:30 pm Wednesdays at St. Michael's Church, Outreach Room, 67-340 Haona St, Waialua, 96791. 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. More information at www.alanonhawaii.org; or by calling 808-546-5647

POTHOLES ALERT & REPORT

State Owned Roads (e.g. Kam Hwy) **808-536-7852**

City Owned Roads (e.g. Ke Nui/ Pupukea Rd) **808-768-7777**

JOIN US!

The Pupukea Seniors would like to invite seniors to join their group. They meet on the 1st Tuesday of the month at Sunset Beach Rec Center at 10am. For more information contact Gayle 509-289-0304

Drug Problem? Call Narcotics Anonymous 808-734-4357

Meeting 7pm Mondays Cottage 2 behind Waialua Community Asso. 66-434 Kam Hwy Haleiwa

North Shore Food Bank IG @nsfoodbank



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



Register your keiki today at www.lokoea.org! or scan the QR code below









Come join our Aloha 'Āina Summer program! Hands-on activities may include:



- Kilo and Loko i'a -observational skills, fishpond practices
- Native plant propagation and outplanting
- I'a ID and Lawai'a Pono -fish ID, correct fishing practices
- Niu Growing and Processing -uses of coconut
- Huaka'i to Local Nonprofit Sites -field trips
- Imu building and cooking -traditional underground oven

One week sessions beginning June 13 until July 25 Grades K-2: week 1 & 4 • Grades 3-5: week 2, 3, & 5 Grades 6-8: Week 6

Registration is open to everyone. Priority registration for North Shore to Mililani residents and then on a first come, first serve basis. \$25 program fee. Scholarships available upon request. Please email: napiliwai@lokoea.org

HELP RESTORE LOKO EA TODAY!

COMMUNITY WORK DAYS! VOLUNTEER

3RD SATURDAY

April 15th • 9AM-12PM lunch to be provided

earth Day at Loko ea with Hānai Kaiāulu APRIL 22, 2023 9AM - 12PM

Up-cycling cardboard boxes by shredding and making biodegradable cardboard pots!



Register online **a lokoea.org**or scan QR >>>



UPCOMING EVENTS @ LOKO EA FISHPOND

KUMU 'IKENA CULTURAL WORKSHOP SERIES

Saturdays · gam - 12pm · Free for the whole 'ohana!

APRIL 8th, 2023

'UPENA & 'AMA'AMA:

Connecting practice to resource

APRIL 23rd, 2023

LEI MAKING:

Weaving styles and gathering



scan to register or visit us at lokoea.org