



"E Ala Na Moku Kai Liloloa"



NORTH SHORE NEWS March 8, 2023 VOLUME 40, NUMBER 3



A few members of the Cesspool Conversion Working Group at a recent UH Sea Grant event at the Waikiki Aquarium.

It's Time to Give a Crap About Converting Cesspools

By Stuart Coleman

Some issues are so complex, it's tempting at times to give up and not give a crap. But the need to convert the state's 83,000 cesspools is fairly straight-forward: Hawaii has the highest number of cesspools per capita, and these substandard systems pose serious threats to human health, drinking water sources and the near-shore environment, including coral reefs. But there's good news on the horizon.

After four years of meetings, the Cesspool Conversion Working Group (CCWG) finally wrapped up last Fall and has some promising

solutions for this year's legislature. The Working Group consisted of a diverse array of leaders in their fields who were committed to finding the best solutions for dealing with this "crappy" problem: converting more than 80,000 cesspools across the state by 2050. Hawaii was the last state to ban cesspools by more than three decades so there is a lot of catching up to do to solve this \$2 billion problem.

As a member of the Working Group for four years, I admit that it was a long and difficult process but well worth the effort because

we produced a list of recommendations that were almost unanimously supported. A couple of the top new legislative priorities include: setting up earlier deadlines for Priority Areas 1 & 2 (where cesspools pose risks to human health and the environment) and creating a new Cesspool Section at the Hawaii Dept. of Health to help streamline the permitting process for all of those cesspool conversions.

Last legislative session, we worked with a coalition of groups to help pass a bill that would create grants of up to \$20,000 to help low- and mid-income homeowners with the costs of converting their cesspools, and that Grant Pilot Program will go into effect later this month. So let's give a crap and help put this crappy problem behind us! www.WaiCleanWater.org

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Mayor Blangiardi to Hold 11 Town Hall Meetings Across O'ahu

Honolulu Mayor Rick Blangiardi invites members of the public in communities across the island of O'ahu to participate in a series of town hall meetings featuring the mayor and top City officials that are scheduled to begin on March 21, 2023.

The town hall meetings, which will be held over a ten-week period running through the end of May, are an opportunity for the mayor and other senior administration leaders to listen to concerns directly from the public, answer questions about the City's top priorities and brief residents about upcoming projects in individual neighborhoods.

Mayor Blangiardi and representatives from more than 25 departments and City agencies will attend all 11 meetings.

"This is an invaluable opportunity to get our team into our neighborhoods and find out what's important to our residents", said Mayor Rick Blangiardi. "We are going to listen to concerns and suggestions and provide the best answers we can."

The town hall meeting schedule is as follows:

Date	Time	Location
Tuesday, March 21	7-9 p.m.	'Ewa Makai Middle School
Thursday, March 23	7-9 p.m.	Wai'anae District Park
Thursday, March 30	6:30-8:30 p.m.	Filipino Community Center - Waipahu
Thursday, April 6	7-9 p.m.	Mililani High School
Thursday, April 13	6:30-8:30 p.m.	Kalani High School
Thursday, April 20	7-9 p.m.	Lā'ie Elementary School
Thursday, April 27	6:30-8:30 p.m.	Benjamin Parker Elementary School
Thursday May 4	7-9 p.m.	Waialua Elementary School
Thursday, May 11	6-8 p.m.	Ala Wai Golf Course Clubhouse
Thursday, May 18	6-8 p.m.	King David Kalākaua Middle School
Thursday, May 25	6-8 p.m.	Pearl Harbor Elementary School

The town halls will include an open question and answer session with Mayor Blangiardi and other city department directors and deputy directors. The public is encouraged to participate and make suggestions on how the administration can better serve the people of O'ahu.

Additional information about the town hall meetings will be posted at www.oneoahu.org/townhall as the first of the scheduled meeting dates approaches.

E KOMO MAI KAMA'ĀINA!



KEIKI WEDNESDAYS

FREE admission every Wednesday for all kama'aina and military keiki ages 12 and under

KAMA'ĀINA THURSDAYS

FREE kama'aina admission 12 - 3 PM every Thursday, before the **Hale'iwa Farmers' Market**, 2 - 6 PM at the Pikake Pavilion

LĀ 'OHANA DAY

50% off admission for all kama'aina and military families on **Sunday March 19**

PRINCE KŪHIŌ DAY

FREE kama'aina admission on **Sunday March 26** to celebrate Prince Jonah Kūhiō Kalaniana'ole's birthday

SPRING BREAK HOURS

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To sign up, visit PCCOhana.com.

*Expires on 4/29/23. Must be an 'Ohana Club member. Some restrictions apply.



Hawaii Triathlon Center to Host North Shore Triathlon

By Noah Grodzin

On March 12th the Hawaii Triathlon Center (HTC) will be hosting the North Shore Triathlon which is the longest running annually held triathlon on Oahu. The North Shore Triathlon will be the first of the three North Shore events in 2023 for the HTC with the Haleiwa Triathlon to be held on June 18th and the Turtle Bay Triathlon to be held over Thanksgiving.

Benjamin Williams owner of the Hawaii Triathlon Center is a former professional triathlon athlete who since 2013 has turned his attention and focus towards coaching and training as well as the opening of the HTC in 2015.

Although the Hawaii Triathlon Center is located in Kaneohe, the North Shore is very special to Ben. He surfs, hikes, and camps in the area, as well as participates with the North Shore Chamber of Commerce. Ben's passion is introducing beginners to the sport and he believes the North Shore Triathlon is the perfect introduction for anyone curious to learn. The Triathlon center offers a year round training program for beginners and also has a special program that focuses on juniors.

The sport of triathlon is an endurance sport

which has been growing since the 1970's, and is a participating Olympic sport. Wouldn't it be great to one day see someone from Hawaii as a future Olympic Triathlete?...lets do it!

HTC is very grateful to the North Shore for the community support which enables them to hold these events. You can find more information and register for any upcoming events at www.hitricenter.com.



Benjamin Williams with one of his top juniors Tyson Parker



The KMC Haleiwa health clinic recently celebrated its one-year anniversary as Kahuku Medical Center's first freestanding primary care clinic. The newly renovated space offers patients a full spectrum of primary care services, including pediatrics, women's and men's health, family medicine, and disease management for a number of chronic conditions. Additionally, onsite laboratory services save patients an extra trip - and valuable time - driving to an independent lab for blood work. KMC Haleiwa's medical providers, Dr. Leanne Jones and Donna Vallejo APRN, have a shared passion for improving access to high-quality healthcare services for all community members. Dr. Leanne Jones is dual board-certified in family medicine and preventive medicine. Donna Vallejo, APRN, is an advanced practice nurse practitioner specializing in family medicine, preventive medicine, and women's health. With a combined 20 years of experience, this provider team sets a refreshingly high bar for standards in healthcare. For community members who've yet to establish with a primary care provider, or who wish to establish with someone new, KMC Haleiwa is the healthcare clinic you've been looking for. Please call (808) 637-7425 or stop by the clinic at 66-632 Kamehameha Hwy. to learn more about the many services available for you and your entire ohana. Hours of operation are Monday - Friday, 7:30 am - 4:30 pm.

SAVE THE DATE!

KUILIMA FARM'S SPRING GARDEN PARTY!

- FREE parking
- \$12 U-pick bag: Pick your own seasonal veggies (beets, carrots, radishes) straight from the soil!
- Self-guided plant scavenger Hunt
- Refreshing Spring drinks + shave ice
- Fun photo opps for the family

SATURDAY, APRIL 1
SUNDAY, APRIL 2
10 A.M. - 3 P.M.

Turtle Bay Resort's Kuilima Farm invites everyone to harvest your own vegetables and celebrate Spring with refreshing farm goodies and photo opps!

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TUESDAY MARKET WAIALUA PRESENTS

St. Patrick's Tuesday

MAR | 14 | 3 - 7 PM

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CHECK OUT @TUESDAYMARKETWAIALUA ON INSTAGRAM AND FACEBOOK, OR VISIT WAIALUAUCC.ORG/TUESDAY-FARMERS-MARKET-WUCC FOR MORE INFO!

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24TH ANNUAL HALEIWA ARTS FESTIVAL

CALL TO ARTISTS!

WHO: VISUAL FINE ARTISTS IN ALL MEDIA and ARTISTS IN MUSIC, DANCE AND DRAMA FOR OUR PERFORMING ARTS STAGE

WHAT: THE 24TH ANNUAL HALEIWA ARTS FESTIVAL SUMMER EVENT: A CELEBRATION OF VISUAL, PERFORMANCE & CULTURAL ARTS

WHEN: FESTIVAL DATES: JUNE 24-25, 2023
SUBMISSIONS ARE DUE BY MARCH 24, 2023
FOR GUIDELINES AND ARTIST APPLICATION GO TO:
www.HaleiwaArtFestival.org

WHERE: HALEIWA BEACH PARK IN HISTORIC HALEIWA TOWN ON THE NORTH SHORE OF OAHU, HAWAII

WHY: TO PROVIDE OUR COMMUNITY WITH AN ART AND CULTURAL EXPERIENCE FOR ALL TO ENJOY FOR FREE!

COMMUNITY4ART

HaleiwaArtFestival.org

ART OF ALOHA GALA



HAWAII POLO CLUB IS THE SPONSOR FOR OUR ANNUAL
ART OF ALOHA FUNDRAISING GALA

IT WILL BE HELD ON APRIL 15TH AT THE HAWAII POLO FIELDS IN MOKULEIA FROM 5 TO 9 PM

THE EVENING FEATURES GREAT FOOD FROM LOCAL CHEFS, LIVE MUSIC, DANCERS AND SILENT AUCTION.

\$125 PER PERSON - ALL INCLUSIVE (VIP TABLES AVAILABLE)

THIS EVENT IS NOT TO BE MISSED!

THE SILENT AUCTION IS A GREAT PART OF THIS EVENING. WE ASK THAT IF YOU DON'T ATTEND THE EVENT, OR EVEN IF YOU DO, PLEASE CONSIDER DONATING A PIECE OF YOUR WORK OR A GIFT CERTIFICATE FOR YOUR PRODUCT/ SERVICE TO HELP KICK OFF HALEIWA ARTS FESTIVAL FUNDRAISING FOR 2023!

(PLEASE LET US KNOW AS SOON AS POSSIBLE ABOUT YOUR DONATIONS, SO WE MAY ARRANGE TO CATALOGUE AND SCHEDULE PICK-UP.)

CALL 808.637.2277 FOR MORE INFORMATION



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

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ADD a pie to your selection above and get...

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20% OFF YOUR ENTIRE ORDER!

Offer valid between March 8 - 21, 2023.

Have a great day!



Councilmember
Matt Weyer
Serving You in District 2

Aloha Friends and Neighbors,

First, I want to say mahalo to everyone who has offered their time to communicate concerns in the community, as well as ideas on important policy issues. Serving the North Shore is a team effort, and I appreciate everyone’s willingness to contribute to the community.

Our team recently visited Honolulu’s Ocean Safety and Lifeguard Services Division, the primary responder for emergencies on O’ahu’s beaches and near shore waters. Speaking with Chief John Titchen and members of the North Shore’s Ocean Safety District 3, we learned about the division’s operations and growing volume of work. We will continue working to support our first responders and to keep our beaches and public areas safe.

In February, the Council presented an Honorary Certificate to Luke Shepardson, North Shore lifeguard and winner of the 2023 Eddie. On Girls Day on March 3rd, the Council recognized the first women to compete in the Eddie, as well as Myra Aikau, Eddie Aikau’s sister, a longtime public servant, and a member of the Eddie Aikau Foundation’s Board of Directors.

The Council is also working to protect our shores from the threats of sea level rise and coastal erosion. The Council recently passed Bill 41, which increased shoreline setbacks and incorporated coastal erosion rates, allowing for a more nuanced, flexible, and evidence-based setback. The changes implemented through this bill will help to protect property owners and public infrastructure, as well as O’ahu’s treasured beaches and coastal ecosystems. In addition, Bill 42 passed, updating Special Management Area rules to provide additional protections against the impacts of coastal hazards, including sea level rise and coastal erosion, while ensuring consistency with state-level Coastal Zone Management regulations.

Please do not hesitate to reach out if you have any questions, concerns, or ideas about how to better support our community. You can reach me by phone at (808) 768-5002 or by email at mweyer@honolulu.gov. Mahalo!



Councilmember Weyer speaking at a roundtable discussion surrounding Hawai'i's, shrinking beaches Credit: PBS Hawai'i, Feb. 23, 2023



The City Council honoring Luke Shepardson for his public service as a lifeguard and his achievements at the Eddie surf competition



Councilmember Weyer visiting the lifeguards at Waimea Bay

Waialua Community Association
Executive Board

Leif Andersen - President Boyd Ready - Vice President
Manu Anana, Secretary Charlyn Sales - Treasurer

Trustees

Keith Awai, Jennifer Hernando, Rachelle Miller,
Derek Ragragola, Naomi Ramirez, Trudy Rego,
Michele Rego



2023 Board of Trustees

North Shore Neighborhood Board
Meetings #27

Next Meeting: Tuesday, March 28, 2023

4th Tuesday of Every Month - 7pm
at Waialua Elementary School Cafeteria
67-020 Waialua Beach Rd.



Ask the Doctor

Nash Witten, MD

Dear Doctor, "Why do I keep getting 'haole rot?'"

Tinea versicolor, locally known as haole rot or kane, is a very common skin infection, especially in the tropics. It is caused by a normal skin fungus that transforms when exposed to hot and humid weather and topical oils, such as sunscreen. It is called versicolor because infections can appear darker or lighter than the surrounding skin. So no, it has nothing to do with being Caucasian, but it does sometimes make darker-skinned people appear white!

Tinea veriscolor is diagnosed by a quick examination of a patient's skin. The lighter or darker-colored affected skin areas are usually on the arms, shoulder, neck, and/or face. The fungal skin infection does not usually cause itching or burning but can be unsightly if not treated.

Thankfully tinea versicolor is (generally) easy to treat! Shampoos containing selenium sulfide and zinc pyrithione, available over the counter, can be applied to the affected skin for five to ten minutes before washing daily for one to two weeks for successful treatment. This treatment regimen usually kills the fungus; however, the color of the skin can take many weeks to return to normal.

Although these over-the-counter treatments usually kill the fungus, in some cases, you may require additional prescription medications from a provider. These improved treatments can include topical ointments, and oral medications may be necessary in extensive cases. Other people may have recurrent "attacks" of tinea versicolor, and for these patients, monthly application of the over-the-counter shampoos for ten minutes before washing usually is sufficient.

If you are having difficulty treating tinea versicolor you may also have an underlying condition that is causing these recurrent episodes, and an evaluation by a healthcare provider is warranted!

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 nsnaskthedoctor@gmail.com.

What is the Narcotics Anonymous Program

New Narcotics Anonymous meeting: Mondays 7-8pm, Cottage 2 behind Waiialua Community Association 66-434 Kamehameha Hwy Haleiwa

Narcotics Anonymous is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. There is only one requirement for membership, the desire to stop using. We suggest that you keep an open mind and give yourself a break. Our program is a set of principles written so simply that we can follow them in our daily lives. The most important thing about them is that they work.

There are no strings attached to NA. We are not affiliated with any other organizations. We have no initiation fees or dues, no pledges to sign, no promises to make to anyone. We are not connected with any political, religious, or law enforcement groups, and are under no surveillance at any time. Anyone may join us regardless of age, race, sexual identity, creed, religion, or lack of religion.

We are not interested in what or how much you used or who your connections were, what you have done in the past, how much or how little you have, but only in what you want to do about your problem and how we can help.....

Our message: An addict, any addict, can stop using drugs, lose the desire to use, and find a new way to live. Our message is hope and the promise of freedom.

O'ahu NA Helpline: 808-734-4357

Kamehameha Highway Pedestrian Safety Project, Vicinity of Laniakea Beach

This is to inform you that we are reviewing applications for a **Special Management Area Use (SMA) Use Permit** and a **Shoreline Setback Variance (SV)** to allow roadway improvements, which includes realignment of the roadway, along Kamehameha Highway.

In accordance with Chapter 25 and 26, Revised Ordinances of Honolulu (ROH), the Department of Planning and Permitting (DPP) will conduct a public hearing regarding these applications on **Thursday, March 30, 2023, at 10:00a.m. at the Sunset Beach Recreation Center, 59-570 Kamehameha Hwy, Haleiwa. All interested persons are invited to come.**

You may review the application materials online at www.honolulu.gov/dpp (click Public Input and select the Project on the web map).



North Shore Chamber of Commerce News

A Busy Year Ahead

Chamber President Mary Wood Retires

Retiring North Shore Chamber of Commerce President Mary Wood was recognized at the Chamber's February meeting at Haleiwa Joe's for devoting numerous volunteer hours over the past two years. Her support and dedication to the Chamber and our community has been untiring. She was presented with a cutting board and original card created by local artist Jen Schultze. Mary plans to continue as a Board member. Stepping into her position is local attorney and Chamber Board member Mike Biechler of North Shore Law Offices.

Sponsors Make All Things Possible

A schedule of this year's community events, many newly instituted last year, was presented at the recent meeting. They include the July 4th Haleiwa Fireworks and Vintage Car Festival, and Christmas festivities including a wreath contest, Haleiwa Christmas Tree Lighting, Haleiwa Parade, and the Christmas Ball. Events added this year include a flag event Memorial Day weekend and Haunted House in October.

Executive Director Kelli Turansky acknowledged Chamber members for the support they have provided over the past year and emphasized the importance of continued support to provide services and special events that benefit both the businesses as well as our overall community. Chamber sponsorship provides the donor with greater visibility among Chamber members and the North Shore community. The sponsor's message reaches within and beyond a vast Chamber audience including the more than 200 member businesses, groups, and individuals.

Membership Contest Continues

The Chamber continues its Membership Contest until April 26, the date of its General Membership meeting and Board election. The prize is a night stay at the Turtle Bay Resort. Entrants must be Chamber members to participate. If entrants bring in a new member by the contest deadline, they are eligible to win. New members must pay their own membership online, through mail, or in person at the Chamber office. Anyone interested in participating in this contest may contact the Chamber for promotional and membership materials. Questions may be sent to info@gonorthshore.org; or directed to the Chamber office across from the Haleiwa Post Office.

Board of Directors Elections Set April 26

Chamber members are encouraged to consider running for at least two vacant Board of Director positions. Qualifications include being a Chamber member and, ideally, having previous experience volunteering in some capacity for the Chamber. Board members should be committed to the Chamber mission and familiar with the North Shore community.

Above all, they should have a willingness to support the Chamber via participation in membership recruitment and consistent attendance at scheduled Board, Committee, and Membership meetings as well as special events. Persons interested may contact Chamber Executive Director Turansky at 808-637-4558; emailed to director@gonorthshore.org; or stop by the office.

Of note

The Haleiwa Arts Festival will be at Haleiwa Beach Park on June 24 and 25 this year. Anyone interested in more information is encouraged to call 808-637-2277; or follow Haleiwa Arts Festival on Facebook.



Retiring Board President Mary Wood was recognized at the February Chamber meeting.



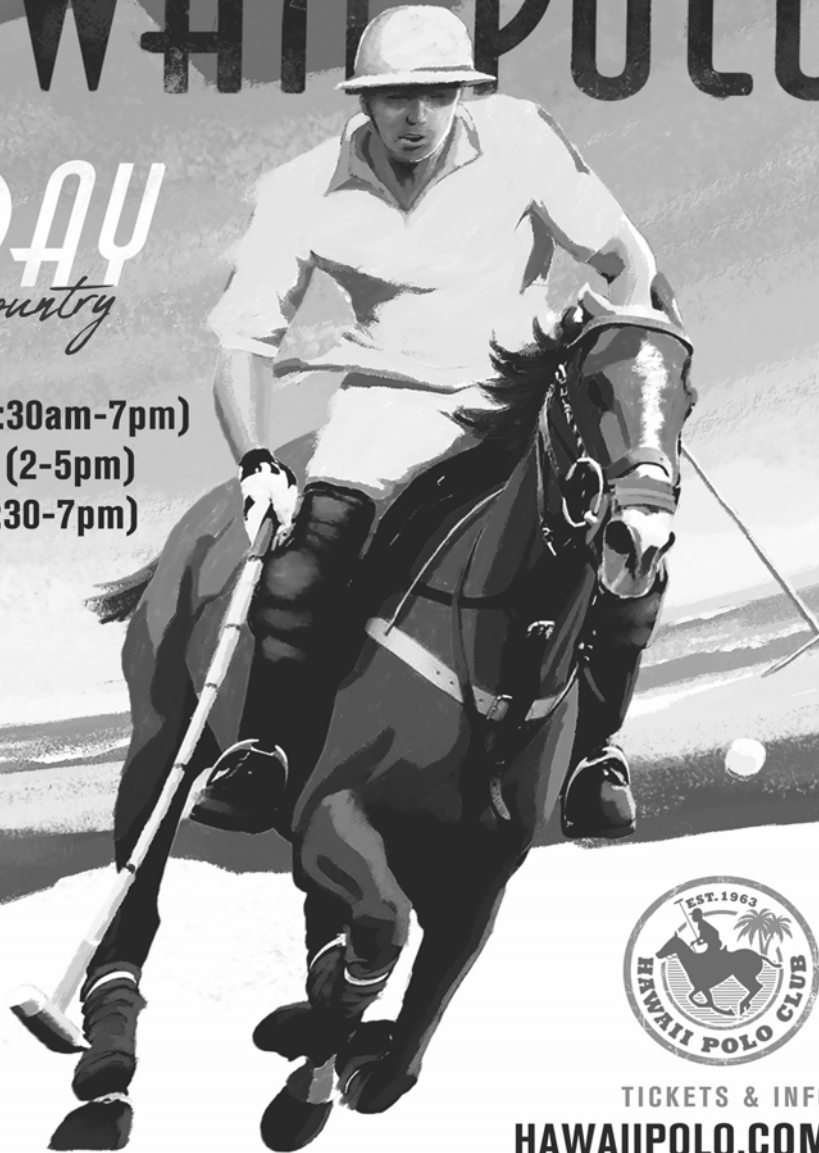
Nearly 70 people attended the Chamber meeting at Haleiwa Joe's in February

NORTH SHORE OCEANFRONT FIELD

HAWAII POLO

SUNDAY
in the Country

Tailgating (11:30am-7pm)
Polo Matches (2-5pm)
Live Music (5:30-7pm)
Beach Bar
Ono Eats



TICKETS & INFO
HAWAIIPOLO.COM

60TH ANNIVERSARY SEASON

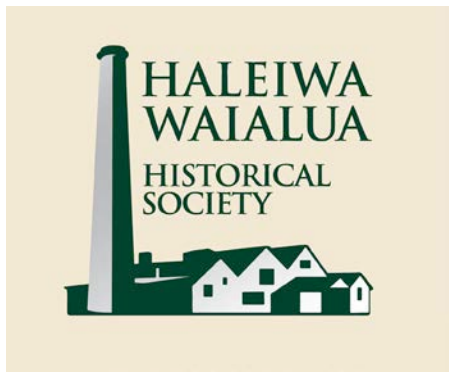
MATCHES & MUSIC EVERY SUNDAY - APRIL 9TH THRU SEPTEMBER 3RD

TEAMS VISITING THIS YEAR: NEW ZEALAND • AUSTRALIA • CHILE • INDIA

OPENING DAY - EASTER SUNDAY

FEATURING JOHN CRUZ

EASTER BUNNY • EASTER EGG HUNT • MAYA'S TAPAS • HONOLULU ROSE CAKE SHOP • FLOWERS BY THE HAPPY HAKU
HATS BY TASTE OF THE TROPICS • JEWELRY BY FOREVER BRACELETS & CHRISTIE'S COLLECTION • AND MORE!



Plantation Medicine Part I

by Rodman B. Miller, M.D.

Plantation medical care played an important and integral part in the development of health care in Hawaii. At one time plantation laborers numbered as high as 53,000. Including dependents there were about 103,000 individuals cared for by plantation physicians just after the turn of the (20th) century.

At first, provision of care was probably philanthropic to a degree, but certainly its purpose was to maintain healthy, productive workers. Significant concerns were malnutrition (with beriberi the predominate vitamin B1 deficiency), tuberculosis, venereal disease, respiratory infections, maternal and child care (again, nutrition was most important), infant diarrhea, and immunization. Vaccines were given as they became available, including diphtheria and smallpox. Along with the above came better surgical and orthopedic care, hospitalization where needed, and diagnostics to discover disease. This included x-rays for tuberculosis and testing of infants for anemia which was done on a wide basis during the 1930s.

The economic development of the Islands certainly proceeded in parallel with the growth of sugar and pineapple production, and medical care went hand in hand. The 103,000 people constituted a little less than a third of the entire island population of about 368,000. The availability of medical care graduated from sporadic coverage to full coverage by the individual plantations, and then to an industry-wide medical care system. Originally care was provided free, but sometime after the labor unions came, costs were levied on the members. The charges were extremely low and did not represent the full expense to the plantations.

We don't have much information before the 1880s. Early pioneers included missionary doctors such as Dr Gerrit P. Judd in the 1850 era. Judd cared for all comers, with repayment being the possible conversion of patients to Christianity.

In 1888 Dr Luis F. Alvarez served as the doctor in Waialua, Oahu covering plantation and non-plantation patients alike. His son, Walter, witnessed kitchen-table appendectomies and amputations. Dr Walter Alvarez subsequently became a consultant of

national renown in the field of internal medicine. The site of his home was behind the present Waialua district gymnasium in Haleiwa.

Dr Charles Davis described medical care in an article in 1904. It appears that the art of medicine prevailed over the science. Dr Davis, who was then the Ewa Plantation physician, displayed much humanity for foreign laborers. He says, "I treated over 180 patients every day of the year." His philosophy included removal of the *causae morbi* (cause of the disease). "I would let no man go from my office who thinks he is sick, empty-handed." Also, "Pass not idly by the patient who thinks he is sick, for indeed he is." For diarrhea he gave cathartics such as calomel and then sedation with tincture of opium.

Subsequent plantation physicians included Dr Fred Irwin and Dr L.D. Sexton, who, in the tradition of general practitioners at the time, traveled by buggy through muddy roads to do deliveries, appendectomies, etc., with instruments sterilized in the kitchen. Typhoid fever was a particular problem during 1906 to 1907. Hospitals were few at the turn of the century, but by the 1930s each plantation had its own or shared one with an adjacent plantation.

In 1930, the Hawaii Sugar Planters Association (HSPA) appointed Nils P. Larson MD as medical advisor, and with his help, strove to improve plantation workers' health through a study of diet and the use of supplements to the polished white-rice diet the workers and their families preferred. Other facets of health needs were also studied. The plantation bulletin, *Plantation Health*, disseminated information to physicians discussing and helping to solve common problems. Dr Charles Wilbar was the editor and Dr Larson was the plantation consultant for *Plantation Health*. An organization for plantation physicians was formed, and periodic meetings were held with speakers on pertinent topics.

Note: Dr. Miller joined the Waialua Agriculture Company as a plantation physician in 1961 for five years before opening his private practice in Hale'iwa in the old Kua 'Āina building. It is now the Queen's Hale'iwa behind First Hawaiian Bank. Article reprinted with permission from the Hawai'i Medical Journal, Vol 54, November 1995.



Waialua Plantation Hospital and Clinic was completed in 1936 and was located between Kupahu and Haona Street. It was designed by famous Hawaii architect Charles W. Dickey



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 100km (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/HMC
Contact: HBL Events Director, Chris Salas, at Chris@HBL.org or call 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: Chris@HBL.org 808-735-5756



Remembering My Brother Larry Haynes

It was about late fall of 1985 when this young man came up our road trying to find a place to stay and work off his rent. Peggy, myself and our 2-1/2 year old Josh, had just returned after two years of college to find much of our house and yard in shambles from the hurricane that left its path through our acre of papaya trees, and the front porch awning blown away except for the framing. Thankfully my banana trees were strong enough and endured the strong winds, and we got one of our first bunches of bananas I had planted before we left.

I had spent much time already converting an old surfboard sanding room into a comfortable guest room with new windows and a door. As the saying goes "timing is everything". We agreed to give this aspiring photographer a room over his head. And I also needed someone to hold up the tree while I cut the bunch of bananas! I remember we also put together some 2" pipe for a project in the side yard. Larry helped me mix the cement and we made a great clothes line.

I am sure there are many more stories of his willingness to do anything that was asked of him. But Larry was always grateful to just have a roof over his head in this new land, and begin his career in photography.

Through the years, we surfed together at Sunset, and if Larry wasn't surfing, then he was swimming with his camera and getting shots of his daughter and taking photos of us surfing. These were the moments that only come on certain times of the day when the waves are good and the lighting is right. At the end of the day Larry would send the photos to my phone or computer so I was able to view the rides he shot that day. Back then, the last time he was at Sunset Point he was using a movie camera and shot me coming towards him, passing by him, and continued shooting until the wave was over. What an awesome perspective to see yourself on film.

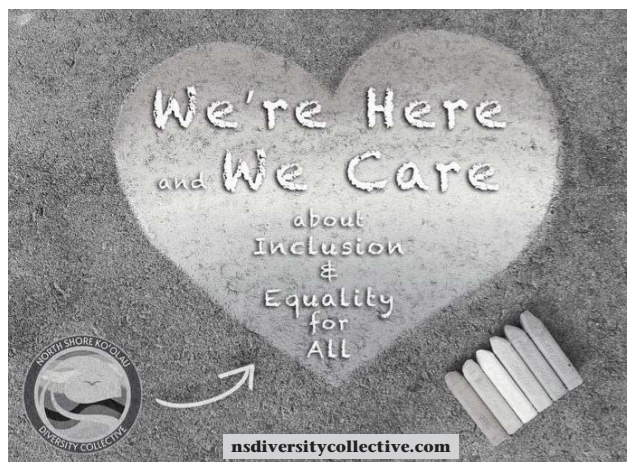
Lastly, Larry has come to our home almost every year on Christmas Day and learned the names of our seven children, and brought us thoughtful gifts. Uncle

Larry was always a welcome sight to our family. He will be sincerely missed by all, but we will especially miss him.

Aloha my friend, Brother Dave Hancock and family.




1985 Larry and Dave



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Becoming Your Own Medicine

by Cory Tixier AP, AYT, E-RYT & Danny Skinz AHC

Every day, we move around our world, operating the most complex and miraculous machine ever created. None other can compare to the efficiency and complexity of the human body. Yet, as incredible and complex as this machine is... it does not come with an operating manual. Fortunately, we have Āyurveda, the science of life.

Scholars consider Āyurveda to be; the mother of all medicines. This nature-based medical system has been preserved in India for thousands of years. While the media hypes the latest self-care fad, Ayurveda teaches us how to bring balance to our whole being by addressing all aspects of contemporary life, from diet and lifestyle to career and relationships and even our relationship with the divine.

Coincidentally (or not), Āyurveda and the traditional healing arts of Hawai'i are both rooted in the understanding that health must take into consideration our relationship with land, spirit, and self!

Āyurveda is not simply a kind of cooking, yoga, or massage. It is a complete medical system, that dives deep into the individual's psychological and physiological aspects and encompasses various natural remedies, including diet, herbs, meditation, massage, detoxification practices, exercise, and lifestyle routines.

Āyurveda takes into consideration all aspects of one's physical, mental, and spiritual environment and offers us a holistic lens through which to understand ourselves and our world.

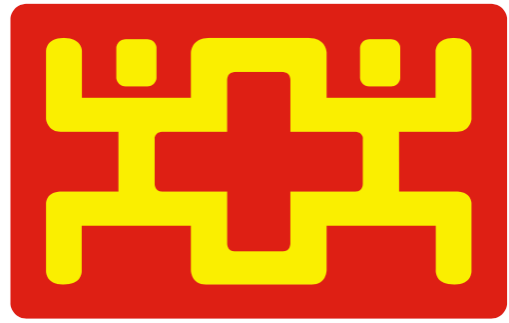
It teaches us how to live in harmony with the rhythms and cycles of nature and lays the groundwork for an understanding of what will truly work for us.

Our students often say that, on some level, Āyurveda just makes sense. This remembrance is because Āyurveda is a universal science that does not care about our religion, culture, or background. It is elemental and indigenous to all.

If you desire a new perspective on your health, one that focuses on the individual rather than the disease. Then Āyurveda may be right for you. We suggest working with a qualified practitioner, one that will empower you to become your own medicine.

With the deepest of gratitude,
Cory & Skinz
Āyurveda for the People™

You can learn more about Ayurveda at: corytixier.com or follow us on Instagram @ayurveda_for_the_people



KO'OLAULOA HEALTH CENTER

Hey Baby!

Did you know reading to children supports health and wellness?

Even though babies can't understand everything you're saying let alone read words, reading aloud is key to brain development needed for math, reading, and even emotional control. Because it's social time, it's a time for you to get closer to your baby.

Try to read out loud to your baby every day; before naps and bedtime are ideal. Have them snuggle in your lap when you're reading to them. Read with enthusiasm. Vary the tone of your voice. You're not limited to the words on the page. Ask questions. What's going to happen next? Is the kitty happy or sad? Etc...

At Ko'olauloa Health Center we believe reading is so vital for wellness, we have a program called Reach Out and Read. Each time your child comes for their well visit between the ages of 6 months and 6 years, they will receive a new book to add to their personal library. Speaking of libraries. If you don't have a public library card, go get one! Picking out books with your child will build a lifetime of love for reading.

Concerned about your child's reading or speaking? Let your primary care provider know. We can usually tell you if they're on track or not, and if we have any doubts, we can refer your child to the right specialist to figure out the issue and get them needed treatment.

Keiki and adults alike need to stay on schedule for regular wellness visits. Call us today for an appointment. We are always accepting new patients regardless of insurance or ability to pay.

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**North Shore
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Benefits of Ergonomics

By Dr. Jake Simmons

Have you ever wondered if sitting at the computer all day, or binge-watching the latest netflix show, or watching the most recent instagram or tiktok posts has a negative effect on your health? Well, the answer is that it could have grave consequences. According to multiple studies including an article published in Harvard Health Publishing from the Harvard Medical School, sitting for long periods of time can lead to obesity, increased blood pressure, diabetes, unhealthy cholesterol levels, neck pain, mid-back pain, low back pain, and seems to increase the risk of death from cardiovascular disease and cancer. So, how do we decrease these health risks and still complete our work or enjoy our entertainment? The answer, at least partially, is through the use of ergonomics.

Ergonomics, as defined by Merriam-Webster, is a branch of applied science concerned with designing and arranging things people use regularly in a way that people interact with objects, tools, and work or living spaces in the most efficient, safe, and healthy way possible. Ergonomics can be applied to home, work, or school settings. Having an ergonomically correct space can improve focus, increase productivity, decrease pain and injury, and create happier and healthier environments.

One of the most common forms of pain and injury caused by poor ergonomics is musculoskeletal disorders. The CDC defines Musculoskeletal disorders (MSDs) as soft-tissue injuries caused by sudden or sustained exposure to repetitive motion, force, vibration, and awkward positions. These disorders can affect the muscles, nerves, tendons, joints and cartilage in your upper and lower limbs, neck, mid and lower back. Applying ergonomics can help prevent, or at least reduce, pain and discomfort caused by MSDs.

When thinking about proper ergonomics it is important to look at the angles and distances of the work area. This is most commonly applied to desk, chair, and computer setup. For example, when sitting in the desk chair, your feet should be flat on the floor and thighs parallel to the ground. The backrest should be at an approximate angle of between 95 degrees and 110 degrees. The computer screen should be approximately 15 to 30 inches from you, with your line of sight focused on about the top 1/3 of the screen. These are just a few of the changes that can be made to improve your working environment. For more information or a consultation contact North Shore Family Chiropractic at www.northshorefamilychiro.com

Daredevil 95-year-old Grandma Goes Skydiving

By Noah Grodzin

Travelling all the way from New Jersey to visit with her granddaughter Chelsea who for the past few years has made Waiialua home, Marge Wardenski made a date with destiny on February 20th, 2023 as she checked in at Dillingham Airfield with Skydive Hawaii. Marge has been skydiving every five years since 2012, but had yet to make a jump in Hawaii.

Marge and Chelsea boarded their plane and then enjoyed the beautiful 15 minute ascent to the jump elevation taking in grand views of the North Shore. Marge, who jumped tandem with instructor Adam stated that this was her best jump ever and that both Adam and Skydive Hawaii were fantastic.

Marge was born August 10th 1928, has 4 children, 5 grandchildren, and 7 great grandkids. While Marge was visiting the North Shore she also attended the Sunset Pro surf contest, and hiked Ka'ena Point. Marge's motto is to live it up and enjoy life - Marge you are an inspiration to us all!



Marge Wardenski with her granddaughter, Chelsea Rorer, and granddaughter-in-law, Katie Rorer, getting psyched to skydive with Skydive Hawaii in Mokuleia



Petra Casimiro celebrated her 100th year birthday at St. Michael's Church. Happy Birthday Petra!



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

AND, SAND, TOO MUCH SAND AT PIPELINE

The 45th annual Pipeline Bodsurfing Classic presented by Kaikeha and Pipeline World Games, on the North Shore of Oahu, finished at Ehukai Beach Park in 2-3 plus challenging conditions. There were over 50 world class bodysurfers all enjoying the camaraderie of the community event even though the spot Pipeline was not in the cards. Surf was a challenge as competitors had to try and find the most contestable waves in a playing field very close to the beach. Some of the last maneuvers were done right into the sand! Scoring the best ride of the competition was the North Shore's Todd Sells who has placed in many of these events through the years. He also took a third overall. Right behind him was the guy with the biggest smile, Kealii Punley in fourth. Kai Santos who is no stranger to winning bodysurfing contests ended up in 2nd just a couple points behind the winner Kalani Souza Lattanzi. The 28 year old Lattanzi is from Maui and known for his big wave riding at the world renowned surf spot Peahi, called Jaws. He took out the heat with a total 14.60 score out of 20 and a \$500 prize! Bodsurfing, called he'e umauma or kaha nalu in Hawaiian, was first enjoyed by ancient Hawaiians at the break called "Pipeline" today. It is

believed that bodysurfing at Pipeline was first inspired by the dolphins seen there, long before the invention of the surfboard. The main draw to bodysurfing is still as it ever was--the intimate relationship between the ocean and the rider in what is considered by many as the "purest form of wave riding. Additional Information on the event may be obtained on the web: <http://www.pipebodysurf.com/> Entire results can be found on www.liveheats.com, <https://www.liveheats.com/events/87827/divisions/195502>

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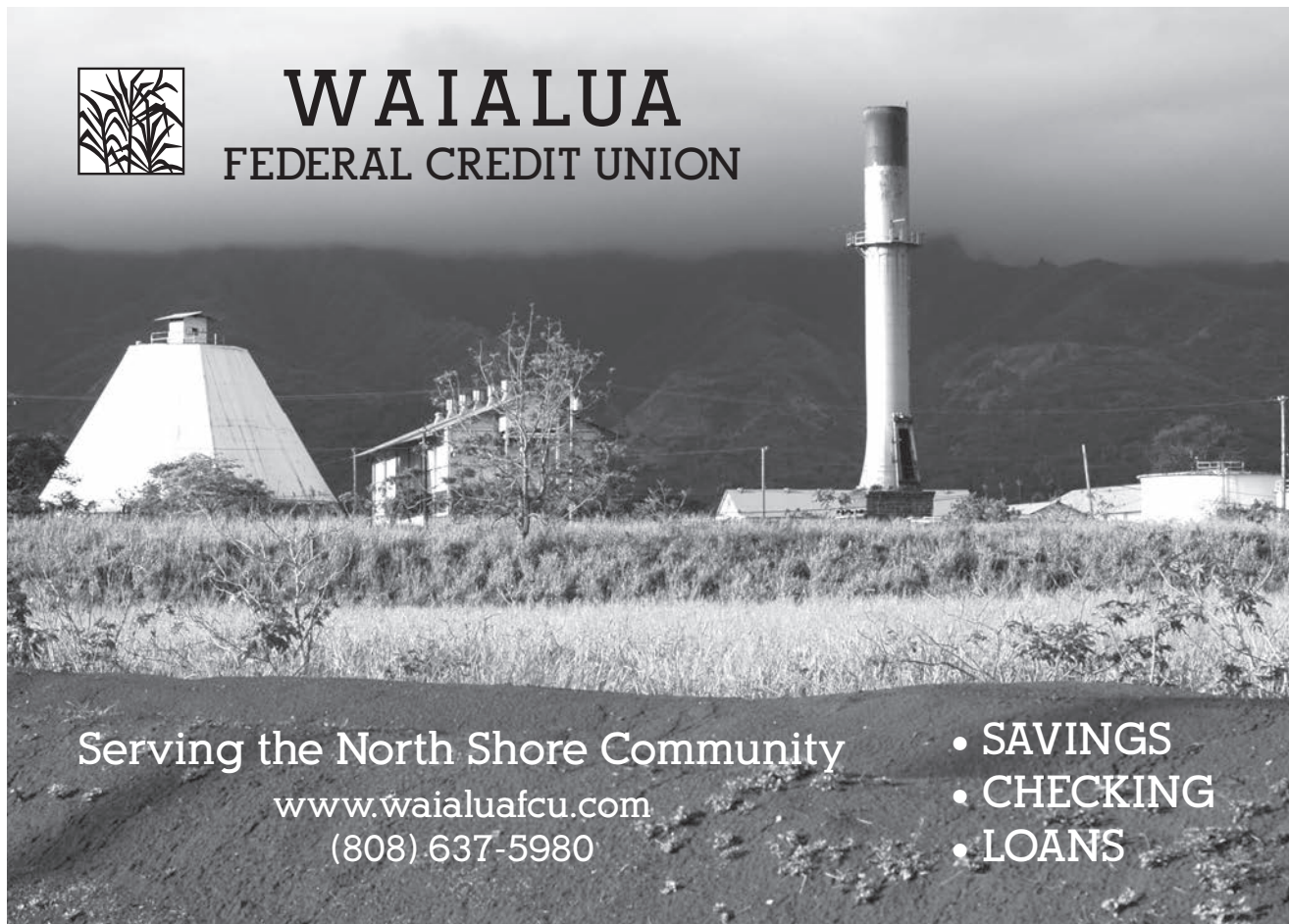
There's a new option in town for taking care of your brain. It's the "Brain Train Centers" in Haleiwa. Neurofeedback is said to help with symptoms of anxiety, concussions, insomnia, learning disabilities, PTSD, for the athletes out there peak performance and more. The system helps you harmonize your brain waves naturally by your brain bringing abnormally fast or slow waves into the normal range. It's easy! After the initial assessment you just sit back and watch video and your brain normalizes. Lots of people have had success with this over the years. Call for more info at 808-646-6566.



Bodsurfing finalists share a moment! (L to R) Todd Sells, Kealii Punley, Kalani Lattanzi and Kai Santos Photo: banzaibetty.com



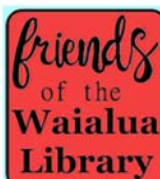
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Readers' Group

Thursday, March, 23, 9:30-11 am
Title: "The Girl Behind the Gates"
by David Lodge

Writers' Group

Saturday, March 18, 10:30am-Noon
Topic: "Wondering what to Write About"

Computer Introduction

by appointment - 808-637-8286

Family Story Time & Craft

Every Saturday, 10:00am

Used Book Sale

Sat. March 18, 8:30am-12:30pm
Weather Permitting

Library Closed Tues. 3/28 for Kuhio Day

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PROTECTING KOKOLOLIO BEACH



MONDAY, MARCH 13 at 2 PM - 4 PM

Hau'ula residents Sylvia Craig-Kapu and Desirree Madison-Biggs will share their work to protect Kokololio Beach through the legislative process.

SAVING CORAL

Danny DeMartini of **Kuleana Coral** and Maile Villablanca of the **Coral Resilience Lab** will share their efforts to map, monitor, restore, and educate the community about coral reefs in Hawai'i nei.

TUESDAY, MARCH 21 at 5PM



YOUNG ME TAI CHI With Mike Lin



Every Tuesday
5 PM (early sunset)
On the back lanai

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CRAFTS

Thursdays - 10 AM
Mar 9 and 23
+
Tuesday - 1:15 PM
March 28th

SPRING BREAK FUN



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TUESDAY, MARCH 14
2 PM TO 4 PM



St. Patrick's Hand Sewing Crafts. Best suited for ages 8+. Caregivers encouraged to attend. Supplies will be provided.

FRIDAY, MARCH 17
2 PM TO 4 PM



5TH BATTLE OF THE BOOKS FINALE
SATURDAY, APRIL 29TH

PRE-K TIME



PLAY TIME

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STORY TIME

Books, songs, felt stories, parachute rhymes & crafts

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AARP Foundation TAX-AIDE

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Mar 2 - Apr 13

No appointments, walk in/sign up only

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



Mar 27th
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Winter Colors in Waimea Valley

By Madison Eckstrom, Horticultural Technician at Waimea Valley

In the morning at Waimea, when the sun starts to streak across the gardens and the dew begins to dry, the hibiscus buds open. It's the time of ma'o hau hele, whose distinct vibrant, yellow flowers seem to be a luminescence on those rain-filled winter days. The aureate petals respond to the pattern of the sun, disappearing by nightfall only to open another day. This endangered endemic, *Hibiscus brackenridgei*, only blooms a few months out of the year, from late winter to spring, but pulls crowds to our hibiscus collections when it does.

Mauka of Hale Hō'ike, the coral-colored flowers of *Amherstia nobilis* are displayed. The coruscating blossoms feature a striking yellow face contrasting its uniformly pink body. When the winds blow the tree responds, the flowers like birds flapping their wings outstretched, the leaves like skirts whirling. The hot pink-and-green striped seed pods hang like ornaments from the tree's branches, while the new foliage starts copper colored and limp, disguising itself as decaying leaves to protect against hungry predators.

And with winter near its end, it's time for the *Strongylodon macrobotrys* bloom. The twisted stems of this blue jade vine climb the trellis in Auntie Coco's Lei Garden, stopping visitors in their tracks with turquoise magnificent enough to be featured in Oz's Emerald City itself. The aqua-colored flowers are distinct from the rich, violet-colored petioles which it hangs. Its chain-like inflorescence dangles similar to a chandelier from the ceiling, adorning flowers in the shape of closed-wing butterflies, showing off to the less decorated world around it.

Waimea Valley, owned and managed by Hi'ipaka LLC, is a botanical garden and certified arboretum. We encourage everyone to visit our gardens and stop to smell the flowers. Learn more about Waimea's gardens on the daily botanical tour at 12:30 pm, included in the general admission fee. As Louie Schwartzberg once emphasized, "Beauty and seduction, I believe, is nature's tool for survival, because we will protect what we fall in love with."

Visit us at www.waimeavalley.net or follow us @waimeavalleyoahu



CLASSIFIEDS

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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Next Issue - April 5, 2023
Deadline Date - Mar. 24, 2023

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Kōkua Hawai'i Foundation is hiring a Full-Time or Part-Time Office Manager to work Monday through Friday in person at their Hale'iwa home. A key member of their close-knit and growing team, the Office Manager will provide administrative and logistical support for staff and site, including the office, store-fronts, farm, and programs. This is an excellent opportunity for someone with deep ties to North Shore, O'ahu and a love for the environment. The ideal candidate is highly efficient, organized, and detail oriented, and an empathetic "people" person with excellent communication skills. For more information and to apply, head to bit.ly/KHF_jobs

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GARAGE SALE
St. Michael Church
Damien Hall
Friday, March 17, 9a-1p
Saturday, March 18, 9a-1p

North Shore Serenity Al-Anon 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.al-anonhawaii.org; or by calling 808-546-5647

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NS FOOD BANK CAR WASH
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FREE High School SPRING BREAK Program 2023

Examining ahupua'a to support our kaiāulu

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This is FREE PROGRAM provided through generous funding from Kamehameha Schools. Registration is on a first come, first serve basis.