



WAIPAHU WEED & SEED
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**TIPS FOR BUILDING A
 STRONGER FAMILY**

***Did you know that if a family
 eats together 5 or more
 nights a week, a child is:***

- *3.5 times less likely to abuse
 prescription drugs
- *3 times less likely to use
 marijuana
- *3.5 times less likely to use all
 other illegal drugs
- *2.5 times less likely to smoke
 tobacco
- *1.5 times less likely to use
 alcohol
- *Twice as likely to do well in
 school

So try the following:

- *Sit down and eat together
 whenever possible.
- *Have each family member
 contribute towards the meal
 (especially clean up!).
- *If people come home at
 different times, have family
 members who have already
 eaten have a snack at the table
 while others eat their meal.
- *Turn off the television during
 meals.
- *Ask, "How did your day go?"
- *Sit together for at least 5
 minutes after everyone is
 finished eating.

Waipahu Weed & Seed

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Revitalizing Waipahu

What began as a vision one
 year ago became a reality on
Sunday, August 23, 2009.

The Waipahu Community
 Coalition, a partnership of
 businesses, community groups,
 public and private service
 providers, local and state
 government, faith-based
 organizations, churches, and
 individuals invested in the
 Waipahu community hosted
 the **1st Annual Waipahu 5K
 Cane Haul Run/Walk and
 Festival.**

"We registered over **300**
 runners, had no major injuries
 or incidences and left people
 with a greater appreciation of
 our community," said Lorrie
 Kanno, Weed & Seed Waipahu
 Coordinator. Event organizers
 were ecstatic by the response
 from the community.

There were over **125** volun-
 teers doing everything from
 serving as course marshals
 along the route, dancing and
 singing on stage, serving
 refreshments, serving as park-
 ing attendants, and assisting at

the aide stations to picking up
 rubbish. A large contingency of
 volunteers came from the Civil
 Defense, Bank of Hawai'i,
 Zulu Nation and the Leeward
 YMCA.

Donations were plentiful, too.
 McDonalds of Waipahu
 donated breakfast sandwiches,
 cookies and punch for the
 volunteers. Derwin Okinaka of
 Sugarland Farms dropped off 4
 cases of bananas for the
 runners. Area legislators were
 also well represented. They
 donated water for the runners
 and volunteers, offered regis-
 tration scholarships for area
 school youth and even partici-
 pated in the actual run.

"We would like to thank our
 major sponsors Waipahu
 Community Association, Weed
 & Seed Waipahu, Hawai'i's
 Plantation Village, Hawaiian
 Electric Company, and First
 Hawaiian Bank as well as the
 many other supporters who
 helped to make our event such
 a success," stated Barbara

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Prevention, Intervention & Treatment ANNUAL EVENT PROMOTES STRONG FAMILIES

On **Saturday, July 23, 2009**,
 over **300** family members
 attended the **'Ohana Day at
 Pupuole Park**. This annual
 event is sponsored by the Wai-
 pahu Community Coalition in
 partnership with Weed & Seed
 Waipahu.

"The 'Ohana Day is one way
 that we seed the community. As
 the residents visited the various
 booths, they were being
 educated on things that they

could do to make their lives
 better as well as our commu-
 nity," said Barbara Tom, Event
 Coordinator.

Educational and informational
 booths were set up by U.H.
 West O'ahu, U.H. Gear Up
 Waipahu, HCAP O'ahu
 Headstart, Queen Lili'uokalani
 Children's Center, City &
 County of Honolulu Dept. of
 Environmental Services, Health
 Careers Opportunity Program,

Dept. of Health Leeward O'ahu
 Nursing Office, Waipahu
 Elementary School, Parent Child
 Development Center, Waipahu
 Community Association and
 Weed & Seed Waipahu.

Entertainment was provided by
 Zulu Nation, a Chuukese
 Women's Dance Group and the
 Ladrik Jerata Band.

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WAIPAHU WEED & SEED

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Law Enforcement (LE)

JULY 2009 CRIME STATISTICS FOR WEED & SEED WAIPAHU

Aggravated Assaults: 2

Alarm Call: 111

Argument: 75

Assault, Simple: 5

Burglary: 9

Drunk Nuisance: 5

Family Argument: 3

Fireworks Violation: 21

Hazardous Driver: 7

Juvenile Nuisance: 6

No new reports of graffiti. Alarm calls were slightly up. Argument and Assault calls declined. Officers continue to conduct abandoned vehicle patrols and warrant sweeps.



Community Policing (CP)

IT'S AMERICA'S NIGHT OUT AGAINST CRIME!

The **26th Annual National Night Out (NNO)**, a unique crime/drug prevention event sponsored by the National Association of Town Watch (NATW), Target Hawai'i Stores, Weed & Seed and the Honolulu Police Department was held on **Tuesday, August 4, 2009** at the Target Store Salt Lake. This unique event brought together the efforts of seven HPD Districts on O'ahu.

Over **800 Neighborhood Security Watch/Citizens Patrol team members** participated in this annual event. An additional **50 Target store employees** and **100 HPD officers** also supported this year's NNO.

Some NSW/CP members participated in walks throughout the neighboring community while others held signs encouraging drivers to "slow down" or "drive with care".

Participants were treated to great entertainment by the Target Band and Touch of Gold. NSW/CP teams were also recognized for their combined efforts in supporting law enforcement through their regular citizen patrol's walks and service to the community.



"The Honolulu Police Department is proud to support National Night Out because this event allows the entire community island wide to come together on one night and show their support for Neighborhood Security Watches and Citizen's patrols in their efforts to prevent crime and drugs in their respective communities," stated Sergeant Shellie Paiva, HPD/Weed & Seed Waipahu.



Cane Run continued

Tom, Waipahu Community Coalition Chair.

Our heartfelt thanks goes out to Goro Arakawa, U.S. Attorney Ed Kubo, Don Marcos Spa, Starbucks Kunia, Ty Cullens and Friends, Waipahu High School 11th Grade Student Council, Native Books, adidas Stores Waikele, Jamba Juice, Costco, Sam's Club, Times Supermarket, Island Storm, Waipahu Intermediate School Band, Hula Halau Na 'Ohana O Ke Anuenue and Hypersquad.

Results from the 5K Run has been posted at www.canehaulrun.blogspot.com.

Congratulations to our **TOP FINISHERS:**

1st Male: Ash Dustow (18:18.4)

2nd Male: Gianni Cuadrow (19:02.5)

3rd Male: David Cuadrow (19:16.6)

1st Female: Leilani Kaluhiokalani-Myers (21:51.8)

2nd Female: Keri Fujiwara (22:19.8)

3rd Female: Melissa Rota (22:43.0)

WAIPAHU COMMUNITY CALENDAR 'Ohana Day continued

- Tues, Sept 1** Cane Haul Run Meeting @ HPV, 12:30pm
- Thurs, Sept 3** Aniani NSW/CP Walk, 6:00pm
- Mon, Sept 7** HOLIDAY - Labor Day
- Tues, Sept 8** Waipahu Towers NSW/CP Walk, 6:00pm
- Wed, Sept 9** Conversation with Youth Service Providers @ 'Olelo Waipahu Inter, 10:00am
- Wed, Sept 9** SuCasa NSW/CP Walk, 5:30pm
- Tues, Sept 15** Victory 'Ohana/Waipahu I NSW/CP Walk, 6:00pm
- Fri, Sept 18** Waipahu Comm. Coalition @ Civic Center 201C, 12:00noon (potluck)
- Thurs, Sept 24** Weed & Seed Steering Committee @ WCA, 11:30am
- Thurs, Sept 24** Waipahu Neighborhood Board @ FilCom Center, 7pm
- Mon, Sept 28** Harbor View NSW/CP Walk, 6:30pm
- Tues, Sept 29** Oasis NSW/CP Walk, 6:00pm
- Sat, Oct 17** Make A Difference Day Pearl Harbor Adopt-A-Stream Projects, 8:30am



Other highlights from the event:

~ **200 youth received school supplies** from

Ready to Learn and food items from WUCC's Hug Me Bears.

~ Nearly **100 family members** received donated new or gently used **athletic shoes**.

~ New Hope Chapel - Leeward sponsored a **volleyball clinic and tournament** and provided FREE popcorn and shaved ice to all residents.

~ **McDonald's of Waipahu** donated hamburgers to all attendees and volunteers.

Mahalo to all who helped to make this annual event a success!

A big mahalo to **Shiroma's Painting** for their assistance with the school supplies.

A special mahalo also goes out to New **Hope Chapel Leeward** for their kokua with the tents and for providing lots of hardworking volunteers!

WORKING TOGETHER TO BUILD A STRONGER COMMUNITY

All Waipahu Complex Schools are involved in implementing the Positive Behavior Support (PBS) initiative. The core value for the 1st quarter that all school staff and students will be learning about and practicing is "respect". **Respect means treating people the way that you want to be treated; showing kindness and consideration; liking yourself enough to be yourself; and accepting others for who they are.** Lets join together with our complex schools to ensure that these values are implemented community wide!