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**HAYASAKA SAYS POOL KEY TO WEIGHT LOSS**

PBN shares her story as part of Health & Wellness section.

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**BUILDING WEALTH AT AN EARLY AGE**

First Hawaiian's Chieh Fu Lu advises young professionals.

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**NOT THAT INTO GOLF OR RUNNING?**

Time to reconsider: Sports have \$230M impact on Hawaii.

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## Huge North Shore ranch planned

**Kamehameha Schools Land Assets Division**

Commercial Real Estate Developer

Senior Land Asset Manager: Kapu Smith

Address: 567 S. King St., Ste. 200, Honolulu, HI 96813

Phone: (808) 523-6200

Website: www.ksbe.edu

KS looking for someone to raise cattle on 4,000 acres of Kawaioloa Plantation lands

BY DUANE SHIMOGAWA  
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Kamehameha Schools is looking for a cattle rancher to take over about 4,000 acres of unused agriculture land it owns on Oahu's North Shore and turn it into a working ranch, similar in size

to Kualoa Ranch.

If successful, it would become one of the biggest ranches on Oahu and provide a big boost to the state's cattle industry, which has suffered challenges over the years that include finding landowners willing to commit to plans as bold as the one Kamehameha Schools is proposing.

Kapu Smith, land assets division manager for Kamehameha Schools, told PBN that she ex-

pects to send out a request for proposals sometime next month for the development of a portion of the Kawaioloa Plantation lands as well as the Waimea ridges.

"Finished beef is our main goal," she said. "The goal is to feed ourselves [as a state], and this will help fulfill our meat portion."

Besides ranchers, Smith says that Kamehameha Schools also

SEE CATTLE, PAGE 29

## Good retail space getting harder to find



TINA NEIRA/VEPI

New data shows market is tightening statewide as visitors spend more time shopping

BY STEPHANIE SILVERSTEIN  
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The recent announcement that Macy's would be closing its Downtown Honolulu store was the first sign that national retailers are busy taking their annual post-holiday assessment of how their stores are doing, and deciding where they need to make changes.

"I think in the past, retailers were able to absorb the lower-producing stores in an effort to maintain market share," said Roger Lyons, senior vice president of retail advisory services for CBRE Group Hawaii. "However, with the financial turmoil that we've been through over the past few years, the trend now is each store has to stand on its own. Retailers aren't as willing to absorb nonperforming stores, therefore you may see more store closures now than you might have in the past."

But don't expect any mass upheaval in Oahu's retail market

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This Macy's in Downtown Honolulu is one of six nationwide that the retailer is closing. Overall, Hawaii's retail market is extremely healthy, with low vacancies for the three most popular types of space, as shown by this chart.

**Retailers show strength statewide, based on fourth-quarter data**

Type	Size	Vacancy	Vacancy rate
Community centers	5.8M sq ft	298,798 sq ft	5.1%
Regional malls	5.3M sq ft	251,222 sq ft	4.0%
Resort centers	1.1M sq ft	76,750 sq ft	7.2%
Strip centers	820,673 sq ft	80,360 sq ft	9.8%
Value centers	2.2M sq ft	71,953 sq ft	3.2%

SOURCE: CBRE GROUP HAWAII



Paul

## Scott Paul goes from clean energy to cleaning biz

**SCOOPS**  
 WHO'S MOVING,  
 BUYING, OPENING,  
 CHANGING, WINNING

MORE ON  
 PAGE 5

BY DUANE SHIMOGAWA  
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 Former Hoku Corp. CEO Scott Paul has acquired a controlling interest in Kleenco Corp., a 41-year-old Honolulu-based commercial cleaning and

janitorial company with about 250 employees and hundreds of customers statewide.

A company spokeswoman declined to say what the purchase price was.

As the new CEO, Paul, 39,

takes over leadership of the company from Dan Perry, 72, its former majority owner and president, who will remain with the company in an advisory

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# Ruby Hayasaka shed 140 pounds on road to fitness

Exercise helped Castle Medical Center employee change her life

BY JENNA BLAKELY  
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Hitting the scale at 300 pounds marked the start of a new journey for Ruby Hayasaka, who decided to start living a healthier life five years ago.

Since then, Hayasaka has shed about 140 pounds while in her 60s, proving that it's never too late to make a change.

The director of nutritional services for Castle Medical Center will celebrate 10 years with the company this year.

"The job I'm doing at Castle involves food, so I was around it a lot," Hayasaka said. "I was gaining weight every year and part of it was from my children being grown and dealing with empty nest syndrome."

Her obesity led to diabetes, high blood pressure and respiratory problems. Joint issues also kicked in and she had to have a total knee replacement surgery.

"As I was recovering from that, I knew that I had to exercise and eat better to get out of that situation," she said. "When you're that heavy, I was taking at least seven medications and every one that you take has side effects too, so it's a vicious cycle."

Castle Medical Center has had a long-standing partnership with the YMCA of Honolulu to offer discounted rates for its employees, and Hayasaka started



Swimming laps at the YMCA has been an integral part of Ruby Hayasaka's weight-loss routine. 'All the stress of the day washes away,' she says.

TINA YUEN PBN

an exercise regimen with the Y several years ago.

"I first started with water aerobics and my husband used to wheel me in," she said. "But people are very friendly, warm and encouraging to all ages and stages of health there. Then I got the courage to ask about private swimming lessons. I learned to swim laps, which was a miracle for me at over 60."

Hayasaka said the pounds started dropping off and people began to marvel at her willpower.

"But it wasn't willpower," she said.

"Once I committed and was in that environment, it was easy."

The first 50 pounds that came off made a difference. At that point she was able to get off the medication and began to feel her health return.

"My husband, who I've been married to for 44 years, said it is the happiest he's ever seen me and I didn't even know I wasn't happy," she said. "It lifts your spirits."

Hayasaka emphasized the importance of prioritizing health, which has been life-changing for her.

"Your life is so much fuller in terms of energy," she said. "It sharpens your mind and lifts your spirit so you can do a better job at work and still have energy to care for your family. You will get more accomplished if you just take the time to care for yourself."

Now, it's just a natural part of her routine to make a trip to the gym. She has developed a passion for swimming and enjoys more than just the physical benefit.

"All the stress of the day washes away," she said.

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