

FROM THE OFFICE OF
SENATOR STANLEY CHANG
East Honolulu Community Newsletter

September 2024

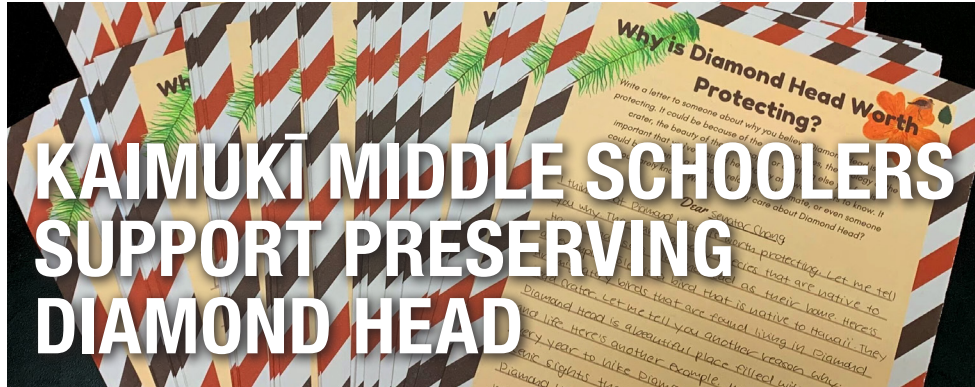


Image Credit: Office of Senator Chang

Recently, Kaimuki Middle School students sent letters to Senator Stanley Chang detailing why they support the preservation of Diamond Head as part of their Diamond Head Junior Ranger program. Senator Chang's office corresponded with Mr. Stephen Majzun, a social studies teacher for the middle school, to learn more about the Diamond Head Junior Ranger program.

According to Mr. Majzun, the Junior Rangers Program is part of the National Park Service, with unique programs nationwide tailored to each national park. It offers a chance to explore the native and invasive flora and fauna of Diamond Head and the rock cycle in action throughout the park. The program culminates with students writing a letter advocating for the protection and preservation of the park, along with a hike to the summit and awarding of their Junior Park Ranger Badges.

Many keiki at Kaimuki Middle believe Diamond Head is worth protecting because of its flora and fauna. From August through April, Diamond Head is home to the Kolea bird. During these months, the birds take refuge in our tropical climate. The mountain range provides ample resources for them to mature before migrating back to Alaska to reproduce. Native plants also make their home on Diamond Head, including the Diamond Head schiedea. This endangered species is a flowering plant that has evolved under harsh conditions, including strong winds, dry conditions, and hot temperatures. Its population has immensely decreased since 1988, and only a few plants are alive today. Protecting Diamond Head is paramount to preserving our island's biodiversity and ensuring species do not go extinct. The

mountain is crucial not only to O'ahu's wildlife but also to our State's cultural history. According to Native Hawaiian legend, Diamond Head was one of the places where Pele, the volcano goddess, and her younger sister, Hi'iaka, lived as they searched the Hawaiian archipelago for a permanent home.

The Junior Rangers program also provides a great opportunity for character building, alongside academic enrichment. Mr. Majzun relays that several students stepped up and displayed leadership qualities that they don't normally show in a classroom setting. Some also had never previously visited Diamond Head nor hiked to the summit of any range. Nevertheless, they persevered and reached the top of the strenuous Diamond Head trail.

The impact of this transformative program cannot be understated, as Mr. Majzun notes that close to 400 Kaimuki Middle School students have participated since the school began offering this opportunity two years ago. Besides Diamond Head, the other National Parks in the State also offer a Junior Park Rangers Program. As one of the most notable landmarks of Hawai'i, education about Diamond Head must be provided to locals and visitors of all ages. A student noted the importance of educators to "teach and bring their students to Diamond Head." Another mentioned in their handwritten letter that it is, "our kuleana to take care of Diamond Head." Senator Chang takes great pride in protecting this landmark. Since 2020, over seven million dollars has been secured for various renovations and preservation efforts. This effort will continue to ensure that many future generations can enjoy the beauty of Diamond Head.

sample letter on next page ↻

► **CALL US**

808-586-8420

► **EMAIL US**

Stanley Chang
Senator, District 9 (D)
senchang@capitol.hawaii.gov

► **HANDY CONTACTS**

State Pothole Hotline
808-586-7852

City Pothole Hotline
808-768-7777

State Homelessness
gov.homelessness@hawaii.gov
808-586-0193

City Homelessness
complaints@honolulu.gov
808-768-4381

Abandoned Vehicles
808-733-2530

Building Permits
808-768-8000

Poison Control
800-222-1222

Trash Collection
808-768-3200

Street Light Repair
808-768-5300

Domestic Abuse
Hotline
800-799-7233

Public Assistance
Information Line
855-643-1643

MOVING FORWARD

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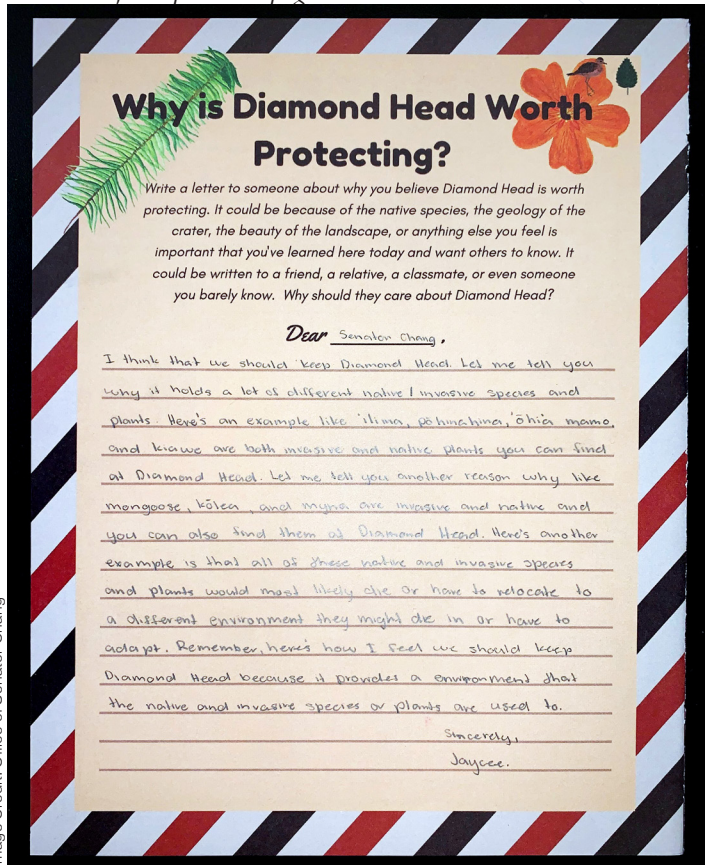


Image Credit: Office of Senator Chang

STATE COMMISSION ON WATER RESOURCE MANAGEMENT ACCEPTING COMMENTS ON THE REVISED EAST HONOLULU WATERSHED MANAGEMENT PLAN

The East Honolulu Watershed Management Plan (EHWMP) has been revised and will be publicly heard by the State Commission on Water Resources Management on September 18. Spearheaded by the City & County of Honolulu Board of Water Supply and Department of Planning and Permitting, the EHWMP covers the Kāhala to Hawai'i Kai region, and is one of eight district plans that comprise the O'ahu Watershed Management Plan.

WMP is an “environmentally holistic, community-based, and economically viable plan,” that is action oriented and incorporates ahupua'a-based management principles. It identifies key issues and recommends policies, strategies, and projects to ensure adequate and sustainable water supply for East Honolulu for the next twenty years.

The planning process began in 2019 and will apply through 2040. While potable groundwater was a primary concern, the plan also addresses non-potable groundwater, surface waters, and nearshore waters. Though some water sources are not part of the island's drinking water system, maintaining their water quality, biodiversity and public access is another central component of the plan.

Community members provided comments to include and update references to places in the new draft. Accordingly, the revised EHWMP includes the addition of Paiko Ridge Preservation as Project #31. Additionally, the ahupua'a boundaries for the district were updated to correspond to the updated Statewide GIS Ahupua'a layer.

The State Commission on Water Resource Management (CWRM) will hold their public hearing receiving testimony on this updated EHWMP on September 18th at 5:30 PM, in-person at Koko Head Elementary School and virtually via Zoom. All those interested are urged to attend the hearing and submit comments, orally or in writing. The CWRM will continue to accept written testimony until October 2, 2024. Testimony should be mailed to the **Commission on Water Resource Management, State Department of Land and Natural Resources, PO Box 621, Honolulu, Hawai'i 96809**, emailed to dlnr.cwrmm@hawaii.gov, or faxed to 808-587-0219.

Revised draft: boardofwatersupply.com/water-resources/water-planning/watershed-management-plan/east-honolulu-plan

CWRM's public hearing notice: statelegals.staradvertiser.com/2024/06/18/0001458321-01

Questions about the report?
Barry Usagawa, busagawa@hbws.org



Image Credit: Commission on Water Resource Management

IN THE COMMUNITY

ENGLISH AND COOKING COURSES FOR KALANI AND KAISER COMPLEX AREA SCHOOL PARENTS

If you're a parent of an East Honolulu school student, you can sign up for classes in English or cooking! Kalani High School is offering a Parent English Language Acquisition Course; this is a great opportunity to improve your English language skills or support your child in their academic studies. The course is for individuals who are non-native English speakers and there is an assessment that must be taken to ensure an eligible placement level. The cooking course offers a great opportunity to improve your culinary abilities. Parents of all cooking abilities are welcome to join.

English Language Acquisition Class

Runs until December 19

Tuesdays and Thursdays; 4:30 to 6:30pm

Registration cost (does not include textbook costs): \$20

Cooking Course for Adults:

Runs until December 18

Monday and Wednesday; 4:30 to 6:30pm

Registration cost (does not include lab fees): \$20



Image Credit: Kalle Williams Honolulu

To sign up, you must have a child enrolled at Kalani High School, a Kalani Complex Area elementary or middle school, or a Kaiser Complex Area elementary or middle school. Parents of a Kaiser High School student are not eligible. See the list of schools in the complex areas here: hawaiipublicschools.org/ConnectWithUs/Organization/Offices/Superintendent/DeputySuperintendents/Pages/Farrington-Kaiser-Kalani.aspx. For questions, more information, or to check your eligibility, please contact McKinley Community School for Adults at 808-594-0540 or email their Vice-Principal Mark Nakamura: mark.nakamura@k12.hi.us.

FREE MENTAL HEALTH SUPPORT FOR DOE STUDENTS' FAMILIES

Parents need mental health support too. The Department of Education is partnering with the Cook Center for Human Connection to offer **free, 24/7 access to Parent Guidance**, an online platform that provides one-on-one coaching, virtual seminars, and an "Ask a Therapist" forum to address the growing mental health needs of students, families, and staff.

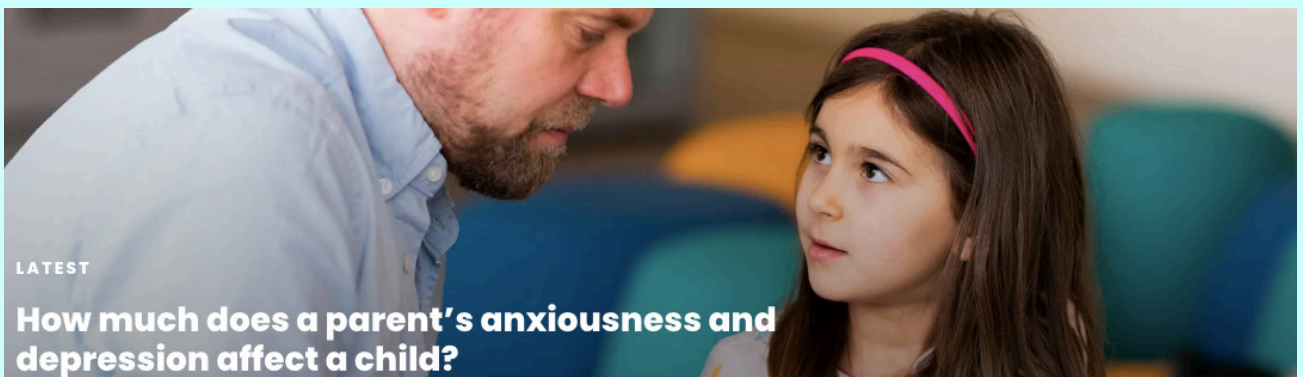
The one-on-one coaching and therapist-created content help you navigate the ups and downs of parenting with confidence. It covers the common basic needs of children and how to respond to them, creating an environment where a child can

feel safe, how to be aware of your child's needs, and learning the key components of your child's emotional development as they grow. The dedicated parenting coach will guide your progress and answer questions through messaging and biweekly video calls.

The virtual, on-demand video seminars and articles address a plethora of topics affecting you or your child, including "Connecting with Your Child", "De-escalating Cycles of Conflict", and "Finding Yourself When You're Feeling Lost".

The Ask a Therapist forum provides answers from a licensed therapist to questions about parenting, children's behavior, and more. There is also an option for you to submit a question.

Visit ParentGuidance.org to get started.



LATEST

How much does a parent's anxiousness and depression affect a child?

Image Credit: Parent Guidance

YOUR CONCERNS

Staying Cool This Hot Summer

This summer continues to bring record-breaking heat, and it is important to keep cool and stay healthy. Here are some answers to frequently asked questions:

WHAT'S THE BEST THING TO DO TO STAY SAFE DURING A HEATWAVE?

- Move to the coolest room in the home, especially at night
- If it is not possible to keep your home cool, spend 2–3 hours of the day in a cool place (such as an air-conditioned public building)
- Avoid going outside during the hottest time of the day (2–4pm)
- Avoid strenuous physical activity if you can. If you must, do it between 4–7am
- Stay in the shade
- Do not leave children or animals in parked vehicles

HOW DO I KEEP MY BODY COOL DURING A HEATWAVE?

- Keep your body cool and hydrated by taking cool showers or baths during a heatwave. You can also use cold packs and wraps, towels, sponging, and foot baths
- Wear light, loose-fitting clothes of natural materials
- If you go outside, wear a wide-brimmed hat or cap and sunglasses
- Use light bed linen and sheets, and no cushions, to avoid heat accumulation

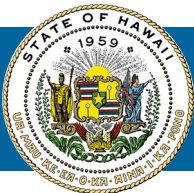
- Drink liquids regularly, but avoid alcohol, caffeine, and sugar
- Eat small meals; eat more often
- Avoid foods that are high in protein

WHAT SHOULD I DO IF I FEEL UNWELL DURING A HEATWAVE?

- If you feel dizzy, weak, anxious or have intense thirst and headache during a heatwave
- Move to a cool place as soon as possible and measure your body temperature. Drink some water or fruit juice to rehydrate.
- Rest immediately in a cool place if you have painful muscular spasms (particularly in the legs, arms or abdomen), and drink beverages containing electrolytes (e.g. Gatorade, Propel, etc.)
- Medical attention is needed if heat cramps last more than 1 hour. Consult your doctor if you feel unusual symptoms or if symptoms persist
- Call 911 immediately if someone has hot dry skin and is delirious, convulsing, and/or unconscious. While waiting for help:
 - + Move the person to a cool place. Position a conscious person in a horizontal position and elevate legs and hips; position someone unconscious on his or her side
 - + Remove clothing and initiate external cooling, e.g. by placing cold packs on the neck, axillae and groin, fanning and spraying the skin with room temperature water
 - + Measure the body temperature
 - + Do not give Aspirin or Tylenol!

HOW DO I KEEP MY HOME COOL DURING A HEATWAVE?

- During a heatwave, aim to keep your living space cool: below 89.6°F in the day and below 75.2°F at night
- Especially important for infants or adults over the age of 60 or who have chronic health conditions
- At night and early morning when the outside temperature is lower, open all the windows and shutters in your home
- During the day, close the windows and shutters (if available), especially those facing the sun during the day
- Turn off artificial lighting and as many electrical devices as possible
- Hang shades, draperies, awnings or louvers on windows that receive morning or afternoon sun
- Hang wet towels to cool down the room air (note that the humidity of the air increases at the same time)
- If your residence is air conditioned, close the doors and windows and conserve electricity not needed to keep you cool, to ensure that power remains available and reduce the chance of a community-wide outage
- Electric fans may provide relief, but when the temperature is above 89.6°F, may not prevent heat-related illness
- It is important to drink fluids throughout the day and build that habit, even when not experiencing a heatwave. Information courtesy of the World Health Organization.



FROM THE OFFICE OF
SENATOR STANLEY CHANG

Hawai'i State Capitol, Room 226
415 South Beretania Street
Honolulu, Hawai'i 96813