



25 years ago, Safeway Stores was the first business to open in the new City of Kapolei. It anchors the Kapolei Shopping Center, which opened the following year.

In the Zone

Kapolei/Ewa selected as a Blue Zones Project area

What is Blue Zones Project®? The website Hawaii.bluezonesproject.com describes it as “a community-wide well-being improvement initiative to help make healthy choices easier in Hawaii.” HMSA brought this project to Hawai‘i to “transform our state into an even better place to live, work, and play.”

Three community projects launched in 2014: North Hawai‘i and East Hawai‘i on the Big Island, and Koolaupoko in Windward Oahu. Recently, Kapolei/Ewa and four other communities (West Hawai‘i, Central Maui, Wahiawa, and Manoa/Makiki/McCully/Moiliili) were selected in a competitive application process to be Blue Zones Project demonstration communities for the next three years.

“Initially, we planned to select two communities as Blue Zones Project areas, but all five community applications were so compelling that our sponsor, HMSA, expanded the program to include them all,” said Scott Stensrud, executive director for Blue Zones Project Hawaii. “They understand the importance of working together across all sectors to improve well-being. There is extensive community support and we’re really looking forward to watching them transform.”

The Kapolei/Ewa project, while initiated and spearheaded by Councilmember Kymberly Marcos Pine and Senator Mike Gabbard, also had support from Senator Will Espero, Representatives Matt LoPresti and Sharon Har. In addition, Heidi Armstrong, Ewa Kapolei Regional Complex Schools superintendent, Jodi Akau



At the press conference on January 12, HMSA’s CEO Michael Gold

(inset) congratulated five communities selected as Blue Zones Project demonstration sites. Pictured above, L-R: Scott Stensrud, Executive Director, Community Programs Blue Zones Project Hawaii with the Kapolei/Ewa community group including Lynn Robinson Onderko, Ewa Neighborhood Board; Miguel Gonzalez, President, Catalyst Public Relations & Marketing; Sweetheart Galdeira, Iwalani Layton McBrayer, Audrey Yara, Kanehili Neighborhood Security Watch; Mayor Kirk Caldwell; Councilmember Kymberly Marcos Pine; Beverly Aipoalani, LeeAnn Kaawa, Jodi Akau, Kanehili Neighborhood Security Watch; and Kiran Polk, Executive Director, Kapolei Chamber of Commerce.

and the Kanehili Neighborhood Security Watch Team, and Kiran Polk, executive director of the Kapolei Chamber of Commerce, helped galvanize the community and enlisted the support and



pledges of key players in the area’s civic and community organizations, businesses, and education leaders.

Over the coming months, the Kapolei/Ewa team will be working on forming a leadership committee and sector committees representing worksites, schools, grocery and restaurants, faith-based organizations, policy and community engagement to launch the program.

“I am so excited and proud to partner with the Blue Zones Project to bring healthy lifestyle changes to our Kapolei and Ewa communities,” said Councilmember Pine. “We look forward to working together to continue transforming our Second City so we can all enjoy longer, happier, healthier lives.”

Background

About Blue Zones Project
Blue Zones Project® is a community-led well-being improvement initiative designed to make healthy choices easier through permanent changes to a city’s environment, policy, and social networks. Established in 2010, Blue Zones Project is inspired by Dan Buettner, a

National Geographic Fellow and *New York Times* best-selling author who identified five regions of the world—or Blue Zones—with the highest concentration of people living to 100 years or older. Blue Zones Project incorporates Buettner’s findings and works with cities to implement policies and programs that will move a community toward optimal health and well-being. Currently, 31 communities in eight states have joined Blue Zones Project, impacting more than 2 million Americans. The movement includes three beach cities in California; 15 cities in Iowa; Albert Lea, Minnesota; the city of Fort Worth; and communities in Hawai‘i, Southwest Florida, Wisconsin and Oregon. Blue Zones Project is a division of Healthways, a Sharecare company.

For more information, visit www.bluezonesproject.com.

If you wish to learn more and get involved, fill out a sign-up form at info.bluezonesproject.com/hawaii



The Power 9 Principles

- 1. Move Naturally** – Find ways to move more! You’ll burn calories without thinking about it.
- 2. Purpose** – Wake up with purpose each day and add seven years to your life.
- 3. Down Shift** – Reverse disease by finding a stress-relieving strategy that works for you.
- 4. 80% Rule** – Eat mindfully and stop when 80% full.
- 5. Plant Slant** – Put more fruits and vegetables on your plate.
- 6. Wine @ Five** – Enjoy a glass of wine with good friends each day.
- 7. Belong** – Participating in a faith-based community can add up to 14 years to your life.
- 8. Family First** – Invest time with family to add up to six years to your life.
- 9. Right Tribe** – Surround yourself with people who support you and positive behaviors.

2016 — It Was a Very Good Year

A quick review of 2016 shows that it was, indeed, a very good year for Kapolei.

Development highlights

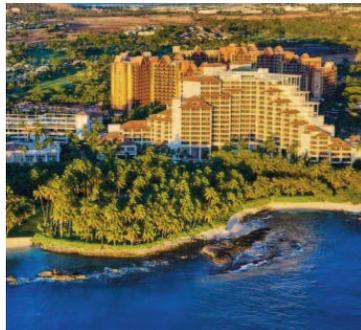
Public and private investments in Kapolei totaled more than \$5.5 billion, with another \$600 million in infrastructure projects in progress and planned.

Several projects opened in 2016

- Kapolei Lofts, the city's first rental apartment community has resort-like amenities.
- Kapolei Commons Theatre Complex introduced the first luxury movie theater in the region.
- Four Seasons Resort Oahu at Ko Olina, brings five-star luxury lodging, service and amenities to West O'ahu.
- Ka Makana Ali'i, opened phase 1 of this regional mall in East Kapolei. Under a lease agreement with Hawaiian Homelands, revenues will benefit Native Hawaiians for decades to come.
- C.S. Wo, the well-known home furnishings company brings its HomeWorld, Ashley Homestore, Red Knot and Slumber World to Kapolei.

New project investments

- University of Hawai'i West O'ahu campus — projects include a new Allied Health/Administration building, a Creative Media Center, and Tokai International College.
- D.R. Horton's ongoing developments of Ho'opili, Mehana and Kahiwelo represent a \$5.4 billion investment.
- Hunt Companies continues its massive redevelopment of Kalaeloa, the former Naval Air Station Barbers Point.
- China Oceanwide acquires two parcels in Ko Olina with plans to develop resort/residential complexes.
- Other new projects include 'Ilima at Leihano, Embassy Suites Kapolei, Kalapawai Kapolei, and Kapolei Business Park Phase 2.



Infrastructure projects planned and underway

- City of Kapolei urban core roads
- Kalaeloa Boulevard roadway and sewer pump station
- Kapolei Interchange Complex Phase 2
- Kalaeloa Harbor improvements

It's not all business in Kapolei

In 2016, Kapolei's residents enjoyed a rich cultural life. They took advantage of community activities such as snow days and lion dances for the holidays; cultural events like the Pacific Island Arts Festival, the Leeward Music Festival, Ko Olina Children's Film & Music Festival, Lanikuhonua Hula Festival, Mele & Hula Concert at Lanikuhonua; and capped off the year with the annual Kapolei City Lights parade.

Happy New Year!



Gung Hei Fat Choy!

Lion dancers will usher in the Chinese New Year at the Kapolei Shopping Center on January 29. They'll perform their ritual dance to ward off evil spirits and bring joy and good fortune for the new year.

A Kung Fu demonstration will kick off the event at 11:00 a.m. in the area fronting Radio Shack, then the lion dancers from the Wah Ngai Lion Dance Association will make their way through the center, blessing stores and restaurants.

Join the celebration and help welcome the Chinese Year of the Rooster. Red envelopes, or lai see, to feed the lions will be passed out while supplies last. The Chinese regard red as a symbol of energy, happiness and good luck, and receiving a red envelope is believed to bring peace and good fortune to the recipient.

Kapolei Shopping Center is located in the heart of the City of Kapolei at 590 Farrington Highway, at the corner of Farrington and Makakilo Drive.

Visit Kapoleishopping.com.

CELEBRATE CHINESE NEW YEAR!

AT KAPOLEI SHOPPING CENTER

SUN., JAN. 29, 2017
11AM-1PM

FRONTING RADIO SHACK

• JOIN US FOR KUNG FU, DRAGON & LION DANCE PERFORMANCES.

• FEED THE LIONS LUCKY RED ENVELOPES FOR GOOD FORTUNE IN THE NEW YEAR!

Kapolei
Shopping Center
The Heart of Kapolei

www.KapoleiShopping.com

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