



## On the calendar

### On August 3

A decision-making hearing will be held regarding a development permit for the proposed Kalae Victoria Ward Limited, which is proposing to build a single, 330-unit residential, mixed-use condominium located on the northeast corner of Ala Moana Boulevard and Ward Avenue.

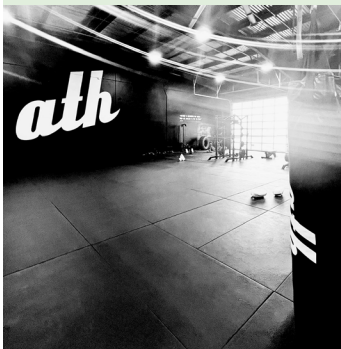
### August 3

The next HCDA Board meetings will be held.

For more information on the public hearings, board meetings or about HCDA visit [dbedt.hawaii.gov/hcda](http://dbedt.hawaii.gov/hcda).

### Know someone?

If you want to include an event, know an individual or a business in Kakaako, Kalaeloa or Heeia that we could feature, or just want more Community Connection, let us know by emailing us at: [dbedt.hcda.contact@hawaii.gov](mailto:dbedt.hcda.contact@hawaii.gov).



## Support local

### ATH is short for athletic

A Kamehameha School graduate offers a clean alternative for athletes

By Francine Murray

"We're definitely still dealing with macro-economic issues, just like any other business," Stuart Kam owner of ATH said, regarding business challenges both during and post Covid-19. "From inflation to supply chain issues, it is a difficult environment right now to do business. We've been fortunate to have a large base of cult-like followers who support us and are our fuel to drive on."

ATH has over 30,000 followers on Instagram and 22,000 followers on Facebook. To put that in perspective with other local businesses, it is ten-times more than CPB - Central Pacific Bank, winner of the 2022 Forbes Best-in-State Banks, and more than double the followers the the award-winning Chef Chai.

"Even though we are not a brick-and-mortar brand, there were a lot of difficulties due to COVID. Probably the biggest issue was the supply chain shortages. We had to implement a whole wide range of strategies to deal with it. Luckily, we have great suppliers who have partnered up with us to minimize the impact of these global supply chain issues."

Kam founded ATH, a local clean sports nutrition manufacturer and retail company because of the lack of access to clean supplements here in Hawaii. "The brand was the offspring of three of my passions: surfing, jiu jitsu, and lifting. From the ocean, to the mats, to the gym I needed to stay ready for anything. If I ate a poor diet, I'd not be able to perform."

"The majority of supplements had a ton of artificial sweeteners, flavors, and overall fillers," Kam explained. "We believed less was more and that the quality of each ingredient was just as important as the overall supplement."

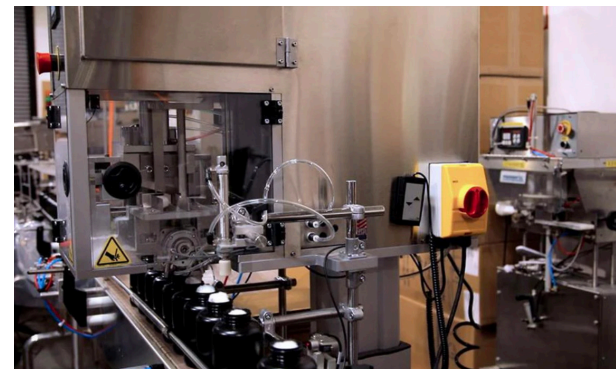
"Our most popular product is our PRE workout," said Kam. "It's a plant-based PRE workout designed specifically for longer endurance workouts. It's different from the majority of the pre-workouts out there in that it isn't loaded with a ton of caffeine and won't give you the jittery feeling or itchiness."

After a long hiatus, I recently started going back to the gym to get rid of the Covid fifteen, or so pounds I had gained. It's not easy, and I'm usually in pain afterward. So, I asked Stuart Kam what he recommend for recovery. "Honestly, the best thing



would be to incorporate more clean protein in your diet," he said. "Protein powder makes it really convenient to do so."

His advice for young athletes, "I'd say to treat their body like a professional, train hard and recover properly."



## DOES YOUR PROTEIN SHAKE REALLY HAVE WHAT IT CLAIMS?

With ATH's warehouse located at 449 Cooke Street this Kakaako business has international appeal featuring pages of workout tips, inspiration and motivational content on it's website [www.athsport.co](http://www.athsport.co), and via it's social media presents on Facebook, TikTok, Twitter, Instagram and YouTube.

The innovative company also has an affiliate program that allows social media influencers to apply to help market The ATH brand.

Products can be ordered online at [athsport.co](http://athsport.co) with options at checkout to pick up your order from the warehouse, or have it shipped.

You're in good company with ATH. Sports nutrition, redefined.

## New dog park and crosswalk at Kolowalu

On July 2, more than 50 residents and dog owners participated in the rally at Kolowalu Park to hear Speaker Scott Saiki, Senator Sharon Moriawaki, and Representative Adrian Tam announce the establishment of an off-leash dog park in the Kolowalu Mauka Park.

They also shared the news that the construction of a temporary crosswalk and refuge island on Queen Street between the parks would start on the July 5th. It was delayed one day due to rain, but already looks great.

The reestablishment of the crosswalk was a major concern for residents and elected officials back in March, so this announcement and the construction of it's first phase was welcome news for the community.

The elected officials touted the collaboration between City, State, and Elected Officials and the speed at which HCDA was able to get the temporary crosswalk started. "I couldn't agree more," said HCDA executive director Craig Nakamoto. "This kind of project, while relatively small, demonstrates what a smaller size agency, like ours, can do."

The Department of Transportation services Director Nouchi and Complete Streets Administrator, Renee Espiau, were also present.

The Hawaii State Legislature appropriated funds to HCDA, via H.B. 1600, for the design and construction of the off-leash dog park and the next phase of the crosswalk project—permanent raised refuge island, crosswalk, and flashing beacons.



Proposed Kolowalu Mauka Off-Leash Dog Park



Photo: New Kolowalu Parks crosswalk, July 11, 2022.

## Safety tips from HPD

Over a **million 9-1-1** calls are received on Oahu a year.

About **90%** of the calls are for the **police**.

The other **10%** of calls are routed to the Honolulu Fire Department, Honolulu Emergency Services Department, Ocean Safety, or for miscellaneous services.

When you dial 9-1-1, the Honolulu Police Department's (HPD) Emergency Response Operators (ERO) answer.

The ERO ask if you need the police, fire, ambulance, crisis center, or poison control. If you are unable to answer, they will direct your call so that you receive prompt assistance.

When calling stay on the line. Remain calm and speak clearly. Have the information available, written down if necessary (such as address, location at that address, the reason for the call, etc.). Do not hang up until all the needed information is obtained. If your call is disconnected, call back.

Call takers and Radio Operators work at a quick pace, are proficient typists, and have excellent multitasking skills while maneuvering between multiple computer screens and programs.

To learn more about **HPD** visit <https://www.honolulu.gov/hpd/information/>.

For information on **fire and life safety** visit <https://fire.honolulu.gov/fire-and-life-safety/>.

Planning on **hiking** this summer, visit the State Parks site for the latest updates <https://dlnr.hawaii.gov/dsp/hiking/hiking-in-hawaii/>.

## Kakaako preschool receives generous donation

A playground at KCAA Muriel Preschool is closer to being updated with the help of the KIA Invitational Golf Tournament, held Friday, May 20th at the Pearl Country Club. The 2022 fund raising event donated \$10,000 to the preschool for the children's playground. The KCAA Muriel Preschool is located in the heart of Kakaako and supports young families who live or work in the downtown area.

The Kakaako Improvement Association (KIA) was formed in 1987 to be a forum for Kakaako businesses and residents. There have been nineteen golf tournaments since 1992, each supporting a Kakaako nonprofit.

*Photo right courtesy of KIA: Allen Akiona, KCAA Muriel Preschool Center Director (left) and Sherry Goya, KIA Executive Director (right) are shown with students who are very excited about receiving \$10,000 for their playground. Gold sponsors were Howard Hughes Corporation and Kamehameha Schools.*

