

▶▶ News from your Pacific Office Properties community

PACIFICA



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PHOTO BY OLIVIER KONING

Welcome to Pacifica Magazine



MOST DAYS, I leave my house for work weighed down with a handbag, a gym bag and a lunch bag. I usually carry all of them on one arm, because I'm toting coffee in the opposite hand. If I can get myself out the door and into my car without dropping the bags or spilling coffee all over myself in

the process, I consider it the day's first victory.

Lugging stuff around is no fun. But I do it for a good reason: I need my gym clothes to exercise and healthy food to fuel my workday. If I don't bring those things with me, I'll be less apt to make good choices (No home lunch? Fast food! No gym clothes? Oh, well, the couch sounds better anyway.)

Maintaining a healthy lifestyle while working is difficult. I hope this issue will inspire you to keep at it. Find out how five Pacific Office Properties companies encourage wellness at work on page 5. Then, meet four cutting-edge professionals within the Pacific Office Properties family who are helping their organizations change the face of medicine in Hawaii on page 8. Finally, find out how fellow community members get through that ill-reputed, 2:30 p.m. energy slump on page 13.

My next health goal is to find a way to transport my gear without putting any more stress on my neck and shoulders. Maybe I could ask physical therapist and story subject Craig Nagata (page 9) for some pointers. Good luck finding a work/life balance this month.

Aloha,
Sabra

Have comments, questions or a story idea for *Pacifica*?
E-mail me at: sabram@pacificbasin.net.

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Kevin Bumgarner

► **Find Him at:** *The Pacific Business News Building*

KEVIN BUMGARNER has been tracking the highs and lows of the business world for two decades, with stops along the way in Wichita, Kan., Greensboro, N.C., and Dallas, Texas.

In April, he was named editor of *Pacific Business News* (PBN), the longest-running business journal in the country.

Bumgarner hopes to shape PBN's message so it stays relevant to its loyal subscribers while helping the publication connect with the next generation of local business leaders. "Connecting" is one of Kevin's passions. *Here's how he stays connected on a typical day.*



6:00 AM: Get ready for work and have a time of prayer.

7:30 AM: I join the throngs of people from Mililani and points beyond as we descend on Honolulu.

8:15 AM: Once in the office, I check overnight news headlines, market news, a string of favorite websites and e-mails. I respond accordingly.

9:00 AM: *I check in with managing editor Jim George* and get updates from him on various parts of the print edition. I also get status reports from other team members as they arrive.

10:00 AM: I take a break around this time to respond to the newest round of e-mails.

10:30 AM: Talk with Jim about possible topics for the editorial positions PBN will take that week; we also talk about potential poll questions for PBN's website.

11:30 AM: On most days, I'm out of the office to have lunch with a business owner, executive or influencer in the business community. In addition to bringing breaking news and exclusive content to our readers, connecting with those readers is an equally important task.

1:30 PM: I check in with my publisher and give updates from lunch to the appropriate newsroom staff, including story ideas as needed.

2:30 PM: I'm frantically checking the status of PBN's website ahead of our critical 3 p.m. deadline, when all subscribers to our blast e-mail get the day's business news pushed to their inbox. I also check to make sure headlines are ranked in a way that denotes each story's importance.

3:00 PM: After taking a deep breath once the e-mail deadline has passed, I respond to my newest e-mails.

3:30 PM: I edit various parts of the paper, writing my column, editorials or the occasional story that needs to get done.

5:00 PM: I get story updates from reporters and updates on the print edition's ever-evolving content plan from Jim.

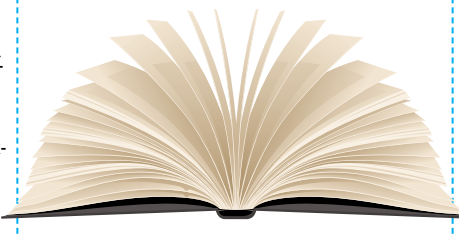
5:30 PM: If I'm not going to an after-work event, I head home.

6:30 PM: I check in with my wife and two teenagers and see how they're doing. We talk story about something we learned about our new hometown or state, and on many occasions, we take a walk through the neighborhood, trip to the Mililani Town Center or even a quick trip to the beach.

9:00 PM: I make notes about anything I need to follow up on tomorrow. I'm prone to reflection, and this is my time to see how well I think things are going — not just at work, but in all my important relationships.

9:30 PM: Update my Facebook status and make comments on my friends' and family's pages.

10:00 PM: *I do some reading* — Hawaiian history or Christian growth are my two favorite topics — and check Internet news sites one last time before calling it a day.



The Healthy Workplace



SMART COMPANIES ARE CATCHING ON: healthy lifestyles lead to increased work productivity. Check out what some innovative Pacific Office Properties tenants are doing to get their employees out of the office chair and into fitness.



1./ Muscle Toner ↑

Looking for a way to pick up the aerobic pace for employee fitness, Farmers Insurance of Hawaii at Waterfront Plaza launched a body-sculpting class last May to add to its on-site employee fitness classes of Tai Chi and yoga. Twelve women and one brave man were the first sign-ups for the 45-minute weekly class that uses stretch bands to tone, sculpt and strengthen the entire body, says Talitha Lopez, senior human resources assistant for Farmers.



2./ Yummy and Healthy ↑

"It's a great way to start the day, a little social interaction in the break room with fellow employees and a healthy breakfast," says Pacific Office Properties office manager Joy Hessenflow of the five-day breakfast program at its Davies Pacific Center headquarters. Staff favorite? Thursday's steel-cut oatmeal with delicious, healthy fixins'.

3./ Cardio Kickboxing ↑

Work at the First Insurance Center? Check out the fifth floor at 5:30 p.m. on Monday, Wednesday and Friday for a free, one-hour Tae Bo class open to all building tenants. You'll get an aerobic workout from Tae Bo, which combines Tae Kwon Do, martial arts and boxing.

4./ Wellness Pledge

Some are easy, some not: Complete a health-risk assessment. Wear your seat belt. Schedule a doctor's visit. Stay in contact with HR. Maintain a healthy diet. By choosing three of these activities in Hilton Grand Vacations' Wellness Pledge, team members at the Pan Am Building can promote a healthy lifestyle and avoid a \$10 monthly surcharge on their monthly benefit contributions.



5./ Know the Risk ←

Getting paid \$50 every year just for getting a free health-risk assessment is a sweet and healthy deal for employees of Straub Hospital and Clinic (part of Hawaii Pacific Health) at the First Insurance Center. The assessment is the start for staff participation in company-sponsored weight management, tobacco cessation, fitness and other wellness programs, says Kathleen O'Malley, wellness coordinator for Hawaii Pacific Health.

Meet the new members of the Pacific Office community.

► **First Wind** First Wind was drawn to Hawaii because of its ample wind resources, high need for alternative energy and support of alternative energy through the state's Clean Energy Initiative.

IN 2006, THREE YEARS BEFORE SETTING UP a permanent location in Hawaii, First Wind, the Newton, Mass.-based independent wind-energy company built Hawaii's largest wind farm to date, the 30-megawatt Kaheawa Wind Power farm. The farm now meets 9 percent of the Valley Isle's electricity needs annually, powering 11,000 homes. Kaheawa is home to the nation's first habitat conservation plan for wind farms for native flora and species.

First Wind opened its Honolulu office in fall 2009 with a staff of five, making Hawaii one of the company's seven project sites nationwide. First Wind was

drawn to Hawaii because of its ample wind resources, high need for alternative energy and support of alternative energy through the state's Clean Energy Initiative, according to Kekoa Kaluhiwa, director of external affairs (right).

In fall 2010, First Wind plans to develop Oahu's largest wind farm, a 30-megawatt facility in Kahuku. The Kahuku farm and storage system will help smooth energy-production fluctuations as winds gust and subside.

Find it at: **CLIFFORD CENTER**
810 Richards St., Suite 650



"It's one place to see good. One place to do good."

— Nancy Bottelo

► Special Olympics Hawaii

WHEN I SEE THE FACES OF FAMILY MEMBERS, as they watch their family's athlete compete, that's when I lose it," says Nancy Bottelo (this page, left), president and chief executive officer of Special Olympics Hawaii (SOH), which provides year-round sports training in a variety of Olympic-type sports for children and adults with intellectual disabilities.

"More than physical skills, our athletes learn to play by rules, listen to coaches and interact with others," Bottelo explains. They gain life skills that matter: 50 percent of participants are employed, compared to less than 10 percent of non-participants.

In 2009, SOH got a new home, thanks to Pacific Office Properties, a corporate partner whose volunteer employees ran the Special Olympics Summer Games Future Stars Exhibition. The new headquarters is a bright spot for the nonprofit, which recently underwent staff cuts and lost funding.

Amazingly, SOH's entire \$1.8 million annual budget is raised in Hawaii. SOH annual official sports – Summer Games, Aukake Classic in August and Holiday Classic – are made possible by 6,000 volunteers, says Bottelo. Participation is free, and SOH provides housing, meals and airfare for about 350 people from the Neighbor Islands.

"It's one place to see good. One place to do good," Bottelo says.

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1833 Kalakaua Ave., Suite 100

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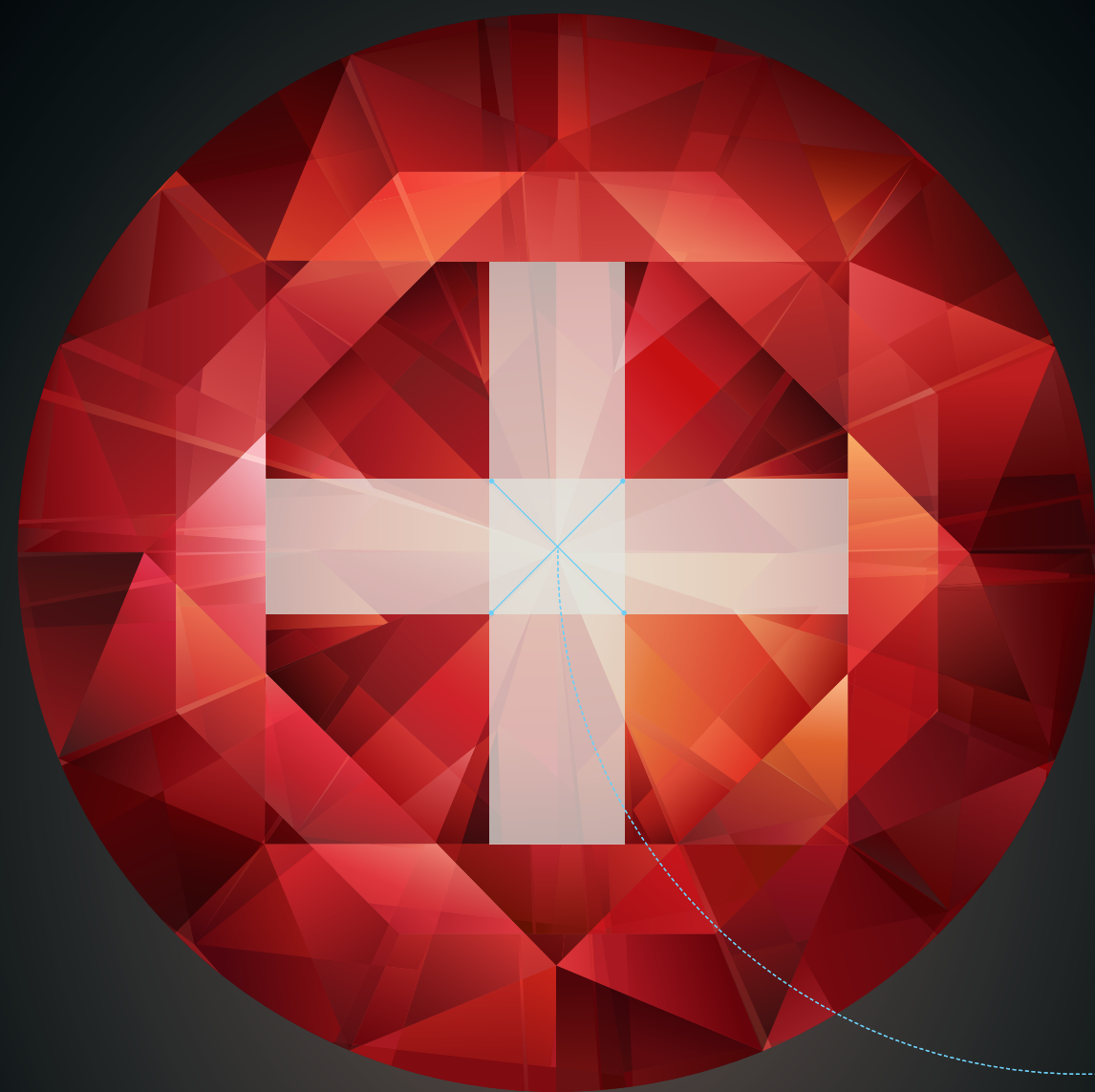
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STOP, LOOK, AND GLISTEN



HIDDEN GEMS IN HEALTHCARE

Your Pacific Office Properties neighbors provide new, advanced and specialized healthcare right here in Hawaii.

**“It’s rewarding to see our patients get better
and have their quality of life improve.”**

—Fred Cruz, pharmacy manager,
Care Plus CVS Pharmacy

F

FOR ISLAND RESIDENTS, the need to travel to the Mainland for complex and specialized healthcare may never go away. But as advancements in medical procedures, pharmaceuticals and specialty training continue to grow, a surprising range of specialized care options can now be found right here in Hawaii. Some have been available in the state for years, while others are brand-new, cutting-edge treatments, making sophisticated and even life-saving care more accessible and affordable to everyone. Meet some of these hidden gems in healthcare among your Pacific Office Properties neighbors.

Convenient and cost-effective surgery

In fall 2010, Surgicare of Hawaii transforms the old Wallace Theater site at Waterfront Plaza into a state-of-the-art, ambulatory and multispecialty surgical unit. It will be an affiliate of Surgical

Care Associates, the nation’s largest outpatient surgical company. The new facility, slated for completion in August, features five surgical suites and two procedure rooms in more than 17,000 square feet of space. It will serve patients needing arthroscopic knee surgery, tonsillectomy, cyst removal or hand surgery, among many other same-day surgeries.

“As a joint venture with Hawaii Pacific Health, we can provide a safe, high level of surgical procedures and alleviate the backlog at hospital operating rooms, improve patient-care efficiencies for physicians, reduce costs to patients as an outpatient facility and save on medical care for the community as a whole with lower co-payments,” explains Surgicare of Hawaii administrator Karl Klungreseter.

In the Islands since 1984, Surgicare of Hawaii operated Hawaii’s first, and one of the nation’s first, ambulatory centers. Previously located at the Honolulu Medical Group, Surgicare operated as the Honolulu Surgery Center. Today, Surgicare’s new Waterfront Plaza location will be its first freestanding facility outside a hospital setting and will feature nearly 3,500 more square feet of space.

Waterfront Plaza is a fitting choice for Surgicare’s new location. The complex is located in Honolulu’s central medical community corridor and in close proximity to major hospitals, explains Klungreseter. Waterfront also houses a variety of physicians and specialized healthcare practitioners among its tenants. Klungreseter believes the presence of Surgicare of Hawaii will

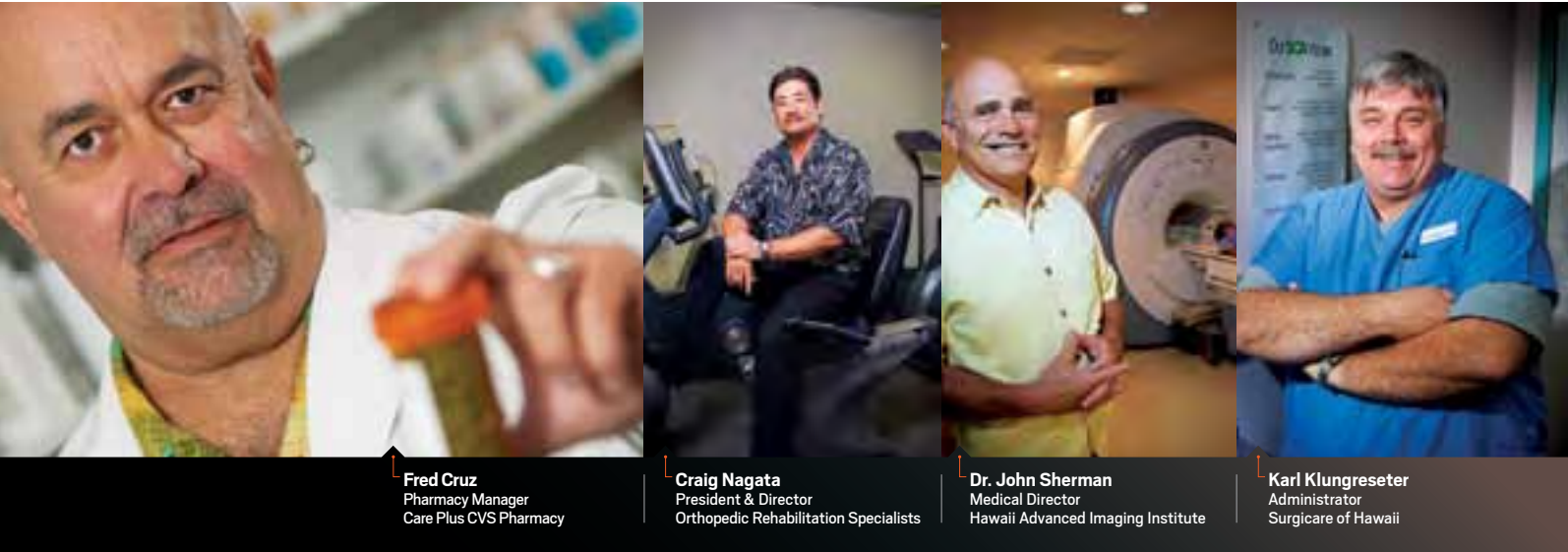
likely attract other healthcare providers to the complex.

“We have regular, fully equipped operating rooms, with all safety measures, and qualified surgeons, nurses and trained technicians,” adds Klungreseter. And there’s room to grow. Capable of handling the surgery center’s current 4,000 to 5,000 cases annually, the new facility can double its case-load capacity, without sacrificing quality, in the same space.

Helping the body heal itself

Need relief from carpal tunnel syndrome, shoulder pain, shin splints, hamstring strains, post-surgical scarring or other soft-tissue injuries? Physical therapist Craig Nagata may have the breakthrough treatment to resolve your tough, even chronic case. As president and director of Orthopedic Rehabilitation Specialists in the Pan Am Building, Nagata, a board-certified orthopedic physical therapist, operates the only clinic in the state certified to provide the ASTYM system, a new physical therapy for soft tissue that uses the body’s own healing properties to enable a rapid return to activity, free from pain and limitation.

First developed in the 1990s, ASTYM uses new, patented instruments to evoke an inflammatory response in the dysfunctional soft tissue. “It can be painful,” warns Nagata, who is a certified clinician in the ASTYM system and has been a physical therapist for 27 years, the last 20 in private practice. The treatment initiates and stimulates the body’s own healing response, says Nagata.



Fred Cruz
Pharmacy Manager
Care Plus CVS Pharmacy

Craig Nagata
President & Director
Orthopedic Rehabilitation Specialists

Dr. John Sherman
Medical Director
Hawaii Advanced Imaging Institute

Karl Klungreseter
Administrator
Surgicare of Hawaii

“Physical therapy must now be more efficient and effective.”

—**Craig Nagata**, president & director,
Orthopedic Rehabilitation Specialists

“**T**HE BEAUTY OF ASTYM is you can stay active in your work, sport and daily activities,” he adds. Activity actually facilitates healing of the area and encourages the tissue to re-

model in a way that supports the demands of a patient’s lifestyle activities. In doing so, it can decrease the risk of re-injury, according to Nagata, who has seen improvements even in his competitive patients, such as ultra-marathoners.

Another plus: ASTYM requires shorter sessions, which is great news for many consumers whose annual allowance of reimbursable physical therapy sessions have been reduced from 16 to eight. For providers, “it means physical therapy must now be more efficient and effective,” says Nagata.

Not your regular corner drugstore

“The back is where the action is,” says pharmacy manager Fred Cruz, of Care Plus CVS Pharmacy at Waterfront Plaza. Indeed, the back section dominates the space at this specialty pharmacy. That’s because it’s the part

of the pharmacy that helps patients manage rare, complex and often chronic conditions to live longer and healthier lives.

The laboratory-like area accommodates 21 employees, including five specialty pharmacists, each focusing on a specific drug therapy. With a client base numbering in the thousands, the Honolulu location is the only specialty pharmacy for patients on Guam and American Samoa. This summer, it provided training to its first intern from the new University of Hawaii at Hilo’s School of Pharmacy’s first class.

In Hawaii for 15 years and first located in Kailua, Care Plus CVS Pharmacy began with just three employees. Its growth and relocation reflects the increasing number of specialty pharmacies nationwide. Driving the trend are new medications that can provide longer life for patients with conditions such as hepatitis C, HIV, multiple sclerosis, oncology (cancers), osteoporosis, Parkinson’s disease, psoriasis, rheumatoid arthritis, respiratory syncial virus (RSV) and transplant surgeries. The Hawaii pharmacy also provides meds for hemophilia, human growth hormone therapy and PAH (pulmonary arterial hypertension).

“We are part of a specialty care team that also involves doctors, case workers from

nonprofit referrals and patients that ensures continuity of care,” says Cruz. The specialized nature of Care Plus facilities is illustrated by this fact: CVS has 7,000 standard pharmacies in cities nationwide. That’s compared to only 49 additional specialized Care Plus CVS pharmacy locations. Out of those 49, Honolulu houses one, now at Waterfront.

The pharmacy’s on-staff nurse, who oversees prior authorization for medications and provides self-injectable medication training to patients, acts as a central clearinghouse for patient data from physicians, lab results and insurance claims. Care Plus CVS also tracks patient medication use so doctors can assess a drug’s effectiveness.

Cruz has high praise for the dedicated staff, who get to know patients well and ensure their confidentiality. “It’s rewarding to see our patients get better and have their quality of life improve,” he says.

High-tech diagnosis

“Hawaii is blessed” with state-of-the-art digital diagnostic imaging, says Dr. John Sherman, medical director at Hawaii Advanced Imaging Institute (HAI). As the only outpatient MRI and PET/CT scan facility in Hawaii, the Waterfront Plaza facility has one of only three 3.0 Tesla (3T) MRIs in the state.

“It’s like comparing standard television to high-definition TV,” says Sherman, an MRI specialist since 1985. The latest-generation MRI approved for clinical use by the FDA, the 3T has twice the magnetic strength of its predecessors. Thus, it provides superior and sharper details to detect smaller, more elusive injuries or conditions. “We can see

“We can now provide better (imaging) study in less time at no additional cost.”

—**Dr. John Sherman**, medical director
Hawaii Advanced Imaging Institute

pictures of nerve tracks, for example, damaged by brain injury, and can even show the doctor the direction of the nerve track to help detect disruption of brain function,” Sherman says.

The 3T uses digital technology to deliver more detailed images (400 to 500 for a standard study, compared to 25 to 50 on traditional film), which can be quickly delivered to doctors on CDs or via the Internet. “We can now provide better study in less time at no additional cost,” says Sherman, which enables him to handle more cases in the same amount of time.

One of the first MRI specialists on the East Coast, Sherman is also the only neuro-radiologist in Hawaii specializing in the early detection of Alzheimer’s disease and one of only a few such specialists in the U.S.

Once known as PET Imaging, HAI also introduced Hawaii’s first PET/CT scanner in 2006. Overseen by Dr. Marc Coel, the advanced scanner combines PET (Positron Emission Topography), which can detect actively growing cancer cells metabolically, together with the CT scans, which show internal anatomy imagery on the detailed location, size and shape of cancerous growth. The PET/CT scan combination provides a more accurate and complete picture of cancer location and metabolism to provide doctors with greater diagnostic confidence. ■



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▶ Stephanie C.

HAVE NO TIME TO SHOP, but need to look professional? Know what you like, but can't find the quality you want? Stephanie Choi, of Stephanie C., can help.

"What makes Stephanie C. unique is the personalized shopping services we provide to our customers," says Choi. Her specialty boutique has been located in the lobby of the Davies Pacific Center for 17 years.

As the shop's buyers, Choi and Kathy McNabb, a former buyer for a specialty boutique, work directly with each customer and know each individual's preferences for size, color, style and brand, including casual wear, special occasion and accessories. A computerized customer history helps with coordinating outfits tailored for the individual. Specializing



in petite sizes and featuring exclusive Canadian brands, the shop will take calls to pull together outfits, so customers can simply "shop and go," Choi says. She has helped with Christmas shopping lists, selected appropriate gifts for family and friends for customers (using her customer history program), provided gift wrapping and delivery downtown and even searched for customer requests, such as a washable pant line for work.

A big plus, Choi says, is that "many of our clients know they won't see other women in the office wearing the same outfit."

Find it at: DAVIES PACIFIC CENTER
841 Bishop St., Suite 131

Your Next Lunchtime Destination

▶ Castagnola's Pizzeria

NEW JERSEY'S COLD FEBRUARY weather brought restaurateur George "Cas" Castagnola to Hawaii's warm and sunny shores in 1984. His namesake restaurant in the Manoa Marketplace soon became as well known for its savory homestyle Italian cuisine and classic Caesar salad as for nurturing the culinary talents today found at Assagio, Verbano and Paesano restaurants.



Fast-forward to September 2010. Castagnola, now 78 (center), joins sons George Jr. (right) and John (left) for the grand opening of Castagnola's Pizzeria at Waterfront Plaza. The family-run eatery features traditional Italian dishes, including eggplant parmesan, shrimp scampi, lasagna and, oh, yes, pizza, as well as their own bread, handmade sausages and meatballs. Lunch and dinner menus offer same-size portions and prices, with most entrées priced under \$10. You can even enjoy handmade pizza with Dom Perignon champagne at a discounted \$150 per bottle.

The pizzeria (which means "casual restaurant" in Italian, says Cas) is the brainchild of eldest son George Jr., former general manager of Assagio restaurant in Hawaii Kai. It offers seating for 100 (indoors and alfresco), a 14-seat full bar, takeout and dine-in table service, free Wi-Fi and a 13-by-30-foot game room with a pool table, dart boards, a juke box



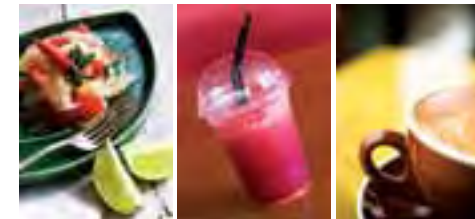
and chandeliers. With Cas as executive chef, youngest son John, oversees the kitchen. General manager George Jr. will don an apron to pitch in when needed.

"All Castagnola men can cook," says George Jr. who sees this new family enterprise as a way to reunite the family, which gathered in 2009 for its first Thanksgiving together in 35 years. "We're doing this for Pop's grandkids, the next generation of Castagnolas."

Find it at: WATERFRONT PLAZA
Building 4, Suite 4-A
500 Ala Moana Blvd.

We asked, you answered:

How do you get through the 2:30 P.M. energy slump?



CRAWL TO PAYAO THAI and have a spicy papaya salad for a fiery hot wake-up call. Then, go to Beijing Express to cool down with a fruit smoothie. Head to the *Bamboo Bar* for a triple cappuccino for a caffeine rush. Finally, finish off with a sugar rush via a red velvet cupcake from *Hokulani Bake Shop*.

—GUY TAKAKI,
MDX Hawaii, Waterfront Plaza

Allow employees to take a 20-to-30-minute nap, if needed. Employees should feel refreshed, renewed and ready to be productive.

—KAERA KAMAKAU, Hilton Grand Vacation Club, Pan Am Building

I posted a Craigslist ad two weeks ago, and have found a walking partner here at Waterfront. Half an hour to and from Waterfront to Kakaako Beach Park, and I'm good to tackle the rest of my work hours!

—NANCY, Covance Honolulu, Waterfront Plaza

I keep an Alpine Living Air (by Eco-Quest) purifier in my office ... Especially after having lunch, this really helps to keep you awake and alert throughout the rest of the day.

—ERIC K. KEAWE, LUTCF, CLTC
Davies Pacific Center



Have a "joke" fest with your co-workers. That will get not only you out of the siesta mood, but your co-workers, too! Laughter is a cure-all.

—VICTORIA J. DELUNA, Porter Tom Quitiquit Chee & Watts LLP, Davies Pacific Center

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Waterfront Plaza
June 4, 2010

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before the daily sugar rush begins.



*I took a picture of my brother Mitchell.
He is nine years old and his medical challenge
is Aplastic Anemia. Sometimes I feel
worried and sad for him.*



Joshius Ganeke (12)

*Everyone needs a voice, and no one needs it
more than a child who has much to say.*

At ProjectFocus Hawai'i, we use photography to teach at-risk children to express and gain perspective on their experiences. In doing so, we enhance self-esteem, self-awareness, and self-reflection, all critical components in fostering the resilience necessary to make a fulfilling life from challenging circumstances.

In partnership with a different non-profit organization each year, ProjectFocus Hawai'i conducts a twelve-week photographic internship for fourteen at-risk children, ages ten through eighteen. Over the course of the internship, the children are both the subjects and photographers. Their hard work culminates in a series of public exhibits, staged to a professional standard, that are held at multiple island venues. This year's non-profit partner is HUGS (Help, Understanding, and Group Support).

All of this year's ProjectFocus Hawai'i participants are siblings of seriously ill children receiving support from HUGS. Despite the challenges facing their families, there is one recurring theme among our participants and their siblings; a deep and abiding love.

"Kindred Spirits" reflects the compassionate caring these siblings share and also gives this year's participants a chance to be recognized for both their artistic accomplishments and the dedication of time and energy they have invested in making a better life for their ill brother or sister.

Please join us at a reception to unveil the "Kindred Spirits" exhibit on Thursday, October 7 at 4:30 p.m. at the Davies Pacific Center. "Kindred Spirits" will remain on display through October 15th.

For more information, please visit us at www.projectfocushawaii.com



Here's to the Next 50 Years

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