

nishimoto2-Bryce

From: don aguilar [don_glr@yahoo.com]
Sent: Saturday, March 22, 2008 12:43 PM
To: TRNtestimony
Subject: Testimony HCR28/HR28 & HCR91/HR73

March 22, 2008

Don Aguilar
1614 Violet St
Honolulu, HI 96819

Re: Testimony for HCR28/ HR28 & HCR 91/ HR73

To whom it may concern,

My name is Don Aguilar. One of my New Year's resolution was to focus on my physical wellness for it affects the other dimensions of my life; emotional, spiritual, and mental. My short term goal was to run the Aloha Run. Amazingly I accomplished it and was very pleased with my performance. Who said New Year's resolutions doesn't work? The reason I was able to complete the run in 86 minutes was because I followed a regimen of running three times a week. I would run up and down Kalihi Valley and some of it's side streets. I love running in my neighborhood rather than in the treadmill in a gym because I get a chance to meet my neighbors. As I pass them I greet them with a smile and hello. I emotionally connect with them because it is unexpected and genuine. And my hope is to unconsciously plant a seed of inspiration that they too will adopt a regular fitness exercise program of their own. We all know the benefits of exercise done on a consistent basis--reduces stress, increased energy, and fewer sick days. However, if we were to encourage Kalihi residents to get out and become physically fit by either walking or running, it would be very dangerous because the Kalihi streets are not conducive for such activities because of the great disrepair of the its roads and sidewalks. I literally have dodge oncoming vehicles and jump over potholes because there are no sidewalks. I thank God I haven't gotten into an accident. I love the outdoors. Kalihi Valley which is situated by majestic mountains on both sides should be enjoyed by more people. Just imagine, with safer streets and sidewalks, it will not only enhance Kalihi environmentally but influence its residents to adopt a lifestyle of physical wellness. Again this will reduce stress and other cardiovascular diseases, saving the State money in the long run.

Therefore, I am in full support of HCR 28/ HR 28 & HCR 91/ HR 73.

Sincerely,

Don Aguilar

Never miss a thing. [Make Yahoo your homepage.](#)

3/23/2008