



# HAWAII POLICE DEPARTMENT

*"Integrity, Professionalism, Compassion, Teamwork, Community Satisfaction"*

HPD Community Newsletter for the Puna Community

[WWW.HAWAIIPOLICE.COM](http://WWW.HAWAIIPOLICE.COM)

DECEMBER 2022

## PUNA CRIME STATS FOR NOVEMBER 2022

| Volcano    |  |
|------------|--|
| Assault-1  | Huakai Street                                    |
| Burglary-2 | Elua Road<br>Kalani Honua Loop                   |
| UCPV-2     | Kalani Honua Loop<br>Uluhemalu Road              |
| UEMV-1     | Kalani Honua Loop                                |
| Theft-2    | Volcano Road (Hirano Store)<br>Kalani Honua Loop |

| Mt. View   |  |
|------------|--|
| Assault-4  | Pikake Street<br>Apele Road<br>Oahu Street<br>1800 block Volcano Road  |
| Burglary-4 | Paniolo Street<br>Apele Road<br>Uhini Ana Road<br>Ao Road (road 2)   |
| Theft-8    | 1600 block Ale Road<br>Opeapea Road<br>Apele Road<br>Uhini Ana Road<br>North Peck Road<br>1600 block Moho Road<br>Naia Street<br>Ooaa Road |
| UCPV-5     | Ohia Ave<br>Uhini Ana Road<br>Palm Tree Drive<br>Uaua Road<br>Naia Street  |
| UEMV-2     | Opeapea Road<br>1100 block Lehua Street  |



### PAHOIA POLICE STATION

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**POLICE CAPTAIN**  
Scott AMARAL

**POLICE LIEUTENANT**  
Allan WATANABE

**SERGEANTS**  
Shawn TINGLE

Aaron KAE0

Zenas PACHECO

David POOHINA

Michael MATSUMURA

Christopher JELSMA

### COMMUNITY POLICING

Bryson MIYOSE

Eddie CARDINES

Terence SCANLAN

Chad SATO

### SCHOOL/DARE OFFICERS

Dustin SAMPAGA

Joseph PICADURA





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| Keaau       |   |
|-------------|---|
| Assault-2   | 1600 block Keaau Pahoia Road<br>1500 block 17th Ave   |
| Burglary-2  | 1600 block 34th Ave<br>1500 block 7th Ave   |
| Major TC-11 | 1600 block Keaau Pahoia Road<br>Keaau Pahoia Road /Hwy 11<br>1500 block 25th Ave<br>Old Volcano Road/Hwy 11<br>Ainaloa Blvd/34th Ave<br>Huina Road/Hwy 11<br>1600 block Old Volcano Road<br>Olaa Road/ Hwy 11<br>Puanani Street/40th Ave<br>Maku'u Drive/Hwy 130<br>Ainaloa Blvd/36th Ave                               |
| Theft-12    | 1600 block 34th Ave<br>1700 block Paahana Street<br>17th Ave<br>Keaau Bypass Road/Kukula Street<br>1500 block 13th Ave<br>1500 block 18th Ave<br>1500 block Kaloli Drive<br>Keaau Pahoia Road/Keaau Transfer Station<br>1500 block 10th Ave<br>27th Ave<br>Orchidland Drive<br>Keaau Pahoia Road/Keaau Transfer Station |
| UCPV-3      | Keaau Bypass Road/Kukula Street<br>1500 block 19th Ave<br>1500 block Maku'u   |
| UEMV-1      | Keaau Bypass Road/Kukula Street   |



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| Pahoa      |  |
|------------|--|
| Assault-8  | Pahoa Village Road (Napa Parking lot)<br>Government Beach Road (Wa'a wa'a)<br>1400 block Mayzee Road<br>1400 block Lahaina Road<br>Nanawale Blvd<br>S Puni Mauka Loop<br>Pahoa Village Road/ Pahoa High School<br>Pahoa Kalapana Road  |
| Burglary-5 | Kamau Road<br>1500 block S Puni Mauka Loop<br>1500 block Kahakai Blvd<br>Pahoa Village Road/Sacred Hearts Church<br>Kaimu Makena Homestead Road  |
| Robbery-1  | 1300 block Malama Street   |
| Major TC-2 | Pahoa Round About<br>Hwy 130/13MM  |
| Theft-20   | Cemetery Road<br>Ainaloa Drive<br>1500 block Laau Way<br>Opelu Street<br>Malolo Street<br>Kahakai Blvd (Pahoa Longs)<br>1200 block Kapiolani Street<br>Kawakawa Street<br>Stardust Drive<br>Nanawale Blvd<br>Cottage Circle<br>Paradise Road<br>Kahakai Blvd<br>Kahakai Blvd (Pahoa Longs)<br>Kahakai Blvd (Pahoa Longs)<br>Malama Street<br>Moku Street<br>Kahakai Blvd<br>Pahoa Village Road (Pahoa 7-11)<br>Pahoa Village Road (Pauls Repair) |



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## PUNA CRIME STATS FOR NOVEMBER 2022

### PAHOA CONTNUED

|        |  |
|--------|--|
| UCPV-8 | Ginger Lane<br>Laa Way<br>Kapiolani Street<br>Seaaviw Road<br>Cottage Circle<br>Pukulani Drive<br>Kuaaina Road<br>Akeakamai Loop<br>Pahoa Village Road |
| UEMV-7 | Hwy 132/Hwy 137<br>Miloli Circle<br>Shell Road<br>Kauhale Street<br>Seaview Road<br>Lava Tree Park<br>Maiko Street                                     |

### KURTISTOWN

|         |  |
|---------|--|
| Theft-1 | 1700 block Volcano Hwy (7-11 Kurtistown) |
| UCPV    | Kuaaina Road                             |



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**NEIGHBORHOOD WATCH**

**WARNING**

**THE NEIGHBORS OF THIS  
COMMUNITY ARE ORGANIZED  
AGAINST CRIME**





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## Stress, depression and the holidays

### Tips for coping:

Stress and depression can ruin your holidays and hurt your health. Being realistic, planning ahead and seeking support can help ward off stress and depression.



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The holiday season often brings unwelcome guests stress and depression. And it's no wonder. The holidays often present a dizzying array of demands — cooking meals, shopping, baking, cleaning and entertaining, to name just a few. And if coronavirus disease 2019 (COVID-19) is spreading in your community, you may be feeling additional stress, or you may be worrying about your and your loved ones' health. You may also feel stressed, sad or anxious because your holiday plans may look different during the COVID-19 pandemic.

But with some practical tips, you can minimize the stress that accompanies the holidays. You may even end up enjoying the holidays more than you thought you would.

### Tips to prevent holiday stress and depression

When stress is at its peak, it's hard to stop and regroup. Try to prevent stress and depression in the first place, especially if the holidays have taken an emotional toll on you in the past.



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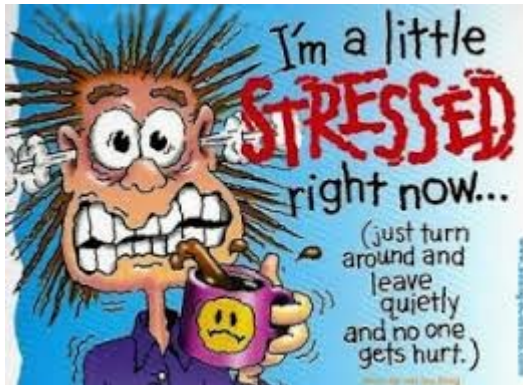
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1. **Acknowledge your feelings.** If someone close to you has recently died or you can't be with loved ones for other reasons, realize that it's normal to feel sadness and grief. It's OK to take time to cry or express your feelings. You can't force yourself to be happy just because it's the holiday season.

2. **Reach out.** If you feel lonely or isolated, seek out community, religious or other social events or communities. Many may have websites, online support groups, social media sites or virtual events. They can offer support and companionship.



If you're feeling stress during the holidays, it also may help to talk to a friend or family member about your concerns. Try reaching out with a text, a call or a video chat.

Volunteering your time or doing something to help others also is a good way to lift your spirits and broaden your friendships. For example, consider dropping off a meal and dessert at a friend's home during the holidays.

3. **Be realistic.** The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. For example, if your adult children or other relatives can't come to your home, find new ways to celebrate together, such as sharing pictures, emails or videos. Or meet virtually on a video call. Even though your holiday plans may look different this year, you can find ways to celebrate.



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- 4. Set aside differences.** Try to accept family members and friends as they are, even if they don't live up to all of your expectations. Set aside grievances until a more appropriate time for discussion. And be understanding if others get upset or distressed when something goes awry. Chances are they're feeling the effects of holiday stress and depression, too.
- 5. Stick to a budget.** Before you do your gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts.



### Try these alternatives:

- Donate to a charity in someone's name.
- Give homemade gifts.
- Start a family gift exchange.

- 6. Plan ahead.** Set aside specific days for shopping, baking, connecting with friends and other activities. Consider whether you can shop online for any of your items. Plan your menus and then make your shopping list. That'll help prevent last-minute scrambling to buy forgotten ingredients. And make sure to line up help for meal prep and cleanup.



- 7. Learn to say no.** Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity. If it's not possible to say no when your boss asks you to work overtime, try to remove something else from your agenda to make up for the lost time.



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**8. Don't abandon healthy habits.** Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt.

**Try these suggestions:**

Have a healthy snack before holiday meals so that you don't go overboard on sweets, cheese or drinks.

Eat healthy meals.

Get plenty of sleep.

Include regular physical activity in your daily routine.

Try deep-breathing exercises, meditation or yoga.

Avoid excessive tobacco, alcohol and drug use.

Be aware of how the information culture can produce undue stress, and adjust the time you spend reading news and social media as you see fit.



**9. Take a breather.** Make some time for yourself. Find an activity you enjoy. Take a break by yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Find something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm.

**Some options may include:**

Taking a walk at night and stargazing

Listening to soothing music

Reading a book



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**10. Seek professional help if you need it.** Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to face routine chores. If these feelings last for a while, talk to your doctor or a mental health professional.

### Take control of the holidays

Don't let the holidays become something you dread. Instead, take steps to prevent the stress and depression that can descend during the holidays. Learn to recognize your holiday triggers, such as financial pressures or personal demands, so you can combat them before they lead to a meltdown. With a little planning and some positive thinking, you can find peace and joy during the holidays.



Download from: [Dressline.com](http://Dressline.com)



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## RETIREMENT



### LIEUTENANT ALLAN WATANABE

Lieutenant Allan Watanabe served 32 years in the Hawaii Police Department. Lt. Watanabe's last assignment was in as a patrol Lt. in the District of Puna, as we all know is one of our busiest districts.

You have shown a dedication to the badge and a desire to protect civilians like few others. That professionalism has helped the entire community and we wish you all the best as you retire and begin a new phase of your life.

The Puna officers and community would like to thank you and wish you the best of luck in your future endeavors.

**GOOD LUCK LT.**



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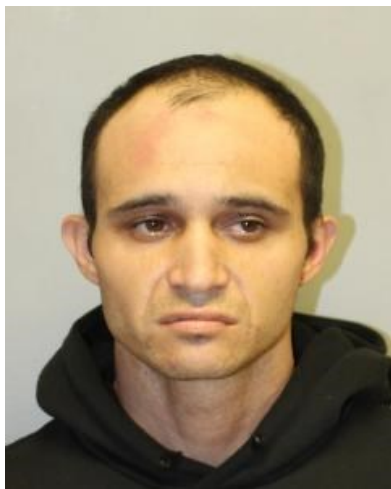
## PUNA'S MOST WANTED



**Christian ALAMEDA**



**Thomas KAHOOILIHALA**



**Daesyn PACHECO-MURAGIN**



**Shilo BRENT**



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**Aaron VINCENT**



**Mokihana VEINCENT**



**Aaron NOBRIGA**



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