ALOHA E KOMO MAI!

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THEY'RE OFF—*Runners charge down the track at the start of the 2.3-mile Turkey Trot.*

NHIS TURKEY TROT

Benefits Wai'anae Coast Families

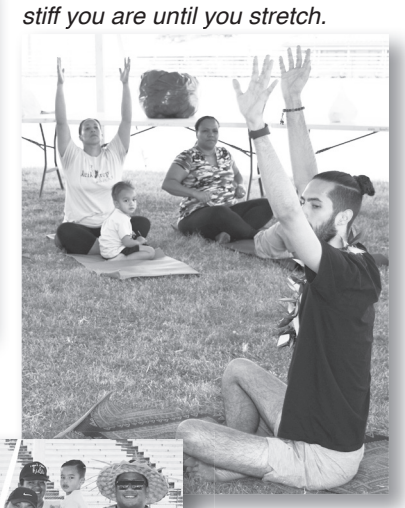
They raced. They walked. Quite a few ended up trotting. That was the scene on November 26 as students from Nānākuli High and Intermediate School, Nānākuli Elementary School, and community members converged on the school's athletic field for the annual Health and Wellness Turkey Trot.

The wellness portion of the day's events featured a yoga session with moms and dads and their children.

PVT is a proud sponsor of this worthwhile community event, now in its 14th year. This year's Trot raised funds to provide turkeys to nearly 300 families on the Wai'anae Coast.

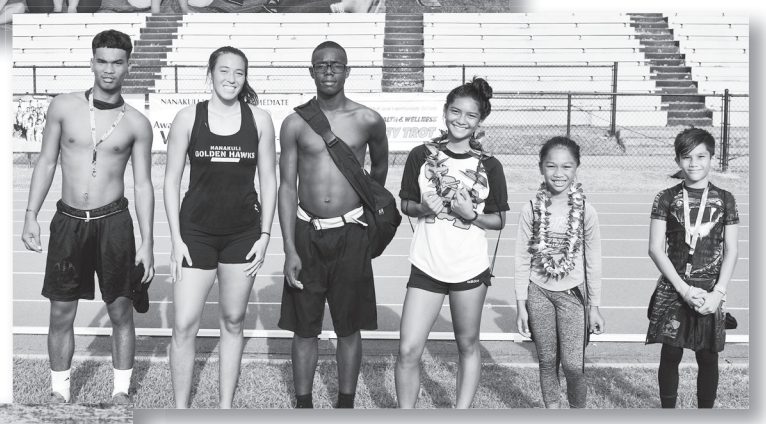
YOUNG LEGS—*The team from Nānākuli Elementary makes running look easy.*

HANDS UP—*You don't know how stiff you are until you stretch.*



YOGA YOGIS — *Wellness events featured yoga for moms and dads and their children.*

THE WINNERS— *Winners of the 2.3-mile race were Rylen Yap and Anuhea Strickland (high school), Khalil Federick and Kamaile Peneku (intermediate school), and Dazzlyn Emery and Analu Woode (elementary school).*

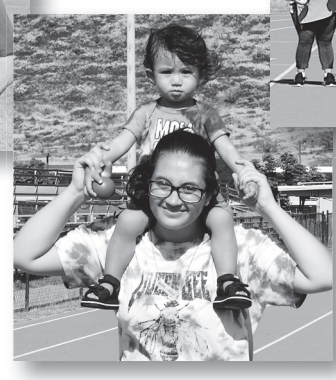


Thanksgiving in the Valley

PVT turned out in force to support "Thanksgiving in the Valley" at Nanaikapono Church in Nānākuli on Saturday, November 23. PVT's Barry Fujita was one of the PVT team members serving Thanksgiving meals or providing table service to nearly 400 people.

GIVING BACK—*PVT's Barry Fujita was one nearly a dozen PVT team members serving Thanksgiving meals to nearly 400 people.*

KUPUNA CLASS—*Kupuna winners were Andria Balicki, who was visiting from New Jersey, and PVT's Ben Yamamoto. Nānākuli High School's Anthony Jones, organizer of the yearly event, joins them.*



EASY RIDER—*Kupuna and parents with children took to the track during the event's morning session.*