

# PATCH 'Ohana Network



PATCH - Supporting Hawaii's Child Care Needs

## Everyday Science: In the Kitchen

By Celia Chang Takahashi, Oahu Coordinator, Good Beginnings Alliance

The kitchen provides your child with an opportunity to experience science in action in a variety of ways. Before you turn your kitchen into a laboratory, remember that young chefs and scientists must always be supervised by an adult and hands should be frequently washed with soap and water.

Here are some ideas on how your kitchen can be used to introduce your child to science.

**Infant:** Create a safe place where your infant can watch you cook. As you prepare a meal use running commentary to describe what you are doing. For example, say: "This bread is soft in the middle, but crusty on the outside. Look at all the holes. I wonder if this is why it is soft." Your child can participate in the investigation by playing with the soft part of the bread. Say, "Squish the bread in your hands. How does it feel? How does it smell?" Although your child cannot talk and report on observations made, hearing the running commentary and interacting with food provides a language rich experience that your child can build upon.



**Toddler:** Snack time is a great way to introduce a child to important scientific skills such as sorting, collecting data and reporting. For example, feed your child a snack mix, like trail mix. Have your child sort it into ingredients. Role model the process by saying, "I am going to put all of the pretzels into one pile, raisins in another, and cereal in another. Can you separate the trail mix ingredients?" After you are both

done sorting, you can talk with each other about the activity. Say, "I have 4 raisins. How many do you have?" This every day activity is a wonderful way to introduce your little one to science in a fun, non-threatening way.



**Preschooler:** Play with ice cubes to engage your child in science. Put an

ice cube in a clear plastic container and leave it on the kitchen counter. Ask your child, "What do you think will happen to the ice?" Let your child explain and then say, "You just made a prediction or a guess. Let's check back in a half hour to see if your prediction is correct."

— Continued on Page 5



Agency Partner  
Aloha United Way  
Kauai United Way  
Hawaii Island United Way

# A Warm Aloha and Happy Holidays...

## Give the gift of caring for our keiki.

We know there are many places to think of when giving this holiday season. We ask you to please make a donation to PATCH to support Hawaii's child care needs: dedicate a tax deductible gift to honor your child, your favorite aunty or someone else special! Or, give an annual membership, for only \$25. Donate by check at any PATCH office, or via credit card, online at [www.patchhawaii.org](http://www.patchhawaii.org).



## Remember: quality child care benefits us all.

Support PATCH all year long: choose [www.GoodSearch.com](http://www.GoodSearch.com) as your preferred internet search engine and use GoodShop to shop online. With GoodShop, buy items at the same price you would pay elsewhere and a portion of proceeds will be donated to PATCH! Make sure the "Who Do you GoodShop For?" text banner shows: PATCH - People Attentive to Children (Honolulu, HI).



**Thank you for your Support!**

### MARK YOUR CALENDAR



Date/s	Event	Island
First Tuesdays Through May, 2011	Free Read Aloud Program at Kailua-Kona Public Library, Hualalai Rd. From 4:30pm.	BIG ISLAND
January 15, 2011	PATCH Garage Sale Fundraiser, Hawaiian Paradise Park. Proceeds to 5/7 event, below.	BIG ISLAND
January 15, 2011	Magical Mixups workshop (Science Exploration /Art)-San Diego FCC Assoc. Call PATCH for info.	MAUI
February 5, 2011	Eastside Family Summit, Kapaa High School Grounds, 1:00pm-5:00pm.	KAUAI
March 12, 2011	PATCH Annual Meeting 11am-noon at Dole Cannery, Honolulu, Contact Virginia 791.2121.	OAHU
April 3, 2011	S.T.E.P.S. Annual Parent/Child Fair 11am-2pm.	KAUAI
April 8-9, 2011	Hawaii Early Childhood Conference "Building on Strengths: A Paradigm Shift to Support Success for All Keiki" at Waikoloa.	BIG ISLAND
April 9, 2011	"Celebrate the Family" at Sangha Hall, Hilo.	BIG ISLAND
May 7, 2011	PATCH Annual Provider Appreciation Day In Hilo for East Hawaii Child Care Providers.	BIG ISLAND

Contact your local office for more information and READ MORE about events and local news on your Island's News and Training Page on our website.

## Early Childhood Community Resources

### Local

**Arbor Child Care Connections** is a federal subsidy program helping families pay for child care. Toll-Free Casework #: 1-866-972-7267.

**The Parent Line:** Oahu: 526-1222  
Neighbor Islands: 1-800-816-1222.

**Early Screening Program:** FREE Vision, hearing and developmental screenings for 2-5 year olds, island-wide. FREE parent workshops on child health, development & school readiness. Contact Learning Disabilities Association of Hawaii at (Oahu) 696-5361 or, for Kalihi-Palama area 3-4 year olds, contact PACT at 841-2245.

**Aloha United Way - 211:** Available Monday-Friday, 6am-9pm, it's fast, free and confidential. Call 211 now to GET or GIVE HELP. Or visit [www.auw.org/211/](http://www.auw.org/211/).

### Online News

**Daily Parent:** Visit [www.childcareaware.org/dailyparent](http://www.childcareaware.org/dailyparent).

**KidSource OnLine:** [www.kidsource.com](http://www.kidsource.com)

### National

**National Association of Child Care Resource & Referral Agencies (NACCRRA):** Visit [www.naccrra.org/parent/index.php](http://www.naccrra.org/parent/index.php).

**Born Learning:** Visit [www.bornlearning.org](http://www.bornlearning.org).

**Healthy Habits for Healthy Kids - A Nutrition and Activity Guide for Parents:** An interactive resource with activities, recipes, mealtime tips, guides and much more! Visit: [www.wellpoint.com/healthy\\_parenting/index.html](http://www.wellpoint.com/healthy_parenting/index.html).

## Waianae Community Children's Council

in collaboration with **Hawaii Families As Allies** presents a  
**FREE Parent Workshop Series**  
At Waianae High School from 6pm-8pm

### MARK YOUR CALENDARS FOR:

- Jan. 12 Impact of Emotional/Behavioral Disorders on Families and Coping Strategies
- Feb. 9 "How Difficult Can This Be? The F.A.T. City Workshop" video with Richard Lavoie
- Mar. 23 Attention Deficit Hyperactivity Disorder (ADHD) and Oppositional Defiant Conduct Disorders in Children and Adolescents
- Apr. 13 "When the Chips are Down, Learning Disabilities & Discipline" video with Richard Lavoie
- May 11 Effective Communication & Successful Navigation
- Jun. 8 "Last One Picked-First One Picked On" Video with Richard Lavoie
- Jul. 13 Transition to Adulthood

*Light refreshments will be provided.*

**Please RSVP with Nicole Bell @ Tel: 692-8232**

**Leeward Kokua Program (LKP)** is an intensive case management program for women who are currently involved in the Child Welfare Services (CWS) system or any client that may be at-risk for CWS involvement. A knowledgeable case manager provides weekly educational groups, home visits, advocacy, transportation (if needed), referrals to available community resources, and many other supportive services. This program is completely free to mothers (including expectant mothers). Preference is given to Leeward residents.

Please contact Claire Bailey at [cbailey@wccchc.com](mailto:cbailey@wccchc.com) or 668-2277 with questions about the program, or visit our clinic at the **Waianae Comprehensive Coast Health Center** to for an application.

## Everyday Science: In The Kitchen

Continued from Page 1

Every half hour, check on the ice and talk with your child about what is happening. Expand on this activity by putting three similar sized ice cubes in three different clear containers. Put one container in the fridge, another on the kitchen counter and the third outside. Every hour, check with your child on the containers and talk about what you observe. Are all three ice cubes still the same size? Is one melting faster than the others? If so, why does your child think this is happening? What does your child notice about the container? The simple act of watching ice melt allows a child to experience how changing one element (e.g. temperature) affects an activity (such as how fast ice melts).

**Kindergartener:** Growing herbs stimulates our senses – we see bright colors, we smell aromatic fragrances, we feel textures of the different parts



of a plant, and we taste how they change the flavor of foods. One of the benefits of starting an herb garden with your child is that it is relatively affordable, fairly easy to care for, and the herbs can be used in your cooking. Your child will delight in growing green onion to put on top of their saimin or will be

amazed at how adding a few basil leaves to a red pasta sauce changes the flavor of their spaghetti. Starting a simple herb garden provides your child with an opportunity to care for a living thing and helps your child use their senses in scientific investigation. It provides an opportunity for science to intersect with cooking in an up close and personal way.

These simple activities are a great way to introduce your child to science. The best part is that you and your child will have fun creating meals that fill tummies and memories that fill the soul!

Is your child ready for school?  
We can help!

We provide **FREE** developmental, hearing  
and vision screening for  
3 and 4 year olds in the Kalihi-Palama area.

Contact Information:

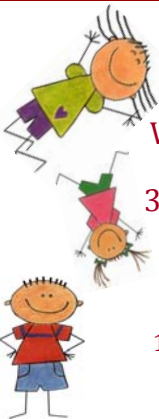
Parents And Children Together

Mikiala Early Screening Program

1485 Linapuni Street, Suite 105, Honolulu, HI 96819

PHONE: 841-2245 EMAIL: [hl@pacthawaii.org](mailto:hl@pacthawaii.org)

*Helping keiki prepare for school*



# Attention: Parents of 4 Year Olds\*

## Announcing Open Enrollment Period for Preschool Open Doors!

### What is Preschool Open Doors?

Preschool Open Doors (POD) is a statewide early childhood education and care project funded by the State of Hawaii Department of Human Services, administered by PATCH.

**Preschool Open Doors helps children go to preschool by helping families to pay preschool costs for one year. Any licensed preschool may accept POD children.**

POD understands the importance of every child having the opportunity for a positive early learning experience. Preschool prepares children for kindergarten by teaching social skills and recognition of shapes and letters. It allows children to explore and discover their world in a learning environment. Children also learn how to get along with others and to work as part of a group.

### How Much of My Child's Preschool Expenses Will POD Pay?

Preschool Open Doors has sliding fee scales, based upon State of Hawaii child care assistance guidelines. Depending on family size and income, families may be required to pay some of the monthly preschool costs.

### How Do I Apply?

To request an application or for information, you may contact your local PATCH office or the Preschool Open Doors office:

#### Preschool Open Doors

650 Iwilei Road, Suite 205  
Honolulu, Hawaii 96817

Telephone: 791-2130

Toll-Free Neighbor Islands phone:  
1-800-746-5620

Email: [POD@PatchHawaii.org](mailto:POD@PatchHawaii.org)

You will receive notification by mail if your child is accepted for the current school year.

### How Can My Family Qualify for Preschool Open Doors Funding?

To qualify for POD, your family must meet the following requirements:

- 1. Special Needs Four-Year Olds**  
First priority will be given to four-year\* old children from a Special Populations Referral, (e.g. children who are homeless, have limited English or developmental delays and those with physical or mental impairments who are not enrolled by Dept. of Education for preschool).
- 2. Age of Child**  
Second priority will be children who will be \*four-years old by 12/31/2011.
- 3. Special Needs Three-Year Olds**  
Some three-year old children from special populations may qualify if funds available.
- 4. Family Income**  
Your family's gross monthly income (before taxes and deductions) must be within allowable income limits. If your gross monthly income is less than the amount listed for your family size, you may be eligible for POD funding.

Family Size	Gross Monthly Income Limit (subject to change)
-------------	---

1	\$ 2,431
2	\$ 3,179
3	\$ 3,927
4	\$ 4,675
5	\$ 5,423

For families of 6 or more, please contact Preschool Open Doors Office for limits.

### Cut-Off Date for Applications?

POD funds are limited. Applications are accepted during the open enrollment period of March 1 - April 30 of each year, for the school year that starts the following August.

## Now Available in Hawaii: LifeBridge<sup>SM</sup>

### FREE Life Insurance program for Families:

FREE life insurance for low-income working parents is now available in Hawaii!

Sponsored by Massachusetts Mutual Life Insurance Company, LifeBridge is giving away \$1 billion of \$50,000 life insurance policies, and there are over 9,000 policies still available nationwide. Eligible Hawaii families should APPLY NOW for this program.

Each LifeBridge \$50,000 policy – one per household – has a 10-year term and must list the insured's child or children as the beneficiaries. In the event that an insured parent or legal guardian passes away during the term of the policy, \$50,000 would be paid into a trust and used exclusively toward the educational expenses of his or her eligible children.

When you hear FREE, you may be hesitant. Everything related to this program is FREE, provided you meet the eligibility factors at the time you apply. This program is designed to help you to protect your dream of providing an education for your children if you die before they complete their schooling.

Children have 10 years or until age 35, whichever is later, to use the \$50,000 educational benefit which is paid directly to the educational institution for expenses such as tuition, books, room and board. Various types of schools qualify including preschools, private schools, vocational schools, community colleges, universities, etc.

If you think you may qualify, please call to find out!

#### Are you Eligible?

You are eligible to apply for the LifeBridge program if you are:

- ◆ Between the ages of 19 and 42;
- ◆ A parent or legal guardian of a dependent child under age 18;
- ◆ A permanent, legal resident of the United States;
- ◆ Currently employed, full or part time, with a total annual family income not less than \$10,000, or more than \$40,000 (not including COLA for Military);
- ◆ The only member of your household who has applied for the LifeBridge Free Life Insurance Program; and
- ◆ In good health, as determined by MassMutual's underwriting guidelines.

You would not be eligible if you:

- ◆ Have been diagnosed with heart disease, cancer, HIV or Type 1 Diabetes;
- ◆ Currently abuse drugs or alcohol or have abused them within the last 10 years; or
- ◆ Are currently on probation.

*Additional underwriting will apply.*

To learn more, and for an Application Form for the program, please visit: <http://www.massmutual.com/aboutmassmutual/communityresponsibility/philanthropy>

Contact:

Jeffrey J.L. Ling, CFP

The Hawaii Agency of MassMutual

Telephone: (808) 697-6446

Email: [jling@finsvcs.com](mailto:jling@finsvcs.com)

MassMutual Toll-Free Telephone:

800-272-2216\*

\*Note: Time Difference as this is US Mainland

## Free QUEST and QExA Health Insurance Available for Children and Youths

A family of four can earn around \$76,000 each year and their children may qualify for free QUEST or QExA health insurance programs. Children's eligibility is based on family size and income, and on citizenship or immigration status. Household assets, including homes and cars, are **not** counted for children to qualify.



Parents and guardians can call 211 (FREE phone call from all islands) to talk to a live operator who can mail the application and link them to an outreach worker for assistance with eligibility questions and paperwork. More information and Med-QUEST application forms are also available at [www.coveringkids.com/community](http://www.coveringkids.com/community).

—Information provided by  
Hawai'i Covering Kids—

## The Media: Is it Good for Your Children?

When you think of newspapers, TV, radio, computers, or hear the word "media," what do you think of? Do you think of children and how much they hear and see via the media? You may not automatically think of children, but there are good reasons why you should. Here are some statistics on media and children (age 0-6) from a 2003 study by the Kaiser Family Foundation.

### Children Birth through Age Six:

- ▶ 99% live in a home with a TV,
- ▶ 50% live in a home with three or more TVs,
- ▶ 75% live in a home with a computer,
- ▶ 63% live in a home with internet access, and
- ▶ 34% have a newspaper subscription in their home.

### DID YOU KNOW THAT?

- ▶ 97% of children aged 0-6 has clothes, toys, and other products based on characters from TV shows or movies,
- ▶ 97% of children aged birth through six has listened to music,
- ▶ 91% have watched videos or DVDs,
- ▶ 48% have "used" a computer,
- ▶ 30% have played video games.

### Media is Everywhere!

Our world is one of instant information and entertainment at our fingertips. Media is everywhere. As the numbers show, TV, radio, books, computers, etc. are a part of a newborn's world. Babies listen to music from wind-up toys, CDs or recorded songs. So, why talk about media and what it means to children and to you as parents?

Continued on Page 8



## The Media: Is it Good for Your Children?

Continued from Page 7

### Is it Good for Your Children?

Whether computer games, TV, or popular music is “good” or “bad” for children is an ongoing concern for parents and providers of child care. Children of all ages can be exposed to violence, sexual images, and curse words through TV, video games, songs, or the internet. It may be hard for us as adults, to keep up with what is new, or what exactly is being shown or said in media that children see or use. Asking yourself these questions can help you to decide if it is good or bad for your child:

- ✍ “Is it appropriate for my child’s age and maturity level?”
- ✍ “Knowing my child as I do, is there a chance it may do harm or have a negative effect on her?”
- ✍ “Do I want my child to see or hear or read it?”

### Protecting Children

Children, especially younger ones, do not have the abilities adults do to make decisions about what they see and hear. Nor are they always capable of knowing what is real or fantasy, or how to handle feelings they may have due to what they see or hear.

Media protection laws specify that TV programs must exist for educational and informational needs of children, and limit the types and amount of TV commercials which may appear during children’s programs. TV media must also provide public notice of program



content in advance. Additionally, there are laws to enable parents to block access to media using V-chips, cable lockboxes, internet parental controls, and to block 900 and pay per call numbers. These laws and standards came about due to parental concerns. There is a great deal of interest in the impact of TV on children. The effects of TV and movie violence and the link between TV viewing and obesity in children have been studied. Findings show children who view aggressive or violent acts on TV tend to act more aggressively and that children who watch more TV tend to be overweight.

### What You Can Do to Monitor Media

Do you know what kinds of TV, music, and images you do not want your children to see or hear? Are you aware of what your child hears or sees? It is always best to be prepared. Read about age-appropriate materials and focus on knowing what is available and make choices as to what your children will have access to and limit what you don’t want them to access. **Limit the time TV is on and watched.** Many homes have TVs on even when no one is watching.

— Continued on Page 9

**Want more information on media protection standards and laws? Visit:**  
**Federal Communications Commission (FCC) website: [www.fcc.gov/parents](http://www.fcc.gov/parents)**  
**Common Sense Media: [www.common sense media.org](http://www.common sense media.org)**  
**Parents’ Action for Children: [www.parentsaction.org](http://www.parentsaction.org)**

## The Media: Is it Good for Your Children?

Continued from Page 8

### Infants and Toddlers

The American Academy of Pediatrics recommends children under age two do not watch television. It is important that infants and toddlers be engaged in brain developing activities rather than passive activities such as watching TV.

- **Talk to your child care provider** to ensure that you are in agreement that your child will not watch TV.
- **Be aware of music and lyrics playing in your car or at home** that your infant or toddler may hear (and may later repeat).

### Preschool Children

Between ages 3-5, many children grow familiar with TV and movie characters geared toward young children.

- **Know contents of a TV program or movie** before your child sees it. Check ratings or reviews on them.
- **Choose books for your child's age.** Read it yourself first, to see what it is about so you can explain and ask/answer questions.
- **Talk to your child care provider** about what types and how much TV or movies your child may see daily.
- **Be aware of music played** in the car or home. You may be surprised at the lyrics of popular songs.
- **Be aware of newspaper and/or magazine photos** your child could see with violent or graphic images.

### School-age Children

As your child gets older, it becomes harder to know of or control everything he is exposed to. A school-age child's circle of friends and influences grows

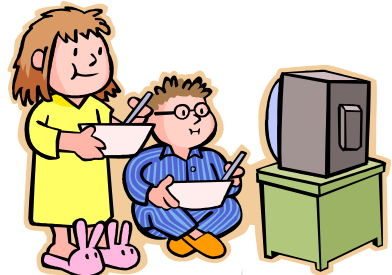
through school and outside activities. In addition to the things you would do for a toddler and preschooler, try these additional suggestions for your child:

- **Decide upon and set rules and expectations** on video games, TV programs, music and movies, etc.
- **Use lockboxes or V-Chips or computer software** to block unsuitable web or TV content and images.
- **Talk to your child regularly.** Of course you already do this, but you must now ask direct questions about what your child sees and hears outside of home each day.

### So, is media good for your children?

It depends — on what the specific TV programs, movies, lyrics, photos, etc. are showing/saying, and on the child's age. Some media is clearly not appropriate for children of any age. In the end, you are the ultimate judge and gatekeeper. Knowing what your child is seeing, hearing, reading, and playing is the basic and best way to have control over what your child is exposed to. Parents are in the best position to protect children from media that is inappropriate and potentially harmful.

Reprinted with permission from The Daily Parent, a newsletter for parents produced by NACCRRRA. © 2010, NACCRRRA,



# It's Time to Register for Kindergarten!



**If Your Child Was Born In 2006,  
Register NOW For Kindergarten  
For The 2011-2012 School Year!**

## How to Start:

To find out which school to register your child at, you can :  
Call or stop by the elementary schools in your area  
and give them your street address. The office staff  
can tell you if your address falls in the school's district.  
Ask if the school has specific registration days or times.

## What You Need to Register:

When you know which school your child should attend,  
take the following documents:

### • Health Records (Form 14)

Have your doctor or health care provider complete a Form 14 for your child  
to bring to school. Your child must have a physical examination,  
written documentation of required immunizations,  
and tuberculosis (TB) clearance to enter school on the first day.  
For more information call the Hawaii Immunization Program at (808) 586-8332  
or visit: <http://www.doe.k12.hi.us/register/schoolhealthreqts.htm>

### • Birth Certificate

Bring an original or certified copy of your child's birth certificate  
to verify your child's age. Other documents include a passport or student  
visa if from a foreign country. Your child must be age 5 by December 31  
(born in 2006) to start kindergarten in the 2011-2012 school year.  
You can register now; don't wait until your child turns 5.

### • Legal documents

If there were changes to your child's name, custody arrangement,  
or guardianship, bring the legal documents that verify the changes.

### • Proof of current local address

Your child must live within the school's geographic district.  
Bring a document such as an utility bill, a rental agreement, or other  
documentation that shows the address of your child's home.  
If you have questions about geographic exceptions, ask the school registrar.

### Other Information:

If your child has been enrolled in any special needs preschool program  
or has a Special Education Individual Education Plan (IEP), please share this  
information at the time of registration. **If your child is transferring  
from another school, include the release packet and latest report card.**  
Other information, such as allergy procedures, should also be shared.

## PATCH Offices Statewide

Let PATCH assist you in finding licensed child care services across the state. Call one of our offices or visit our website for information on how to choose a quality child care provider, child care financial aid and much more!

In addition, PATCH can connect you to other early childhood resources that are available in your community.

### PATCH –Oahu

650 Iwilei Road  
Suite 205  
Honolulu, HI 96817  
Phone: 808-833-6866

### PATCH— Kauai

4485 Pahe'e Street  
Suite 124  
Lihue, HI 96766  
Phone: 808-246-0622

### PATCH—West Hawaii

79-7393 Mamalahoa Hwy  
Unit 4A  
Kealahou, HI 96750  
Phone: 808-322-3500

### Preschool Open Doors

650 Iwilei Road  
Suite 205  
Honolulu, HI 96817  
Phone: 808-791-2130  
Toll-Free: 1-800-746-5620

### PATCH—Maui County

95 Mahalani Street  
Suite 28-2A  
Wailuku, HI 96793  
Phone: 808-242-9232  
Lanai & Molokai: 1-800-498-4145

### PATCH—East Hawaii

305 Wailuku Drive  
Suite 4  
Hilo, HI 96720  
Phone: 808-961-3169

Mahalo to the State Department of Human Services,  
Benefit, Employment and Support Services Division.

## Army & Marine Families

*On Active Duty? Deployed?*

*We can help you with special child care referral services and subsidy information for quality child care programs.*

Contact your local PATCH office today!



Visit our website at [www.PatchHawaii.org](http://www.PatchHawaii.org)

- Online child care referrals
- Sign up to receive email news & updates
- Early childhood development resources
- Child care subsidy information

Please join us for the

## PATCH

### 2011 Annual Benefit Dinner

Where: 3660 On The Rise, 3660 Waiialae Avenue, Honolulu

When: Saturday, May 7, 2011, 5:30 PM – 8:30 PM

Featuring: No-host cocktails, buffet dinner, live entertainment, silent auction, keynote speaker

Please RSVP by April 30, 2011

Contact Virginia Lord at Tel: (808) 791-2121 E-mail: [VLord@patch-hi.org](mailto:VLord@patch-hi.org)

PATCH is a local 501(c)(3) resource and referral agency created in 1976. Our mission is to support and improve the quality and availability of care for the young people of Hawaii. PATCH has not investigated the resources listed and makes no warranties, express or implied, regarding the nature and quality of goods or services rendered by said resource providers.

# FREE TAX HELP AND CLAIM VALUABLE TAX CREDITS!

Earned Income Tax Credit or EITC is a tax benefit for people who worked full or part-time. This year there are new and expanded tax credits for low-moderate income workers.

If you are:	and you earn LESS than	then you may qualify for a credit or refund of UP TO:
Married couple w/ 3 or more qualifying children	\$48,362	\$5,666
Unmarried w/ 3 or more qualifying children	\$43,352	\$5,666
Married couple w/ 2 or more qualifying children	\$45,373	\$5,036
Unmarried w/ 2 or more qualifying children	\$40,363	\$5,036
Married couple w/ 1 qualifying child	\$40,545	\$3,050
Unmarried w/ 1 qualifying child	\$35,535	\$3,050
Married couple w/ no qualifying children	\$18,470	\$457
Unmarried w/ no qualifying children	\$13,460	\$457

For more information about the Hawaii State Capitol tax site or other free tax preparation sites across the state:

**Visit [www.hawaiiataxhelp.org](http://www.hawaiiataxhelp.org)**  
**Email [info@hawaiiataxhelp.org](mailto:info@hawaiiataxhelp.org)**  
**Call 2-1-1 (AUC's Toll Free Helpline)**

Thanks to trained and IRS-certified volunteers, you can have your federal and state taxes prepared and filed for free at a special clinic:

## Hawaii State Capitol

415 South Beretania St Room 329

**Saturday, January 29 ONLY 9am-2pm**

(last appointment at 1pm)

Close to main bus stops and metered parking is also available.

**Call (808) 548-8887**

APPOINTMENT ONLY

Earn it. Claim it. Save it.

*Family and Individual Self-Sufficiency Program*

# HACBED

Hawai'i Alliance for Community-Based Economic Development

©2011 HACBED. All Rights Reserved.