

# island scene

well-being, family, and fun for **HMSA** members || fall 2018 || [islandscene.com](http://islandscene.com)



veterans get gerofit || islander scholars || online gaming





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## making a difference

There are so many reasons why we're lucky we live in Hawai'i. The physical beauty of our islands, the remarkable cultural diversity, and the way it impacts how we relate to one another. I'm especially grateful for those people who make a difference in our community each and every day.

Not only do we have great and generous leaders, they're tremendous teachers who inspire us to do more. It's why I'm devoting this column to shining a light on Hawai'i's exceptional leaders.

Michael B. Stollar  
President and Chief Executive Officer

**B**eing a leader means having the courage to make things better. Like University of Hawai'i Wahine head soccer coach Michelle "Bud" Nagamine. She is seven-time Interscholastic League of Honolulu coach of the year, five-time Hawai'i state coach of the year, founder of the nonprofit Aloha Sports Network, and a former small business owner. I had the privilege of talking with Nagamine about success, failure, and making a difference.

**MS:** Tell us a little about yourself and your first job.

**MN:** When I was in college, my dream was to be an MTV Veejay. (I was way more downtown than Julie Brown) I graduated from Santa Clara with a degree in TV production. But then I got in front of the camera and it was NOT what I thought it would be. So, I went on to do marketing and public relations. Hank Martin from a local company called Data House made me an offer, I got my first job, and I loved it.

**MS:** You started a successful business at a pretty young age. Tell us about that.

**MN:** In 1991, I was on a soccer trip

with Leahi Soccer Club in the back of this huge Mercedes bus and my friend Lori Baker and I just started talking about how none of the soccer stores here in Hawaii ever cater to women. So we drew up a business plan and planned Soccerama on the back of that bus. That was the summer of '91 and our doors opened in February of '92. A lot of people told us that we weren't going to be in business in a couple of years, but we soon became the number-one account for a lot of different soccer companies like Nike and Adidas.

**MS:** When did you first get into coaching?

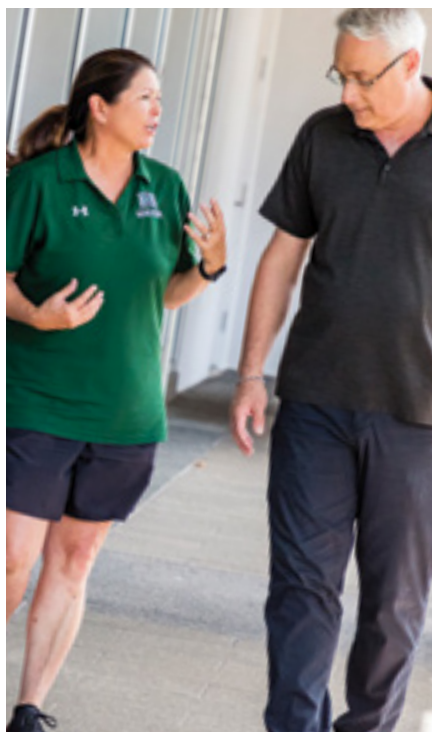
**MN:** I started to volunteer at Kamehameha because some of my friends were coaching there. There was a coaching change at the school and Irv Kau called me and said "Eh, you wanna be the next head coach?" I told him no because I didn't want to mess it up. This was Kamehameha, my alma mater. But he just said, "I'm going to throw you into the deep end of the pool because I know you can swim." Irv was a phenomenal mentor because he believed in me when I didn't believe in me.

**MS:** If you had to summarize a guiding principal for yourself and could offer some of that to me or others, what would you say that would be?

**MN:** It would be twofold. The number-one thing that I try to live by is to be kind. The second thing is to try to leave every situation that you enter better than you found it.

**MS:** You've had a long career in business, coaching, leadership. How do you teach others to lead?

**MN:** Last year was hard because we were trying to replace so many seniors. We knew we were going to struggle with leadership because we didn't do that type of training. We never gave our players the opportunities to lead because we scheduled their lives. We said you're going to eat at this time, you're going to sleep at this time, you can't use your cell phone. That's not teaching them anything except that we're bossy. People don't just wake up one day and say I'm a leader and I'm fantastic. It's a learning process and you learn by doing.



"People don't just wake up one day and say I'm a leader and I'm fantastic. It's a learning process and you learn by doing."

: Michelle "Bud" Nagamine



To see more from this interview, visit [islandscene.com](https://islandscene.com) for a video.



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## overwhelming aloha

[A malika dudley](#)

In the wake of the Kilauea eruption, human impact cannot be ignored. With more than 700 homes lost and thousands of residents displaced, this eruption has put Puna in the spotlight, but the selflessness of the community is what

## EAT WELL



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**COVER:** In the wake of the Kilauea eruptions, the community responded with aloha. Story on page 10. Photo by G. Brad Lewis. This photo was taken before access was closed to viewers.





# dear friends,

Mahalo for reading this issue of *Island Scene*. Many of you took our online survey or the survey for HMSA's Well-Being Hawaii blog and I thank you for your time and for your thoughtful feedback.

Your feedback from the survey results and other research has been at the heart of our redesign. The research shows that most of you want to enjoy better well-being and are focused on your family and work, whether you're just starting college or striking out on your own, enjoying retirement, or anywhere in between.

Our readers with kids are pressed for time, working hard to do their best for their families, and dream of a bit of "me" time. And empty nesters and those who are retired or approaching retirement are enjoying more time with family, looking into new interests and hobbies, and maybe heading to Vegas more often.

You told us you want more ways to connect with *Island Scene*. Now you can catch up with us online from home, work, or on the go from your phone or

tablet. Check out our new website at [islandscene.com](http://islandscene.com) with bonus content from stories in the print magazine with new columns, exclusive stories, and videos.

*Island Scene* is here to be your partner in well-being. We'll walk with you through your ups and downs, embracing every step of your journey together with information, possibility, and opportunity, and maybe even some inspiration.

I hope you enjoy the refreshed *Island Scene*. If you have any questions or want to share your comments, please email [feedback@islandscene.com](mailto:feedback@islandscene.com) or call me at 948-6839 on O'ahu. As always, I look forward to hearing from you.

Thank you,

Lisa Maneki Baxa  
Publisher and Editor

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G. Brad Lewis





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## EAT WELL

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## big island

### What's the oldest food festival in Hawai'i?

**It's the Kona Coffee Festival!**  
**November 9-18**, 10 a.m.-5 p.m.  
Various locations on Ali'i Drive  
990-6511/konacoffeefestinfo@gmail.com

Congratulations to **Kea'au High School**, one of the winning schools in the 2018 HMSA Kaimana Awards & Scholarship Program. Kea'au's achievements include working toward certification as a Blue Zones School, continuing its work with Special Olympics, and volunteering to help people affected by the Kilauea eruption and earthquakes. For a list of 2018 Kaimana school and scholarship winners, visit [hmsa.com/kaimana](http://hmsa.com/kaimana).

## kaua'i

**What's your favorite hike on Kaua'i?** Most guidebooks choose the Kalalau trail. What do you think? Have you ever hiked it? What's your favorite family-friendly hike? Send us your comments at [feedback@islandscene.com](mailto:feedback@islandscene.com).

### **Kauai Veterans Day Parade, November 3**

Starts at 9:30 a.m. on Mākaha Road, down Kūhiō Highway through downtown Kapa'a, ends at Kapa'a Beach Park.

Activities include a short program to honor veterans, a coconut festival craft fair, food vendors, and entertainment.

Stay for **First Saturday in Kapa'a town**  
652-4802/russmaeda@gmail.com



# maui

## Free trees!

### Arbor Day tree giveaway,

**November 3**, 9 a.m.-noon

Maui Nui Botanical Gardens will give away 1,000 Hawaiian trees, one per person.

150 Kanaloa Ave., Kahului

249-2798/info@mnbhg.org

## Which island in Maui County has

the highest sea cliffs, longest waterfall, and one of the largest white sand beaches?

### Made in Maui County Festival

November 3, 8 a.m.-4:30 p.m.

\$5 admission; purchase that day only at the Maui Arts & Cultural Center box office.

1 Cameron Way, Kahului

281-0810/linnpr@hawaii.rr.com



Pāpōhaku Beach, Molokaʻi.

**Kauaʻi's Nā Pali coastline** is featured on a Forever stamp as part of the O Beautiful series that visually represents the song "America the Beautiful."

The Nā Pali stamp was commemorated at a special event in August at the Hanalei Post Office. The event featured Hanapēpē photographer Tim Delavega, who shot the stamp image, and Hanalei Postmaster Eileen Brieck. Kauaʻi Mayor Bernard Carvalho led a heartfelt and stirring rendition of "America the Beautiful."

The event also celebrated the reopening of the Hanalei Post Office, which was closed after the record rains and heavy flooding in April.

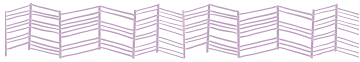


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Have a great story, place, or event that makes your community special? Share it with us at [feedback@islandscene.com](mailto:feedback@islandscene.com) or call 948-6839 on Oʻahu.







# overwhelming aloha: community response to the kīlauea eruption

In the wake of the Kīlauea eruption, human impact cannot be ignored. With more than 700 homes lost and thousands of residents displaced, this eruption has put Puna in the spotlight, but the selflessness of the community is what truly shines.

When evacuations became an abrupt reality, people came with trucks and trailers to help their neighbors in need. When tiny homes were erected, volunteers picked up hammers, lifted planks, and created homes for fellow residents. Those without homes were given shelter and lost pets were given new homes. Family, friends, and complete strangers have come together to lift up an entire community.

"It is the loss that brought the full awareness of the specialness of this beautiful place. It is this that brings people together for a better tomorrow," says Hawai'i county Mayor Harry Kim.

The County of Hawai'i worked overtime to provide for displaced Puna residents while also trying to keep a sense of normalcy. Evacuees, for example, are usually sheltered in public school facilities. Recognizing the importance of routine for school-aged children, Kim tasked the Department of Parks and Recreation with finding locations to shelter evacuees so that public schools in Puna would not be affected. At the height of the crisis, nearly 500 individuals were under their care in various facilities.



"It is the loss that brought the full awareness of the specialness of this beautiful place. It is this that brings people together for a better tomorrow."

: Mayor Harry Kim

"There were times when morale was really low. Homes were being destroyed every single day," says Deputy Director Maurice Messina. "It was very difficult, but at the same time, the amount of generosity was overwhelming. We had to partner with the Salvation Army and The Food Basket because the donations that were coming in were more than we could handle."

Thanks to numerous community, government, and nonprofit entities, shelter numbers were down to about 150 people and a few dozen animals in early August. County workers usually tasked with teaching sports or running summer fun programs have taken on new roles at the shelters as needed. Messina is proud of his team, but says they couldn't have done it alone. "The community really stepped up. Without the help of the residents, it would have been a struggle for the county to provide for all of the needs," he says.

There are so many examples of how this community has come together. There have been countless events, GoFundMe pages, and volunteer opportunities.

At the top of the list is Pu'uhonua O Puna. "The Hub," as residents fondly refer to it, was started on May 5 in immediate response to the community's needs. The Hub accepts donations

and distributes them to evacuees, providing everything from diapers and gas masks to hot meals and even daily live video updates. Thirty dedicated volunteers kept this resource open to the public seven days a week through July.

Founder Ikaika Marzo says more than a thousand volunteers have come through The Hub to help. "It was made from the people for the people of Puna," he says. "There were volunteers from all around the country. We had people from Switzerland, Germany, Japan, and even Europe."

The hot meals provided to The Hub were prepared by volunteers through World Central Kitchen. Local eatery, Luquin's Mexican Restaurant in Pāhoa provided kitchen space for the more than 50,000 meals that were cooked between May and early August. These meals were distributed to eight different locations, feeding evacuees, families in shelters, first responders, and volunteers.

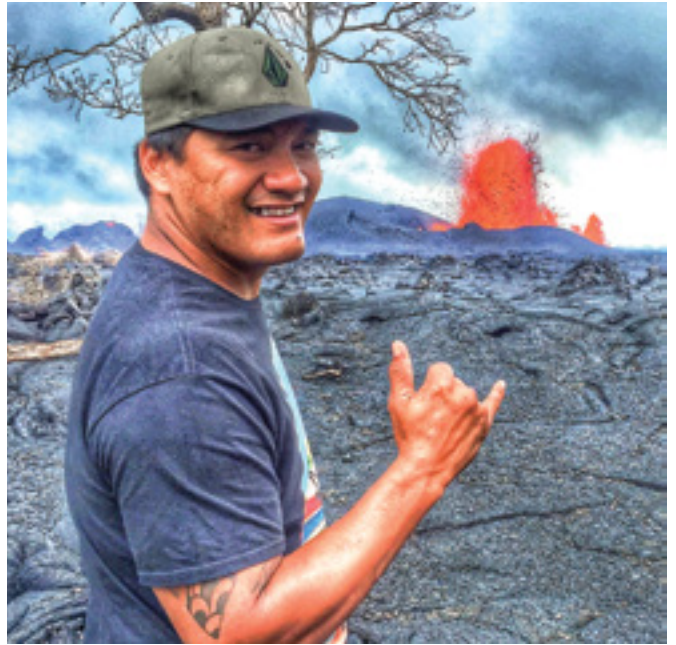
Helping to fill in the blanks, eruption relief efforts by the Bodacious Women of Pāhoa also garner high praise. This small grassroots organization has been helping the Puna community since 2012 with a focus on disaster preparedness. "We go into the pocket subdivisions, the roads that maybe people have missed, and try to service them," says







Volunteers help serve hot meals at The Hub.



The Hub's founder, Ikaika Marzo.

"The feeling is just this sense  
of overwhelming aloha."





Ronnette Gonsalves, one of four local women who spearheaded the effort.

Volunteers and organizations have worked to rescue most of the pets and livestock in the evacuation zone. Individual residents have fostered hundreds of animals and new nonprofits have been created.

HAKA (Hawai'i Animal Kuleana Alliance), for example, has done everything from animal rescues to helping the Hawaii Island Humane Society (HIHS) with cat trapping, providing assistance and support to fosters, and even work days at farms and people's homes. To date, more than 1,000 animals have been helped. Ground missions in Leilani Estates are ongoing through HIHS and community volunteers like Axel Kartel have even organized air missions. Twenty-seven cows were airlifted out of the lava zone with help from Kia Hawaii and Paradise Helicopters.

The community has given and continues to give in unsurmountable ways, from keiki days and roller derby entry fees to paint and sips and more. The power of community and cooperation shines through each and every person who gave so selflessly.

Marzo sums it up best. "I don't know how to describe it. The feeling is just this sense of overwhelming aloha."

*Malika Dudley (Instagram.com/malikadudley) is chief meteorologist for Big Island Now and has been covering the effects of the eruption since it began May 3.*



## Hurricane Lane

As we were finalizing this issue of *Island Scene*, Hurricane Lane dumped record rainfall on the Big Island with over 50 inches of rain in Mountain View and almost 37 inches in Hilo. Kaua'i and Maui were also hit hard, while high winds from the storm complicated efforts to put out devastating brush fires in Mā'alaea and Lahaina on Maui.

As with the Kīlauea eruptions that started in May, the community stepped up to take care of each other, clean up the damage, and rebuild. Mahalo to our first responders and all those who helped statewide. Your aloha makes a huge difference.



Check out  
**islandscene.com** for  
more, including videos  
and photos.



# veterans get gerofit

## Army veteran Henry Lee

is a decorated war hero. He received a Purple Heart after the helicopter he was flying in was shot down in 1968 during the Vietnam War. But his biggest battle has been recovering from a stroke several years ago that paralyzed the right side of his body.

Lee once ran marathons, golfed with buddies, and enjoyed yard work. After his stroke, he couldn't even take out the trash. "I was down in the dumps," says Lee, 88, who'd watch Korean soap operas all day.

"At our age,  
we need  
to move."

A few years ago, Lee's doctor referred him to Gerofit, a federal health and wellness program for veterans age 65 and older. He and dozens of other vets exercise with weight and cardio machines, practice tai chi, and walk around a track at the Veterans Affairs Pacific Islands Health Care System's Center for Aging in Honolulu. "At our age, we need to move," says Lee, who's lost 20 pounds since joining the program. "If we don't, we're just going to lie down and die."

Lee is proof that you're never too old to exercise. Gerofit tailors exercises to fit each veteran's physical capabilities to benefit their physical and mental health. Veterans in the program have reduced their blood pressure and glucose levels. They've also improved their strength, agility, balance, and endurance. "This program helps them maintain their independence," says program coordinator Michelle McDonald.

More than just the physical benefits, Gerofit has improved the participants' mood. Lee and the other vets laugh and have fun while exercising. They share war stories, talk about their grandkids, and get together for lunch. "This is better medicine than any pill," he says.

*Are you a veteran interested in Gerofit? Talk to your primary care provider for more information and a referral.*



Want to see more?  
Visit [islandscene.com](https://www.islandscene.com) for  
interviews and a Gerofit video.

Top: Henry Lee (far right) participates in a morning tai chi class.

Bottom left: Veterans walk and talk.

Bottom right: Gerofit program coordinator Michelle McDonald assists Yasuto Fujisaki on an exercise machine.





“This is better medicine than any pill.”









# islander scholars: unfurled growth

**words** Laurie Au and  
Courtney Takabayashi

**photos** Mark Holladay Lee

Islander Scholar Director Laurie Au  
(left) stands with 2017 Islander  
Scholar Treysen Moke from Ke Kula 'o  
Nāwahiokalani'ōpu'u public  
charter school.

Last year, Roland Afaga Jr. was a typical high school student. He'd just finished his junior year at Honoka'a High and Intermediate School and was worried about his grades, getting into college, and his future. Then, he was selected to participate in the Islander Scholars program.

The program, now in its third year, believes that there's more to a successful school career than good grades and high test scores. School principals select students like Afaga based on their character, contributions to the community, and commitment to improving the quality of life in Hawai'i.

In June 2017, Afaga had the opportunity to connect with like-minded students, learn from cultural practitioners and mentors, share about his community and 'ohana, and deepen his understanding of his kuleana.

For three days, Afaga and 25 other participants lived and worked together at Camp Pālehua in Kapolei. Their goal was to understand and exemplify the unique values of Hawai'i. Afaga says, "We learned what it means to embody the characteristics of a true islander, which is having a deep sense of place, caring for others, and working to give back."

Together they explored the ahupua'a of Honouliuli to connect with the land. At the top of Mauna Kapu, each student reflected on the importance of place and described somewhere special to them. As he listened to the others, Afaga felt inspired. He proudly spoke about Honoka'a, his hometown on north side of the Big Island. "I realized there were others like me who care about the same things I value," Afaga says. "I felt like I really belonged."

The students received guidance from facilitators from Islander Institute, Mālama Learning Center, and other community leaders who care about Hawai'i's future. In large and small groups, they discussed what it meant to be an islander.

Listening to the inspirational facilitators and other students, Afaga learned that an islander is so much more than just a person from an island. "It's a responsibility. It's about taking care of yourself, looking out for others, and making sure that everything you do helps to benefit the future of Hawai'i," he says.

One particularly memorable experience was when the inaugural 2016 class joined the 2017 participants at Huilua Fishpond at Kahana Bay in Windward O'ahu. The group's collective strength and spirit outweighed individual ability as everyone worked together to move large rocks to create a wall for the fishpond. Afaga was thankful to be able to connect with past program participants. "I look up to them," he says. "I hope to do the same thing they're doing and give back to Islander Scholars and the community."

During the closing ceremony, participants received a koru (spiral) pendant specially crafted for them by Hawaiian artist Ahukini Kupihea. The pendant symbolizes the unfurling growth and strength of each student. Then participants shared what they'd learned in the program and how they'd perpetuate the spirit of an Islander Scholar. Reflecting on the past three days, Afaga says, "Everyone has a different definition of success. For me, it's doing what you can do, what you're meant to do, and feeling good about it."

After Islander Scholars, Afaga felt different. "My mindset changed," he says. "I still have ambitions to do well in school and go to college, but I know that's not the only thing that matters."

After graduating from Honoka'a High, Afaga explored his interest in computers at the Google Summer Institute. He's currently a student at Santa Clara University. No matter what happens, Islander Scholars will always be a part of him. "It was an eye-opening experience I'll never forget," he says.



To learn more about Islander Scholars, visit [islanderinstitute.com/scholars](http://islanderinstitute.com/scholars) or contact:

Islander Institute  
P.O. Box 7521  
Kailua, HI 96734

Right: At the top of Mauna Kapu, the 2017 Islander Scholars listen to the mo'olelo of Pālehua by Kehaulani Kupaheha.



Above left: Islander Scholars, along with their guides and community members, worked together to move large rocks to help build the wall of Huilua Fishpond in Kahana. From left: Justin Texeira, Trey Garcia, and Austin Hashimoto.

Above right: The 2017 Islander Scholars (with Roland Afaga Jr. in glasses) at Camp Pālehua.

Following page: Islander Scholars walk together on the beach.



“It’s a responsibility. It’s about taking care of yourself, looking out for others, and making sure that everything you do helps to benefit the future of Hawai’i.”

: Roland Afaga Jr.







## > is the game playing you?

**words** David Frickman

**It's not a stretch to say it**—online gaming is fun. Hopping on the console to play Fortnite or Grand Theft Auto can be exciting and exhilarating, giving you everything you want in a hobby.

But is there such a thing as too much gaming? Like many other activities, gaming can go from a harmless pastime to a serious problem when you're doing it for hours at a time to the exclusion of family, friends, school, and work. In extreme cases, it may even be a sign of mental issues that need to be checked out.



“ ... GAMING BECOMES  
A PROBLEM WHEN  
IT BEGINS TO  
SIGNIFICANTLY  
INTERFERE WITH  
OTHER ASPECTS OF A  
PERSON’S LIFE.”

: Dr. James Westphal

James Westphal, M.D., 'Aiea psychiatrist and vice president and medical director at Beacon Health Options®, says parents should have an open discussion with their kids about the amount of time spent gaming online. “If the child is spending a lot of time gaming and their homework isn’t getting done and they’re not going to school, the conversation has to be about not doing the things they need to do.”

The World Health Organization (WHO) raised a few eyebrows earlier this year when it classified gaming disorder as a mental health condition and put it on the latest list of International Classification of Diseases. WHO says the inclusion of gaming disorder on the list “will result in the increased attention of health professionals to the risks of development of this disorder and, accordingly, to relevant prevention and treatment measures.”

But not everyone’s on board with the decision to label it a disorder. The American Psychiatric Association (APA) considers it a “condition for further study” and notes that just a tiny fraction of gamers would fall into this category according to WHO guidelines.

**The APA says the symptoms to look for include:**

- Preoccupation with gaming.
- Withdrawal symptoms, such as sadness, anxiety, or irritability, when gaming is taken away or not available.
- Tolerance for longer play and the need to spend more time gaming to satisfy the urge.
- Inability to reduce playing and unsuccessful attempts to quit.
- Giving up other activities and loss of interest in previously enjoyed activities.
- Continuing to game despite problems.
- Deceiving family members or others about the amount of time spent gaming.
- The use of gaming to relieve negative moods, such as guilt or hopelessness.
- Risk of real-life consequences, such as having jeopardized or lost a job or relationship due to gaming.

So how do you know when too much is too much? Westphal says gaming becomes a problem when it begins to significantly interfere with other aspects of a person’s life.



“ANXIETY OR  
DEPRESSION MAY  
BE A FACTOR. YOU  
CAN’T JUST JUMP TO  
THE CONCLUSION  
THAT EXCESSIVE  
GAMING IS AN  
ADDICTION.”

: Dr. James Westphal

“The key here is that you have to show harm from that activity,” Westphal says. “I’m not sure that gaming addiction has risen to the level of disorder yet.”

Westphal says that for many people, gaming addiction isn’t the real issue, but only a symptom of a deeper struggle. Especially in children and adolescents, “anxiety or depression may be a factor. You can’t just jump to the conclusion that excessive gaming is an addiction.”

There can be some positive physiological aspects to gaming. For example, Westphal says some kids who are shy or withdrawn can go online and try out different personality styles and be whoever they want to be. “There may be an adaptive feature to this,” he says, “and that might be relatively healthy.”

When you keep track of the time and attention you spend on gaming, you don’t have to hide the controllers from your keiki (or yourself). Just be on the lookout for what parts of your life are being ignored while you’re fighting zombies and saving the world.



In moderation, gaming can actually be good for you. Benefits include increased optimism, improved decision making skills, and strengthened social connections.

Learn more at  
[islandscene.com](https://islandscene.com).

Beacon Health Options® is an independent company providing behavioral health utilization management and quality improvement services on behalf of HMSA.



# diabetes in hawai'i

41.5 percent of adults in Hawai'i have prediabetes.



Every year, about **8,000 people** in Hawai'i are diagnosed with diabetes.  
Don't be one of them. Talk to your doctor today.

November is National Diabetes Awareness Month.



# beat the commuting blues

**words** Lynn Shizumura

**photo** Lauren Gould



**Everyone hates traffic.** You may have to commute to and from work for more than an hour each day. If you catch the bus to work or school, there are days when the bus is simply too crowded to feel comfortable. These tips can help make your ride or drive more productive and enjoyable.

#### AT HOME

**Make a list.** O'ahu resident Jennifer Domaloan commutes with her daughter, Kayla. To make sure they don't forget anything, Domaloan updates a board with everything they need for the following day. "Even though we generally go through the same routine every morning, we somehow still forget things," she says. "Kayla and I read the list together every morning before we head out the door."

**Get enough rest.** It seems obvious, but experts say that getting seven to eight hours of sleep a night is essential for your mood and safety while driving. If you're a night owl, sleeping even half an hour more can make a big difference. Need help relaxing? Try a meditation app or put your phone away an hour before bed.

#### IN THE CAR

**Discover new music.** Instead of listening to your usual playlist, find new tracks to enjoy on your commute. For inspiration, ask your friends for their favorites or download more songs from an artist you like but don't know very well. Listening to something new can make your commute go faster.

**Make it fun.** It can be easy to go into autopilot when you're on the road. If you want to connect with your passengers in a new way, try a few car

games. For example, you can look for three cars of the same color in a row. Or you can choose a person, place, or thing and challenge your passengers to figure out what you've picked with 20 yes or no questions.

**Set the tone for your day.** Instead of making a mental list of everything you need to do, think about an attitude shift that can change how you approach the rest of your day. For example, you may decide to practice gratitude or get out of your comfort zone at work. To read more about how you can use gratitude to overcome boredom and hardship, go to [zenhabits.net/gratitude](http://zenhabits.net/gratitude).

#### ON THE BUS

**Do something productive.** According to *Harvard Business Review*, doing something productive on your commute can leave you feeling more accomplished and refreshed when you arrive at work. Want to learn a new language, make a to-do list, or browse through cheap flights? There's an app for that! Download apps that you're interested in to get more done while you're on the bus.

**Be mindful.** According to the book, *Meditation Made Simple*, mindfulness is the act of paying attention to the present moment with an open, nonjudgmental attitude. On the bus, you can practice mindfulness by putting away your phone, clearing your mind, and being in the moment. It can give you a chance to relax before a busy day.

**Mix it up.** Want to add more steps to your day? Get off a stop early to walk a little before settling into the office. This small change can help energize you and inspire other healthy habits during the day.



# Your newest choices for quality care statewide

## Hawaii

Ashley L. Aaron  
Ralph G. Althouse  
LaRae Monteese Barnes  
Aaron Akua Collins  
Carly Correa  
Sharra A. K. K. Dance  
Lindsey Danielle De Leon  
Paul J. Ferreira  
Meghan E. Gallagher  
Peter E. Gregg  
Margaret A. Irish  
Grant Jacobson  
Steven C. Kaplan  
Bradon Y. Kimura  
Neeva Lemmel-Duerr  
Nancy W. Lundblad  
Vanessa D.  
Oseido-Bleecher  
Melissa J.  
Perrin-Hernandez  
Christopher C. Piel  
Arun K. Reddy  
Jennifer L. M. Shotwell  
Justin Stein  
Allyson A. Wong  
Gordon W. Woon

## Kauai

Arthur H. Brownstein  
Lindsey Danielle De Leon  
Nicholas M. Klauba

## Lanai

Estelle Paris

## Maui

Alfred M. Arensdorf  
Daniel P. Baston  
Debra A. Bayer  
Bridget S. Bongaard  
Mary A. Coccetti

Diane Coulter  
Marcie L. Courter  
Lindsey Danielle De Leon  
Robert R. DeMello  
David S. Dowhan  
Alyssa Fusco  
Robyn J. Goodblatt  
Ateka Gunja  
Robert W. Hagebak  
Mark A. Henzler  
Ivy Lou B. Hibbitt  
Melanie Hollidge  
Leda S. Jellum  
Maria S. Kriekenbeek  
Timothy Joseph Solomon  
Lindsey  
Suwan K. McGrath  
Catherine Moonshine  
Mylene Motomura  
Dmitry Mysh  
Richard M. Navarro  
David M. Nelson  
Maura E. O'Connor  
Estelle Paris  
Alison S. Rivera  
Erik L. Russell  
Amanda Shaw  
Tanya Takatani-Apo  
Naomi M. Tamparong  
Shana R. Theobald  
John R. Vaz  
Rachel L. Vigliotti  
Donald M. Zacharias

## Molokai

Briana I. Mullen

## Oahu

Evelyn Sibueao Alicante  
Tennille A. Allen  
Lori A. Asada

Antonia S. Austria  
Ramy A. Badawi  
Carrie R. Baker  
Sarah E. Beaton  
Darlene Deborah Beatty  
Kristopher Bjornson  
Desiree Connie Cabinte  
Bhupinder K. Chima  
Gerald L. Coffee Jr.  
Thomas M. Crew  
Stacy A. Daly  
Lindsey Danielle De Leon  
Gita Dhir  
Mark D. Dichner  
Rachel Samantha  
Donahue Ebert  
Ning Feng  
Anne M. Fischer  
Hikiaumoana D. T. Flood  
Fiona Y. K. Fong  
Amylynn J. Frankel  
Alyssa M. Galusha  
Timothy Gedney  
Catherine Kay Gee  
Elizabeth Irene  
Gennari-Crosby  
Anaizah Gerona  
Rhonda L. Gleason  
Ann M. Greaney  
Philippe Guedj  
Kingsada Hanashiro  
Diana B. Honeker  
Aaron C. Hoo  
Mary Emma Hubbard Dodd  
Kali M. I. Ikemoto  
Meredith Adams  
Johnson  
Mineko Kaisho  
Maryann L. K.  
Kaiwi-Salvador  
Hyelee Kim  
Tom-Oliver Klein  
Kimberlee Emi Kunichika

Kristiana K. Lazarova  
Franklin C. Lee  
Chunrong Lin  
David K. Marcoux  
Rachael N. Migita  
Alexis Mingione  
Jocelyn A. Mizunaka  
Angelina Elenoa Moefu  
Donnalyn Marie Morgan  
Jeffrey Steven Moser  
Erin Nakatsuka  
Eric C. Nino  
Neil Oishi  
Paul C. K. Okada-Coelho  
Kristen M. M.  
Okana-Dalere  
Mel A. Ona  
Pamela M. Padilla  
Sarabeth Pohjola  
Amber E. Reagan  
Tania Reza  
Justin A. Rietfors  
Kristine E. Robison  
Lydia Rolita  
Richard Rothschilder  
Sherri L. Ruerup  
Jana L. Sanders  
Dawn G. Schaffrick  
Gina M. Senkowski  
Tiffany F. Strickert  
Sharon M. Tisza  
Seren-Marie Tokumura  
Janna K. O. Torregano  
Rachel Weber  
Shelby L. Wilcox  
Katherine A. Williams  
Stephen James Wilson  
Erica Yu  
Imran Zubair

For a complete list of providers, contact information, and plans accepted, visit [hmsa.com](http://hmsa.com) and click Find a Doctor. These providers joined HMSA's network March 21 to June 21, 2018.





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# five numbers you need to know

**words** Dennis Ducatt



*Dennis Ducatt is an investment officer who specializes in private wealth management for First Hawaiian Bank.*

g etting a handle on your money today is the best way to achieve financial success in the future. A great way to get started is to know these five numbers that can help you take control of your personal finances

**Your take-home pay:** This is how much you actually have to work with each month to pay your rent or mortgage, utilities, and other bills and to put toward your savings.

**Your debts and interest rates:** List your outstanding balances and their corresponding interest rates. If you make only the minimum payment each month, it could take years to clear your balance and you'll end up paying more interest. Target the highest interest rate first and make extra payments. After you clear one balance, move on to the next highest until you're debt free.

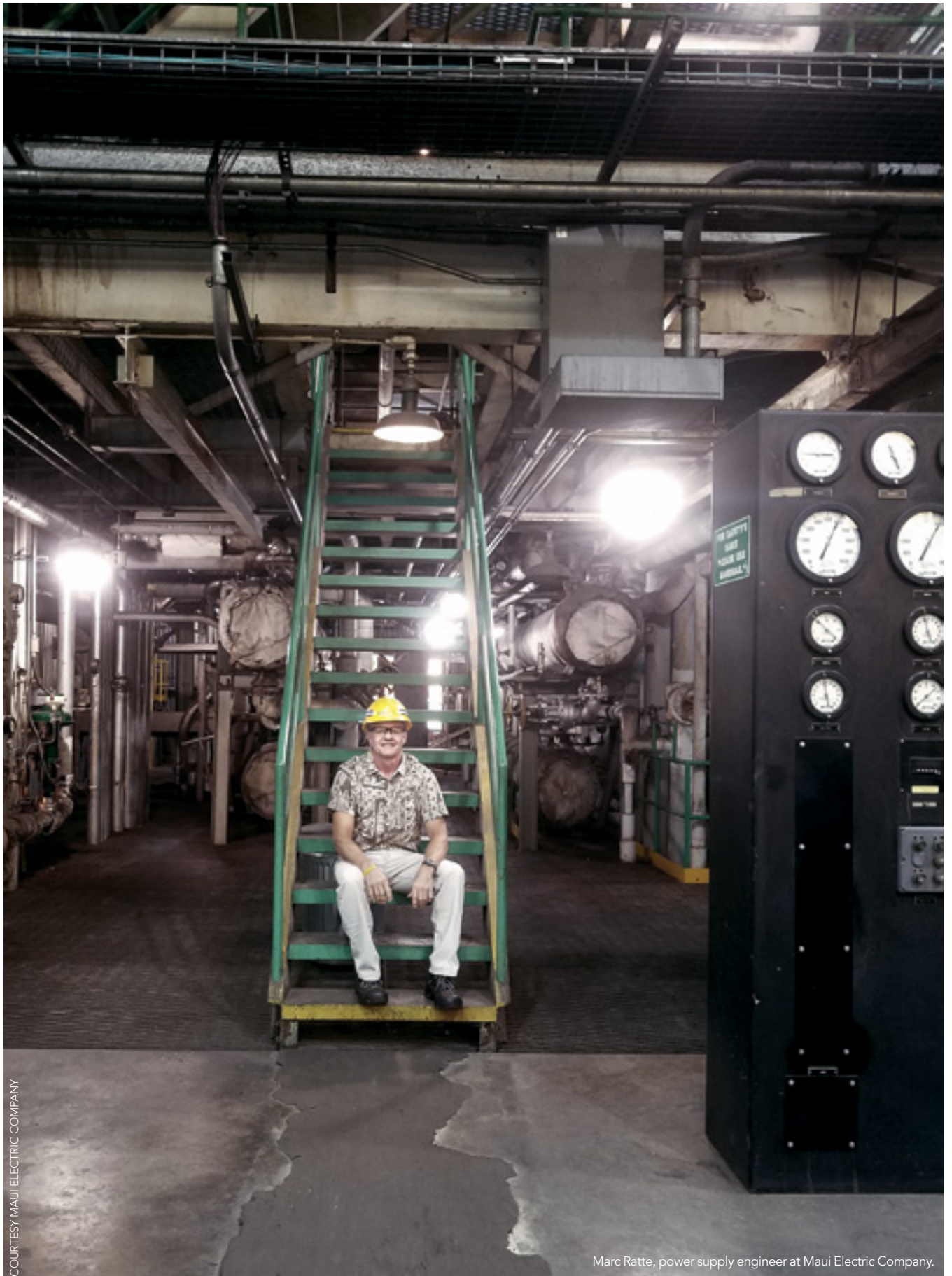
**Your credit score:** One in four people has found errors on their credit report, according to the Federal Trade Commission. Get a free copy of your credit report once every 12 months at [annualcreditreport.com](http://annualcreditreport.com). If you find an error, file a dispute immediately to have it corrected.

**Your savings balance:** Save at least six months of basic expenses as an emergency fund. Once you've set that aside, you can begin saving for bigger goals, such as a down payment on a home, college tuition, or home renovations. Make your savings account one of your regular budget items and contribute to it every month.

**Your retirement contributions:** If you haven't started your retirement planning yet, start now. Make regular contributions to your 401(k) plan with automatic payroll deductions and take advantage of your company's matching funds. As your salary increases, increase your contributions.

These numbers provide a solid start to managing your finances. From here, you can take it one step further by talking with a wealth adviser to develop a comprehensive financial plan for you and your family.

If you have financial topics you'd like to learn more about, email us at [feedback@islandscene.com](mailto:feedback@islandscene.com) or call 948-6839 on O'ahu.



COURTESY MAUI ELECTRIC COMPANY

Marc Ratte, power supply engineer at Maui Electric Company.





# how they work: maui electric

words Lynn Shizumura  
photos Earl Yoshii

**Want to refresh your work week?** An easy change can give you a boost. Eat lunch with your co-workers, go to an afternoon yoga class, or take an active commute to work.

And check out these tips from Maui Electric Company employees. Farron Cabral and Marc Ratte are long-time Maui Electric employees with demanding jobs. They're also champions of their workplace wellness program, which started last year with help from Blue Zones Project®, which works to improve health and well-being statewide.

As workplace well-being champions, Cabral and Ratte plan healthy activities like fitness challenges and green smoothie demonstrations for their co-workers. "They walk the talk," says Merle Minami-Shima, director of human resources at Maui Electric. "People who take care of themselves are better able to manage the stress of their jobs."

## Tips from Farron Cabral, budget analyst and system administrator

**Breathe.** My massage therapist once told me that I carried tension in my neck and shoulders. She said it's worth trying to breathe deeply. Whenever I feel stress creeping up, I take a few deep breaths to calm myself down. I've been doing this for years now and it's amazing how effective it can be.

**Pray.** When I'm really frazzled, I turn to a higher power. I say a short prayer and it really helps me feel better. It helps me to realize that some things are out of my control and to just relax and know that things will get better.

**Practice gratitude.** Another thing that helps me to put life into perspective is to count my blessings. Life and circumstances can get us down if we let it, but I learned that being in a constant state of thankfulness really helps turn a bad situation around. No matter what I face or deal with, I always try to think of what I have and what I'm thankful for in life.



Farron Cabral, budget analyst and system administrator at Maui Electric Company.

## Tips from Marc Ratte, power supply engineer

**Be organized.** As meetings and deadlines tend to change, use of a good electronic calendar is essential. Knowing what's coming up is critical for me to reduce stress. I also try to keep the number of emails in my in box to a minimum. I read emails on the day I receive them and either delete, respond, or move them to a specific folder.

**Be realistic.** Realizing that you can do only one thing at a time and knowing what should be done first helps me minimize stress and work efficiently. When I need to prioritize multiple tasks, a quick conversation with my manager is usually all it takes to resolve the issue.

**Be grounded.** A co-worker recently sent me a quote that I really like and now have on my office door. I think it reduces stress for me at work and at home: "One of the happiest moments in life is when you find the courage to let go of what you can't change."

Blue Zones Project® is a trademark of Blue Zones, LLC. All rights reserved.

# don't believe the flu shot myths

words David Frickman



*Dr. Martinez is a family medicine doctor at Kuhio Medical Center, which is celebrating its 30th anniversary.*

**R**aymond Martinez, D.O., has been looking after patients' well-being at Kuhio Medical Center in Lihue for 12 years. We asked him some of your questions about a topic on the minds of many this time of year—flu shots.

**When should I get a flu shot?** The flu vaccine may be available by July or August each year. Experts recommend that you get a flu shot as soon as it's available.

**Is it ever too late to get a shot?** No, you can get a flu shot any time of the year.

**Should I talk to my doctor before I get a flu shot?** It's always a good idea to talk to your doctor about any vaccines you receive. That way, your health history can be reviewed to find out if you have any contraindications to the vaccine.

**Should I get a flu shot if I'm not feeling well?** Talk to your doctor about your symptoms. Your doctor will decide what's best for you.

**How does an allergic reaction to eggs affect whether I can get a flu shot?** Patients with egg allergies can receive any licensed flu vaccine, but those with severe allergies should be vaccinated in a medical setting such as a doctor's office (i.e., not at work, at a community health fair, or similar settings).

**Would it be better for me to get two shots each year instead of just one?** No, one shot a year is enough for most people. For children age 6

months to 8 years, check with their pediatrician.

**Is it OK to get the nasal spray flu vaccine instead of a shot? Does it work just as well?** The nasal spray can be used for healthy, younger adults. It's not recommended for people age 50 or older who have certain health conditions. Check with your doctor about the right flu vaccine for you.

## mythbuster!

**SOME PEOPLE TELL ME THAT THE FLU SHOT WILL MAKE ME SICK. CAN THAT HAPPEN?** You won't get the flu, but you may get flu-like symptoms such as a fever or muscle aches. This is simply a reaction to the vaccine, which will go away after a day or two.

If you have a topic for a future Ask the Doctor column, email [feedback@islandscene.com](mailto:feedback@islandscene.com) or call 948-6839 on O'ahu.

We'll feature doctors and other health care experts on Facebook Live. You'll be able to watch online and send in your questions. Follow HMSA on [f](https://www.facebook.com/myhmsa) (myhmsa).

HAPPY ANNIVERSARY,  
**Kuhio Medical Center**

*Mahalo*

from the Kauai community for **30 years of caring.**



KUHIO MEDICAL CENTER

1010-34953



## What you need to know

### *about breast reconstruction benefits*

In accordance with the Women's Health and Cancer Rights Act of 1998, most HMSA health plans cover breast reconstruction when a mastectomy is performed.

#### *This includes:*

- Reconstruction of the breast on which the mastectomy was performed.
- Reconstruction of the other breast to produce a symmetrical appearance.
- Treatment of complications of mastectomy, including lymphedema.
- Prostheses.

Call us to find out if your HMSA plan covers mastectomies and reconstructive surgery.

**948-6079** on Oahu

**1 (800) 776-4672** toll-free on the Neighbor Islands





# 5 years

## We're Here for You in the Neighborhood

This year, we celebrate five memorable years of serving members at our HMSA Centers in Hilo, Honolulu, and Pearl City. We're also excited to open a new HMSA Center in Kahului soon.

Thank you for being an HMSA member. When you have questions about your health plan, stop by an HMSA Center or office for face-to-face support. You can also pay your bill, shop for a new HMSA plan, and discover ways to improve your well-being. We're happy to help in any way we can.



Our HMSA Centers are located in Hilo, Honolulu, and Pearl City. Our offices are located in Kahului, Kailua-Kona, and Lihue. For directions and hours, go to [hmsa.com/contact](https://hmsa.com/contact).

# barre workout

**words** Ignacio Lobos

While the origins of the barre workout are in classical ballet, it's a combination of several top hits of the workout studio world: dancing, ballet, yoga, and Pilates.

Most barre classes start with a gentle warm-up followed by upper-body exercises, including pushups and planks. The class continues on the barre with high-rep, small range-of-motion movements, often no more than 1 inch at a time.

During a typical 50-minute session, students use light hand weights, bands, and balls to supplement their workouts. Classes end with a lot of stretching.

## What's great about barre?

- Low impact.
- Promotes better posture.
- Increases muscle definition.
- Improves flexibility.
- Reduces stress.
- Helps with weight loss.

## What's not so great?

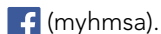
- Harder than it looks.
- May take several classes before you start to see results.
- Not a good strength or cardio workout.



*"The small isometric movements are extremely effective at total-body toning. Many new clients say they get addicted to the way they feel during and after the workouts. Barre is an awesome workout for people at any fitness level."*

: **Gretchen Turner**, Pure Barre Honolulu

This column will look at a workout or diet fad to help you decide if it's right for you. What trends do you want us to check out? Join the conversation at



(myhmsa).

HMSA members get a discount at Pure Barre Honolulu with HMSA365. Learn more at [hmsa.com/well-being/hmsa365/](https://hmsa.com/well-being/hmsa365/) or call 1 (855) 329-5461 toll-free.



For more on barre, visit [islandscene.com](https://islandscene.com).





### Want to train like a special agent?

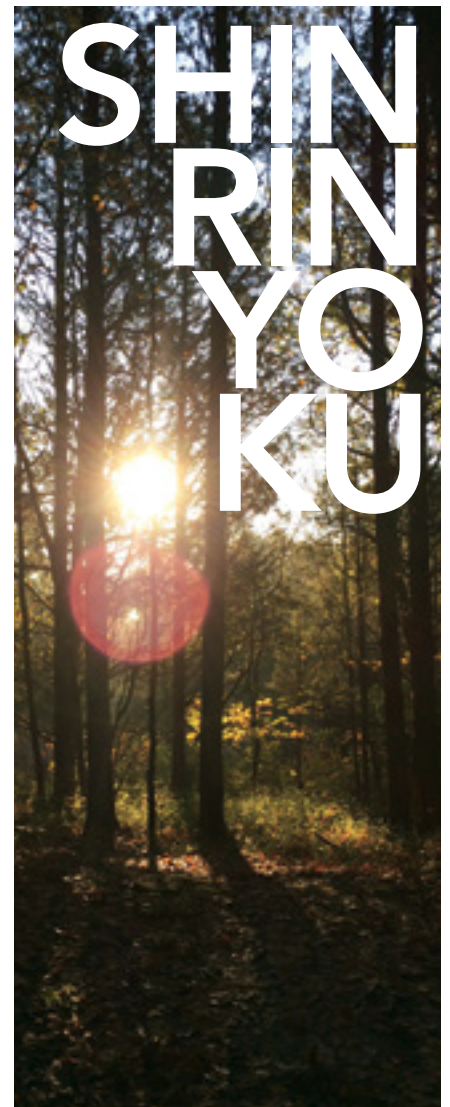
The FBI says that agents must complete sit-ups, push-ups, a 300-meter sprint, and a 1.5-mile run. There's even an FBI smartphone app if you want to try the physical fitness test.



### Don't know what to name your baby?

On the Social Security Administration's website, you can search popular names by birth year, state, and decade. Popular baby names in Hawai'i include Eliana, Jaxon, Kai, and Malia. If you just found out you're pregnant, call us at 948-6079 on O'ahu or 1 (800) 776-4672 toll-free to learn more about our pregnancy support program for members.

**Next time you're on a hike,** notice the textures, sounds, and sights in your natural surroundings. When you do, you're practicing *shinrin-yoku*, a Japanese concept of "bathing" or immersing yourself in a forest atmosphere. So choose a place, put away your phone, and enjoy your time outdoors.





### Make your own sports drink with less added sugar.

Start with two bags of herbal berry tea. Steep in two cups hot water for about five minutes, add  $\frac{1}{4}$  teaspoon salt, juice from half a lime, and a touch of sweetener like honey. Let cool and pour over ice.



## How old is too old to see a pediatrician?



As the years go by, it can be easy to stick with the pediatrician your kids know and trust. But what happens when your kids become teenagers or even adults?

### It may be time for them to switch to an adult-oriented doctor

Your teens may be ready to see a new doctor if they can schedule their own appointments and explain their symptoms to a doctor.

You can ask the pediatrician for a referral or call HMSA at the number on the back cover for help finding a new doctor. Or use the Find a Doctor tool on [hmsa.com](http://hmsa.com). To find a doctor on the Mainland, go to [bcbs.com/find-a-doctor](http://bcbs.com/find-a-doctor).



For more ideas on how to improve your health, fitness, and well-being, visit [islandscene.com](http://islandscene.com).

questions? start here →

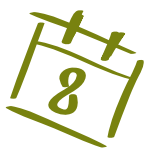
## open enrollment, open possibilities

**You've made a great decision** choosing HMSA. If you're happy with your plan and haven't been through any life changes, you may not need to do anything.

But if you got married, had a baby, or experienced other significant life changes and haven't updated your HMSA plan, open enrollment is a great time to make sure your HMSA plan still fits your needs.

**words** Courtney Takabayashi

start  
early



do your  
homework



### Tips for open enrollment



look at  
other  
benefits



attend  
sessions



- **Start early.** Give yourself time to weigh your options.
- **Do your homework.** Check your plan and evaluate your needs.
- Remember to **look at other benefits your employer may offer**, such as a flexible spending account, life insurance, disability insurance, 401(k), etc.
- **Go to open enrollment sessions** if your company offers them.
- If there are no open enrollment sessions, **talk to someone** in your human resources department or find co-workers you trust, or call HMSA.
- **Do your math** and be realistic about your budget.

talk to  
co-workers



do your  
math





## What is open enrollment?

The time when you can add to or update your health plan.

### Open enrollment demystified

Think of open enrollment as a time to make sure your HMSA plan is still the best choice for you and to update it if necessary.

Your goal is to manage costs while making sure that your plan gives you access to the benefits and services you need, with access to the best doctors, facilities, and other providers.

Remember to look at your total health care costs, not just your premium or how much you pay for health care each month. These other costs include:

- **Out-of-pocket expenses.** These are expenses for medical care that aren't reimbursed or covered.
- **Deductible.** The amount you must spend on covered health services before HMSA begins to pay.
- **Copayments.** These are the payments you make whenever you receive medical services after reaching your deductible.
- **Out-of-pocket maximum.** This is the maximum amount you have to spend for covered services in a year. After you reach this amount, HMSA pays 100 percent of covered services.

If you have questions about open enrollment, HMSA is here to help you. Stop by an HMSA Center where our specialists can help you get the most from your HMSA plan. Or call us at 948-6079 on Oahu or 1 (800) 776-4672 toll-free on the Neighbor Islands Monday through Friday, 8 a.m. to 5 p.m.



If you're happy with your HMSA plan, you may not need to do anything during open enrollment.

# GOOD HEALTH WITH A GOOD HEALTH PLAN

**Choose an HMSA  
Medicare Advantage plan  
to fit your health, budget,  
and lifestyle needs.**

**Learn more at our FREE  
sales seminars. Call  
today to reserve your  
seat. Seating is limited.**

**Oahu  
948-6402**

**Neighbor Islands  
1 (800) 252-4137 toll-free**

**8 a.m. to 4 p.m.,  
Monday–Friday**

*HMSA Akamai Advantage is a PPO plan and Essential Advantage is an HMO plan with a Medicare contract. Enrollment in HMSA Akamai Advantage and Essential Advantage depends on contract renewal. For accommodation of persons with special needs at sales meetings, call 948-6235 on Oahu. TTY users, call 711.*



**Find a sales  
seminar  
near you.**

## OAHU

### CENTRAL OAHU

**HMSA Center @  
Pearl City**  
132 Kuala St.,  
Suite 400

*9:30 a.m.*  
Saturday, Oct. 13  
Saturday, Nov. 3

*9:30 a.m. or 1 p.m.*  
Tuesday, Oct. 9  
Tuesday, Oct. 16  
Tuesday, Oct. 23  
Tuesday, Oct. 30  
Tuesday, Nov. 6  
Tuesday, Nov. 13  
Tuesday, Nov. 20  
Tuesday, Nov. 27  
Tuesday, Dec. 4

**Ruby Tuesday Mililani**  
95-1249 Meheula Pkwy.

*10:30 a.m.*  
Monday, Oct. 29  
Monday, Nov. 19

**IHOP Aiea**  
98-1254 Kaahumanu St.

*10 a.m.*  
Tuesday, Oct. 16  
Thursday, Nov. 1

## HONOLULU

**HMSA Building**  
818 Keeaumoku St.

*9:30 a.m. or 1 p.m.*  
Monday, Oct. 8  
Friday, Oct. 12  
Friday, Oct. 19  
Friday, Oct. 26  
Friday, Nov. 2  
Friday, Nov. 9  
Friday, Nov. 16  
Monday, Nov. 26  
Friday, Nov. 30  
*9:30 a.m.*  
Saturday, Oct. 27  
Saturday, Nov. 17

**Hawaii Kai Public Library**  
249 Lunalilo Home Rd.

*10 a.m.*  
Wednesday, Oct. 17  
Thursday, Nov. 8

**Happy Day Chinese  
Seafood Restaurant**  
3553 Waiialae Ave.

*10:30 a.m.*  
Friday, Oct. 26  
Tuesday, Nov. 13

**Premier Benefits  
Consultants Office**  
1221 Kapiolani Blvd.  
PH 30

*10 a.m.*  
Monday, Oct. 15  
Monday, Oct. 29  
Monday, Nov. 5  
Monday, Nov. 19

***Do you qualify for or have a state, federal, or group-sponsored retiree plan? If so, you may not need an HMSA Medicare Advantage plan. Talk to your health plan administrator or group leader to see what's best for you.***



**Maple Garden  
Restaurant**

909 Isenberg St.

*10:30 a.m.*

Wednesday, Oct. 17

Thursday, Nov. 8

Tuesday, Nov. 27

**Zippy's Makiki**

1221 South King St.

*2 p.m.*

Tuesday, Oct. 23

*10 a.m.*

Thursday, Nov. 15

**St. Louis Clubhouse**

916 Coolidge St.

*10 a.m.*

Friday, Nov. 16

**LEEWARD OAHU**

**Max's of Manila**

**Waipahu**

94-300 Farrington Hwy.

*2 p.m.*

Tuesday, Nov. 20

**WINDWARD OAHU**

**Denny's Restaurant**

**Kaneohe**

45-480 Kaneohe Bay Dr.

*10 a.m.*

Thursday, Oct. 25

**Waimanalo Public Library**

41-1320 Kalanianaʻole Hwy.

*10 a.m.*

Tuesday, Oct. 30

**BIG ISLAND**

**HILO**

**HMSA Center @ Hilo**

303 E. Makaala St.

*9:30 a.m. or 1 p.m.*

Thursday, Oct. 11

Tuesday, Oct. 30

Thursday, Nov. 15

Tuesday, Nov. 27

Tuesday, Dec. 4

**Sangha Hall-Honpa**

**Hongwanji Hilo Betsuin**

398 Kilauea Ave.

*9:30 a.m. or 1 p.m.*

Tuesday, Oct. 16

Thursday, Oct. 25

Thursday, Nov. 15

**KEAAU**

**Keaau Public &**

**School Library**

16-571 Keaau St.

*1 p.m.*

Wednesday, Nov. 14

*10:30 a.m.*

Monday, Oct. 15

**KAILUA-KONA**

**Kona Office**

75-1029 Henry St.

*9:30 a.m. or 1 p.m.*

Tuesday, Oct. 16

Tuesday, Nov. 13

**West Hawaii**

**Health Kona**

75-571 Kuakini Hwy.

*10:30 a.m.*

Friday, Oct. 12

Friday, Oct. 26

Friday, Nov. 16

**WAIMEA**

**Waimea Community  
Center**

65-1260 Kawaihae Rd.

*9:30 a.m.*

Tuesday, Oct. 16

**KAUAI**

**Kauai Office**

4366 Kukui Grove St.,  
Suite 103

*9:30 a.m. or 1 p.m.*

Thursday, Oct. 18

Thursday, Nov. 1

**MAUI**

**Maui Office**

33 Lono Ave.,  
Suite 350

*9:30 a.m. or 1 p.m.*

Tuesday, Oct. 23

Thursday, Nov. 8

**Annual Medicare Enrollment Period: October 15–December 7**

**More seminar dates at [hmsa.com/advantage](https://hmsa.com/advantage).**

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# need a doctor after hours?

**words** Tessie Kawaihae, Associate, HMSA Center at Hilo, and Marlene Nakamoto



EMERGENCY CARE



URGENT CARE



ONLINE CARE

**y**ou rely on your doctor for immunizations, checkups, prescriptions, advice, and more. But you don't always get sick or injured during your doctor's work day. No worries. There are other ways to get the care you need.

## **What should I do if my doctor's office is closed?**

Call your primary care provider (PCP) if your illness or injury isn't serious. Most PCPs have an answering service that you can call after regular office hours. When your PCP returns your call and discusses your symptoms with you, your PCP will tell you if you need treatment right away or if you can wait until the next business day to make an appointment.

## **I need care now.**

If you need emergency care, call 911 or go directly to the nearest emergency room (ER). If it's not an emergency, you could go to an urgent care center. Many are open in the evenings and on weekends and holidays. They're ideal if you have a sore throat, a cold, the flu, or minor wounds.

Of course, you'll want to go to a clinic in our network. Simply visit [hmsa.com](http://hmsa.com) and use the Find a Doctor tool on the home page.

## **Why can't I go to the ER?**

Going to the ER isn't recommended for minor health issues. You'll probably have to wait—hours, maybe—until

doctors have seen patients with serious, life-threatening conditions first.

Not every acute condition is an emergency, however, so do your best to decide if it's truly an emergency. If you can't get in touch with your PCP and aren't sure if the situation is an emergency, err on the side of caution and go to the ER or call 911.

## **I want to talk to a doctor but don't want to drive.**

You don't have to. If your condition is minor, your most-convenient option is HMSA's Online Care®. See a doctor 24 hours a day, seven days a week, from your home, campus, or office using a mobile device or computer. Online Care is also a great way to talk to a professional about mental health issues such as relationship challenges, stress, or depression.

Sessions are secure, confidential, and there's little or no cost depending on your health plan. Register for Online Care at [hmsaonlinecare.com](http://hmsaonlinecare.com) or download the free mobile app for your smartphone or tablet.

If you're treated anywhere after hours, always remember to have them send a report to your PCP or notify your PCP yourself. Your PCP can update your record and schedule any follow-up care that's needed.

AmericanWell® is an independent company providing hosting and software services for HMSA's Online Care platform on behalf of HMSA.



# SHHHH!

## CAN YOU KEEP A SECRET?

**W**e sure can. That's why we work hard to make sure your health information is safe and secure.

Sometimes keeping a secret is a good thing, especially when it comes to your health care.

You can be confident knowing that we only use your health information to serve you. It's our promise and commitment to you.

Learn more about how we safeguard your health information and your rights as an HMSA member. See the **Privacy Notice** at [hmsa.com/privacy](https://hmsa.com/privacy).





# aloha. hello. konnichiwa. ni hao. ola. anyoung. komusta.



At HMSA, we believe that getting great care should be easy. That's why we provide resources like language, translation, and text relay services. Our members are our neighbors and 'ohana and we don't discriminate when it comes to your care. Call us with questions, requests, and complaints. We're here to help.

## Federal law requires HMSA to provide you with this notice.

HMSA complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. HMSA does not exclude people or treat them differently because of things like race, color, national origin, age, disability, or sex.

## Services that HMSA provides

Provides aids and services to people with disabilities to communicate effectively with us, such as:

- Qualified sign language interpreters
- Written information in other formats (large print, audio, accessible electronic formats, other formats)

Provides language services to people whose primary language is not English, such as:

- Qualified interpreters
- Information written in other languages

If you need these services, please call 1 (800) 776-4672 toll-free; TTY 711

## How to file a discrimination-related grievance or complaint

If you believe that we've failed to provide these services or discriminated against you in some way, you can file a grievance in any of the following ways:

- Phone: 1 (800) 776-4672 toll-free
- TTY: 711
- Email: Compliance\_Ethics@hmsa.com
- Fax: (808) 948-6414 on O'ahu
- Mail: 818 Ke'eumoku St., Honolulu, HI 96814

You can also file a civil rights complaint with the U.S. Department of Health and

Human Services, Office for Civil Rights, in any of the following ways:

- Online: [ocrportal.hhs.gov/ocr/portal/lobby.jsf](https://ocrportal.hhs.gov/ocr/portal/lobby.jsf)
- Phone: 1 (800) 368-1019 toll-free; TDD users, call 1 (800) 537-7697 toll-free
- Mail: U.S. Department of Health and Human Services, 200 Independence Ave. S.W., Room 509F, HHH Building, Washington, DC 20201

For complaint forms, please go to [hhs.gov/ocr/office/file/index.html](https://hhs.gov/ocr/office/file/index.html).

**Hawaiian:** E NĀNĀ MAI: Inā ho'opuka 'oe i ka 'Ōlelo Hawai'i, loa'a ke kōkua manuahi iā 'oe. E kelepona iā 1 (800) 776-4672. TTY 711.

**Bisaya:** ATENSYON: Kung nagsulti ka og Cebuano, aduna kay magamit nga mga serbisyo sa tabang sa lengguwahe, nga walay bayad. Tawag sa 1 (800) 776-4672 nga walay toll. TTY 711.

**Chinese:** 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1 (800) 776-4672。TTY 711。

**Ilocano:** PAKDAAR: Nu saritaem ti Ilocano, ti serbisyo para ti baddang ti lengguahe nga awanan bayadna, ket sidadaan para kenyam. Awagan ti 1 (800) 776-4672 toll-free. TTY 711.

**Japanese:** 注意事項：日本語を話される場合、無料の言語支援をご利用いただけます。1 (800) 776-4672 をご利用ください。TTY 711。まで、お電話にてご連絡ください。

**Korean:** 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1 (800) 776-4672 번으로 연락해 주시기 바랍니다. TTY 711 번으로 전화해 주십시오.

**Laotian:** ກະລຸນາສັງເກດ: ຖ້າທ່ານເວົ້າພາສາລາວ, ການຊ່ວຍເຫຼືອດ້ານພາສາ, ບໍ່ມີຄ່າໃຊ້ຈ່າຍ, ແມ່ນມີໃຫ້ທ່ານ. ໂທ 1 (800) 776-4672 ຟຣີ. TTY 711.

**Marshallese:** LALE: Ñe kwōj kōnono Kajin Majōl, kwomaroñ bōk jerbāl in jipañ ilo kajin ñe am ejjelōk wōñāān. Kaalōk 1 (800) 776-4672 tollfree, enaj ejjelōk wonaan. TTY 711.

**Pohnpeian:** Ma ke kin lokaian Pohnpei, ke kak ale sawas in sohte pweine. Kahlda nempe wet 1 (800) 776-4672. Me sohte kak rong call TTY 711.

**Samoa:** MO LOU SILAFIA: Afai e te tautala Gagana fa'a Sāmoa, o loo iai auunaga fesoasoan, e fai fua e leai se tootogi, mo oe, Telefoni mai: 1 (800) 776-4672 e leai se tootogi o lenei 'au'unaga. TTY 711.

**Spanish:** ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1 (800) 776-4672. TTY 711.

**Tagalog:** PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1 (800) 776-4672 toll-free. TTY 711.

**Tongan:** FAKATOKANGA'I: Kapau 'oku ke Lea-Fakatonga, ko e kau tokoni fakatonu lea 'oku nau fai atu ha tokoni ta'etotongi, pea teke lava 'o ma'u ia. Telefoni mai 1 (800) 776-4672. TTY 711.

**Trukese:** MEI AUCHEA: Ika iei foosun fonuomw: Foosun Chuuk, iwe en mei tongeni omw kopwe angei anininis chiakku, ese kamo. Kori 1 (800) 776-4672, ese kamo. TTY 711.

**Vietnamese:** CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1 (800) 776-4672. TTY 711.

# empty-ness

words Craig DeSilva



*This fall, many Hawai'i parents are dealing with the transition of having their child away at college for the first time. Here's one parent's perspective and how she copes.*

## Empty nest

When Cesceli Nakamura flew to Minneapolis to drop her son Brad off for his freshman year at college, she cried on the plane to Minnesota. She cried during dinner on their last night together. And she cried before returning to Honolulu.

Having her son away from home for the first time was "a whole-body kind of hurt," she says.

## Flying the coop

That sense of loss or isolation when a child leaves home for the first time is known as empty nest syndrome. "These feelings are normal," says Keith Pedro, PsyD, a family counselor in Honolulu. "At some point, parents have to cut the cord."

Pedro says being an empty nester is an opportunity for couples to embrace their next stage in life. It's a time to reconnect with their marriage and explore new interests, such as a sport or hobby. "You did a good job raising your child. Now it's time for you," he says.

Pedro has these tips for empty nesters:

- Create a "vision board" of what you want your life to be. "Start writing the next chapter in your life," he says. "It's a new beginning."
- Take that dream vacation. If you can't afford an overseas trip, take advantage of kama'aina rates at local hotels.
- Embrace your space. Redo your child's room into more living space. Or maybe it's time to downsize to a smaller home.

Pedro says parents shouldn't be afraid to seek counseling or get advice from other parents if they need help coping.

## Recreating the nest

Although Nakamura misses having her son at home, she's excited for his opportunity to live in a new place, meet new people, and gain a good college education. After all, she wants the best for her son so he can become an independent young adult.

Another bright side: "The house is quieter, there's more food in the refrigerator, and we don't run out of toilet paper as often," she laughs.

Nakamura connects with her son every day by phone, FaceTime, or text. "We're still a family. That'll never change," she says.



College students have to deal with being away from home, too. Read more on [islandscene.com](http://islandscene.com).

# making memories



**words** Courtney Takabayashi



## With work, school,

and other obligations, sometimes it's hard to prioritize spending time with our loved ones. Here are some fun and easy ideas that will help make memories.

### read together

- **Read aloud:** Someone chooses a book and reads it to the rest of the family. Or each person can take turns reading out loud.
- **Act out:** Find free scripts for plays, movies, and TV shows online. Choose one as a family, assign parts, and do a dramatic reading. You can even stage your show for an audience.
- **Start a family book club:** Let the kids choose a book and have everyone in the family read it. Then, the family can discuss the book: what made them laugh or what was interesting.

### play chef

- **Cooking show:** Have at least one adult and one child team up to demonstrate making a meal while other members of the family act as the audience. At the end of the "show," breakfast, lunch, or dinner will be served.
- **Competition:** Incorporate a mystery ingredient or have teams put their spin on a specific dish (healthy fried rice, veggie lasagna, etc.).
- **Compliments to the chefs:** Each person in the family pitches in to create one aspect of a meal. First, the family agrees on the meal's main dish, such as baked chicken. Then, while one person or a parent-child team makes the chicken, other members of the family create side dishes, such as soup, fruit salad, a vegetable dish, and dessert.

### write away

- **Family journal:** Have each person write in a shared journal as often as your family agrees on: once a week, twice a month, or on holidays or other special occasions. It'll be nice to reminisce each year and read the journal out loud to each other. Or keep a scrapbook where your family can store pictures, tickets, or other memorabilia.
- **Letters to the future:** Parents write letters to their children as though they'll receive the letter 10 years from now. Kids can write to themselves or their parents, also 10 years in the future. You can have specific topics to guide each letter such as goals, dreams, jobs, or family. The letters will be powerful reminders of the present, whether you decide to read them now or in the future.
- **Write a collaborative book:** Your family picks a theme (happiness, your neighborhood, hobbies, etc.) and each member of the family writes something in the form of a short story, poem, script, or all of the above. When you're done, you can make a copy for everyone or have it sent to an office supply store for binding. Then, your family can have a book launch with snacks and readings.

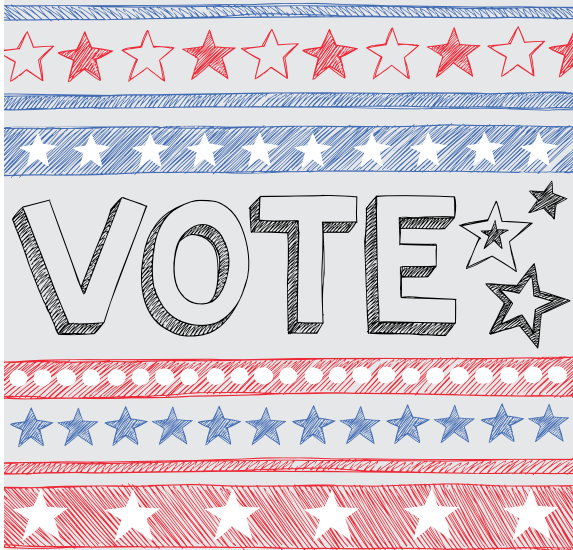
These memories will stay with you and your children for many years to come. Hopefully, they'll remember these activities and continue them with their own family or friends.



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# it's all about the race

**words** Craig DeSilva



**p**olitical ads. Sign wavers on every street corner. Candidates knocking at the door.

Hang in there, folks. A little more than a month to go until election season is over. And whether you vote red, blue, or green, the important thing is to vote. And while you're at it, get your child involved in the process.

Hawai'i has one of the worst voter turnouts in the U.S. Engaging your child during the election can foster future voters while motivating you to vote.

**Talk story.** Ask your child who they'd vote for. Have discussions with your child at the dinner table or in the car about some of the issues being raised during the election. It'll help them connect grown-up politics to their world. Will rail help shorten your commute to school? Which candidate has a good plan to solve the homeless situation?

**Catch the wave.** Seeing sign wavers is a good way for your child to recognize candidates' names and faces. Point them out while driving or walking in your neighborhood.

**Election Day.** Take your child with you to vote. Studies show that kids who go with their parents to vote are more likely to vote as an adult. It'll familiarize them with the voting process and be less intimidating when they reach voting age.

**Follow up.** Watch the election results with your child on TV or show them online or newspaper headlines to see which candidates won.

The election is a good opportunity to teach your child civic responsibility. Who knows? Your child may grow up to run for elected office. After all, who knew that the kid behind the counter at the Makiki Baskin-Robbins would end up being president of the United States?

## General Election is November 6

You can vote on Election Day or do early walk-in voting. For dates, times, locations, or other election information, visit [elections.hawaii.gov](http://elections.hawaii.gov) or call 453-VOTE (8683) on O'ahu.

# parents, cut yourself some slack

**words** Powell Berger

Nothing sparks a lively conversation more than one freaked out mama spilling her guts about forgetting to pack lunch or sign the kids up for sports. Parents carry a lot of fear and responsibility. And sometimes, it's too much.

Debbie Clark, a licensed clinical social worker (LCSW) in Hawai'i Kai, knows that debilitating guilt well. "I'm always in awe of people's capacity," she says. "We set the bar so high for ourselves."

It's important to balance that with our own self-care and an understanding that our children are independent little beings. "Parents' greatest work," she says, "is letting children grow into who they're going to be."

## When enough is enough

Curiosity, exploration, and alone-time work for all ages. Kids need alone time to discover who they are. "Balance structured activities with unstructured time," Clark says.

## Don't expect perfection—from yourself or your child

Clark understands the drive for perfection, but suggests tapping the breaks. "Maybe we should help our kids navigate the B- rather than push for that A," she says. Raising resilient kids is at least as important as raising good students.

"Cut yourself some slack," she says. "You don't have to attend absolutely everything." By modeling that balance, you show your kids it's OK to prioritize.

## Be human

Seeing parents struggle and get through situations can be powerful for kids. When your car breaks down, it's OK to be frustrated, Clark says. Your kids watch as you call for help and learn how to power through adversity.

## Give yourself a break

"If you're maxed out, recognize it, honor it, and act on it," Clark says.

"When I mention self-care to single mothers, they laugh," she says, and yet she stresses that even five minutes of deep breathing or a walk can be powerful. It's good for kids to know that Mom needs a break, and they'll probably remember that when they face a hurdle.

## Don't go it alone

If you're dealing with a destructive home situation, there are resources that can help. "Abused spouses cover things up," Clark says. "It's part of survival." She recommends parents in destructive situations seek counseling and support. "There's healing to be done," she says, "and starting that process gives you the opportunity to have a better life for you and your child."





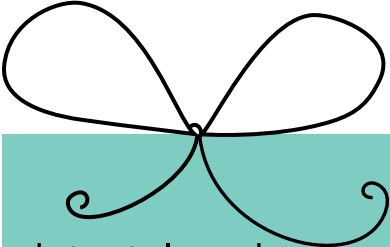
# holiday craft fairs!

**words** Courtney Takabayashi

## You can check people

off your holiday gift list by buying gift cards or gifts from a crowded, overpriced mall. Or, you can head to a craft fair. Not only will you support local businesses, but you'll also buy your loved ones gifts that are thoughtful and unique.

Here's a list of this season's craft fairs:



**big island**

**November 16 & 17**  
**31st Annual Hilo Christmas Extravaganza Craft Fair**  
Edith Kanaka'ole Stadium  
Nov. 16: 5–9 p.m.  
Nov. 17: 9 a.m.–3 p.m.

**November 23 & 24**  
**Joann "Goose" Williams Christmas Treasures Art, Gift, Jewelry, & Craft Fair**  
Marriott Courtyard  
King Kamehameha's  
Kona Beach Hotel  
9 a.m.–5 p.m.

**December 14 & 15**  
**Big Island Best Art, Craft, Gift & Food Fair**  
Edith Kanaka'ole Stadium  
Dec. 14: 4–9 p.m.  
Dec. 15: 9 a.m.–4 p.m.



**kaua'i**

**November 24**  
**Kauai Island Crafters Fair Saturday**  
Church of the Pacific, Princeville  
8 a.m.–2 p.m.

**December 8**  
**15th Annual National Tropical Botanical Garden Holiday Craft Fair**  
NTBG South Shore  
Visitors Center  
10 a.m.–3 p.m.

**Kauai Island Crafters Fair Saturday**  
Church of the Pacific, Princeville  
8 a.m.–2 p.m.



**maui**

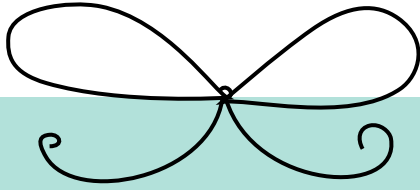
**Every Sunday**  
**Maui's Finest Gift & Craft Fair**  
King Kamehameha III  
Elementary School  
9 a.m.–3 p.m.

**October 20**  
**Keokea Holiday Craft Fair**  
Keokea Marketplace  
10 a.m.–4 p.m.

**November 2 & 3**  
**5th Annual Made In Maui County Festival**  
Maui Arts & Cultural Center  
Nov. 2: 1:30–6 p.m.  
Nov. 3: 8 a.m.–4:30 p.m.

**November 17 & 18**  
**Karen's Christmas Crossing**  
2800 Kokomo Road  
8 a.m.–2 p.m.





## o'ahu

### November 2

**Aiea High School Craft Fair**  
9 a.m.–2 p.m.

### November 3

**Kaimuki High School Craft & Gift Fair**  
8:30 a.m.–2 p.m.

### November 4

**Temple Emanu-El Holiday Craft Fair**  
8:30 a.m.–3 p.m.

### November 8

**Pearl City Shopping Center**  
10 a.m.–3 p.m.

### November 9

**Noelani Elementary School Craft & Children's Fair**  
8 a.m.–2 p.m.

### Season's Best Aiea Craft & Gift Fair

Aiea Elementary School  
8 a.m.–2 p.m.

### November 10

**Diamond Head Arts & Crafts Fair**  
Kapi'olani Community College  
9 a.m.–2 p.m.

### November 17

**44th Annual Mayor's Craft & Country Fair**  
Neal Blaisdell Exhibition Hall  
9 a.m.–1 p.m.

### November 18

**Moanalua 99 3rd Sundays Craft & Gift Fair**  
10 a.m.–3 p.m.

**Pearl City High School Craft Fair**  
9 a.m.–2 p.m.

### November 23

**Creations of Hawai'i – Kailua Holiday Fair**  
8 a.m.–2 p.m.

### November 24

**Hawaiian Mission Houses Historic Site & Archives' Holiday Craft Fair**  
8:30 a.m.–3 p.m.

**Kawaiaha'o Church Holiday Mākeke & Craft Fair**  
8:30 a.m.–2 p.m.

### November 24 & 25

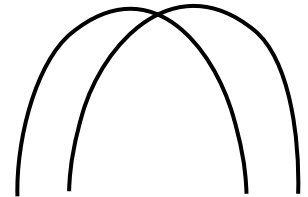
**Hawaii United Okinawa Association Winter Craft Fair**  
Hawaii Okinawa Center  
Nov. 24: 9 a.m.–3 p.m.  
Nov. 25: 9 a.m.–2 p.m.

### December 1

**Kaimuki High School Craft & Gift Fair**  
8:30 a.m.–2 p.m.

### December 5

**An Evening in Waipio**  
Hawaii Okinawa Center  
5:30–9 p.m.



### December 8

**Winter Craft & Collectibles**  
Japanese Cultural Center of Hawaii  
9 a.m.–1 p.m.

### December 14

**Winter Craft Fair**  
Moanalua High School  
9 a.m.–3 p.m.

### December 14, 15 & 16

**Season's Best Craft & Gift Fair**  
Neal Blaisdell Exhibition Hall  
Dec. 14: 5–9 p.m.  
Dec. 15: 10 a.m.–7 p.m.  
Dec. 16: 10 a.m.–5 p.m.

### December 16

**Moanalua 99 3rd Sundays Craft & Gift Fair**  
10 a.m.–3 p.m.

### December 21

**Creations of Hawai'i – Kailua Holiday Fair**  
8 a.m.–2 p.m.

**Mililani High School Autumn ABC Craft Fair**  
9 a.m.–2 p.m.



## keiki corner

### train your brain

with these fun games.



### word scramble

Unscramble the fruits and vegetables:

**tainmoun papple**

**lecutte**

**vgaau**

**cadoavo**

**nearog**

**rrtcao**

**gaomn**

**yerecl**

**helcey**

Answers: mountain apple, lettuce, guava, avocado, orange, carrot, mango, celery, lychee



### Hey kids! Want to be a star chef?

Even if you don't want to be on TV, you can be a star chef in your home kitchen. And it doesn't require slaving over a hot stove all day. Here's a simple recipe you can make for you and your family.

And parents, having your kids learn how to cook can give you a break in the kitchen. The more time your keiki spends in the kitchen, the more they may grow to appreciate and love cooking.

### hawai'i trivia

How well do you know your island home? Find out now!

1. What's Hawai'i's state bird?
2. How many main Hawaiian Islands are there?
3. What's Hawai'i's capital?
4. Not counting the 'okina, how many letters are in the Hawaiian alphabet?
5. What is the Hawaiian name of the star that rises directly above Honolulu, which is called its zenith star?

Answers: 1. Nene, 2. Eight-Hawai'i, Maui, O'ahu, Kaho'olawe, Lana'i, Molokai, Kauai, and Ni'ihau, 3. Honolulu, 4. 12 Vowels: a, e, i, o, u. Consonants: h, k, l, m, n, p, w, 5. Hokule'a, which means star of gladness.





## mini pizzas

Here's a basic recipe for pizza. You can add your favorite toppings like chopped mushrooms, olives, and pineapple. Or replace the English muffin with pita bread. Get creative!

2 whole-wheat English muffins,  
split in halves

Pizza or marinara sauce in a jar

Shredded cheddar cheese

(You can also use mozzarella cheese  
or a combination of both.)

4 thin tomato slices

8 spinach leaves

8 pepperoni slices

Grated Parmesan cheese

Top each muffin half with a dollop of sauce and spread evenly. Follow with a tablespoon of cheese, a tomato slice, two spinach leaves, and two pepperoni slices. Add desired toppings.

Place muffins on a foil-lined toaster oven pan. Bake in preheated toaster oven at 375 degrees for about 10 minutes. Cheese should be melted and muffin edges browned. Watch carefully to make sure pizzas don't burn. Remove from oven and sprinkle with Parmesan cheese.

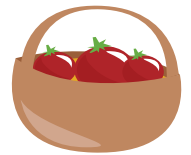
Per serving: Calories 160, protein 9 g, carbohydrates 16 g, total fat 7 g, saturated fat 3 g, cholesterol 20 mg, sodium 430 mg, fiber 3 g, total sugar 4 g



For a video on making mini pizzas, visit [islandscene.com](http://islandscene.com).

## 5 ways your kids can be a star in the kitchen

1. Watch food shows on TV or online together.



2. Take your child with you to the grocery store or farmers market.

3. Get your child a beginner's cookbook. To save money, borrow them from the library or buy them second hand online or at library sales or thrift stores.

4. Have your child do small simple tasks in the kitchen, such as washing vegetables, measuring ingredients, or mixing batter.



5. Start a vegetable garden with your child.



# cauli-power!

When it comes to the total package, this cruciferous beauty might take the (cauliflower) crown. Cauliflower is a good source of nutrients and antioxidants, especially vitamin C. It's also a good source of fiber.

## whole roasted cauliflower with lemon tahini

This cooking method results in a buttery-soft inside with a caramelized coating on the outside.

- 1 medium head cauliflower
- ¼ cup tahini (sesame seed paste)\*
- 2 Tbsp. olive oil
- Juice and zest of half a lemon
- 2 garlic cloves, minced
- Salt and pepper to taste

Preheat oven to 425 degrees. Remove leaves from cauliflower and trim the stem. Fill a large pot with 8 cups salted water. Place cauliflower in water, florets facing upward, and bring to a boil. Cover and reduce heat and cook 10 minutes.

Meanwhile, stir together remaining ingredients in a small bowl and set aside. Carefully transfer cauliflower to a baking dish and coat with tahini mixture. Bake until brown and soft in the center, about 25 minutes. Watch carefully to prevent overbrowning. Makes 4 servings.

Per serving (with no added salt): Calories 180, protein 5 g, carbohydrates 9 g, total fat 15 g, saturated fat 2 g, sodium 40 mg, fiber 3 g, total sugar 2 g

\*Available in health food stores.

**words** Andrea Wright Agustin

**photos** Lew Harrington

**food styling** Cedric Fujita











## shoyu cauliflower bites

A little spicy and a little sweet, these make a great appetizer or side dish the whole family will love.

- 1 medium head cauliflower
- 2 Tbsp. shoyu
- 2 Tbsp. honey
- 2 Tbsp. hot chili sauce (such as Sriracha)
- 2 Tbsp. olive oil

Preheat oven to 400 degrees. Spray a baking sheet with cooking spray or line with parchment paper.

Trim cauliflower florets from the stem, rinse, and cut into bite-sized pieces. Place in a medium bowl and set aside.

In a small bowl, stir together remaining ingredients. Pour over cauliflower and mix well until evenly coated. Spread on baking sheet in a single layer.

Bake 25 minutes or until fork tender. Makes 4 servings.

Per serving: Calories 130, protein 3 g, carbohydrates 16 g, total fat 7 g, saturated fat 1 g, sodium 670 mg, fiber 2 g, total sugar 12 g

## cauliflower patties

Serve these crispy patties as an appetizer, vegetarian side dish, or entree.

- 1 large head cauliflower, cut into florets
- 2 eggs, beaten
- ½ cup whole-wheat flour
- ¼ cup minced green onions
- 2 garlic cloves, minced
- ½ tsp. dried Italian seasoning
- Salt and pepper to taste
- ¼ cup plain nonfat Greek yogurt
- 1 Tbsp. minced parsley
- 2 tsp. olive oil, divided

Steam cauliflower over boiling water until tender, about 10 minutes. Transfer to a cutting board and chop into pea-sized pieces. Combine cauliflower, eggs, flour, green onions, garlic, Italian seasoning, and salt and pepper in a medium bowl and mix well. In a small bowl, combine yogurt and parsley and set aside.

Heat 1 teaspoon oil in a large nonstick skillet. Scoop ¼ cup batter into skillet for each patty and flatten slightly. Cook about 5 minutes then flip and cook an additional 3 minutes or until golden brown and cooked through.

Repeat process until all batter and remaining oil is used. Serve warm with yogurt sauce. Makes 4 servings.



For recipe videos and a Cauli-fried Rice recipe, visit [islandscene.com](http://islandscene.com).

There's also a short video on how to rice cauliflower using a food processor.

# Guess how many teaspoons of sugar are in ...



**a.** 12 oz. soda

\_\_\_\_\_ teaspoons



**b.** 8 oz. orange juice

\_\_\_\_\_ teaspoons



**c.** 8 oz. low-fat yogurt

up to \_\_\_\_\_ teaspoons

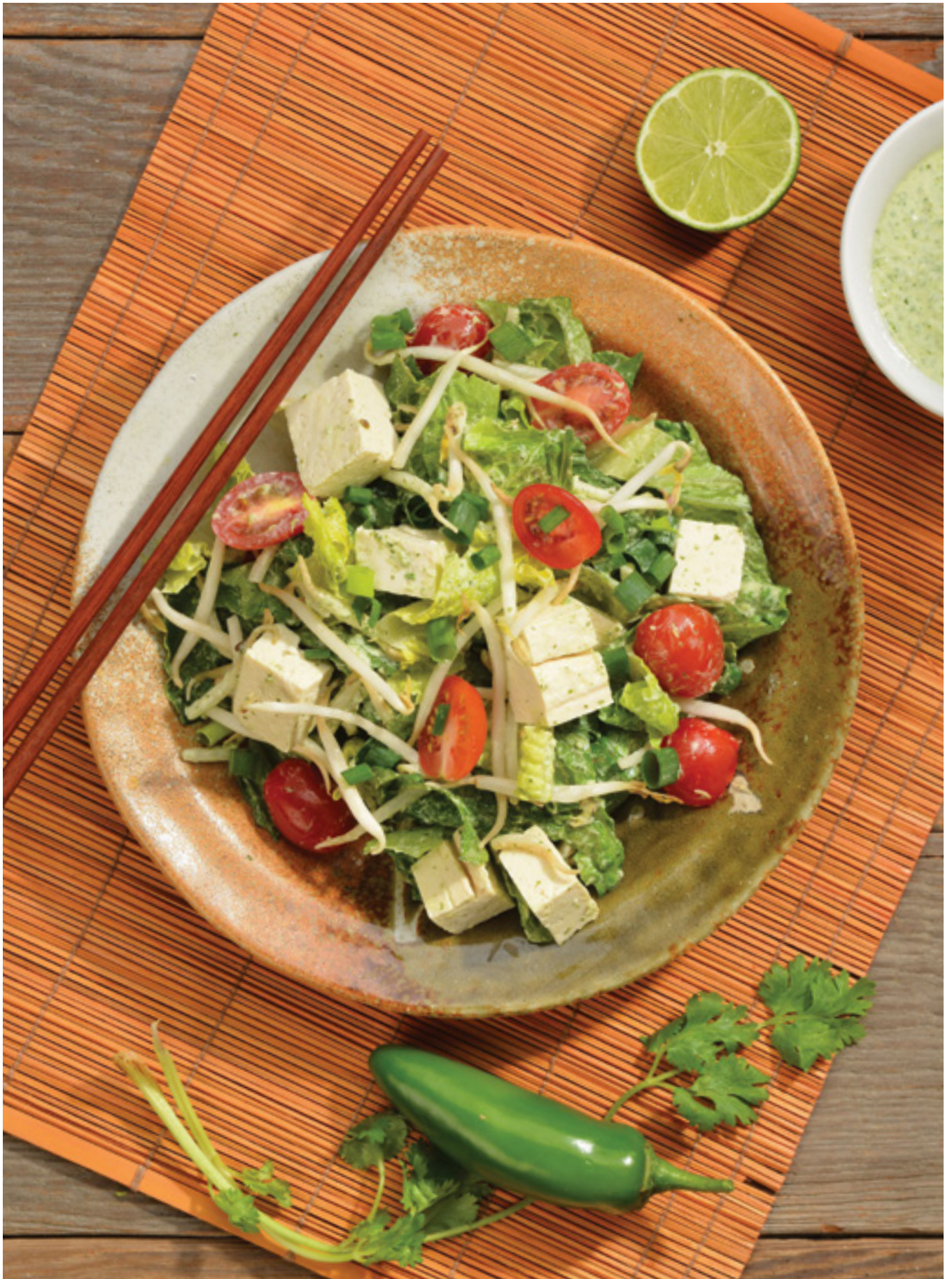


**d.** 20 oz. sports drink

\_\_\_\_\_ teaspoons

The American Heart Association recommends that most American women eat no more than 100 calories per day of sugar (six teaspoons or 25 grams) and no more than 150 calories per day for men (nine teaspoons or 36 grams).







# no-cook meals

**We've had a long, hot summer.** And it's still hot.

It seems like everything takes more effort in the heat. And when simply getting up from a chair to open a window causes you to break into a sweat, who wants to turn on the stove to cook a meal?

Not me.

Here's my suggestion. Take a respite trip to one of the coolest places around—the grocery store—to get what you need. At home, prep, mix, toss, assemble, and serve. No cooking required.

Stay cool.

## chopped tofu salad

For a heartier meal, add chopped cooked chicken breast.

### Cilantro Lime Dressing

- 1 cup loosely packed cilantro leaves
- 1 1/3 cups plain nonfat Greek yogurt
- 1 jalapeno
- 2 garlic cloves
- 2 Tbsp. apple cider vinegar
- 1 Tbsp. fresh lime juice
- 1/4 cup olive oil
- Salt and pepper to taste.

Pulse all ingredients in a blender until smooth.

- 8 cups chopped romaine lettuce
- 1 cup mung bean sprouts
- 1/2 cup chopped green onion
- 1 cup grape tomatoes, halved
- 12 oz. firm tofu, drained and cubed

Combine vegetables in a large bowl and mix well. Add tofu and toss gently with dressing. Serve immediately. Makes 4 servings.

Per serving (without salt): Calories 280, protein 17 g, carbohydrates 14 g, total fat 18 g, saturated fat 2 g, cholesterol 5 mg, sodium 60 mg, fiber 5 g, total sugar 6 g

**words** Marlene Nakamoto  
**photos** Marc & Sam Schechter  
**food styling** Cedric Fujita



For recipe videos, visit  
**islandscene.com.**

## gazpacho

For the best flavor, prepare this a day ahead of serving.

- 29-oz. can no-salt-added diced tomatoes with liquid
- 1 green bell pepper, seeded and chopped
- 1/2 cup diced celery
- 1/2 cup chopped green onion
- 2 garlic cloves, minced
- 2 Tbsp. extra-virgin olive oil
- 1 Tbsp. red wine vinegar
- 1 tsp. shoyu
- Salt and pepper to taste

Combine all ingredients in a medium bowl and mix well. Cover and refrigerate overnight. Makes 6 servings.

Per serving (without added salt): Calories 80, protein 2 g, carbohydrates 9 g, total fat 5 g, saturated fat 1 g, sodium 120 mg, fiber 3 g, total sugar 5 g



## mediterranean tuna sandwich

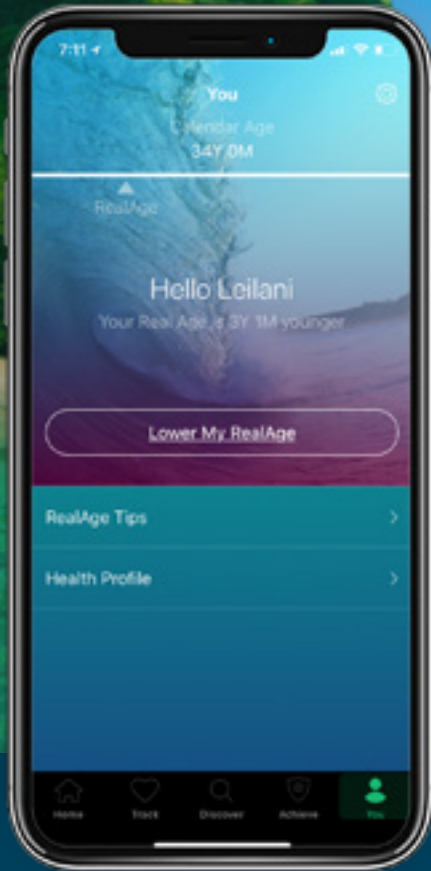
Take your tuna sandwich to the next level with this no-mayo version.

- 2 Tbsp. extra-virgin olive oil
- 1 Tbsp. red wine vinegar
- 1 tsp. whole grain mustard
- 1/2 tsp. honey
- 1 tsp. chopped fresh dill
- Salt and pepper
- 2 5-oz. cans oil-packed tuna, drained
- 1/4 cup chopped pitted Kalamata olives
- Fresh mint to garnish

In a small bowl, whisk together oil, vinegar, mustard, honey, and dill. Season with salt and pepper to taste. Crumble tuna in a medium bowl and add dressing and olives. Mix well. Garnish with mint and serve with your choice of bread. Makes 2 servings.

Per serving: Calories 430, protein 41 g, carbohydrates 3 g, total fat 27 g, saturated fat 4 g, cholesterol 30 mg, sodium 780 mg, fiber 1 g, total sugar 1 g





# Together We Can Help

HMSA and Sharecare have teamed up to give up to **\$500,000** to five local charities while helping you live a healthier life.



## HOW YOU CAN HELP



### REGISTER FOR SHARECARE

Visit [hmsa.com/sharecare](https://hmsa.com/sharecare) to register or download Sharecare from the App Store. HMSA members unlock exclusive features by registering with your subscriber ID.



### DISCOVER YOUR REALAGE®

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[hmsa.com/sharecare](https://hmsa.com/sharecare)



# #myislandscene



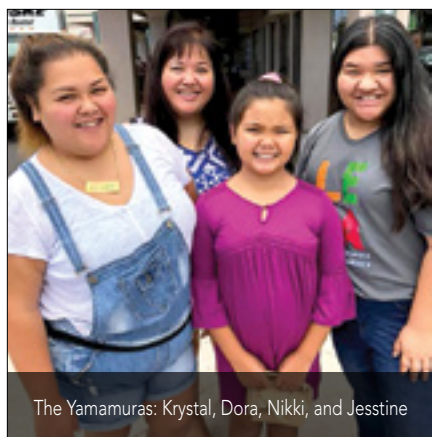
**Who is your 'ohana?** Mahalo for sharing your stories and photos.

For our winter/January issue and the new year, tell us how you find inspiration and share your photos. Tag your photos with #myislandscene for a chance to be featured in our magazine or website.

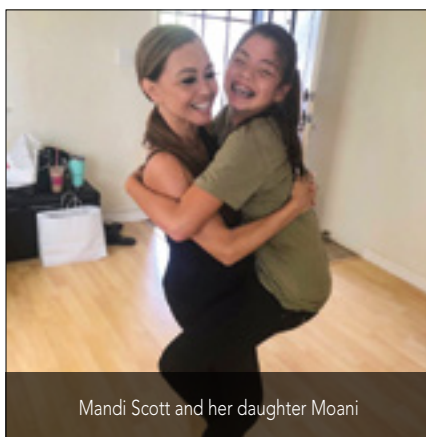
Find us on (askhmsa) or (myhmsa). Thank you!

## TOP

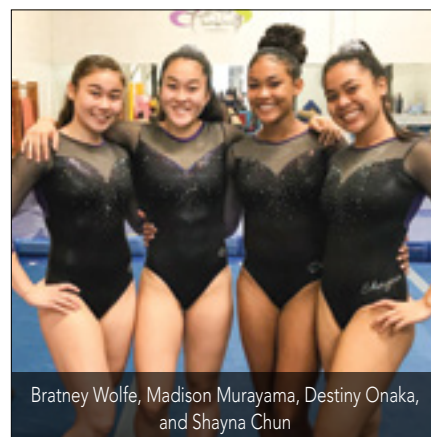
## RECENT



The Yamamuras: Krystal, Dora, Nikki, and Jesstine



Mandi Scott and her daughter Moani



Bratney Wolfe, Madison Murayama, Destiny Onaka, and Shayna Chun



Gary Morita picking mountain apples with granddaughters Ava and Mia



Lisa Matsunaga and Eric Bjorndahl with Ehu



Nelda Quensell with her daughters Joy and Michelle

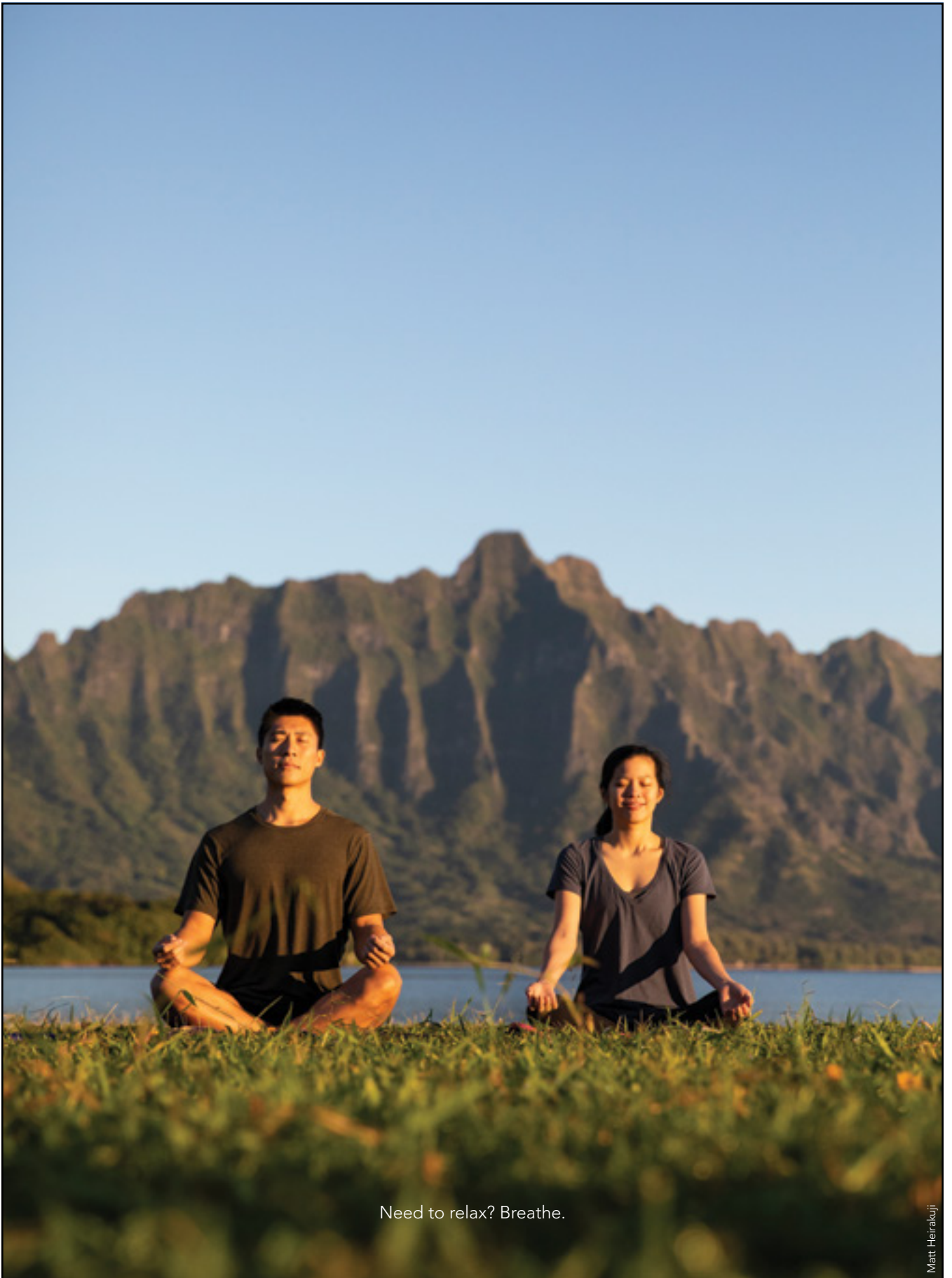


The Emerson family



Paige, Deren, Wendy, and Peyton Oshiro

The Oshiro family genuinely enjoys spending time together. Despite their hectic schedules, the family makes time for simple activities together – watching movies and playing board games at home, and sharing meals or a walk through Waikīkī.



Need to relax? Breathe.

**Island Scene**  
**PO Box 3850**  
**Honolulu HI 96812-3850**

islandscene.com

## connect with us

### By Phone

Monday–Friday, 8 a.m.–5 p.m.

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Neighbor Islands: 1 (800) 776-4672  
toll-free

TTY: 711

For more phone numbers, visit  
[hmsa.com/contact](http://hmsa.com/contact).

### Online

HMSA’s website: [hmsa.com](http://hmsa.com)

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