

# island scene

well-being, family, and fun for HMSA members || Fall 2020 || [islandscene.com](https://islandscene.com)

painting paradise



color her world || riley lee: music to his soul || current mood: chocolate

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EARL YOSHII





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# island scene

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**COVER:** Todd "Estria" Johnson  
with Mele Murals art at HPM Building  
Supply in Hilo. Story on page 22.  
Photo courtesy Mele Murals.



## aloha members,



I spent the first years of my professional career as a surgeon. This was extremely meaningful work for me, as I took care of people with serious diseases who needed my help to get well. It did involve, however, taking care of one person at a time and starting most of my conversations with the question, "What's the matter with you?"

Now that I am privileged to lead the largest health organization in Hawai'i, my priority is the welfare of our entire state population. Our purpose is to improve the lives of our members and the health of Hawai'i. My question is no longer, "What's the matter with you?" but rather, "What matters to you?"

Purpose and fulfillment in life are the cornerstones of good health and well-being. Family, social causes,

recreation, sports, art, and music are some of the many ways that we find meaning and optimize each day of our lives.

At HMSA, we believe that "chicken soup for the soul" is as important to Hawai'i as the quality and competence of our hospitals, doctors, and pharmacies. As we try to reclaim our lives from the disruption that we have experienced through much of 2020 due to the COVID-19 pandemic, it's important that we all take time to address and nurture all the things that matter to us.

This *Island Scene* issue is a gentle reminder of how important it is for us to laugh, be happy, draw pictures, play music, talk to each other, and eat chocolate (occasionally and in small amounts ... ha ha). At the core, it's those things that make us the healthiest state in the nation.

Sincerely,

A handwritten signature in dark ink, appearing to read 'Mark M. Mugiishi'.

Mark M. Mugiishi, M.D., F.A.C.S.  
President and Chief Executive Officer

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## dear friends,

When I was a kid in the '70s, my dad had quite a collection of record albums. Although he loved jazz, I liked his Petula Clark albums, Broadway soundtracks, and Japanese children's songs.

Today, a lasting imprint from the COVID-19 pandemic has been social distancing and being safer at home. As some turned to art and music for comfort and distraction, my thoughts turned to Dad's birthday in May and this happiness issue of *Island Scene*, which led me to ... Charlie Brown.

The "Happiness" song from *You're a Good Man, Charlie Brown* talks about simple pleasures from a kid's point of view. And although I've never caught a firefly (or set it free), the sentiment is sweet and clear.

*Happiness is ... two kinds of ice cream.*

*Knowing a secret.*

*Climbing a tree.*

It fits with our return to basics as we find our way to a new normal, support our community, and continue to protect ourselves and our families.

*For happiness is anyone  
And anything at all  
That's loved by you.*

: Clark Gesner

And as we all adjust, it's a great time to reconsider what makes us happy. This issue gives you some food for thought as you read about people's journeys and new paths to happiness.

I hope you're successfully adjusting to your new normal and are safe and happy. We're adjusting, too. Our summer issue was a condensed issue related to COVID-19. Now we're back on track with our regular issue and adapting to the challenges of working from home. Thanks, team!

And as always, mahalo to you for reading *Island Scene*. Take care, friends. Be happy.

Love,



Lisa Maneki Baxa  
Publisher and Editor

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# around the 808

## kaua'i

### Reviving Hanalei

There's been a lot of flooding on Kaua'i in the past few years. And while the April 2018 floods were especially devastating, some positives came out of the recovery effort.

People on the north shore were fortunate to receive help from the Hanalei Initiative. Executive Director Joel Guy describes the initiative as "a group of people working to care for our parks, create safer streets, and improve the water quality in the rivers, streams, and bay. We are part of the community, so we try to be a vehicle where the community can participate."

One project the initiative spearheaded right after the 2018 flood was to work with the county parks division and local soccer coaches to revitalize Wai'oli Town Park. Before COVID-19, "soccer was played every Saturday in an area that hadn't had soccer in over seven years," says Guy, who grew up playing soccer there. More recently, the organization developed a shuttle service to help reduce the traffic that often clogs Kūhiō Highway. Future plans include a community children's playground in Hanalei.

For more information, call 635-2074 on Kaua'i, visit [hanaleiinitiative.org](http://hanaleiinitiative.org), or email [hanaleiinitiative@gmail.com](mailto:hanaleiinitiative@gmail.com).



### Colors of the sea

Not all beaches live up to the song, "White Sandy Beach of Hawaii." And that's fine for Kaua'i beachcombers who scour the shoreline for collectibles. Glass Beach, off the beaten path in Port Allen, was a dumping ground for bottles in the early 1900s. Decades of erosion have turned the beach into a treasure trove of smooth pieces of colorful glass. Go ahead and take a walk on the beach for exercise and fresh air. Who knows what treasures may lay at your feet?

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



# maui, moloka'i, and lāna'i

## Conserving the place you love

Anyone who's been to Maui can appreciate the island's natural beauty. If you're interested in caring for the land, culture, and history, check out Maui Cultural Lands (MCL). You can clear invasive plants and weeds and grow native plants and trees at MCL sites, including Honokōwai Valley, Kahea-Hanaula, Launiupoko, or Ukumehame.

Kīhei resident Bill Oldham has been an MCL volunteer for about five years. "I have a 'selfish' reason for volunteering," he says, "It's so I can spend Saturday mornings in beautiful Honokōwai Valley with a remarkable group of folks."

To volunteer, call 276-5539 on Maui or visit [mauculturallands.org](http://mauculturallands.org).



PHOTO COURTESY MAUI CULTURAL LANDS

## Autumn harvest



If any street on Maui could be named "Persimmon Road," it would be Pūlehuiki Road in Kula. Here, on the slopes of Haleakalā, are several persimmon farms, the largest of which is also the oldest. We can thank Shinichi Hashimoto for bringing *kaki*, as it's known in his native Japan, to the Islands in 1915.

The fruit has an unbearably short two-month season from October through November. Nearly all persimmons grown in Hawai'i are from Pūlehuiki Road. It wouldn't be a stretch to rename it.

# big island

## Sweet talk

Did you know that Hawai'i is the coldest place on Earth where cacao is grown? Cacao needs a year-round temperature of 65 to 70 degrees. Luckily, the microclimates on the Big Island are a perfect fit. Tour a local farm or try one of our chocolate recipes on page 56.



## Happy Birthday, Akamai Living Fair

The fair turns 20 this year! Here are a few things seniors and their loved ones like about the annual event.

- It's free. Just stop by the Edith Kanaka'ole Stadium.
- It's easy to get a flu shot and health screening. If you want to test your cholesterol, fast for nine to 12 hours before the event (water is OK).
- It's fun. There will be health and well-being vendors and door prizes.

The 2020 fair will be a fun drive-through event on Friday, Oct. 16, from 9:30 a.m. to 12:30 p.m. For more information, call the Kamana Senior Center at 961-8710 on the Big Island.





# happy without happy hour

**words** Michelle Regan

**art** Garry Ono

Last year, Liz Crawford came face to face with a jarring reality – her drinking and her life had spun out of control. She was alone in her apartment, feeling unsated at the bottom of a bottle of wine, when she decided to stop drinking. The choice had been coming for years.


"I had all these thoughts, like to be social I need to drink. To be fun, to be outgoing, to do all of these things that I thought were ingrained in my life. And because I've been drinking since I was 16, I thought I needed alcohol for all those things," she says.


Crawford has always thought of herself as an optimist, a positive and friendly person. But in this struggle, she was anxious, isolated, and too embarrassed to reach out. "I don't think there's any way to feel better or feel optimistic when you feel completely alone," says Crawford. It took a spiral into depression for her to make a change.

After a year of sobriety, Crawford has reconnected with her optimism. Her strategy? Intense self-reflection and honesty. "What I like to do when I'm upset is look at what I'm upset about, analyze the 'why' behind it, sit with it, really try to figure out if it's legitimate or not, and then after I've had some time with my thoughts, I try to move past it. But you can't just move past it right away."

Alice Inoue, Chief Happiness Officer and founder of Happiness U, says this is a great first step. "To me, happiness is accepting life as it is, not for what you want it to be," she says. "Choose to change the ratio of negative to positive." You don't have to wear rose-colored glasses, but take your blinders off, too.

Inoue says it's not about being an optimist or pessimist, it's about where you send your attention. A January 2018 University of Oslo study found that only 40% of our outlook is pre-determined by our genes. The other 60% can be changed. "If you wait for life to make you happy, there's no guarantee," says Inoue. "If you focus on what you do love, no matter how insignificant it seems, you're putting your energy into something that can go right."

For Crawford, that meant reconnecting with the people who love and support her. "I think of happiness as being defined by the little moments," she says. "A person's overall happiness is in the day-to-day stuff." 

 For information on how to talk to your kids about happiness, visit [islandscene.com/more](https://islandscene.com/more).

## An exercise in happiness

Here's an exercise from Alice Inoue of Happiness U to help you tap into the good stuff:

Every day, write down three things that make you happy. The key is specificity. Instead of "I'm grateful for my family," dig into why you're grateful. Try "I'm grateful that my partner cooked dinner so I could relax." After seven days of consistent practice, this exercise will start to rewire your brain to think more positively.



# color her world



**words** Craig DeSilva  
**photos** Earl Yoshii




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“Creating something beautiful is a  
healing experience that’s good for the soul.”

---

Sherree McKellar starts her morning with a long walk on Kailua Beach. It’s her way to get her body moving and clear her mind to prepare for her day. Ever since she lost her husband, James, about four years ago, McKellar has had to go about things on her own.

But although she’s alone, she doesn’t feel lonely. She has fond memories of her husband and has created a purposeful life painting the things and places in Hawai’i that she loves. “My husband left a huge hole in my life and what I’ve done is fill it up with art,” she says.

A retired Hawai’i public school teacher, McKellar started painting 12 years ago when she stopped teaching to work for her husband’s business and care for her 94-year-old father-in-law. Looking for balance, she took art classes at Ben Franklin Crafts and Windward Community College. She had no previous interest in art, except for seeing how much her mother enjoyed it. “I saw how it enriched her life as she aged,” says McKellar.

Then in 2013, McKellar became a caregiver again when her husband was diagnosed with leukemia.

This devastating turn of events led to a wonderful discovery of her talents and skills as an artist. “Art was a way to cope with watching my husband of 36 years go downhill,” she says. “I’d forget about everything else. It was very healing. I’d play soft music while I painted on my lānai with my dogs at my feet. It was like being in another world.”

It was healing for her husband as well. He’d watched her sketch next to him while undergoing chemotherapy. “It kept his mind off the cancer,” she says. “And he enjoyed seeing my progress.”

After more than two years as her husband’s caregiver, McKellar now focuses on her art and paints almost every day. “When I slow down and listen to my soul, all these great ideas come to me,” she says.

Although she’s no longer a caregiver, McKellar continues to give. She uses her Kailua home and studio as a learning space and retreat for a tight-knit community of local painters. It’s an opportunity for younger painters to connect with mentors and develop their craft. “I try to fill my home with beautiful, creative energy,” she says.

During the holidays, friends and family will ask her to paint portraits of their dogs to give as gifts. She doesn’t charge them and if they pay her, she donates part of the money to the Leukemia & Lymphoma Foundation and Wounded Warriors. “I believe we’re all here to take care of each other,” she says.

McKellar is now working on an exhibit with other artists called “Then and Now,” which is scheduled to open in November at Kalapawai Market in Kailua town. The exhibit will feature historic photographs and new paintings of famous Kailua landmarks. **15**





COURTESY CHRIS STARK



# journey to happiness

words Courtney Takabayashi

By day, Chris Stark is a senior Linux systems administrator at Gemini Observatory. By night, he's an instrumental and rock guitarist and songwriter. Playing guitar had been just a hobby for Stark until he decided to take a chance on a dream.

## Destiny calls

It all began in late 2014 when Stark saw an announcement for a five-day guitar camp in Vail, Colo., hosted by one of his favorite guitarists, Steve Vai. Stark knew he wanted to go, but just wasn't sure. His wife, Marci, encouraged him to go. In fact, she said she wanted to go as well, to offer her support. How could Stark say no?

"Life is short, so don't be afraid to chase your dreams."

## Camp rock

Fast forward to July 2015. Stark describes the guitar camp as a five-day marathon of lectures, demonstrations, stories, Q&A sessions, and concerts. The most exciting part of camp, according to Stark, was the chance for each camper to jam with Vai on stage.

One of Vai's lectures took place right before Stark's opportunity to jam with him. The lecture was about performing, avoiding stage fright, and learning to be present in the moment. "Prior to this lecture," Stark says, "I was mortified by the idea of being on stage with a legend like Vai. But hearing his words of advice had a profound effect on me."

Later that evening, as Stark got on stage and prepared to perform, Vai's words echoed in his mind: "You're a guitarist. This is what you know. Now play." The rest of the world disappeared as Stark jammed with his guitar hero. "We had a musical conversation. I was present in the moment and I loved every second of it," Stark says. They shook hands when they were done and Vai said that he enjoyed their jam session.


And the best part of the experience was that Stark's wife was there to witness his performance. "Marci has always been my biggest fan and supporter," he says.

## Making his own music

One of the artists Stark met at camp was New-York-based musician, Tom Atkins, who gave Stark a copy of his recent album. "It was so professional and polished," Stark says. "I asked him how he did it." Atkins shared his process and, to Stark, "no single step was insurmountable."

When Stark returned home, he dug out songs that he'd written in the late '90s and proceeded to record them in his home studio. "All the songs are instrumental guitar rock songs," Stark says, "and I played all the parts myself." After a couple months of recording, he had 13 songs completed. Since the songs were from his past, Stark named the album *Legacy*. To his surprise, "A few weeks after release, I sold enough copies to pay for the project."

By taking a chance and signing up for guitar camp, Stark began his journey toward happiness and fulfillment that still continues today. Since the release of *Legacy*, Stark has released three additional albums. He's currently working on more music and hopes to have another album out at the end of the year.

The takeaway from this experience for Stark? "Life is short, so don't be afraid to chase your dreams." You may even create a legacy of your own. 



For one of Stark's music videos, visit [islandscene.com/more](https://islandscene.com/more).



Kalihi-Pālama Health Center and other FQHCs stood strong during the heart of the COVID-19 pandemic.

## help in uncertain times

The COVID-19 pandemic disrupted health care all over the world. But thanks to Federally Qualified Health Centers (FQHCs) in communities throughout the state, many of Hawai'i's neediest residents continued to receive care.

FQHCs provide a wide range of services to people who may otherwise have a hard time getting the care

they need. These health centers provide a significant amount of care and services to people who are homeless or are struggling with addiction. No one is denied service because they can't pay.

*Island Scene* has featured the work of FQHCs over the past year and concludes this series with these health centers.

**words** David Frickman



## Kalihi-Pālama Health Center

In the heart of Kalihi-Pālama, the Kalihi-Pālama Health Center (KPHC) serves more than 20,000 patients each year in an area largely populated with ethnic minorities. This is why the health center's translation services are so important.

"We have interpreters and it really helps," says Blandina Mamaclay, a pediatric nurse practitioner at KPHC. "Many patients are diverse in their culture and how they manage their health. We have community health care workers who speak different languages and help bridge the cultural gap, which helps patients to be more compliant."

Mamaclay recalls a 5-year-old child who arrived from American Samoa and went straight from the airport to KPHC. "He just came walking in and we don't turn away patients. His mom brought medical records to show that he was suffering a brain bleed. He was swaying and not very stable."

KPHC works closely with Kapi'olani Medical Center for Women and Children, so Mamaclay arranged an MRI for the child. "They worked with him at KPHC and he regained his normal baseline," she says.

KPHC provides internal medicine services, women's health and pediatric care, and dental, optometry, and behavioral health services.



## Bay Clinic

Serving over 20,000 patients in East Hawai'i, Bay Clinic has become a critical player in a very fragile health care system that thrives on partnerships.

"One of my hopes for Hawai'i Island is to facilitate a model of collaboration in which community and rural health centers, the hospital, independent physicians, urgent care clinics, specialty physicians, and enabling services come together to help each other fulfill their mission," says Bay Clinic CEO, Kimo Alameda, Ph.D.

This collaboration was especially valuable in the case of a Bay Clinic patient named Mary, who was sent to an emergency room for pelvic pain and was found to have an enlarged uterus. Instead of having her uterus removed through a large abdominal incision (i.e., an abdominal hysterectomy), Mary had a total laparoscopic hysterectomy, which required only three small incisions. This was the first time this procedure had been done in Hilo, thanks to Bay Clinic's coordination with Hilo Medical Center (HMC) and the John A. Burns School of Medicine.



PHOTOS COURTESY BAY CLINIC

Mary's surgery was a success. She went home the same day and returned to work soon after.

The clinic also works with HMC to identify Bay clients who either over-use emergency services or clients who need a seamless transition from inpatient care to home life.

What began as a small women's clinic with five staff members at the Hilo Lagoon Center nearly 40 years ago has grown into a health care network with nine locations and 190 employees. Serving East and South Hawai'i, Bay Clinic is the largest FQHC on Hawai'i Island and second largest in the state.



EARL YOSHII



COURTESY KOOLAULOA HEALTH CENTER

## Ko'olauloa Health Center

When Jolanda Kahele joined the diabetes prevention program at the Ko'olauloa Health Center in Hau'ula, she never imagined the kind of impact she'd have on the people in her community.

By the time Kahele had completed the program twice, she had lost 60 pounds. Inspired by her ability to improve her own health, she took the available

resources, armed herself with new-found knowledge, and became a life-style coach to encourage others.

"I've seen so many changes in such a short time," she says. "Our clients are still losing weight. Whenever they need help and run in to me, I can help. They see the changes in themselves and then they help family and friends who are also on that borderline."

Ko'olauloa Health Center has locations in Hau'ula and Kahuku. It offers medical, dental, behavioral health, and pharmacy services and programs for smoking cessation and help with coordinating care and applying for assistance programs.



## Moloka'i Community Health Center

As the only FQHC on the island, the Moloka'i Community Health Center (MCHC) is tasked with serving 7,200 residents in what the U.S. Public Health Services has designated a medically underserved health professional shortage area.

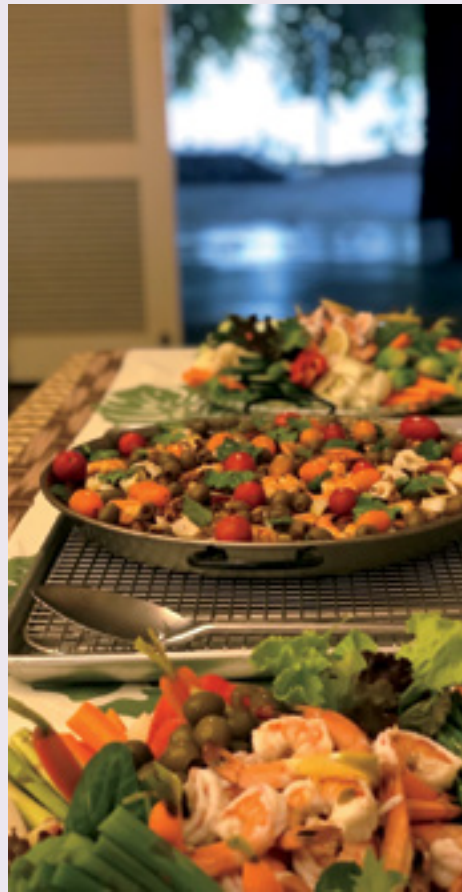
"The fact that we're an FQHC is a huge asset to the community," says CEO Helen Kekalia Wescoatt. "We serve about 67% Medicaid [QUEST Integration] patients, which is pretty reflective of the entire patient population. I think a private practice would have a hard time here."



Nearly half of MCHC patients are children who receive primary medical care and dental services. "We're serving children and their mothers typically in the age range of 18 to 40 years," Wescoatt says. Among children and their mothers, major health care needs include maternal and child health risks, baby bottle tooth decay, childhood asthma and obesity, and teen substance abuse.

"We also have a small but growing population of those who are 60 and above," Wescoatt says. Chronic health conditions in adults include diabetes, asthma, heart disease, high blood pressure, obesity, mental health issues, and substance abuse.

MCHC was created entirely by community volunteers and residents who were committed to providing the best medical care tailored to individual needs regardless of their ability to pay.




PHOTOS COURTESY WAIKIKI HEALTH CENTER



## Waikiki Health

Opened in 1967, Waikiki Health now has facilities in Waikīkī, Kaimukī, and other parts of O'ahu. The clinics offer primary care, behavioral health services, and more.

In January, Waikiki Health opened a new emergency homeless shelter called Keauhou, located near Mō'ili'ili Neighborhood Park. The three-story facility can house 76 people, with separate units for women, men, and couples. Keauhou is the second homeless facility run by Waikiki Health, joining Next Step Shelter as a place where people who are homeless receive housing and vital services such as job training, referrals to medical services, and housing placement assistance. 

*Read about Waikiki Health's Pu'uho-nua Prison Program, which helps former inmates readjust to life outside of prison, in the fall 2019 issue of Island Scene, available at [islandscene.com](http://islandscene.com).*



# aloha. hello. konnichiwa. ni hao. hola. anyoung. kumusta.

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 Oahu
- Mail: 818 Keeaumoku 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 (800) 776-4672。TTY 711。

**Ilocano:** PAKDAAR: Nu saritaem ti Ilocano, ti serbisyo para ti baddang ti lengguahe nga awanan bayadna, ket sidadaan para kenyan. 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, ແມ່ນມີໄວ້ທ່ານ. ໂທ 1 (800) 776-4672 ພຣີ. TTY 711.

**Marshallese:** LALE: Ñe kwōj kōnono Kajin Majōl, kwomaroñ bōk jerbal in jipañ ilo kajin ñe am ejjelok wōñāān. Kaalok 1 (800) 776-4672 tollfree, enaj ejjelok 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.

**Samoaan:** MO LOU SILAFIA: Afai e te tautala Gagana fa'a Sāmoa, o loo iai auaunaga fesoasoan, e fai fua e leai se tofogi, mo oe, Telefoni mai: 1 (800) 776-4672 e leai se tofogi o lenei 'au'aunaga. 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 aninisin 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.



# painting paradise

**words** Michelle Regan

**photos** courtesy Mele Murals





## You don't have to live in Kaka'ako

or even on O'ahu to enjoy some of Hawai'i's best street art.

Mele Murals, an Estria Foundation program, connects schools with local artists to paint student-created murals on campuses across the state. The murals are meant to beautify campuses, give students a creative outlet, and cultivate a sense of place.

Each student group attends a creative meditation with acclaimed street artist and Estria Foundation founder Todd "Estria" Johnson. They're asked to connect with and draw inspiration from the Earth, their ancestors, and each other. Afterward, they discuss their inspiration, sketch, and form an idea for a mural.

From there, students work with a local artist to bring the mural to life. These are a few of those murals.

Above: Todd "Estria" Johnson helps students bring their mural to life

Left: HPM Building, Kailua-Kona, Big Island





Above: Blanche Pope Elementary School  
Waimānalo, O'ahu  
Right: Hale'iwa Elementary School, O'ahu







Top left: Keauhou Shopping Center, Kailua-Kona, Big Island

Top right: Kaimukī High School, Kaimukī, O'ahu

Middle left: Waimānalo Elementary and Intermediate School

Bottom left: Waimanalo Feed Supply, Waimānalo, O'ahu

Mural painted by Waimānalo Elementary and Intermediate School

Bottom right: Students join hands for a Hawaiian pule (prayer)

Ka Waihona O Ka Na'auao Charter School, Nānākuli, O'ahu





# music to his soul

**words** Craig DeSilva

**photo** Judy Bellah

Riley Lee never intended to be one of the world's leading *shakuhachi* players. He just wanted to play the bamboo flute because he liked the way it sounded.

"I was enamored the first time I heard it," he says. "It took me to another place and time."

The shakuhachi is a Japanese instrument that originated in China. Lee's dad brought one home from a trip to China and Riley was instantly taken by its gentle, mellow sound. It was different from the Led Zeppelin records he'd listen to and the rock music he played with his garage band as a teenager.

After graduating from Roosevelt High School, Lee went to Japan to teach English. His three-month stay turned into 10 years of dedicating his life to


and chamber music groups to perform in concerts that blend eastern and western musical traditions. Now living in Australia, he was chosen to perform on the roof of the Sydney Opera House in 2000 during ceremonies to welcome the new millennium.

"Often times, I'm so immersed in the music that it's as if someone else is playing," he says. "Then there are times when I'm wrapped up in the energy from the audience and other musicians on stage."

Lee credits the shakuhachi for giving him a new chance at life. In 2010, he was hit by a car while walking in Brisbane. Bedridden, frustrated, and depressed, he never thought he'd walk again. Then he started applying lessons he learned from playing the shakuhachi during his rehabilitation.

"Learning the shakuhachi taught me to have patience," he says. "You don't learn a new song in one day. But by practicing a little bit each day, you eventually finish the entire song. I kept telling myself that by taking a few steps each day, I would eventually get to where I want to go."

Lee returns to Hawai'i several times a year to perform and pursue his other lifelong passion of running. He's completed three Honolulu Marathons since his accident. He collaborates with Hawai'i slack key guitarist Jeff Peterson and taiko master Kenny Endo for concerts and recordings, one of which won a Nā Hōkū Hanohano Award in 1999 for best instrumental album.


"I didn't think about where the shakuhachi would take me," says Lee. "I'm just fortunate to do what makes me happy." 

**"To master the instrument, you have to immerse yourself in the culture. It's a real commitment."**

learning and practicing the shakuhachi. In 1980, he became the first American-born person to be given the title of shakuhachi *dai shihan* (grand master).

"It was an honor and privilege to learn from teachers whose knowledge was passed down through generations," he says. "To master the instrument, you have to immerse yourself in the culture. It's a real commitment."

Although his teachers told him not to expect to make a career from playing the shakuhachi, Lee has been able to turn his passion into his lifelong work. He's introduced the shakuhachi to new audiences worldwide. He collaborates with other musicians, symphonies,

 For a video of Riley Lee playing the shakuhachi, visit [islandscene.com/more](http://islandscene.com/more).



# healthier and happier with blue zones project

**words** Lynn Shizumura

Thanks to Blue Zones Project®, Rowena Dagdag-Andaya and her family are spending more time together and getting healthier, too.

Dagdag-Andaya is director of Maui County's Department of Public Works and is a Blue Zones Project volunteer. She and her husband, Herman, are raising a son, 10, and daughter, 8. On the weekends, the family walks or bikes on a path in their Waikapū neighborhood. They also eat more vegetables and smaller meals, which aligns with Blue Zones Project concepts of eating more plants and to stop eating when you're 80% full. Dagdag-Andaya also swapped diet soda for water, which helped her lose weight and gain energy.

What's Blue Zones Project? It's a well-being improvement initiative that helps individuals, employers, and entire communities get healthier. The inspiration is from Blue Zones, five places around the world where people live longer than the average American.

Dagdag-Andaya's advice for busy parents? "Incorporate one of the Power 9® principles into your lifestyle, because it will lead to others. At any age, you may find something new you like doing," she says.

Big Island residents Raymond Baltero and his wife, Christine, are retired but want to stay active. They found the perfect opportunity to move more and socialize.

The Balteros joined a Blue Zones Project moai (group) that meets every week for tai chi and walking. Moais are groups that meet for a shared purpose, which comes from the Blue Zone of Okinawa. Raymond says they especially look forward to tai chi. "It's low impact, we're moving naturally – it's meditation in motion," he says. It's also a time for them to socialize with the group's 10 members.

The Balteros have three children and six grandchildren. Raymond plays 'ukulele in a church group, bowls in a senior group, and plays softball in a kūpuna league. Christine enjoys line dancing and bon dance practice. They both enjoy the laid-back lifestyle of the Big Island.

Raymond encourages people to get involved in Blue Zones Project activities. "I read about Blue Zones in *National Geographic*. I never thought it would come down to our local level, but I'm glad it did. It can help you maintain a better and less-stressful life," he says.

To learn more about Blue Zones Project communities and events, go to [bzphawaii.com](http://bzphawaii.com), email [BlueZonesProjectHawaii@sharecare.com](mailto:BlueZonesProjectHawaii@sharecare.com), or follow @bzphawaii on Facebook and Instagram. 

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## The Power 9 from the world's Blue Zones

1. Move naturally.
2. Develop a sense of purpose.
3. Take time to downshift.
4. Eat until you're 80% full.
5. Eat more plants.
6. Have a glass of wine at 5. (Blue Zones Project recommends one to two glasses per day with friends and food.)
7. Join a community or faith-based group.
8. Put your family first.
9. Maintain a social circle such as a moai.



# CONGRATULATIONS TO THE 2020 KAIMANA WINNERS

The HMSA Kaimana Awards & Scholarship Program  
is celebrating its 15th year recognizing high school  
seniors and schools in Hawaii for all-around excellence  
in academics, athletics, community service, healthy  
activities, and sportsmanship.

**[hmsa.com/kaimana](https://hmsa.com/kaimana)**



The Kaimana Awards & Scholarship Program is proudly sponsored by HMSA and the Hawaii High School Athletic Association.  
For the complete list of scholarship and school winners, visit [hmsa.com/kaimana](https://hmsa.com/kaimana).



**Catherine  
Chow**

Keaau  
High School



**Pearl  
Lee**

Kalani  
High School



**Kylee  
Takanishi**

Iolani  
School



**Izabell  
Izzi**

Waianae  
High School



**Asha  
McGinnis**

Kapaa  
High School



**Shirfei  
Tay**

Moanalua  
High School



**William  
Kepler**

Kihei  
Charter School



**Samantha  
Ono**

Kaimuki  
High School



**Kassidy  
Trang**

Hawaii Baptist  
Academy



**Mauhia  
Kimata**

Punahou  
School



**Isabelle  
Pescaia**

Wailua High and  
Intermediate School



**Kallen  
Wachi**

Waimea  
High School



**Jaymie  
Kunitomo**

Konawaena  
High School



**Lindsay  
Sasaki**

Hawaii  
Baptist Academy



**Ameera  
Waterford**

Seabury  
Hall

## SCHOOL WINNERS

### Big Island Interscholastic Federation

Small School: **Parker School**  
Large School: **Keaau High School**

### Maui Interscholastic League

Small School: **Maui Preparatory Academy**  
Large School: **Kamehameha Schools Maui**

### Interscholastic League of Honolulu

Small School: **University Laboratory School**  
Large School: **Hawaii Baptist Academy**

### Oahu Interscholastic Association

Small School: **Kahuku High & Intermediate School**  
Large School: **Moanalua High School**

### Kauai Interscholastic Federation

**Waimea High School**







# the power of laughter

**words** Courtney Takabayashi  
**art** Garry Ono

We've all heard that laughter is the best medicine, but is it true? According to Joyce Marvel-Benoist, certified leader of laughter yoga, laughter can actually be healing and therapeutic.

## A Laughing Matter

Marvel-Benoist has been working in the personal growth field for about 40 years. "I trained under the founder of laughter yoga, Dr. Madan Kateria," she says. Dr. Kateria, a cardiologist who started the laughter yoga movement in Mumbai, India, describes it as an exercise program to improve health and well-being. The yoga aspect comes from Pranayama, the practice of breath control in yoga.

When people participate in laughter yoga, their bodies release endorphins, chemicals that relieve stress and pain. "It's natural, connecting, and it pro-

## Good for a Laugh

It may seem counterintuitive, but something doesn't need to be funny for someone to reap the benefits of laughter. Marvel-Benoist says, "When you fake a laugh, your body doesn't know the difference and will produce the same feel-good chemicals as if you were sincerely laughing." Marvel-Benoist and her team help their patients build powerful skills. "If someone is going to devote 30 days to healing," Marvel-Benoist says, "we want to give them everything we can."

Medical director of The Exclusive Addiction Treatment Center and naturopathic physician Dr. Julie Brush has seen how effective laughter yoga is. "Some patients come in skeptical or standoffish. Dealing with trauma and working through difficult issues can be dark as it tends to bring up negative emotions," Dr. Brush says. "But Joyce




**"When you fake a laugh, your body doesn't know the difference and will produce the same feel-good chemicals as if you were sincerely laughing."**

: Joyce Marvel-Benoist

motes emotional fluidity," says Marvel-Benoist. "It cultivates childlike enthusiasm, which is so freeing and fun. Through laughter yoga, we get better oxygenation, produce happy hormones, and connect with each other."

## A Place of Healing

After training with Dr. Kateria and becoming a certified leader in laughter yoga in 2007, Marvel-Benoist began leading community laughter groups on the Big Island. In 2012, Marvel-Benoist and her husband, J.F. Benoist, opened The Exclusive Addiction Treatment Center in 2012. "We provide a cutting-edge approach to address the underlying issues that feed addiction," says Marvel-Benoist.

is incredible at what she does. And once the patients start laughing, it's contagious and they walk out feeling good, better than they did before." 

*Please note that laughter yoga is not a covered medical benefit under HMSA plans.*

# Your Business is Your Business



Your privacy is important. That's why HMSA works hard to keep the information you share with us safe and confidential.

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

## can chocolate make you happy?

**words** Marlene Nakamoto



**Y**es, it can. Certain nutrients in chocolate can really, actually elevate your mood. What else have you heard about chocolate? Are they for real?

**True or false?** Chocolate won't raise your cholesterol.

**True.** The main saturated fat in milk chocolate doesn't raise your bad cholesterol like other types of saturated fat that's in butter or fatty meat, for example.

**Fact or fiction?** People with diabetes shouldn't eat chocolate.

**Fiction.** Everyone can enjoy chocolate, even people who are watching their blood sugar. Dark chocolate, which has no added milk solids, has been shown to improve insulin resistance. The key — for everyone — is moderation.

**Agree or disagree?** Chocolate causes tooth decay.

**Agree.** But so do gummy bears, whole-wheat bread, fruit punch, and anything else that lodges on or between your teeth. Such leftover bits provide fodder for bacteria in your mouth to produce acid, which causes cavities. Good oral hygiene and regular dental checkups should be part of your repertoire no matter what you eat or drink.

**Real or unreal?** Chocolate can be part of a healthy diet.

**Real.** For most people, any food consumed in moderation can be part of a healthy diet. Chocolate is no exception. Antioxidants and chemicals in chocolate may help lower blood pressure, reduce the risk of coronary disease, and improve insulin resistance. Minerals in chocolate, such as magnesium, copper, iron, and zinc, help body processes work properly.

*Ready for some chocolate recipes? Turn to page 58.*





# Need telehealth? You're covered.

Whether it's a video visit, secure email, or simple phone call, telehealth is available to HMSA members who need medical care or emotional support.

Telehealth is a safe, convenient way for you to get care without leaving home. Call your doctor for advice on the best way to use technology to get the care you need.

And with an HMSA plan, telehealth visits are covered at 100%.



## leg up on exercise

**words** Craig DeSilva



**C**ompression leggings: Function or fashion?

For Honolulu trainer David Hamlin, they're both.

Hamlin started wearing leggings in the gym after seeing pictures of professional athletes wearing them in the media and on Instagram. He liked the look and feel. But he later noticed that it gave him an edge during leg workouts.

"It gives me more power," says Hamlin, 26, a trainer at F45 Kahala. "The compression factor keeps my legs warm and tight. I feel stronger."

They keep his muscles warm throughout his workout to help decrease the risk of injury. "Plus, they look cool," he admits.

Honolulu resident Michael Caine wears them while riding his bike to work. Unlike pants, leggings don't get caught in bike chains. When he arrives at work, he simply slips pants over them without having to change. "It's convenient," he says.

Can leggings make or break a workout or just attract attention at the gym? Perhaps a little bit of both and more.

The stretchable fabric absorbs sweat and allows for a variety of exercises, such as squats, yoga, and cross training. They're ideal for lounging at home as well.

It can be hard sometimes to find workout clothes with just the right fit and look. If you're considering leggings, choose a fabric that feels good to you whether it's lightweight or compression-style. Compression leggings can also be therapeutic for varicose veins and can help prevent swelling if you stand a lot at work. There are many choices of styles and colors — from solid black to leopard print.

Go ahead and rock those leggings in your HIIT class. For guys afraid of revealing too much, you can wear shorts over your leggings. You'll be less self-conscious and better able to focus on your workout. **IS**

**"The compression factor keeps my legs warm and tight. I feel stronger."**

: David Hamlin

# health matters



## Keep your guard up

Flu prevention hasn't changed in the year of COVID-19. According to the Centers for Disease Control and Prevention (CDC), the flu shot is recommended for those who are 6 months and older as the "first and most important step" in flu prevention. The CDC says that the shot can help you stay healthy during flu season, which usually starts in October, peaks in December, and can last through the following May.

How is the flu different from COVID-19? Their symptoms, such as sore throat and fever, can be similar. Although the World Health Organization says there's a higher chance of severe or critical cases of COVID-19 than the flu, it's still important to protect yourself and your loved ones from the flu.

The same habits people practiced during the COVID-19 outbreak can help you stay healthy during flu season. Keep up the social distancing, stay home when you're sick, wash your hands often, and cover your nose and mouth, especially when you sneeze or cough.

## Got a minute?

Gretchen Rubin, an author who writes about happiness, has a quick productivity hack. When you have a minute, complete an easy task. Stack books neatly, wash a dish, wipe the counter, or check your voicemail.

This one-minute rule can help you feel good about small accomplishments in your downtime. It can even make large projects or tasks seem less daunting as you build momentum throughout the day.





## Inspire generosity in keiki

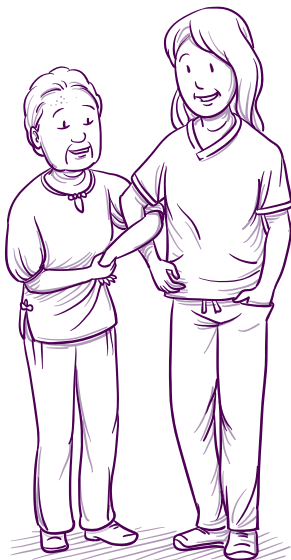
When you hear the word generosity, you may think about money. But generosity is really about the willingness to give or share anything, like your time or a snack.

According to the American Academy of Pediatrics, it's important to teach children the value of being generous. Here are some tips from UC Berkeley on how to do that:

- Read books and stories about people being generous and kind with your kids.
- Talk to your kids about the value of doing the right thing.
- Teach your kids to practice gratitude, which research shows can help them become more generous.



## November is National Family Caregivers Month



Mahalo, caregivers, for all that you do. This month honors you and the millions of others who support family members who need assistance with their care or daily living. Although there are caregivers of all ages, most caregivers are 50 to 64. Whether you're a new or long-time caregiver, you may need help or be interested in resources. Here's how to contact your local Office of Aging for more information.

Elderly Affairs Division, O'ahu  
768-7705  
[elderlyaffairs.com](http://elderlyaffairs.com)

Hawai'i County Office of Aging  
961-8600  
[hcoahawaii.org](http://hcoahawaii.org)

Maui County Office on Aging  
270-7774  
[co.maui.hi.us/departments/Housing/aging.htm](http://co.maui.hi.us/departments/Housing/aging.htm)

Kaua'i Agency on Elderly Affairs  
241-4470  
[kauai.gov/elderly](http://kauai.gov/elderly)



# health care goes west

**West O'ahu continues to grow** each day. When the 2020 U.S. Census results are revealed, it's likely to show that the population of Kapolei and the surrounding area has grown by more than 50% since the last census in 2010.

Ivania Paulino is part of that growth, having moved there with her husband and two daughters last year. At the same time, a major health care provider had also moved in.

"I've been with the Straub system and had a really good doctor," she says. "When I moved to Makakilo, the Kapolei clinic had just opened."

Straub Medical Center – Kapolei Clinic & Urgent Care, operated by Hawai'i Pacific Health (HPH), is one of many businesses expanding into West O'ahu.

"We had been looking at establishing in Kapolei for quite some time," says Art Gladstone, HPH executive vice president and chief strategy officer. He says more and better health care access was needed in the Kapolei area because of the growing demand.

Gladstone says the clinic in Kapolei is its most comprehensive to date. It features a host of services such as primary care, obstetrics, and pediatric sports medicine and offers access to specialists from other HPH facilities, often through telehealth.

"We set up telehealth specifically so that specialists from Kapi'olani Medical Center for Women and Children and Straub Medical Center wouldn't have to travel to the clinic and be physically present," Gladstone says. "They could do a telehealth visit in a room specifically set up for telehealth."

Although she prefers face-to-face interaction with her doctor, Paulino had her first visit through telehealth earlier this year. "It was interesting," she says. "It was good because I don't always have the luxury to see the doctor in person since I have to work."

HPH wasn't alone in its West O'ahu expansion. In 2014, The Queen's Medical Center was also looking to expand into the area. It acquired a health care facility that was facing financial hardships and after a \$140 million renovation, it opened The Queen's Medical Center – West O'ahu.

"Our board of trustees was guided by our mission statement to provide quality health care services to Native Hawaiians and all of the people of Hawai'i," says Susan Murray, The Queen's Health Systems' senior vice president for the West O'ahu region. "And it's exactly what West O'ahu needed."

The facility has 104 beds and the second-busiest emergency department in the state (The Queen's Medical Center at Punchbowl is busier). "The community asked us to keep the emergency department open," Murray says. "That was the department that needed the most expansion and renovation. She says that when Queen's took over the facility, it tripled the size of the department.

This summer, Queen's West O'ahu launched its new EmPower clinic. "The goal of EmPower is to recruit and retain the best primary care providers for the West O'ahu community," says Bernadette Merlino, The Queen's Health Systems' vice president for ambulatory services. The facility is in the Ocean Pointe area and offers urgent care services and an advanced primary care center, which uses a team-based approach to care.

Merlino says physicians have three nurses and a medical assistant on their core team. "Surrounding that core team are social workers, pharmacists, and psychologists to address the patients' needs."

And those needs will become greater as West O'ahu continues to grow. **is**

**words** David Frickman

**photos** courtesy

The Queen's Health Systems and  
Straub Medical Center



# SEARCHING FOR THE ONE?



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Bonnie C. Blair  
Susan Cauley  
Serenity Chambers  
Erin B. Coan  
Larry Ebbert  
Vickie M. Fachinelli Portes  
Peter N. Fata  
Victoria F. Fox-Behrle  
Leah C. Ledward  
Suzanne Kay Leter  
Linda R. Loewenherz  
Jennifer R. Lonardo  
Scott T. Lowe  
Zachary A. Manlucu  
David O. McCandless  
Maria A. Mitsioura  
David F. Moore  
Joshua C. Nguyen  
Dara Lynn F. Pagaduan  
Tina M. Passalaris  
Richard S. Stack  
Wesley J. Sugai  
Bethany Helen. Thoresen  
Conrad J. Tirre  
Pamela F.P. Torigoe  
Kari Vasey  
Josephine A. Volpe  
Jaime A. Westlund  
Daesha A. Yoshino

### Kauai

Neil M. Barth  
Marti E. Bradbury  
Afton E. Caycayon  
Pamela T. Garcia-Neveu  
Shelly N. Ludolph  
Steven W. Pappas

Holley L. Rogers  
Brittany M. Washko

### Lanai

Katy Tan

### Mauai

Chun Chong  
Vaughan R. Cipperly  
Chase V. Conrad  
Michael A. Famularo  
Andrew M. Fox  
Carolyn A. Geanacou  
Ritu Gupta  
Edie R. Hamilton  
Bethany J. Hicks  
Todd Hilbelink  
Nadia Hussain  
Jon Simon Ivey  
Sarah R. Kaplan  
Tamsyn Kellough  
Heidi Y. Lee  
Lindsay B. Leggett  
Christina Mehanni  
Natasha V. Murray  
Christie M. Nurkowski  
Jared C. Pirkle  
Zhanna Pogosyan  
Adam C. Protain  
Terry E. Restivo  
Konstantina Rose  
Clayton M. Smiley  
Anne V. Stahl  
Katy Tan  
Tanya Tivorsak  
Philip M. Tongg  
Joni S. Watanabe  
Elaine M. Westlake  
Jessica Mei-Wen Wong

### Molokai

Bryn Chowchuvech

### Oahu

Bernice-Marie Arang  
Cheryl A.T. Afuso-Sumimoto  
Keline E. Akiyoshi  
Tracy M. Araujo  
Ryan N. Argyros  
Torey Mika Kikukawa Arita  
Jennifer P.B. Asperilla  
Derek M. Atta  
Gina Baez  
Marissa C. Baligad Orian  
Giselle A. Baquero Caranama  
James P. Blackmon  
Sundeep Bojedla  
Amelia Borofsky  
John L. Bossian  
Briana A. Brownhill  
Shaneya L. Buenrostro  
Maryam K. Butler  
James M. Campbell  
Jared J. Campbell  
Tammy A. Chang  
Vivian N. Chin  
Viarida N. Ching  
Nicole S. Chryslar  
Valerie J. Clack  
Adamson N. Clemente  
Jesse Cracknell  
Jennifer C. Cummings  
Dianne De Mena Cue  
Corey M. Dillman  
Letesha R. Driskell  
Amber K. Duran  
Ali Y. El Sergany  
Taneasha E. Evans  
Dylan S. Everett  
Ken P. Fuyuki

Emily J. Goulet  
Rebecca L. Graham  
Maile L. Green  
Sabrina J. Haselhorst  
Kristin E. Hirabayashi  
Shirley M. Hirata  
Joshua O. Hoppe  
Richard H. Hsu  
Kellie-Anne C. Ishii  
Anthone T. Jeon  
Bryan A. Johnson  
Brian S. Kehoe  
Shaye A. Kimura  
Megan H.M. Kuba  
Cameron T. Kurozawa-Chow  
Evelyn Lee  
Teale M. Lee  
Daniel P. Lim  
Michael Chien-Yu Lin  
Charles M. Liu  
Robert A. Locklear  
Haunani A. Louis  
Scott T. Lowe  
Danielle Lum  
Jennifer L. Lunardini  
Jesse J. MacPherson  
Nitsala P. Marx  
Dawn M. Mattix  
David F. Moore  
Tomi N. Moore  
Jonathan J.W. Mueller  
Craig H. Nakatsuka  
Joshua C. Nguyen  
Christina L. Nicholas-James  
Neda Nikpoor  
Judith E. Nomura  
Michaela Y. Okihara  
Randi L.U.T. F. Olds  
Dayna A. Oshiro  
Phoebe Packer  
Brian J. Panganiban

Eleanor K. Pew  
Aileen T. Playter  
Kerith M. N. Pocock  
Susan M. Powroznik  
Thomas H.N. Quattlebaum  
Kelcie N. Raines  
Tara M. Reed  
Lorelei J. Repique  
Iesha R. Richards  
Brianna C. Rivera  
Mieke An A. San Julian  
Katie K. Schoppy  
Lauren G.M. Serkis  
Kristen E.W. Shimabukuro  
Crystal Smith  
Ryan M. Smith  
Sherrie S. Sonomura  
David Sprouse  
Paige N. Stegeman  
Ellen K. Stehouwer  
Candice J. Sutton  
Andrew R. Swayne  
Kathy A. Takahashi  
Darcie M. Takemoto  
Anela M. Tamashiro  
Brigitta A. Tanzer  
Dawn M. Tawata  
Hima R. Thompson  
Desiree T. Tricarico  
Garyn K. Tsuru  
Jennifer L. Upham  
Louella P. Van Osdol  
Shaun M. Voss  
Stacy P. Wilson  
Jonathan Wong  
Breanne Woodbury  
Nicole K. Yokoyama  
Michael S. Youngling  
Nozanin Y. Yusufbekova  
Dayu Zhang

For a complete list of providers, contact information, and plans accepted, visit Find a Doctor on [hmsa.com](https://hmsa.com). These providers joined HMSA's network between Dec. 21, 2019, to June 20, 2020.



# telehealth: care here or there

words David Frickman



Telehealth has been a care option for many years, but for many providers, there was never any real need to embrace this technology.

Then the COVID-19 pandemic hit, forcing many providers to turn to telehealth — even if they were reluctant to try it in the past. “The pandemic pushed us to do this,” says Hilo physician Lynda Dolan, M.D.

Telehealth visits allow patients to meet with their doctor while staying safer at home. This can be especially helpful for patients in rural areas.

And as more patients get comfortable using the technology, they’re discovering added benefits. Patients don’t have to take time off of work, travel to the doctor’s office, find parking, or deal with other inconveniences. It also gives patients an option to work with doctors throughout Hawai’i, even those in specific specialties that may not be available near their home.

Kapa’a psychologist Laura Anderson, Psy.D., was skeptical when she tried telehealth four years ago. “I was a total cynic when the whole wave began,” she says. “When I first envisioned the idea of online therapy, I was like, ‘Yuck! No!’”


But Dr. Anderson wanted to see Hawai’i patients while briefly living on the Mainland, so she gave it a try. Now back on Kaua’i, she continues to use HMSA’s Online Care® to meet

with her patients. “What I really enjoy is that it adds flexibility in scheduling and that a family member or partner can participate in a way that was a lot harder to coordinate before.”

The use of telehealth became vital during the pandemic, when nearly every doctor’s office was closed. For Dr. Dolan, a relatively new convert to telehealth, adding two-way video to her practice made all the difference. “It diminished our fears and anxieties about how the patients are doing because we could see them,” she says. “It also diminished the anxiety and fears of the patients knowing that their doctor or nurse practitioner was there and could see them and feel a little bit more connected.”

Not all providers use the same telehealth service. For example, Dr. Dolan uses a platform called eClinicalWorks. So it’s important to ask your provider what telehealth options are available and ask them for help using the service if you need it.

Dr. Dolan says about 10% of her visits are telehealth, “but I anticipate that the number will go up. The demand is already there.”

While in-person doctor visits will never go away completely, Dr. Anderson says there may come a day when some providers take their practice totally online. “It’s a tremendous addition to the clinician’s tool kit.” 

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

# from the source: breastfeeding benefits





There are few things more precious and personal than a mother breastfeeding her baby. The World Health Organization, American Academy of Pediatrics, and American College of Obstetricians and Gynecologists recommend exclusively breastfeeding babies for the first six months of life. After that, mom can continue breastfeeding while gradually introducing solid foods for six to 12 months. You can keep breast feeding after baby's first birthday for as long as you and your baby would like.

This is just one reason why registered nurse and international board-certified lactation consultant, Sammee Albano, is an advocate of breastfeeding. "If 90% of babies born in the U.S. were breastfed exclusively for six months, we'd save \$13 billion a year in medical costs," says Albano, who's also an HMSA Pregnancy and Postpartum Support Program nurse. "Breast milk is amazing!"

## Personalized nutrition

Imagine being able to create the perfect food without even trying. That's exactly what a mother's body does when producing milk. "Breast milk delivers the optimal balance of nutrients for baby," Albano says. "It also adapts to suit baby's needs."

For example, in the morning, breast milk contains more water than in the evening when it's more concentrated. "The extra calories in the evening meal help baby sleep longer at night," Albano says.

Also, a mother makes different milk for a boy than she does for a girl. And when a woman gives birth early, her milk is tailor-made to accommodate her preterm infant's needs.

## Healthy mama

Breastfeeding can improve a woman's health, too. "Breastfeeding reduces a woman's risk of breast, endometrial, and ovarian cancers," Albano says. "Women who breastfeed have stronger bones and a lower risk of osteoporosis and hip fractures when they're older. They also enjoy a decreased risk of high cholesterol, high blood pressure, heart attack, and stroke."

## Bonding experience

Amanda Bradford saw the benefits of breastfeeding while nursing her son. "It was an opportunity to nourish and comfort him," Bradford says. "I came to appreciate the strength of my body."

Plus, when a woman breastfeeds, hormones are released that promote bonding with baby. "These hormones help to decrease postpartum depression," says Albano.

## Get support if needed

When Jenny Leung started breastfeeding her newborn son, she was worried because he wasn't gaining weight. She took him to the pediatrician every week but they couldn't figure out what was wrong. "Sometimes I felt inadequate and would cry myself to sleep," Leung says.

Then, Leung's HMSA Pregnancy and Postpartum Support Program nurse referred her to an in-home lactation consultant. The consultant checked the baby for tongue-tie, a condition that restricts the motion of a baby's tongue, weighed him, and did a post-feeding weight check to see how much he consumed. The nurse recommended pumping between feedings

and supplementing baby's meals with one bottle of formula a night. "I did the best I could," Leung says. "I accepted that even if I couldn't do everything perfectly, I was doing what was right for my baby."

## Other benefits

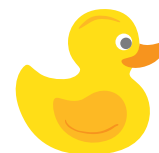
Breastfeeding is good for your baby and your wallet. "Breast milk is always the right temperature and the right amount, with nothing to purchase, prepare, or wash," Albano says. As a bonus, you'll introduce a variety of flavors to your baby long before they start eating solid foods since the flavor of breast milk changes depending on what the mother eats.

Lastly, a mother's antibodies, living cells, enzymes, and hormones combine to make breast milk. "These components can't be synthesized or duplicated," Albano says. "It really is the perfect food for babies." **is**

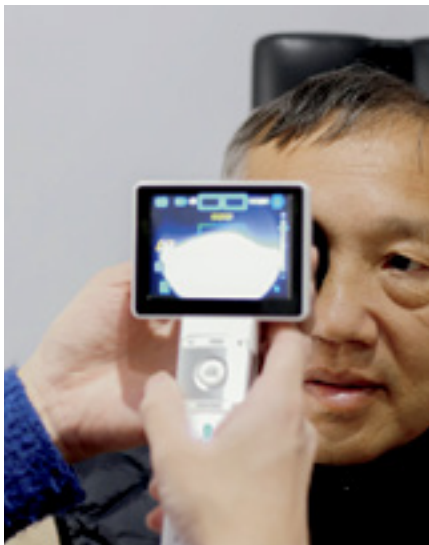
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*The HMSA Pregnancy and Postpartum Support Program is available to HMSA members at no cost. For information or to enroll, call 1 (855) 329-5461 toll-free, Monday through Friday, 8 a.m. to 5 p.m., or visit [hmsa.com/help-center/pregnancy-support](https://hmsa.com/help-center/pregnancy-support). Please note that some services discussed with program nurses may not be benefits of your HMSA plan.*

*Since all mothers and babies are unique, making the decision to breastfeed is a personal one. For some mothers, breastfeeding may not be possible. Only you know what works for you and baby.*



for your benefit



### a more-convenient eye exam

A simple scan of your eyes in your doctor's office can determine whether you have a diabetic condition that could cause blindness.

A Hawai'i-based startup company called InTeleretina is touting a patient-friendly hand-held scanner your doctor can use to detect diabetic retinopathy, a macular disease that, if detected early, is easily treatable. Left untreated, retinopathy can result in blindness.

If your doctor has this equipment in their office, you won't need to see a specialist to get the test, which is done without dilating your eyes. The scans are sent to a trained ophthalmologist for review.

The procedure is a benefit of many HMSA plans.

### keeping kūpuna safe

As we've seen during the COVID-19 pandemic, getting out of the house to see your doctor isn't always easy, especially for kūpuna. That's why more and more people are receiving health care through telehealth, a way for doctors and other health care providers to help you using a smartphone, tablet, or computer. A telehealth visit can address patient care, advice, education, and more.

Options like HMSA's Online Care® are especially important to our HMSA Medicare Advantage members. It's a benefit of HMSA plans and is available to anyone in Hawai'i. You can access Online Care 24 hours a day, seven days a week, except for brief overnight maintenance work a couple of times a month.



Online Care is available as a mobile app or at [hmsa.com](https://hmsa.com). To download the app for your phone or tablet, search for Online Care in the App Store or Google Play. Learn more about telehealth on page 36.

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



## an immunization option

Flu season is here, so now's a good time to get a flu shot. (See page 38 for information on flu shots.) And if you need an immunization, there's an option available that you might not be aware of.

In addition to your doctor's office, many pharmacists can administer a number of immunizations, including the flu vaccine. Children 11 years of age or older may receive the human papillomavirus vaccine and teens age 14-17 may receive other immunizations. This does not include prescriptions under the Vaccines for Children program for QUEST Integration members. Prescriptions are required for all immunizations given to minors. Pharmacists who are eligible to give immunizations to children must have completed a training program approved by the American Council on Pharmaceutical Education.

Contact your local pharmacy to see if it offers immunizations. If the immunization is for your child, contact your child's doctor to get a prescription.

Here are some of the most common immunizations you can get at a pharmacy:

<i>Haemophilus influenzae</i> type b (Hib)
Hepatitis A (HepA)
Hepatitis B (HepB)
Human papillomavirus (HPV)
Influenza
Measles, mumps, rubella (MMR)
Meningococcal A, C, W, Y
Meningococcal B
Pneumococcal (PCV13 & PPSV23)
Polio
Tetanus, diphtheria, pertussis (Tdap)
Varicella
Zoster recombinant (shingles)





# A GOOD DENTAL PLAN SUPPORTS SAFE DENTAL CARE

Everyone is more focused on staying healthy and safe these days. That's why we're taking precautions so that you have peace of mind when getting the dental care you need.

- Our participating dentists can provide emergency dental assistance by phone.
- We help provide personal protective equipment to dentists and their staff.

**Need a dentist or a dental plan? Visit [hmsadental.com](https://hmsadental.com).**



# a growing dad

words Michael Tsai

I'd been warned how difficult it can be when your child starts school. But, when the time came, there was little defense against the spears of emotion loosed against me.

Melodramatic much? Perhaps. My son Eddie, after all, is just 3 years old. And by leaving home for school, I mean that I tucked him into his car seat and drove him a mile and a half to Mānoa Elementary School for his first day of preschool.

Friends chuckle at my parental neurosis and I might, too, if I could steal a minute to get my bearings. But I'm sailing uncharted waters at an age when I'd expected to be closing in on a perfectly unadventurous retirement. I was 48 when Eddie was born and 50 when his brother James followed. I received my first AARP membership invitation before I attended my first PTA meeting.

Through my 20s and 30s, I'd been nonchalant about the prospect of parenthood. When it didn't happen, I looked at my friends who were living happy, fulfilling lives without children and figured I'd simply do the same.

And then Eddie arrived and I realized, in an instant, that I'd been waiting all my life for him. He was the point of everything I'd experienced. By the time James was born two quick years later, I understood that while parenthood isn't for everyone, my own greatest happiness could only be realized by being a dad to these little guys.

The good times have been too plentiful to track, although the 16,000 photos on my iPhone attest to a game effort on my part. Before Eddie started school, we'd spend our days at Ho'omaluhia Botanical Gardens or Moanalua Gardens, traipsing along our favorite trails, exploring playgrounds, and watching the sun set from waters off Ala Moana Beach Park or Kalama Beach.



Michael Tsai with sons James (left) and Eddie.

I even appreciate the tougher stuff – the middle-of-the-night visits to the ER, the streaking toddler behind me during a Zoom meeting, the meltdown in the drive-through because McDonald's doesn't serve french fries before 10:30 a.m. (OK, maybe that was me) – because they're part and parcel of a life I never knew I needed.

And, deep down, I love those bittersweet milestones that mark my boys growing up – like Eddie starting preschool.

He cried a bit when I left his classroom that first day. A few hours later, a school counselor called to let me know that she'd checked in on him and he was doing great. No need to worry.

When I got her call, I was sitting in my car. In a shady spot directly across from his classroom. **15**





# disconnect to reconnect

## Some call it digital detox.

Others see it as a technology hiatus. For Peyton Oshiro, disconnecting was a way to reconnect with what's important.

## When the norm becomes too much

When Oshiro was a junior in high school, he realized that he used his phone a lot. He estimates that he checked his phone every 10 to 30 minutes, which added up to at least four to five hours a day. Like most teenagers, Oshiro used his phone for texting, checking social media, listening to music, watching videos, and playing games.

While the use of technology has positive effects, such as connecting with loved ones or obtaining information quickly, the National Alliance on Mental Illness (NAMI) warns that there are downsides, too. Some social media users feel the need to project an unrealistic image at all times while others experience the fear of missing out, or FOMO. As the use of social media increases, so does cyberbullying, anxiety, and even suicide risk.

Feeling distracted from the things that mattered most like his family, friends, faith, and schoolwork, Oshiro decided to give up his phone for seven months. This would be a difficult and impressive goal for anyone, especially a 17-year-old high school student.

## Signal lost

Once he was phoneless, Oshiro noticed a significant change right away. "I had so much extra time on my hands," he says. "I could dedicate myself to schoolwork, cultivate existing hobbies like singing and guitar, and pursue new interests like journaling and songwriting."


Even though Oshiro gave up his phone, he still used a laptop and tablet for school. While most people may use these devices for entertainment, Oshiro was serious about taking a break from technology. "Because my laptop and tablet were less accessible than my smartphone, I learned to control any temptation. For all 7.5 months, I didn't use social media at all. The games and videos I previously

indulged in for hours at a time were replaced with schoolwork and hobbies."

While Oshiro was more productive than ever, there was one thing he missed about having his phone: frequent communication with friends. "Texting and social media facilitated much of the interaction I had with other people, especially when I wasn't able to see them in person," Oshiro says. "Before, I relied on my phone so much that it took away from my ability to communicate effectively face to face. Because of this, it took me a couple of months to adjust. But eventually, it was no problem."

## Lessons learned

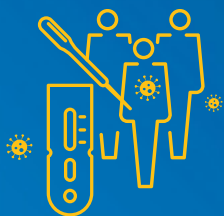
Heading into his sophomore year in college, Oshiro looks back on the time he spent without his phone as transformative. "When I gave up my phone, I realized how fruitless it was to be engrossed with technology," he says. "I was constantly looking down at my phone. In many ways, things like social media and entertainment served as a way out of reality, a distraction that gave me a false sense of comfort."

Through his experience, Oshiro was able to focus on real life and develop a deeper appreciation for his relationships with his family and friends. He even feels giving up his phone made him a better person. "It helped me shift my focus from being selfish to serving other people and caring more about them than my phone." 

**words** Courtney Takabayashi  
**art** Paige Oshiro

# Click to connect, learn, and grow

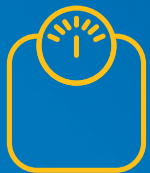
HMSA's health education workshops are now available online.  
Here's what's available through the end of the year.



## **Preventive Care**

Oct. 13 and 29  
Noon-1 p.m.

Ever heard the expression, "an ounce of prevention is worth a pound of cure"? It's a great way to approach your health. In this workshop, we'll review the benefits of screenings for diseases for men and women.



## **Season's Eatings**

Nov. 9 and 24  
Noon-1 p.m.

The holidays are full of temptations: buffets, parties, and desserts. In this workshop, we'll share ways to maintain your weight while enjoying the holiday season.



## **Supermarketing**

Dec. 10 and 14  
Noon-1 p.m.

Due to recent events, we may be buying more processed foods at the grocery store. These canned, frozen, or bottled products tend to be high in sodium, fat, sugar, and calories. It's important to read, understand, and compare the nutrition facts of these foods and beverages so you can make healthier choices.

There's no cost to attend online workshops. Please note that workshop dates and times are subject to change. To register or learn more, visit [hmsa.com/well-being/workshops](https://hmsa.com/well-being/workshops).

## tales from the bookmobile



**words** Michelle Regan  
**photos** Michael Tinker

Once upon a time, there was a traveling book enthusiast. She wasn't any ordinary purveyor of stories. No, this librarian on wheels spent her days spreading the joy of reading to children across Maui. She shared her stories from the inner sanctum of her Holoholo Bookmobile, where keiki came from near and far to listen with rapt attention.

And today, the journeying storyteller, bookmobile librarian Jessica Gleason of the Wailuku Public Library, is sharing her favorite picture books with us.



### ***The Good Egg***

by Jory John and Pete Oswald

How does it feel to be the one "good egg" in a carton full of rotten ones? For this good egg, it's frustrating and stressful. When he develops a crack, he embarks on a journey of self-discovery in which he wanders aimlessly, grows a beard, and learns what makes him happy. This clever, funny, and poignant book teaches the importance of self-care and learning to accept the imperfections in others and ourselves.

### ***Leyla***

by Galia Bernstein

Leyla is a baby baboon in a family of nine doting aunties and 23 ram-bunctious cousins. When the noise and chaos get to be too much, she runs away and meets a friend who teaches her how to "do nothing." This lovely picture book teaches kids (and grownups) how to be still and to see, hear, and feel one's way to inner peace.



### ***"I'm" Books (I'm Bored, I'm Worried, I'm Sad)***

by Michael Ian Black

This series of books perfectly portrays the uncomfortable yet inevitable emotions we all feel — worry, sadness, and boredom — in this delightful and insightful series of books. A little girl, a potato, and flamingo (strange as it may seem) help each other work through what it means to worry (and how not to), how feeling sad is OK and having friends who let you be sad is comforting, and finally, how boredom can be cured with a little bit of play and imagination.



For reading recommendations  
for adults, visit  
[islandscene.com/more](http://islandscene.com/more).



# keiki corner

## Good deeds BINGO

Doing good deeds makes you feel happy and helps others. Like any skill, you can practice doing good deeds and get really good at it. See how many BINGO squares you can cross out each day.

B	I	N	G	O
				
				
				
				
				

# Draw Your Happy

Think about things that make you happy and draw them. Here are some ideas:

- A friend or family member.
- Your favorite animal, food, or activity.
- A place you like to visit.
- Your favorite book, TV show, or movie.



## DIY Popsicle Stick Airplanes

Get crafty and make these easy and fun airplanes.

Supplies:

- 1 clothespin
- 2 popsicle sticks
- 2 mini popsicle sticks
- 1 button
- Glue
- Paint and paintbrush or markers (optional)

Instructions:

If you want a colorful airplane, decorate the popsicle sticks with paint or markers. Glue two regular popsicle sticks to the top and bottom of the clothespin for the plane's wings. Glue one mini popsicle stick to the top back of the clothespin for the plane's tail. Glue one mini popsicle stick to the top front for the propeller. Glue a button to the middle of the propeller. Take flight!







# current mood: chocolate

**words** Marlene Nakamoto

**photos** Lew Harrington

**food styling** Marjie Beaton

Chocolate contains chemicals that have been proven to elevate mood, but how much do you need to feel the effects? The answer won't make you happy.

Studies have shown that just half an ounce of chocolate is enough to boost your mood. Half an ounce is about three Hershey's Kisses. Three. How sad is that? Anything more would simply add up to excess calories.

Still, if you were to savor, enjoy, and experience that precious half ounce, it could make you really happy. If you're looking for more ways to enjoy chocolate, try these recipes.

## Double Chocolate Zucchini Muffins

- 1 ½ cups shredded zucchini
- 1 cup all-purpose flour
- ½ cup unsweetened cocoa powder
- ¾ tsp. baking soda
- ¼ tsp. baking powder
- ¼ tsp. salt
- ¼ tsp. instant espresso powder or  
½ tsp. instant coffee granules
- ¾ cup semisweet chocolate chips
- 2 eggs
- ¼ cup vegetable oil
- ¼ cup plain low-fat Greek yogurt
- ½ cup sugar
- 1 tsp. vanilla extract

Preheat oven to 425 degrees.

Place shredded zucchini on a paper towel to absorb moisture. Set aside.

In a medium bowl, stir together flour, cocoa powder, baking soda, baking powder, salt, instant espresso, and chocolate chips. Set aside.

In a small bowl, whisk eggs with oil, yogurt, sugar, and vanilla. Pour into flour mixture and mix just until combined. Fold in zucchini.

Spoon batter into 12 paper-lined muffin cups. Bake 5 minutes at 425 degrees. Reduce temperature to 350 degrees and bake 15 minutes or until a toothpick inserted in the center of one muffin comes out clean. Makes 12 servings.

Per serving: Calories 190, protein 4 g, carbohydrates 26 g, total fat 9 g, saturated fat 3 g, cholesterol 30 mg, sodium 150 mg, fiber 2 g, total sugar 15 g

Studies have shown that just half an ounce of chocolate is enough to boost your mood.



## Chocolate Granola

3 cups rolled oats  
1 cup coarsely chopped almonds  
¼ cup unsweetened shredded coconut  
3 Tbsp. coconut sugar  
1 tsp. sea salt  
⅓ cup cocoa powder  
¼ cup melted coconut oil  
½ cup maple syrup  
½ cup mini semisweet chocolate chips

Preheat oven to 340 degrees.

In a medium bowl, stir together oats, almonds, coconut, coconut sugar, salt, and cocoa powder. Set aside. In a small bowl, combine coconut oil and maple syrup. Pour over oat mixture and mix well. Spread mixture on parchment-lined rimmed baking sheet. Bake 12 minutes, stir, then continue baking 12 minutes. Cool completely and add chocolate chips. Makes 9 servings.

Per serving (1/2 cup): Calories 390, protein 9 g, carbohydrates 49 g, total fat 20 g, saturated fat 9 g, sodium 270 mg, fiber 7 g, total sugar 20 g



For recipe videos,  
visit [islandscene.com](http://islandscene.com).



## Chocolate Tofu Pudding

½ cup sugar  
¾ cup water  
8 oz. bittersweet (70% cacao) chocolate  
1 lb. soft silken tofu  
1 tsp. vanilla extract  
¼ tsp. salt  
Raspberries for garnish

In a small saucepan, heat sugar and water over low heat until sugar dissolves. Break chocolate into pieces and add to saucepan, stirring constantly until melted. Place tofu in a blender with vanilla, salt, and melted chocolate. Puree until completely smooth. Chill at least 30 minutes. Garnish with raspberries just before serving. Makes 8 servings.

Per serving (1/2 cup): Calories 220, protein 6 g, carbohydrates 27 g, total fat 14 g, saturated fat 7 g, fiber 3 g, total sugar 21 g

# the sunshine vitamin

We all need vitamin D, but why? Among other things, vitamin D helps our body absorb and regulate calcium, which bones need for growth and maintenance.

Since vitamin D is naturally present in very few foods, we need to get it from other sources. Ask your doctor what's the best option for you.

## Best natural source: The sun

Our body can produce vitamin D when our skin is exposed to sunlight. But things like your age, skin color, and the use of sunscreen can affect how much vitamin D your body will produce. And of course, regular exposure to the sun increases the risk of skin cancer.



## Best food sources:

- Flesh of fatty fish (such as salmon, tuna, and mackerel).
- Fish liver oil.

## Sources of small amounts:

- Beef liver, cheese, egg yolks.



## Vitamin D is often added to foods:

- Soy, almond, oat, or other plant-based milk.
- Dry cereal.
- Dairy products.
- Fruit juice.



## How much?

- 400-800 international units (IU), depending on your age.
- Your doctor may recommend a calcium supplement that contains vitamin D.

**words** Marlene Nakamoto

Sources: *Overview of Vitamin D*, May 2020, UpToDate.com;  
*Vitamin D Fact Sheet for Health Professionals*, National Institutes of Health, Office of Dietary Supplements.





# simply a-maize-ing

Chances are you've eaten corn recently, whether or not you realized it. Corn, America's top crop, morphs its way into so much of the food we eat. It's used as a grain, sweetener, oil, liquor, thickener, and in some medicines. It's also the main source of feed for animals we consume.

This succulent vegetable is naturally sweet with a crunchy texture that pops in your mouth. It's also versatile and quick and easy to prepare. It's best fresh off the cob – farmers in Hawai'i grow a variety called Ewa Sweet Corn – but frozen or canned works, too.

Go minimalist and serve corn with a touch of butter, salt, and pepper. Or try one of these simple recipes.

## Shrimp Tacos with Corn Salsa

Vegetable oil  
8 corn tortillas  
1 pound shrimp, peeled, deveined, and tails removed  
1 Tbsp. taco seasoning  
1 Tbsp. canola oil  
2 ears corn  
1 jalapeno, seeded and diced  
¼ cup diced red onion  
¼ cup minced Chinese parsley  
1 tsp. olive oil  
1 Tbsp. lime juice  
¼ tsp. salt

To make taco shells, pour about ½-inch vegetable oil into a small skillet and heat to 350 degrees over medium-high heat. Place one tortilla in the hot oil and quickly lift half of it out of the oil. As half the tortilla cooks, fold it into a taco shape with an opening large enough for the filling. Cook 30 seconds then turn it over to fry the other half for 30 seconds. Repeat with remaining tortillas. Set aside.

Toss shrimp with taco seasoning. Heat canola oil in a large skillet over medium heat. Add shrimp, cook 1 to 2 minutes, then flip and cook 1 minute or just until opaque. Remove from heat and set aside.

Char the corn using either a gas range burner or broiler, turning often for about 10 minutes or until charred nearly all around. Cool, then cut kernels from the cob and place in a medium bowl.

Add jalapeno, onion, parsley, olive oil, lime juice, and salt to the corn and stir to combine.

Place shrimp in tortillas and top with corn salsa. Makes 4 servings.

Per serving (2 tacos): Calories 430, protein 20 g, carbohydrates 33 g, total fat 26 g, saturated fat 3 g, cholesterol 140 mg, sodium 960 mg, fiber 4 g, total sugar 4 g

**words** Andrea Wright Agustin

**photos** Rae Huo

**food styling** Cedric Fujita



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## Hoisin-glazed Corn on the Cob

- ¼ cup hoisin sauce
- 1 Tbsp. reduced-sodium shoyu
- 1 Tbsp. Sriracha
- 1 Tbsp. red wine vinegar
- 1 Tbsp. water
- 1 garlic clove, minced
- 6 ears corn, husked
- 2 green onions, chopped

Preheat grill on high. Combine first six ingredients in a small bowl. Brush corn with mixture and place on grill. Turn every 2 to 3 minutes until corn has a light char, about 10 minutes. Top with green onion. Makes 6 servings.

Per serving: Calories 110, protein 4 g, carbohydrates 23 g, total fat 2 g, sodium 330 mg, fiber 2 g, total sugar 9 g



## Corn Fritters with Mango Yogurt

- 3 cups cooked corn kernels, fresh, frozen (thawed), or canned
- 2 eggs
- 1 Tbsp. honey, divided
- ¾ cup whole-wheat flour
- ½ tsp. baking powder
- ½ tsp. salt
- 3 Tbsp. olive oil, divided
- ½ cup finely diced mango
- ½ cup plain nonfat Greek yogurt

Mix together corn, eggs, and half of the honey in a large bowl. Add flour, baking powder, and salt and stir just until combined.

Heat 1 tablespoon of the oil in a large skillet over high heat. Scoop 1/4-cup portions into skillet. Cook about 3 minutes or until golden brown, then flip and cook an additional 3 minutes. Repeat until all batter has been used.

Combine mango, yogurt, and remaining honey in a small bowl and serve with fritters. Makes 6 servings.

Per serving: Calories 240, protein 9 g, carbohydrates 34 g, total fat 9 g, saturated fat 2 g, cholesterol 60 mg, sodium 260 mg, fiber 4 g, total sugar 13 g



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## Enjoy good health and well-being with:

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## Please note:

- You must be 18 years or older to get a flu shot.
- If you'd like to test your cholesterol, please fast for nine to 12 hours. It's OK to drink water.
- Most insurance plans are accepted including Medicare Part B and Part D.
- Current insurance cards and state photo ID are required.

## Hilo

Friday, Oct. 16

9:30 a.m.–12:30 p.m.

Edith Kanaka'ole Stadium

**Free admission**

**This is a drive-thru event**



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We're monitoring safety guidelines for public events. For updates about this event, call the Kamana Senior Center at 961-8710.





## #myislandscene



From big celebrations to small moments that make life sweet, joy is in the heart of the beholder. Mahalo for sharing your happiness with us.

Want to share your HI Notes? Post your photos on Instagram or Facebook using the hashtag #myislandscene for a chance to be featured in our next issue.

Find us on  askhmsa or  myhmsa.



Jeff Foundas with his koala friend, Connor.



Twins Jett and Skye say happiness is when the puppy you fostered comes for a visit.



Rocknie and Livia Agustin on vacation at Kiholo State Park in Kona.



Mailani Franco says happiness is time spent with your favorite characters.



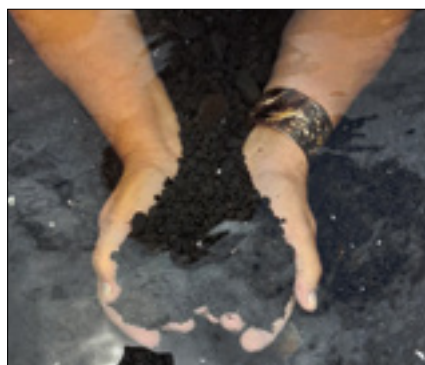
Crystal Pak with her two kids, Ellie and Liz, at Sapporo Hokkaido airport.



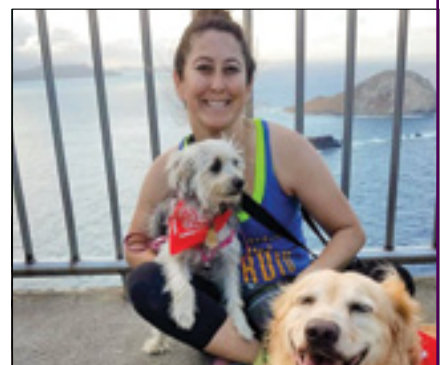
Char McGraw says happiness is having your grandson Dylan fly in from Ohio to live with you for three months every year.



Rhys and Kaylee Masuoka say happiness is having a sibling to ride your bike with.



Kanani Omalza, "Love Mother Earth."



Suzy Tam with her happiness: Her dogs, Tonks and Wookie.

good nature

*Cactus flowers on the Big Island.*



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