

island scene

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play time

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legacy of lei || hope through action || a new woman

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island scene

spring issue : 2019 || islandscene.com

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Island Scene (ISSN 1064-8674) is published quarterly by the Hawai'i Medical Service Association — an independent licensee of the Blue Cross Blue Shield Association. HMSA, 818 Ke'eumoku St., Honolulu, HI 96814-2365.

Island Scene is published as a benefit for HMSA members. A copy of each issue is mailed to plan subscribers. Additional copies are available to dependents on request. Subscription: No cost for all HMSA plan members. Nonmembers, call 948-6839 on O'ahu for subscription information. Periodicals postage paid at Honolulu, HI, and other additional mailing offices.

POSTMASTER: Please send address changes to *Island Scene*, P.O. Box 3850, Honolulu, HI 96812-3850.

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Honolulu, HI 96812-3850

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COVER: Bluegrass Hawai'i members at
Mānoa District Park. Story on page 24.
Photo by Romeo Collado.

dear friends,

Thanks for reading our community issue. When we started planning this issue, we were focused on geographic neighborhoods throughout the Islands. But we quickly expanded our view to different types of communities, as you'll see on the following pages.

From musicians (page 24) to help with lost doggies (page 14), there are communities for every situation or interest. Structured or informal, online or in person, there's something for everyone.

When my boyfriend and I got a small parrot a few years ago, I joined the Hawaii Parrot Forum on Facebook. Our Frankie is a green-cheeked conure. My boyfriend volunteers in one of the bird sections at the Honolulu Zoo, but I had no experience with birds. I thought the forum would help me learn about parrots and maybe provide a few tips.

What I found was an incredible resource and support system. The administrators and members are helpful and encouraging and quick to provide advice and recommendations on diet, behavior, rescues, equipment, and more.

This issue also shares stories of unique community programs and some of the people who make Hawai'i special. Visit the Roots Café & Market at Kokua Kalihi Valley (page 48), learn about a Fernhurst YWCA program for former women inmates



Frankie

(page 29), meet "The Aunties" who support UH volleyball teams (page 10), and more. I hope you'll enjoy these stories.

And remember to visit our islandscene.com website regularly. You'll find expanded content from the magazine, like an article on a taiko drumming group and recipe videos, plus new content weekly and back issues of the magazine.

As always, thanks for taking the time to read *Island Scene*. Remember, we're here for you, so share your feedback and let us know what you'd like to learn more about. You can email us at feedback@islandscene.com or call 948-6839 on O'ahu.

Mahalo,

Lisa Maneki Baxa
Publisher and Editor

making a difference



getting things done for hawaii's homeless

An accountant by trade with no medical or social services background, Andy Mounthongdy is proving that the right attitude and a desire to make a difference is all you need to make a positive change in your community. I sat down with the executive director of H4—a comprehensive service facility serving O'ahu's chronically homeless population—to learn what it takes to lead the fight against a growing problem in Hawai'i.

A handwritten signature in black ink, reading "Michael B. Stollar".

Michael B. Stollar
President and Chief Executive Officer

photos Lew Harrington

MS: What does H4 stand for?

AM: H4 is the Hawaii Homeless Healthcare Hui. There are a lot of organizations that work with the homeless—Kalihi Pālana, Kokua Kalihi Valley, Waianae Coast Comprehensive Center—but the homeless are just a small subset of who they serve. For H4, our main focus is the homeless.

MS: Tell us a little bit about yourself and how you got involved in the H4 project.

AM: I worked for 10 years in finance at The Queen's Medical Center, I guess you could say I'm a bean counter. In 2017, Art Ushijima, Queen's CEO, asked me to get this homeless center up and running.

“... and now that I have an opportunity to give back to the community, I’m going to do my best.”

Together with community leaders Dr. Josh Green, Dr. Scott Miscovich, and Connie Mitchell (executive director of The Institute for Human Services), I began going out into the community and learning. My sister used to have a shop in Chinatown, so I always knew homelessness existed, but I never understood the extent of what was involved.

MS: Can you tell us a little bit about the connection between homeless and health care?

AM: Not only do the chronically homeless not have a place to live, a lot of them suffer from mental health issues, substance abuse, or a combination of both. Over time—whether it’s crystal meth or heroin—it starts to take a toll on the body. It starts deteriorating and eventually they end up in the emergency room over and over again.

MS: So H4 is a concept that’s currently being built, but in the interim, you’ve moved forward with the Joint Outreach Center here in Chinatown. Tell us what goes on here.

AM: We opened our doors in April 2018 after HPD approached us to work in partnership with them and IHS. We knew that we couldn’t just go and put up a clinic anywhere. We needed to do outreach and connect




with these individuals. We have a doctor, a social worker, and volunteers who work here. At first, we saw maybe five individuals. Now we see an average of 15 to 20 people a day.

MS: This seems quite a leap from spreadsheets and budgets.

AM: Well, the good news is I’m not involved in providing health care. (Laughs.) But this has been an opportunity of a lifetime. I myself was homeless for well over six months after my family and I escaped from Laos after the Vietnam War. There were 11 of us and we were fortunate to live in a refugee camp where there was at least clean water and food. Here in Hawai’i, a lot of the homeless are just out of luck. I committed to this project for three years and now that I have an opportunity to give back to the community, I’m going to do my best.

MS: Can you talk about your leadership and how you approach things day to day?

AM: This job is very different from what I was doing day to day and there really wasn’t a manual or recipe on how to set up this homeless center. A big part of it is listening. You know, we’re all learning as we go. It’s really all about listening to the people I work with who tell me what we can do better, how I can help. But it’s also about getting things done. You can say I’m just a gofer. I go out and get things done.

To find out more how you can help Hawai’i’s homeless, go online to hmsa.com. 

 For a video from this interview, visit islandscene.com/more

around the 808

kaua'i

Family fun in your community:

The 30-acre Anaina Hou Community Park in Kīlauea includes a unique mini golf setting in the middle of a botanical garden, beautiful playground, access to the Wai Koa Loop Trail, weekly farmers markets, and more. Their mission is to provide a gathering place rooted in the values, history, and culture of their diverse Island community.



big island

A community volunteer: Amy Hamane is a Hilo Viking, a former nurse, and retired executive director of the American Lung Association in Hilo. She loves bringing people together and volunteering to make a difference.

You can often find her at the county's Kamana Senior Center. To support the center's senior lecture series, she suggests speakers and plans educational excursions.

She also works with other volunteers to coordinate and lead free workshops that show people how to complete advance health care directives, which tell doctors how you want to be cared for if you can't make your own health care decisions. "People are really grateful for the help and that's what's so important," she says. You can find the workshop schedule at communityfirsthawaii.org.



maui, moloka'i, and lāna'i

Students from the Lanai Academy of Performing Arts (LAPA) deserve a standing ovation for winning national awards at the Junior Theater Festival West in Sacramento, Calif. The festival included more than 2,000 students and educators from 44 theater groups in 15 states and South Korea.

LAPA won a Freddie G Award for excellence in acting and LAPA's educator Matt Glickstein won The Broadway Junior Spirit award, which is given to someone who has shown that a musical is a chance to make a positive, lifelong impact on a young person's life.

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



Matt Glickstein (top row, second from right) and the Lanai Academy of Performing Arts.



Aunties: Cookie Kim, Lauretta Sewake, and Lenora Yagi

legacy of lei

words David Frickman

photos Brad Goda &
Tammy Takimoto

They've been a fixture at University of Hawai'i athletic events for more than 25 years. So it's no surprise that they're recognized as the most fervent fans of UH volleyball.

They sit up front in one corner of the stands—the same corner every match. They cheer. They wave signs. And they come bearing a lot of lei.

They're affectionately known as the Aunties. Lauretta Sewake, Lenora Yagi, Cookie Kim, and Ellen Tamura, all retired teachers, have hardly missed a beat since they started supporting UH teams all those years ago.

"It's mostly to support the kids and UH athletics," Sewake says. "And we have a good time together."





At every volleyball match, the Aunties give lei to each member of the UH team and the opposing team and the announcers. That's up to 40 lei for each match.

Island Scene spoke with them on the third-straight night of a men's volleyball tournament. So that means more than 100 lei were presented that week.

Do they buy them? Do they get their friends and gather around a big table to make them? Kim provided the answer to the question that everyone is asking—where do the lei come from?

"Oh, Lauretta makes them all."

Every. Single. One.

"I just keep on sewing," Sewake says matter-of-factly.

Her lei are made of crown flower "because crown flower will last long. I can do them a week in advance and they will last until game time."

The support of the Aunties has always meant a lot to the players. Robyn Ah


Mow-Santos, who's preparing for her third season as UH women's volleyball head coach, fondly remembers the Aunties from her playing days in the '90s.

"After the game is over, they're over there giving hugs and giving out lei. It's the love and support they give after the game."

Ah Mow-Santos recalls the love the Aunties gave one of her teammates, Angelica Ljungqvist, who's now an assistant coach with the team. Coming from Sweden, Ljungqvist didn't have family here.

"I think they take to the people who come and don't have families," Ah Mow-Santos says. "They try to make them feel real comfortable."

"We give them a lot of hugs," Yagi says. "I think they miss their mothers."

"Some of them come back to us after many years. They remember us and come see us. We're always nice to them. It's the aloha." 

about those hats

She's recognized around town.

"I'm in the market standing in line and someone will come up and say, 'Hey. You're the balloon lady.'"

Gwen Nakamura is the assistant band director at UH. At every Wahine volleyball match, she leads the band wearing a balloon hat. She wears them for fun (no superstition involved); a tradition started about 20 years ago.

"It really started with the father of a person in the band," she says. "He had a thing for women's volleyball and would travel from Maui to O'ahu for every game. So he started making me the balloon hats."

Nowadays, it's an alumnus of the band that makes them. Nakamura says that Keith Takeda, who makes balloon animals for parties as a side job, had

volunteered to take over as the milliner.

"Some of them are simple," she says, "but some of them are works of art. So much work goes into them."

The variety of hats that Takeda has made for her is amazing, from Angry Birds to pumpkins to rainbows and more. But there are some standouts.

"Other than the UH ones, I would say my favorite is the Christmas tree," Nakamura says. "It had small balloons that were the ornaments. I always give the balloon hats to a kid, but that particular one, I didn't give it away. I took it home and gave it to my nephew who was about 6 at the time; he's now 22. Keith made me another one the next night and I took it home and my nephew and I wore them together."



PHOTO COURTESY OF UH ATHLETICS

Big West tournament coming to UH

Teams will gather at the Stan Sheriff Center for the 2019 Big West Men's Volleyball Championship April 18–20. For tickets or more information, call 956-4482 on O'ahu.

This is the second year that the Big West has held a tournament to decide its men's volleyball champion. In the inaugural event last year, UH lost in the final match to tournament host Long Beach State.

hope through action

words Michelle Sullivan

photos Lauren Gould

Keahi Schmidt was lost. Two strokes left her with an unreliable memory and difficulty talking. When she re-entered public life, she felt like an outsider. People laughed at her stutter and made her feel less than.

She turned to Facebook as therapy. Here, her passion helped her find her voice. She started noticing posts for lost pets on personal and group pages and making connections—someone had found a dog on one page that someone had lost on another. She connected people, too. A group of women came together to do this work. They helped each other and relied on each other and eventually they built a group of animal heroes 12,000 people strong.

LOST

These women became administrators of Paw Posse Ohana, a Facebook group that reunites lost pets with their families. The five women running the page spent long days and nights messaging each other and talking through all the positive and negative emotions that come with animal rescue. They developed deep bonds even though they didn't meet each other in person until they'd been working together for a year.

Schmidt gets on the computer before she gets out of bed in the morning. She's command central — searching, cross-referencing, and tagging her page administrators. Her service dog, Bear, doesn't leave her side. Bear is a 90-pound pit bull Labrador retriever mix with a giant grin and a whole lot of love to give. He helps Schmidt brace herself when she gets up and provides emotional support. He's been a bright spot in her post-stroke life.

"People can be mean," says Schmidt. "Whereas a dog, oh my gosh, he loves me forever. He doesn't judge me or anything."

Once she tags her administrators, they reach out to their community contacts and go out searching for and picking up animals. From there, Schmidt checks in with agencies like Hawaiian Humane Society, Honolulu



FAMILIES WHO'VE LOST A PET ARE HEARTBROKEN AND FRANTIC, BUT PAW POSSE STRIVES TO GIVE THEM HOPE THROUGH ACTION.

"CAN YOU IMAGINE THE DOGS? CAN YOU
IMAGINE HOW SCARED? FEELING LOST?
THAT'S HOW I FELT. I FELT LOST BEFORE.
THAT'S THE WHOLE PURPOSE
OF PAW POSSE OHANA."

- Keahi Schmidt

Police Department, and Veterinary Centers of America for sightings, lost and found reports, and microchip matches. Paw Posse Ohana is the first group of its kind, bridging the gaps between these agencies and taking on rescue work themselves.

Deborah Wilson, a Paw Posse administrator, says they fight like mad to find out what animals are missing and immediately find people who are missing pets. Families who've lost a pet are heartbroken and frantic, but Paw Posse strives to give them hope through action.

Fellow administrator Debi Ross says the Posse is committed to supporting each other no matter how long it takes. "We still have so many that are missing that were properly microchipped, have city and county tags, and have collars with identification," says Ross. "And we'll never stop looking for them. That's what this group does."

FOUND

Stan Sato is an active member of Paw Posse Ohana, re-posting missing pets and looking for lost dogs when he can. He pays it forward because he knows the heartbreak of losing a pet.

It was a cool Monday in October when Sato came home from work to find his dog, Lily, missing after his neighbors set off fireworks. "It was sheer panic," says Sato. "You don't know what to do. You just reach out to every resource you have." Soon after, Wilson reached out to Sato and put him to work.

He made signs and contacted anyone in his community that he thought could help. After five excruciating days, Wilson and posse member Nani Brown looked for Lily in the gulch behind Sato's house and found Lily within 15 minutes.

"She's one of the best dogs I've ever had. Everybody says she's sweet. Everybody uses that term—that she's a sweet dog. And she is," Sato says.

Paw Posse Ohana has built a community that transcends their online group. They're connecting pet owners and organizations across O'ahu, offering help to those who need it most. Wilson says that at a time when politics is ripping people apart, saving animals is something everyone can come together to do for all the right reasons.

This connection isn't lost on Schmidt. She says their aloha is what makes Paw Posse Ohana different. In fact, "ohana" is a new addition to their name that came from the sense of family in the group. She says creating the Posse helped her find both family and purpose, along with thousands of furbabies.

"Can you imagine the dogs? Can you imagine how scared? Feeling lost?" says Schmidt. "That's how I felt. I felt lost before. That's the whole purpose of this." 15



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- > **OAHU HIKING COMMUNITY**
Photos, stories, and advice for hikers across O'ahu.

Top: Schmidt with her dog, Bear
Bottom: Sato with his dog, Lily

a sense of place

words Powell Berger

We're busy folks—pinging from home to work to school to appointments to the supermarket and then doing it all over again. Our days blur into weeks. And yet, whatever the need, we make time for our community.

When the Kahuku football team plays, everyone watches. Kailua's annual calendar is marked with the canoe club schedule, the July 4th parade and fireworks, and the I Love Kailua Day festival. On Lāna'i, everyone turns out for the pineapple festival. And in Hāna, the tiny high school graduating class puts on a three-hour ceremony to personally honor every kūpuna, family member, and friend who helped get them there.

We put the stickers on our cars, wear the T-shirts on our backs, and even tattoo our homeland on our bodies. From 967¹⁴ to Keep the Country Country to Wai'anae Strong, residents stand tall for their community, showcasing their pride and connection with the place they call home.

"Community
is our collective
heartbeat."





EARLY YOSHII

“we yearn to be part of something associated with the authenticity of this place.”

What drives that pride? That connection?


“I think it’s more than pride,” says Kim Coco Iwamoto, a Honolulu resident with Kaua’i roots. “I think it’s kuleana.” She looks back to her family’s history and her grandmother on Kaua’i who, when times were tough and resources scarce, turned to neighbors for food for her growing family. “As a descendant of settlers, I’m always struck by the sense of ahupua’a and our collective responsibility to this place,” she says.

As a seventh generation Windward O’ahu native, Georgianna DeCosta grew up sign waving and volunteering in her Kāne’ohe community. “Community is our collective heartbeat,” she says, “and we yearn to be part of something associated with the authenticity of this place.” She, too, looks back to her ancestors, both native Hawaiian and Portuguese, who’ve all been part of and given back to that land they call home. “On the Windward side, we’ve had generations of people caring for our resources,” she says, “our bays, our ‘āina, our mountain.” Now, in turn, she’s raising her family the same way.

On Maui, over a scratchy phone line at Hāna High and Elementary School, educator Melody Cosma-Gonsalves echoes those same thoughts in step with Iwamoto and DeCosta. “Our glue here in Hāna is aloha,” she says.

“And that’s a heavy word, one that’s not always fun. Sometimes it’s a lot of hard work.” She looks to her ancestors, generations of family with deep roots in the Hāna soil. “My grandma and grandpa and aunts and uncles—they’d sit around and talk story about our family and I’d lean against my auntie’s back and listen,” she says. “Family keeps me committed, ancestors whose bones make up the dirt I’m privileged to walk upon.”

For Hawai’i, perhaps more than other parts of the country, these deep connections seem rooted in our very soil. It’s not just the town, the island, the dot on the map. It’s the precious natural resources that make these communities fragile yet resilient, fierce yet calming, beautifully unique and yet steadfastly Hawai’i.

It’s the people who’ve come before us and those who will follow. It’s passing on what’s been passed down to us. “I decided to come home to Hāna to teach because of my kūpuna,” Cosma-Gonsalves says. “When my students see me, knowing I grew up swimming where they swim, jumping off the same rocks they do, they see their kuleana to this place.” 

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health care where it's needed

words David Frickman

When Kaulana received a call at work asking him if he could fly with his uncle and auntie to O'ahu for medical tests, he panicked. Yes, he'd noticed that his uncle had been missing more of their weekly family dinners, and every once in a while he'd get confused about which grandchild was which, but like the rest of his family, Kaulana chalked it up to old age. And anytime someone suggested Uncle go to the doctor, Uncle just smiled and said it wasn't a big deal.

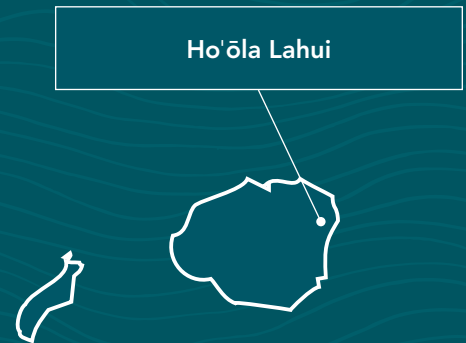
Fortunately, a community health worker who visited the housing where Kaulana lived stopped by one week. Her easy-going nature and ability to speak Ilocano helped her to discover that Kaulana's uncle was suffering from chronic kidney disease. She was also able to learn that Uncle never went to the doctor because he was ashamed that his English wasn't very good and worried that they couldn't afford it.

With her help and the help of a community health center, Kaulana was able to accompany his uncle and auntie to see a specialist on O'ahu. The center helped them enroll in a health plan that would help them cover the cost of their visit, their travel, and all of their follow-up services. And they were introduced to providers at the health center who could help them understand more about chronic kidney disease and how to treat it.

Kaulana's story is unique. But it's typical of the kinds of stories that happen day after day in community health centers across the state. These centers, formally known as Federally Qualified Health Centers (FQHCs), accommodate people who might otherwise not have easy access to care.

The FQHCs' unique approach allows them to reach people of all ages, incomes, and cultures. And by focusing on the specific needs of the communities they serve, their services vary—some offering dental care, nutritional counseling, mental health care, pharmacy services, and more. Some even offer medical practices that are traditional to specific cultures.

We've highlighted two FQHCs in this issue of *Island Scene* magazine. Their stories demonstrate how these FQHCs work hard to understand the communities they serve, making it easier for individuals and families to get the care they need. We'll feature other FQHCs in future issues. **is**



Wahiawā Center for
Community Health

Waianae Coast Comprehensive
Health Center**

Kokua Kalihi Valley*

Kalihi Palama Health Center



*To read how KKV's Roots Café & Market feeds the community, go to page 48.

**To see how WCCHC is helping local residents make healthier food choices, go to page 34. To learn how WCCHC is joining the battle against opioid abuse, see page 38.

play time

words Craig DeSilva
photos Romeo Collado



Music can bring people together.

Whether in a concert hall, an outdoor stadium, or kanikapilaat home, music has the power to turn strangers into friends. It can comfort us during times of grief, make us get up and dance, lift our spirits when we're down, and even help mend a broken heart.

Here are four groups of people who share a love for music that keeps them together.

"Music is a universal language. It crosses all ethnic and social economic groups and creates a wonderful bond."

Music on the lawn

Attorney Andy Char doesn't have to make a case for why bluegrass music is good for body and soul. Char looks forward to playing the banjo and fiddle during monthly jams with fellow Bluegrass Hawai'i members at Mānoa District Park.

"We've developed these friendships over the years playing music with each other, even though for some you only know their first names and what instruments they play," says Char, whose love of bluegrass stems from listening to Bob Dylan's *Nashville Skyline* album at college on the Mainland in the 1970s. "Sometimes we end up talking more than playing."

Bluegrass Hawai'i members often take their toe-tapping music on the road to the delight of patients and residents in hospitals and care homes. The group's largest event will be a music camp at Ho'omaluhia Botanical Garden, April 26–29, called Bluegrass in the Ko'olaus. Bluegrass lovers immerse themselves in the music into the wee hours of the night. The twice annual music camp attracts bluegrass players from as far away as Alaska.

"Music is a universal language," says fiddler Jane "Puna" Fyrberg. "It crosses all ethnic and social economic groups and creates a wonderful bond."



Facing page, from left:
Virginia Hayes, Bob Hayes,
Andrew Char, and Gary Jennings.

This page, clockwise from top left:
Grifford Tom "Kamaka," Michael Wastman,
and Jane Puna Fyrberg.



Left, from top: Will Alicar, Luke Ellis (left) and Shankara Varma, and Hunter Yokoyama (left) and director Dean Taba.

Top right: Daniel Kam.



They got the beat

The support that Daniel Kam gets from the local music community has set him on a course that could last a lifetime.

Kam, 18, started playing percussion when he was in his elementary school's band, but had a rough time getting the rhythm down. "I began losing hope," he admits. "I doubted myself and almost quit."

But his music teacher, Edwin Ho, encouraged him to stay with it and audition for the Hawaii Youth Symphony (HYS), where he played percussion for five years. Then local jazz bassist Dean Taba encouraged Kam to audition for the HYS's jazz program, The Combo.

Kam says playing in The Combo has raised his playing to a higher level.

The guidance and support Kam receives from mentors and fellow student musicians have given him the confidence to pursue a music career. A senior at Roosevelt High School, he's now applying to music colleges on the Mainland.

"A big part of being a musician is having good relationships with other musicians," he says. "Hawaii's music community is so tight knit. The more you know people, the easier the music will come because you'll have a network of support to turn to."

"A big part of being a musician is having good relationships with other musicians."



"It's so satisfying when we can blend and play in sync. It's break-your-heart gorgeous."

Left: Michael Nassir.

Sacred time together

Michael Nassir isn't religious, but classical music has been his salvation.

"Music is tonic for the soul," he says. "It takes me away from daily worries and concerns."

Nassir grew up playing piano, but didn't think he was good enough to become a concert pianist. A physics and astronomy instructor at the University of Hawai'i at Mānoa, he plays chamber music with friends monthly at an informal home gathering. And when the music stops, their fellowship continues over snacks and drinks. "That social time is precious," he says. "We look forward to it just as much as playing music. It's what keeps us together."

Nassir says they don't feel polished enough to perform in public. But their true joy is simply playing for each other. "It's so satisfying when we can blend and play in sync," he says. "It's break-your-heart gorgeous."



Clockwise from top left: Charlotte Manly, Axel Lehrer, Nassir, Clifford Hand, and Janice Cole.



“You don’t have to carry a tune. You just have to have fun and enjoy spending unhurried time together.”



From top: Leslie Brey (left) and Randy Kam, Jo-Ann Chun (left) and Caroline Bond Davis, Mike Medeiros, and Ivan Awa.

Pau hana time

Dentist Randy Kam doesn’t have to pull teeth to get a Hawaiian-style band together.

The chalangalang of the ‘ukulele and nahenahe slack key tunes have attracted friends and ‘ohana for kani ka pila to kick back and relax after work. Kam and his wife, Leslie Brey, organize the monthly pau hana at The Pacific Club in downtown Honolulu. No matter if you’re a novice or been playing for years, all’s welcome.

“That’s the beauty of it,” says Kam. “You don’t have to carry a tune. Just have fun and enjoy spending unhurried time together.”

Even local entertainer Danny Kaleikini dropped by one night.

Kam fondly remembers Hawaiian music as the center of family lū’aus and funerals. Much of the music they play is grounded in family roots—from grandma’s favorite song to music an uncle used to play. Some of them even showed up unexpectedly to play for Kam’s mom in hospice.

“That’s real local style to care for one another,” he says. 



Check out
islandscene.com/more
for a taiko drumming story.



a new woman

words Michelle Sullivan

photos Earl Yoshii

When Nezlyn Kealoha looks in the mirror, she sees a bold woman. Someone with strength and courage.

She doesn't see the girl that she used to be. The one who was an addict. The one who attacked people and robbed them at gun point and went to prison. A girl who was deeply unhappy and wanted to make everyone else feel her pain.

That Nezlyn is gone.

Today, her reflection holds a year of growth and healing. A year of getting selfish to become truly selfless.

Kealoha has spent the past year at Fernhurst, a furlough and transitional housing facility run by YWCA O'ahu. Fernhurst provides women with shelter and safety after leaving the harsh prison environment. It helps them regain a sense of self and a connection to community.

"It's really dramatic, but they saved my life," says Kealoha. "This whole journey I've been on—going to prison, then doing the program and coming here—it was just like I needed it. I really needed it. And it's a part of me now. Everything I've learned is part of me."

"It's really dramatic, but they saved my life."



The girl

Kealoha talks about her former self in the third person.

That girl made mistakes born from tragedy. Her grandfather molested her for years and she witnessed her father's suicide. She got addicted to drugs at age 11 and ran away from home.

"For the first two years in my drug addiction, I could use those things as an excuse and after that, it had become my choice," says Kealoha. "I chose to stay out there and I chose to steal. I chose to commit crime and I chose to hurt people."

Her choices caught up with her and she went to prison. Two years into her sentence, her world shifted under her. Her sister had a baby who died of sudden infant death syndrome. She never got the chance to meet her nephew or be there for her sister. It destroyed Kealoha.

From that day forward, she decided to make every day a step toward saving her life. She finally stopped fighting and kicked her drug habit. She asked to go to Fernhurst.

"I'm not going to let the monsters or the demons of my past control what I become in the future," she says.

"Coming here makes you realize that you wanna be a woman again."

When she got to Fernhurst, Kealoha was afraid. She didn't want to go out. She didn't want to do anything.

She slept for the better part of seven days.

"I was afraid and I didn't wanna admit it to no one," says Kealoha. "Then they forced me to come down to this little group that we were having and I just shared and I cried my little face off."

The women at Fernhurst let her pull down her barriers and show her real self. Fears and all. She'd found a community that supported her unconditionally.

"Coming here makes you realize that you wanna be a woman again," says Kealoha. "In prison, you're just a kid. You're just a kid with a whole bunch of kids in a playground."

For Kealoha, being a woman means life, happiness, success. It means dressing the way she wants to and facing herself in the mirror.

There are no mirrors in prison, which Kealoha says is just fine because the inmates are disgusted with life. But the large bathroom mirrors at Fernhurst didn't give her much of a choice.


Seeing herself was the beginning of the new Nezlyn.

She threw herself into activities like residential group meetings, art, and cooking, which she loves. She started making her own poi mochi. She gained the confidence to lead a gardening group—weeding, watering, and feeding fish.

"My stepdad's been in landscaping his whole life," says Kealoha. "That was a way for me to reconnect with myself, the part of me I used to be that I had forgotten."

With the help of Fernhurst and the supportive women there, Kealoha's confidence continued to grow. She landed her first job on the spot and now works two jobs that she loves, cooking and waitressing. Ever ambitious, she hopes to go back to school soon to become a social worker so she can help others.

She'll always remember the girl she used to be.

"She's walked with me all along this way. She'll change, too. She will. And then my past won't haunt me." 



30
years
OF FEEDING
HAWAI'I

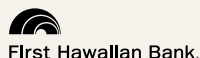


Donate and give more than just food.



30th Annual Food Drive

Saturday, April 13, 2019
8 a.m. to 2 p.m.



What We Need the Most

Canned meats, meals, fruits and vegetables, rice, and monetary donations

Donation Sites

Hawaii Kai Towne Center - Costco
Kapolei Commons
Koko Marina Center
McCully Shopping Center
Pearl City Shopping Center
Walmart - Kapolei
Walmart - Pearl Highlands Center
Walmart - Town Center of Mililani
Waianae Mall Shopping Center
Waikeola Congregational Church
Waterfront Plaza
Windward City Shopping Center

trending now

get fit with HIIT

words Craig DeSilva

photos Earl Yoshii

don't have an hour for the gym? No worries. You can jump-start your body in just minutes with high-intensity interval training (HIIT), a type of workout that takes your body to its limit in a short period of time.

"The idea of HIIT is to get your heart rate up," says George Ma, a certified fitness trainer at Lifestyle Fitness. "It's the most effective, efficient way to burn fat in less time."

And you don't need to go to a gym or buy expensive equipment to get results. You can do HIIT workouts at home.

What's HIIT?

HIIT is a workout routine that brings your body to exhaustion. Intense bursts of activity are alternated with short periods of rest.

Why HIIT?

Short bursts of intense anaerobic (resistance) and aerobic (cardiovascular) activity can burn more fat while you exercise and even a day or two after your workout.

How can HIIT help me?

HIIT can help you build lean muscle, lose fat, and increase endurance.



For more on HIIT workouts, visit islandscene.com.

12-minute HIIT workout

For each exercise:

- Do as many repetitions as you can for 20 seconds.
- Rest 10 seconds.
- Repeat seven times.

Butt kicks

- Stand with feet shoulder-width apart.
- Kick your right glute with your right foot.
- Repeat on the left side.
- Continue with quick alternating kicks.



Jump Squats

- Stand with your feet slightly wider than shoulder width.
- Bend your knees and "sit" as if a chair were behind you. Keep your chest upright.
- Jump as high as you can. Land softly and repeat.



Mountain climbers

- Start in a high plank. Bring your right knee up toward your chest under your torso.
- Return your foot to starting position.
- Repeat using your left leg. Alternate as if you're running in place.



Remember to check with your doctor before starting any exercise program.



fresh food pharmacy

In Hawai'i, food is a huge part of a community's fabric. So what happens when it's easier to find a fast-food restaurant or convenience store instead of a fruit and vegetable aisle? Or when some of your friends and neighbors just can't afford the kind of food they know they should be eating? In some cases, a community will come together to fill the gaps.

Alicia Higa, a lifelong Wai'anae resident, understands this challenge. "We call our community a food desert because there aren't that many places to get fresh food," she says. As the director of health promotion at the Waianae Coast Comprehensive Health Center (WCCHC), Higa is one of many community members working to change that.

Food-justice markets

To be "just" is to be guided by "trust, reason, justice, and fairness." That's why Higa calls their farmers markets "food-justice" markets.

Removing financial barriers is an important step. At the Wai'anae Mākeke (farmers market), customers who use electronic benefits transfer (EBT) cards and food stamps can get twice as much for their dollar when they buy local fruits, vegetables, poi, honey, grass-fed meat, eggs, and cheese. It's all made possible by WCCHC, which runs the double-bucks program. This program receives funding from Honu'apo, a native Hawaiian not-for-profit community service organization.

The center's markets include Mākeke 'Iki at the health center on Tuesdays,

Mākeke Kapolei at Kapolei High School on Thursdays, and Mākeke Wai'anae—the largest—at Wai'anae Mall on Saturdays.

Some vendors, like community farm Hoa 'Āina O Mākaha, don't charge residents in need. Instead, they tell them to take what they need and leave what they can. "It's not about how much we sell, it's about engaging with people," the farm's caretaker says.

Mākeke Wai'anae is also a gathering place. "Our farmers market is unique because it brings our community, cultural practitioners, farmers, and local entrepreneurs together," Higa says.

Welcome to the pharmacy

May Okihiro, M.D., a pediatrician at WCCHC, writes prescriptions for fresh fruits and vegetables that can be used at the pharmacy. No, that isn't a typo. These special prescriptions work the same way they would in a regular pharmacy, only the medicine is good, healthy food.

The Mākeke Pharmacy Prescription Program, which started last fall, is simple. Pediatricians at the health center prescribe \$24 vouchers that families can use at Mākeke Wai'anae. In the first year, more than 110 families filled a pharmacy prescription. Families could complete an evaluation and receive up to three refills.

Food as medicine isn't a new concept. In December, the federal 2018 Farm Bill that was signed into law included several provisions for healthier eating, including the expansion of the fruit and vegetable subsidy program. The health center says there are also



more on ebt cards

The government's Supplemental Nutrition Assistance Program, or SNAP, helps qualified people and families buy healthy food. Finding a farmers market that accepts SNAP's payment method can be a challenge—unless you know where to look.

People who meet resource and income limits may qualify for SNAP by applying to the state Department of Human Services. SNAP recipients can pay for retail products using an EBT (electronic benefits transfer) payment card, which can only be used to purchase food items authorized by the USDA.

At farmers markets that accept EBT cards, customers go to a central location and make their payment. Then they take their voucher or receipt to a market vendor, make their purchase, and receive their fruits and vegetables.

Here are some of the farmers markets in Hawai'i that accept EBT cards:

- Big Island: Hilo Farmers Market and Keauhou Farmers Market.
- Kaua'i: Kekaha Farmers Market/Mālama Kaua'i.
- Maui: Upcountry Farmers Market.
- O'ahu: Kokua Kalihi Valley Comprehensive Family Services and Mākeke Wai'anae.

Find an expanded list at islandscene.com.

Alicia Higa (top photo) and May Okihiro at the farmers market.

To be “just”
is to be
guided by
“trust, reason,
justice, and
fairness.”

similar food prescription programs in Oregon and Pennsylvania.

“These prescriptions give parents something tangible they can use to change their family's behaviors and improve their children's health,” Okihiro says.

Other health centers that offer prescriptions for produce include Hāmākua-Kohala Health Center, Hāna Health Rehabilitation and Support Center, Mālama I Ke Ola Health Center, and West Hawai'i Community Health Center.




WCCHC is a Federally Qualified Health Center, or FQHC. For info on FQHCs in Hawai'i, see page 22. For more info on WCCHC and how they're battling the opioid epidemic, see page 38.

Helping hands come home

Meet Lahela Pimental, a WCCHC employee committed to making a difference. Here's her inspiring story.

Wai'anae High School graduate Lahela Pimental had a good reason to show up at school every day. It was the one place she could count on for breakfast and lunch, five days a week. Pimental, who grew up in a house without electricity, said her family was very poor. "The love and support was always there. We just didn't know where we were going to get our next meal from," she says.

After high school, Pimental went into nursing and had a fulfilling career on the Mainland. But in her heart, she knew she'd find her way back home. In 2009, she moved back to O'ahu to work for WCCHC. Today, she oversees day-to-day operations of their health center in Kapolei. She's passionate about what she does because it's an opportunity to give back to her community.

"My family is Native Hawaiian and my grandma was born on Ni'ihau. For me, it's about helping people who have helped me," she says. 



opioids: new problem, new approach

words David Frickman

illustration Garry Ono



Drug addiction is nothing new. But there's something different about the latest epidemic.

"I think opioids are getting all this attention now because we're seeing patients addicted to medications who aren't people we typically think of as druggies or addicts," says Nicole Wright, Psy.D., director of Mālama Recovery Services (intensive outpatient substance abuse treatment) and Ho'okūola Hale (interdisciplinary pain management), two departments at the Waianae Coast Comprehensive Health Center (WCCHC).

Recalling the speed epidemic of the '50s and the cocaine epidemic of the '70s and '80s, she says, "Before, it was the kind of people who were on the fringe of society. But now the people who are getting addicted to opioids are getting hurt or going in for an operation and coming out on the other side of the tunnel with a huge addiction issue. I think it's pretty scary for the general population."

The statistics on opioids are frightening.

A report from the National Safety Council says that people in the U.S. are more likely to die from an opioid overdose than from an accident on the road. In fact, Americans today have a 1 in 96 chance of dying from an opioid overdose.

"This is really an American phenomenon," says Jon Streltzer, M.D., professor emeritus at the University of Hawai'i John A. Burns School of Medicine, Department of Psychiatry. "Other countries don't have this crisis like we do."

Streltzer is a contributor to the Hawai'i Opioid Initiative, started just over a year ago to bring together segments of the community to tackle the issue as a unified team. The state initiative was created with the hopes of getting ahead of a crisis that has overwhelmed the Mainland.

Your body already contains opioid chemicals, such as endorphins, which help control bodily functions and relieve pain. Opioid drugs bind to receptors in your brain and throughout your body to bring even more temporary pain relief, sometimes providing a feeling of euphoria.

Drugs such as fentanyl (used to treat the most severe pain, typically in advanced cancer patients) and heroin are classified as opioids. But so are more-common prescription drugs such as oxycodone (OxyContin), hydrocodone (Vicodin), and morphine. These drugs are prescribed to temporarily relieve moderate to severe pain, but can also have serious potential for addiction.

In the 1990s, opioid drugs were aggressively marketed as the solution to chronic pain "at a time when the dominant paradigm for doctors was to take somebody with a problem, run a diagnostic test, prescribe the medication, out the door and done in 10 minutes," says Winslow Engel, M.D., a WCCHC internist and clinical/medical director at Ho'okuōla Hale. "We wanted to believe that it was pretty simple and that as a primary care provider, you could do an adequate job of treating chronic pain if you just had enough medication on hand.


"It was a combination of marketing, economic incentives, and a flawed paradigm that this is easy and all you need is a prescription pad and a pen."

Fast forward to today, where the problems of addiction are well known and efforts have begun to combat it. The state Department of Health convened a group to identify the resources needed and to develop strategies as part of the Hawai'i Opioid Initiative. Tight collaboration among many groups already dealing with this issue was found to be essential.

Through the initiative:

- Treatment facilities are expanding their access to patients and working with providers to help them recognize when a patient who's been prescribed opioids needs help.
- Providers and pharmacists are collaborating to improve opioid prescribing practices and identify potential high-dose cases to reduce the likelihood of addiction.
- Educators are working on community-based programs and raising public awareness of the epidemic.
- Law enforcement and first responders are coordinating efforts and receiving specialized training on how to better respond when faced with people who have apparently overdosed.
- Legislators are working with all of these groups in the hopes of developing effective public policy.

HMSA is doing our part with drug plan requirements that promote safe prescribing of opioids that follow Centers for Disease Control and Prevention guidelines. This includes quantity limits, high-dose alerts, and more.

"The plan details the extraordinary coordination taking place among community, health care, and government stakeholders," says Gov. David Ige, "and demonstrates how this approach is already effecting positive change. This sustained collaboration sets Hawai'i apart from other states." 



WCCHC is a Federally Qualified Health Center, or FQHC. For info on FQHCs in Hawai'i, see page 22. For more info on WCCHC and their pharmacy program, see page 34.



Meet the newest choices for quality care statewide.

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Carlen K. Koons
Nicole M. Koranda
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Frances S. Thomas
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Bradford Jay Williams

Kauai

Jeffrey P. Hansen
Harland N. Hayes
Ronelle M. Sato
Maria G. Shanahan
Kevin J. Stange
Isaac-Abdul Tarik

Lanai

Blossom I. Fonoimoana

Maui

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see you soon!

For a complete list of providers, contact information, and plans accepted, visit hmsa.com and click Find a Doctor. These providers joined HMSA's network September 21 to December 20, 2018.

hāpai hints

words Lynn Shizumura



T rue or false? Pregnant women shouldn't eat raw fish, own a cat, fly on a plane, and eat for two. We asked Simon Chang, M.D., an O'ahu obstetrician and gynecologist, to set the record straight on these common pregnancy myths.

Agree or disagree? Pass on the poke and sashimi.

Disagree: Fish and other seafood can be enjoyed—raw or cooked—in moderation (about 12 ounces a week). It's also best to eat seafood with lower levels of mercury, which can be harmful to your baby's development. Try salmon or shrimp instead of 'ahi (tuna). And stay away from swordfish, king mackerel, and tilefish, which have high amounts of mercury.

Can or no can? Go for it—you're eating for two.

No can (sorry!): Knowing how much to eat during pregnancy can be a challenge, especially if you find yourself hungrier than before you were pregnant. However, you need only about 340 to 450 extra calories a day to support your growing baby. But keep it hearty and healthy. Try a salad with lots of veggies, a serving of lean protein, and a small serving of whole grains.

True or false? Tell your cat to scat.

False: But you should take precautions. Cats shed parasites called *Toxoplasma gondii* in their litter boxes, which can be infectious for up to a year if left alone. These parasites can cause an infection called toxoplasmosis, which can cause birth defects and other complications. To prevent infection, have someone else change your cat's litter. If that's not an option, wear disposable gloves and wash your hands with soap and water after handling it.

Real or unreal? Abstain from the airplane.

Unreal: It's generally fine to travel by plane up to 37 weeks into your pregnancy depending on the airline's rules. Although studies haven't shown any harmful effects from flying, talk to your doctor before traveling.

health matters

Surprise, surprise



Germs are everywhere. To help prevent colds and infections, take time to clean the unexpected—and neglected—places germs lurk.

- Credit cards pick up germs every time you use them. Wipe them regularly with disinfectant wipes.
- Your car's steering wheel and gear shift can be germey and dusty. Wipe them down and remember to vacuum the seats and under the floor mats, too.





- Washing machines can house lots of germs, which can be killed when you dry your clothes in a high-heat dryer.
- Restaurant menus and condiment bottles should stay far away from your plate and utensils. Don't forget to wash your hands after ordering.

POP QUIZ!



1. What's the difference between bacteria and viruses?



2. What can antibiotics treat?

See the next page for answers.

Play it cool

Hawai'i has a passion for sports whether it's college football or Little League baseball. But that passion can be dangerous. A recent study shows that the heart rate of spectators can double during games.

Don't let the game play you. Steven and Deanna Nagasaka of Ho'okupu Counseling Services recommend watching sports in moderation and keeping your perspective. What's even better than that? Going outside and honing your own skills with your favorite sport.



At your service



Got a virtual assistant? Here are a few ways to ask for help:

- "Where's the closest Biki station?"
- "Remind me to buy more bananas next time I'm at a grocery store."
- "How big's the swell at Waimea Bay today?"
- "Buy tickets to Merrie Monarch."
- "Alert me when there's cheap airfare to Vegas."
- "What's Jason Momoa's workout?"
- "Tell me a story."
- "Play Makaha Sons to wake me up."

Check your work

1. Bacteria are microorganisms that are everywhere. Most bacteria are harmless, but some can cause infections like strep throat. Viruses are smaller than bacteria and need a living host to survive. Many viruses cause diseases like the common cold and chickenpox.

2. Antibiotics are medicines used to treat bacterial infections such as strep throat and some pneumonia. They aren't used to treat viral infections like the flu because they can't kill viruses.

Viruses need to run their course. You can treat symptoms with over-the-counter medications.

Mahalo Maui

for welcoming HMSA to the neighborhood



photos Earl Yoshii



Maui residents joined HMSA for the grand opening of the new HMSA Center @ Kahului. Located in the Puunene Shopping Center, the new center will be a hub for health education workshops, community classes, and healthy cooking demonstrations as well as face-to-face customer service for all Maui residents.

1. HMSA CEO Michael Stollar and Kumu Ekela Kaniaupio-Crozier lead a blessing of the new center.
2. The HMSA Center @ Kahului.
3. Maui Now Meteorologist Malika Dudley tries out the Blue Zones Project® smoothie bike.
4. Maui residents Enjolie, Tamia, and Tobin Kahaialii smile for the camera.
5. HMSA colleagues pose for a photo in the new center.
6. Bernie Saiki and Esther Filipe from the Kahului Cruisers Moai answer questions about Maui's Blue Zones Project.
7. HMSA employee Kim Hera gives a demonstration on the interactive screen.
8. Ralph and Alaina Valite show their enthusiasm for getting fit.
9. The Tanaka 'ohana stop to pose for a family photo.
10. HMSA employees Jonathan Suda, Kristin Kepani, and Kim Hera.
11. Debbie Kahooohanohano and Michelle Kahooohanohano-Brooks pose with little Blaine.
12. HMSA retiree Shelley Tanouye and Kiyoko Watanabe stop by to say hello.
13. Yana Koporski and daughter Maya enjoy the festivities.

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aloha.
hello.
konnichiwa.
ni hao.
ola.
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,
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them differently because of things
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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
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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
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- 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
- 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.

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
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mga serbisyo sa tabang sa lengguwahe,
nga walay bayad. Tawag sa
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Ilocano, ti serbisyo para ti baddang ti
lengguahe nga awanan bayadna, ket
sidadaan para kenyam. Awagan ti
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Korean: 주의: 한국어를 사용하시는
경우, 언어 지원 서비스를 무료로
이용하실 수 있습니다.
1 (800) 776-4672번으로 연락해
주시기 바랍니다. TTY 711 번으로
전화해 주십시오.

Laotian: ກະລຸນາລັງເກດ:
ຖ້າທ່ານເວົ້າພາສາລາວ,
ການຊ່ວຍເຫຼືອດ້ານພາສາ,
ບໍ່ມີຄ່າໃຊ້ຈ່າຍ, ແມ່ນມີໃຫ້ທ່ານ. ໂທ
1 (800) 776-4672 ພຣີ. TTY 711.

Marshallese: LALE: Ñe kwōj kōnono
Kajin Majōl, kwomaroñ bōk jerbal in
jipañ ilo kajin ñe aṃ ejjelōk wōñāān.
Kaalōk 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.

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

Spanish: ATENCIÓN: si habla español,
tiene a su disposición servicios gratuitos
de asistencia lingüística. Llame al
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Tagalog: PAUNAWA: Kung nagsasalita
ka ng Tagalog, maaari kang gumamit ng
mga serbisyo ng tulugan 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.

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fonuomw: Fooson 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.

parents: be a gardener



In her book, *The Gardener and the Carpenter*, psychologist Alison Gopnik encourages parents to be the gardener and create a safe, nurturing space for their children to grow. A carpenter, she says, takes material and forces it into a shape he envisions—a strategy that may be brilliant for a custom home, but not so much for a child.

Jasmine Dempsey, Mānoa resident and mom to 2½ year-old Jack, gets the metaphor, but still struggles with the balance. She toured more than a dozen preschools to find the one with the perfect mix of nurturing social skills and high performance. She's picked a preschool, but now worries that her little boy may struggle when put in a class that includes older kids. "If he's the smallest guy, I'm scared that he might get picked on," she says. "Will he stand up for himself or will he lose his confidence?"

How does a parent find that balance and give their keiki opportunity to explore and find what they love, discover that failing is part of succeeding, and build self-confidence instead of self-doubt?


Ryan Masa, Lower School Principal and incoming Head of School at Assets School in Honolulu, encourages parents to worry less about "parenting" and more about being a "parent." "'Parent' reflects a relationship, like 'sister' or 'husband,'" he says. Masa believes that confidence emerges when parents empower children to engage, try new things, ask questions, and explore their interests in a safe and nurturing environment.

"Learning is a vulnerable act, whether in the classroom, at karate, or on the field," Masa says. "You can't BS kids. They know who cares about them." Building that relationship creates bonds that allow kids to trust that their parents will catch them if they stumble and fall. "We want kids to have a safety net at the right height—not too high so that they're caught before they even try, but not too low that they get hurt."

Masa points to the old adage: Prepare your child for the path, not the path for your child. "Our job, as parents and educators, is to create a space for them to be accepted and affirmed as they are, which creates a safe space for them," he says. He encourages parents to help kids find their interests, but to be careful to let the kids lead. He also reminds parents that their kids' skill in these endeavors isn't the only measure of success and that failure is part of the journey. "Don't worry when kids are doing things they're not good at," Masa says, "because if they're only doing things they're good at, they won't become resilient."

Like many parents, Dempsey keeps balancing. "I want to be the gardener and give Jack every opportunity to thrive and find his passion," she says. "But I also feel compelled to build a trellis and a greenhouse" to create a little more structure and a nudge in the best direction.

Right now, Jack's passion is music—listening to it, singing it, trying his hand at it. When Jack sidled up to a band recently, air-strumming his 'ukulele and pretending to sing along, Dempsey cheered him on. "I was clapping and cheering, 'That's great Jack! That's great!'" she says, hoping her voice didn't reflect the momentary panic that she might be raising a struggling musician instead of a CEO.

Dempsey laughs. She knows it won't always be easy for Jack, but chances are he knows she'll always be there, whether he's the youngest boy in his class, a budding rock star, or a CEO-in-the-making. That knowledge breeds resilience. And with that, Jack can do anything. 



Kaiulani Odom (left) and the Roots Café & Market kitchen staff.



rooted in good health

It's just after 11:30 a.m.

and people are wandering to the back of the Kokua Kalihi Valley Wellness Center on North School Street. They're going to the Roots Café & Market, where the aromas of miso-glazed marlin and green papaya and tofu stew fill the cozy eatery.

"It's about feeding the community," says Kaiulani Odom, Roots Café & Market program director. "It's a place to meet, laugh, and eat good, healthy food."

When Odom started working at the nonprofit wellness center in 2011, she noticed there weren't many healthy options nearby. Many of the center's clients, as well as some of its employees, didn't have access to healthy food choices or fresh produce. It was the catalyst for the café and food hub market, which opened two years later in 2013.

Roots Café & Market is one of more than a dozen programs of Kokua Kalihi Valley, a Federally Qualified Health Center (FQHC) started in 1972 to provide increased access to care to the neighborhood's low-income, immigrant population. (For info on FQHCs in Hawai'i, see page 22.)

While many people visit the North School Street center to receive medical services, the café has become a hub fostering good health through food. And it's much more than healthy food at a good price; the café supports many aspects of overall health and well-being, including education, economic stability, cultural connections, and more.

Roots Café & Market sells plate lunches made with Hawai'i-grown produce, locally caught fish, and house-made sauces, as well as fruits and vegetables from Hawai'i farms. The café also makes its own tea and kombucha and hosts special events such as community food discussions, classes, and film nights.

The café and market employs 15 people. Odom says the café promotes healthy food habits for its staff and provides job training. She adds that several café employees are in college studying for careers in nutrition, the restaurant and service industries, and more.


Odom says that Roots Café & Market buys produce weekly from farmers

and sells it to lunchtime patrons and center clients at a nominal markup. "We want to support our farmers ... We can move 200 pounds of breadfruit in a week when we have it," she says with a laugh.

They partner with 23 farms across the Islands, with kalo from Waianu Farms in Waiāhole, eggs from Ilio Lani Farm in Waimānalo, citrus from Kolea Farms in Pūpūkea, and more. They also get vegetables and herbs from Kokua Kalihi Valley's own community garden and sources from local fishermen and ranchers. "Our community wants to eat their traditional foods: breadfruit, kalo, sweet potato," she says.

Not everyone can make it to the café and market for fresh 'ulu though, she says. That's why in 2015, the staff took produce out to the neighborhood with its Crop Shop Farmers Market. Residents can use their EBT (electronic benefits transfer) cards to buy food. The mobile market is held every Thursday afternoon at Kuhio Park Terrace, just minutes from the café and market. In 2016, the mobile market expanded to Gulick Senior Center once a month.

In 2018, the mobile market sold more than 19,000 pounds of produce.

"It's a great way for residents to buy local produce," says Odom. "We want the community to have access to healthy foods." 

Eat an 'ono lunch at Roots Café & Market

Inside the Kokua Kalihi Valley
Wellness Center

2229 N. School St.

Tuesdays and Thursdays
11:30 a.m. to 1:30 p.m.

791-9400 on O'ahu

rootskalihi.com

Roots Café & Market 2018 by the numbers

- 1,719 EBT transactions at the farmers market.
- 19,195 pounds of produce sold by the mobile market.
- 2,241 pounds of local produce used by the café.
- 3,634 lunches sold in the café.

Note:

For info on EBT cards, see page 36.

words Tiffany Hill

photos Matt Tuohy



pride without prejudice

words Craig DeSilva
photos Romeo Collado

Mike knew he was gay since he was in high school. Now a student at the University of Hawai'i at Mānoa, he says it's time to come out to his family. It's a conversation he's afraid to have.

"I'm financially dependent on them and scared that they'll cut me off and kick me out," he says. "It's one thing to be alone. It's worse when you're isolated from your family."

But Mike is willing to take that risk, saying no one should hide from being who they are. "I don't want to keep lying to them," he says. (We changed his name to protect his identity.)

Mike has found a community of support and understanding at UH's LGBTQ+ Center, where he's met other students going through similar issues of identity and acceptance. He's among the more than 25 attendees at Coffee Hour, a weekly informal talk-story session on campus for lesbian, gay, bisexual, transgender, and queer (LGBTQ+) students. In addition to the in-person meetups, students can participate in an online group chat. "They're like my family," he says. "We check in with each other to see how we're doing. Whatever we're going through, we go through it together."

For many young people, coming to terms with their sexual and gender

identity can add to the already stressful college campus life. The Center provides LGBTQ+ students with support and social interactions so they don't feel alone and isolated.

"It's a safe, welcoming place for them to feel that they belong," says Cameron Miyamoto, the Center's director. "They can be themselves and make connections, which is an important part of the college experience."

The Center provides LGBTQ+ students with counseling and connects them to college and community resources. Students participate in social activities like dances, hikes, and volunteer activities. The Center also organizes National Coming Out Day every October on campus and trains UH faculty and staff on gender identity issues.


"Although issues of equality have become more visible, the stigma remains," Miyamoto says. "It's still hard for young people to accept themselves and get acceptance from family and friends."

Miyamoto points to a recent Hawai'i Department of Health report showing the prevalence of suicide, mental illness, and drug and alcohol abuse among LGBTQ+ youths who don't receive support. "This should concern all of Hawai'i since the well-being of our young people is so important," he says.

"They can be themselves and make connections, which is an important part of the college experience."

UH junior Jungha Kim grew up in a conservative Christian household and attended a Catholic high school. So coming out wasn't easy. Being part of UH's LGBTQ+ community has helped him find the courage to come out to family and friends. "It helped me to accept myself," says Kim. "That's the first step."

Kim helps organize Coffee Hour so more LGBTQ+ students can have a place to turn to.

"It's important to talk about ourselves without fear of judgment," says Kim. "Having a support system makes a huge difference in having confidence and a positive attitude to feel important and worthy." 

Visit islandscene.com/more for a parent's perspective and tips from a counselor on coming out.

keiki corner

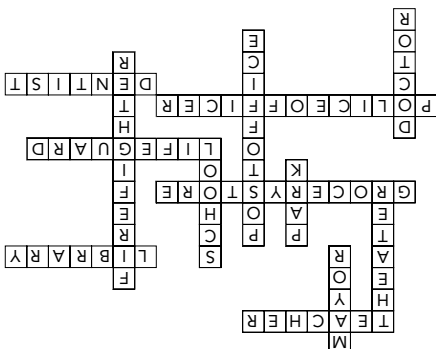
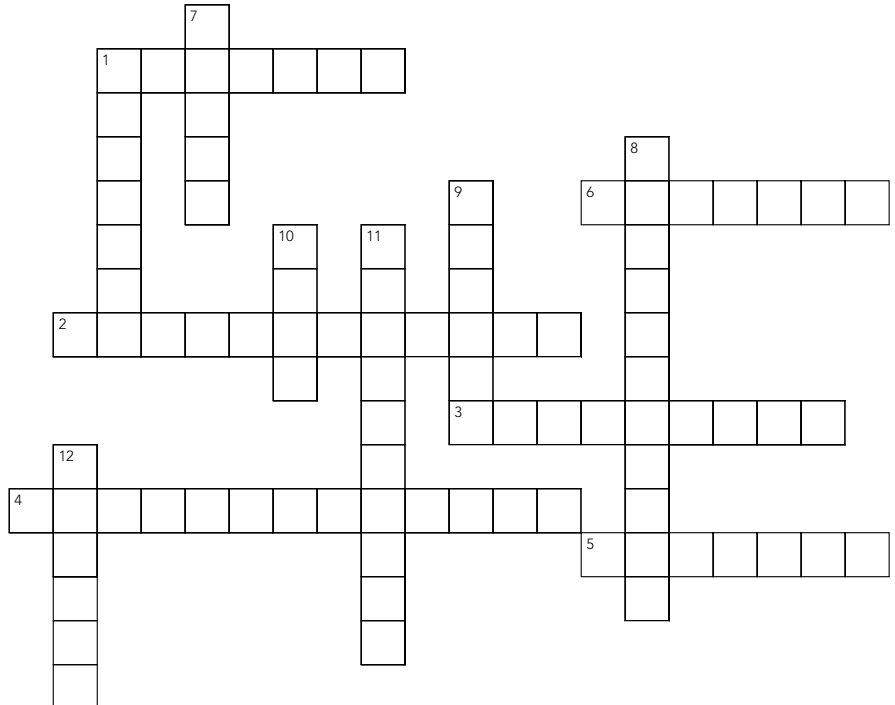
Crossword Puzzle

Across:

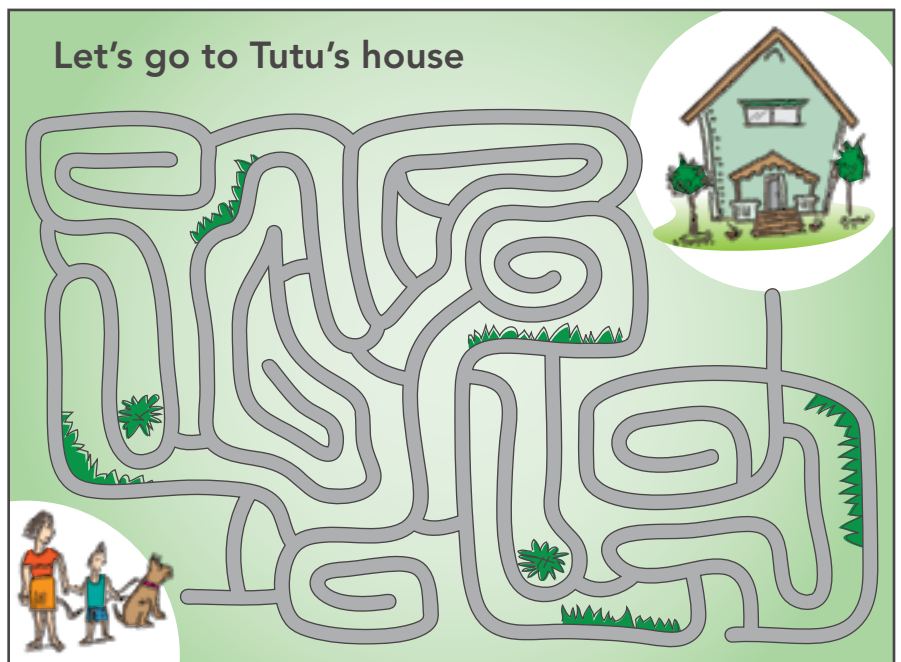
1. Educates students in various subjects at school.
2. Here you can buy food to make at home (two words).
3. This person makes sure you're safe at the beach.
4. Keeps you safe and prevents crime (two words).
5. Checks for cavities and can tell if you brush your teeth.
6. A quiet place to study or borrow books.

Down:

1. You can watch a movie and eat popcorn here.
7. This person is in charge of the city and county.
8. Rescues people and animals and puts out fires. (two words)
9. A place of learning where you can make friends.
10. Run around, play a sport, or walk your dog.
11. Mail a letter or buy stamps here (two words).
12. Helps you when you're hurt or sick.



Let's go to Tutu's house



Look and find

What can you find at a farmers market?

basket of mangoes
crab riding a honu
girl playing 'ukulele
Hawaiian monk seal
rainbow

handglider
mongoose
nene goose
two dogs
two humpback whales
three red hibiscus

four shells
five surfboards
five whole coconuts
five orchid lei
six bird of paradise flowers
seven pineapples







cool beans

People in Hawai'i have always loved edamame, which are young soybeans. They provide a complete protein source, cook quickly, and are equally delicious with just a pinch of salt or coated in more-complex flavors. They're popular as a snack, pupu, or potluck dish. Here are some simple ways to serve Hawai'i's favorite bean.

Shrimp and Edamame Salad

- 12-oz. package frozen shelled edamame, thawed and drained
- 1/2 lb. cooked and peeled medium shrimp
- 1 red bell pepper, diced
- 1 avocado, diced into 1/2-inch cubes
- 1 cup corn kernels
- 1/2 cup diced red onion
- 1/4 cup chopped Chinese parsley
- 1/4 cup olive oil
- Juice of 1 lime
- Salt and pepper to taste

In a large bowl, combine edamame, shrimp, pepper, avocado, corn, onion, and parsley. In a small bowl, whisk together remaining ingredients. Pour dressing over shrimp mixture and toss to combine. Makes 6 servings.

Per serving (without salt): Calories 270, protein 18 g, carbohydrates 16 g, total fat 16 g, saturated fat 2 g, cholesterol 80 mg, sodium 370 mg, fiber 7 g, total sugar 3 g

words Andrea Wright Agustin

photos Rae Huo

food styling Cedric Fujita

Crunchy Edamame

12-oz. package frozen shelled
edamame, thawed and drained
¼ cup grated Parmesan cheese
3 Tbsp. olive oil
1 tsp. salt
1 tsp. garlic powder
Red pepper flakes to taste (optional)

Preheat oven to 375 degrees. Spread thawed edamame on a towel and pat dry.

Stir together remaining ingredients in a medium bowl. Add edamame and toss well. Spread edamame onto a baking sheet and roast 20 minutes or until crispy and lightly browned, stirring once halfway through cooking. Makes 4 servings.

Per serving: Calories 230, protein 13 g, carbohydrates 10 g, total fat 15 g, saturated fat 3 g, cholesterol 5 mg, sodium 700 mg, fiber 7 g, total sugar 1 g





Spicy Soy-glazed Edamame Pods

- 1 Tbsp. chili paste
- 1 Tbsp. white miso
- 1 Tbsp. reduced-sodium shoyu
- ½ tsp. sesame oil
- 2 tsp. vegetable oil
- 2 garlic cloves, minced
- 1-lb. package frozen edamame in pods, thawed

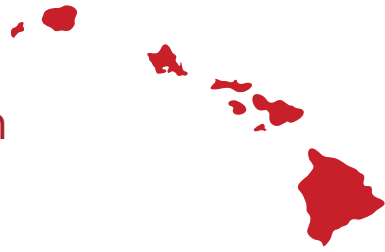
In a small bowl, whisk together chili paste, miso, shoyu, and sesame oil. Set aside. Heat vegetable oil in a skillet over medium heat and sauté garlic about 1 minute. Reduce heat and add sauce and edamame. Toss to combine, stirring constantly until heated through. Makes 4 servings.

Per serving: Calories 200, protein 16 g, carbohydrates 14 g, total fat 8 g, saturated fat 1 g, sodium 410 mg, fiber 9 g, total sugar 2 g



For recipe videos, visit
islandscene.com.

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Public Service Announcement

Notice of Annual Meeting

Hawai'i Medical Service Association (HMSA)

HMSA will hold its Annual Meeting on Thursday, May 2, at noon in
the Hawaii Convention Center's Kauai Ballroom, 1801 Kalakaua Ave.,
Honolulu, Hawaii.

At the meeting, financial and annual reports will be presented and discussed.
New HMSA Directors will be selected.

Current HMSA members are able to attend; proof of HMSA membership required.

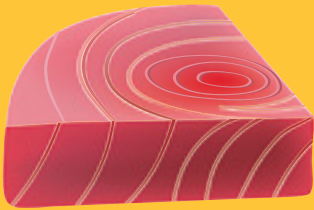
To register for the meeting, please call 948-5263 on Oahu.



ponder potassium

Have you ever thought about potassium? Didn't think so. Here's why you should at know a little bit about it. Potassium is a mineral that your body needs to balance fluids, contract muscles, and keep nerves firing. It may help reduce blood pressure and protect against stroke, osteoporosis, and kidney stones.

Do you know how much potassium you're getting?
Rank each food from 1 (highest in potassium) to 4 (lowest).



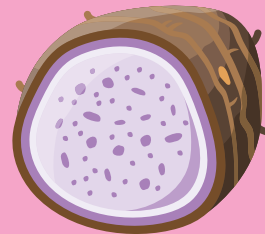
a. Ahi (3 oz.)



b. Banana (1 cup)



c. Baby bok choy (1 cup)



d. Taro (1 cup)

The National Institutes of Health recommends that most adults get 4,700 mg of potassium daily. People with kidney problems may need to limit their potassium intake. Many drugs, such as ACE inhibitors, can affect potassium levels.

Answers: d. Taro, 639 mg b. Banana, 537 mg a. Ahi, 375 mg c. Baby bok choy, 176 mg

buffet bowls

words Marlene Nakamoto

photos Lew Harrington



Getting together with family and friends is always time well-spent. And when those occasions include food, well, you're especially glad you went.

In Hawai'i, we love to potluck. It's a fun way to enjoy different dishes that can be easy on everyone's wallet.

But what if you're not that confident in the kitchen?

No worries. We've got a potluck idea with a little twist that we hope you'll like. Try a bowl buffet for your next get-together. Just like a potluck, guests bring something for the buffet—vegetable, fruit, animal or plant protein, grain, or greens. Then each person builds a bowl.

Here are some suggested items and a few simple recipes to help you compose yummy bowls in style.

CHICKEN BOWL

Grilled chicken breast
Brown rice
Japanese cucumber
Grape tomatoes
Chickpeas
Tahini sauce

TAHINI SAUCE

1/4 cup tahini (sesame seed paste)
1 Tbsp. olive oil
1 Tbsp. lemon juice
1/4 cup water
Salt to taste

In a small bowl, mix all ingredients until well blended. Refrigerate. Makes about 1/2 cup.

Per serving (1 tablespoon, no salt added): Calories 60, protein 2 g, carbohydrates 2 g, total fat 6 g, fiber 1 g

AHI BOWL

Tataki (seared) ahi
White rice
Avocado
Carrots
Wasabi mayonnaise

TATAKI AHI

1 lb. ahi
2 Tbsp. vegetable oil

Heat oil in nonstick skillet over medium-high heat. Sear ahi block 30 seconds on each side. Remove from skillet and let rest 5 minutes before slicing. Makes 4 servings.

Per serving: Calories 140, protein 28 g, total fat 3 g, cholesterol 40 mg, sodium 50 mg

WASABI MAYONNAISE

2 Tbsp. wasabi powder
1 Tbsp. + 1 tsp. water
1 Tbsp. honey
1/2 cup mayonnaise

In a small bowl, mix wasabi powder with water to make a paste. Cover and let stand 5 minutes. Mix in honey until well blended, then stir in mayonnaise until smooth. Refrigerate. Makes about 1/2 cup.

Per serving (1 tablespoon): Calories 110, carbohydrates 3 g, total fat 10 g, saturated fat 2 g, cholesterol 6 mg, sodium 90 mg, total sugar 2 g

VEGETARIAN BOWL

Tofu poke
Red rice
Edamame
Yellow bell pepper
Sriracha sauce

TOFU POKE

12 oz. firm tofu
1/4 cup dried wakame (seaweed)
2 Tbsp. bottled somen soup base*
1 Tbsp. sesame seed oil
1/2 tsp. dried chili flakes
1/2 cup chopped green onion
1 Tbsp. toasted sesame seeds
1/2 cup thinly sliced Maui onion
2 tsp. grated ginger
Salt to taste

Slice tofu in half horizontally and allow to drain between a folded dish towel. Slice into cubes. In a medium bowl, soak wakame in plenty of water for 20 minutes. Drain and squeeze out water. In another bowl, combine wakame with remaining ingredients. Add tofu and salt and mix gently. Cover and refrigerate overnight. Makes 4 servings.

*Available in the Oriental food section in grocery stores.

Per serving (no salt added): Calories 120, protein 9 g, carbohydrates 6 g, total fat 8 g, saturated fat 1 g, sodium 760 mg, fiber 2 g, total sugar 3 g

SRIRACHA SAUCE

1/2 cup mayonnaise
2 Tbsp. vegetable oil
2 Tbsp. red wine vinegar
3 Tbsp. Sriracha
1 garlic clove, minced
1 tsp. sugar
Salt to taste

In a small bowl, whisk all ingredients together until smooth. Refrigerate. Makes about 3/4 cup.

Per serving (1 tablespoon, no added salt): Calories 130, carbohydrates 2 g, total fat 14 g, saturated fat 2 g, cholesterol 6 mg, sodium 240 mg, total sugar 2 g

Just like a potluck, guests bring something for the buffet. Then each person builds a bowl.







For dessert, how about an acai bowl? See the video at islandscene.com.

#myislandscene



Our communities are so much more than where we live. They're our friends, our neighbors, and our home. Mahalo for showing us how you #giveback to your community.

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

Find us on  askhmsa or  myhmsa.

TOP

RECENT



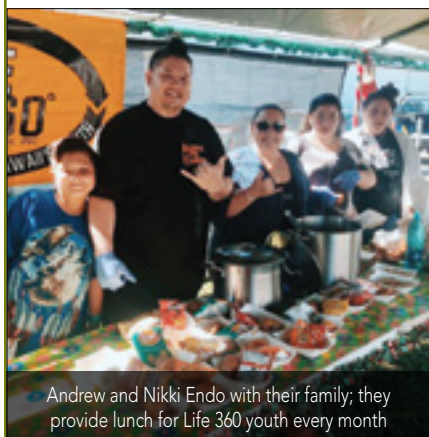
Rep. Cedric Gates (left) and the Meacham family volunteering at Pokai Bay



Life coaches Tanoa Brigoli, Myron Phillip, and Kristian Nardo at a youth camp



The Granite family relaxing after a beach cleanup



Andrew and Nikki Endo with their family; they provide lunch for Life 360 youth every month



Kiwanis volunteers at Kaimuki library story time



Jayleen Marar at an outreach center for homeless families in Kaka'ako



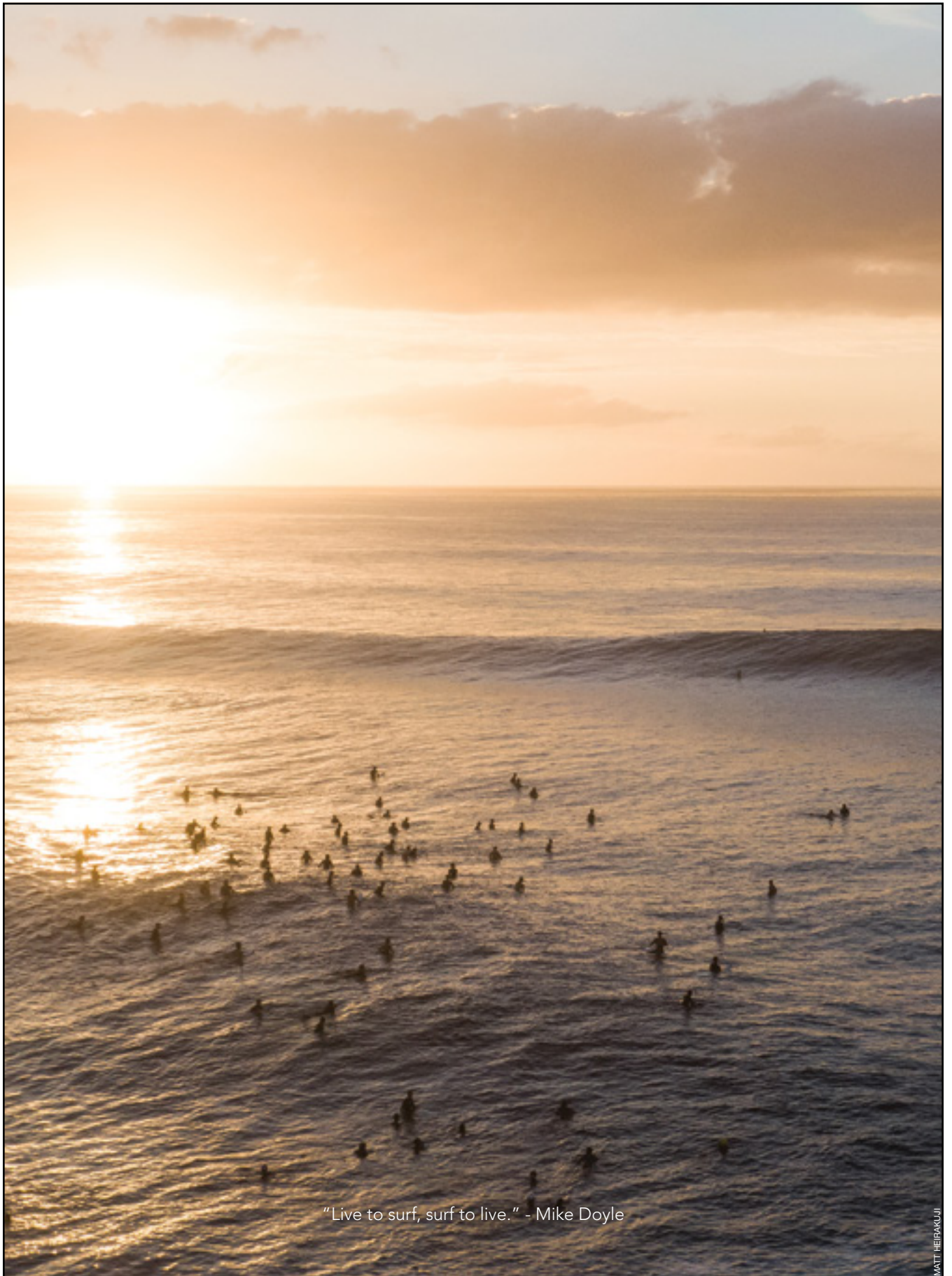
IBEW union members pitch in at Chiefess Kapi'olani Elementary School



Junior League of Honolulu volunteering at Hawaii Foodbank



Kiwanis volunteers at the Honolulu Zoo Children's Discovery Forest



"Live to surf, surf to live." - Mike Doyle

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