

# island scene

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



a-buzz  
on the  
big island

hmsa's new ceo || shark diving adventure || spatchcock peruvian roast chicken

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# island scene

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**COVER:** Big Island beekeeping story on page 10. Photo by Rae Huo.

## aloha members,



**O**n Feb. 1, 2020, HMSA's Board of Directors gave me the incredible honor and privilege of becoming president and CEO of HMSA. I take this responsibility very seriously, because as someone born, raised, and forever a resident of Hawai'i, I believe we must all work together to make Hawai'i affordable and attractive to our people so that our children will grow, flourish, and ultimately stay here.

For those of us in health care, that means making sure we have quality health care that is affordable and accessible to ensure that families and communities can enjoy ever-healthier lives.

Many of you may know that I was a physician in Honolulu and a basketball coach at 'Iolani School for many years. In both roles, I quickly learned that you can accomplish so much more as a team than you can on your own. It's that concept of teamwork that will help us accomplish our ambitious yet achievable goal of a healthy and affordable Hawai'i.

Each of us on this team has to take our specific role seriously and diligently for us to succeed together. As you've heard before, while there is no "I" in "team," there is one in "win." And needless to say, this is a **MUST** win for us.

As part of our community working together to win, physicians, hospitals, and other providers must deliver the highest quality, cost-effective care to people wherever they are on their health journey.

Government policymakers must make sure that policies promote and facilitate health and effective health care in our community.

Employers must provide a workplace environment that fosters health and productivity and offers the best coverage to help their employees stay well and get well when needed.

Individuals must engage in their own health and well-being and make good choices for themselves and their loved ones to optimize health.

Health organizations like HMSA must provide the coverage, services, products, and people to bring everyone together to achieve our mutual goals.

All of us must do our part and work together to win, to fulfill our mutual vision of a healthier and affordable Hawai'i.

This is the most important game I have ever played in my life. And the stakes couldn't be higher. Mahalo for working with us and for being an HMSA member.

A stylized, 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



POSTCARD

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traveling by  
boat, camel, or  
10-sided dice

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## dear friends,

Are you ready for an adventure? Jump into our spring issue and find your new passion. There's lots to learn here, from swimming with sharks and improv, to mountaineering and gaming, and more.

One of my favorite stories in this issue is about Camp Ānuenue for children with cancer. Read Lynn Shizumura's story on page 50. Dr. Shay Bintliff, a retired emergency room doctor on the Big Island, first contacted me last year about her poetry books. She donates proceeds to the camp, which her granddaughter, Ileiana, attended for three summers. Dr. Bintliff says the camp "so normalized Ileiana's life at a time of total chaos."

As I looked into the camp, I realized that B.K. Cannon, the camp's president and a director, is the daughter of Tom and Trudi Cannon, warm and wonderful people who both worked at HMSA. B.K. was born in Honolulu and is a childhood cancer survivor and former camper (like most of their staff and volunteers). I was so tickled to connect with her and find her doing such amazing work. She runs the camp from her home in Los Angeles where she's an actor and returns to O'ahu each summer for the weeklong camp at Camp Mokule'ia.



B.K. Cannon

B.K. is committed to Camp Ānuenue's legacy and providing the supportive environment that was vital to her emotional well-being as a young survivor. "Camp saved my life in ways that medicine could not, and for that I am eternally grateful," she says. Campers and their families are grateful for the adventure that Camp Ānuenue provides, giving these keiki a special opportunity that many children take for granted.

I hope you enjoy these stories and that they inspire you to try something new. And as always, thanks for reading *Island Scene*.

Love and best wishes,

Lisa Maneki Baxa  
Publisher and Editor



# around the 808

## big island



### What's brewing in Ka'ū?

You've probably indulged in Kona coffee, but what about a brew from farther south? Ka'ū coffee is grown on Mauna Kea and Mauna Loa, where the combination of unique climate and rich volcanic soil produces this award-winning bean. Ka'ū may be lesser known, but it's consistently placed in the Specialty Coffee Association of America Convention's top 10.

The upcoming Ka'ū Coffee Festival is a celebration of its history and future. From May 8 through 17, taste the notes of chocolate, cherry, and coconut for yourself at a coffee tasting, learn about the industry, and enjoy entertainment and food. For details on the festival, go to [kaucoffeefestival.com](http://kaucoffeefestival.com) or call 929-9550 on the Big Island.

## kaua'i

### Restoring an ancient village

Work began early this year on the third phase of the restoration of Kāneiolouma, an ancient Hawaiian village in Po'ipū. Kāneiolouma is a largely intact 13-acre village dating back to the mid-1400s.

Stone masons, or uhau humu pōhaku practitioners, are rebuilding the inner walls of the village using the traditional dry-stack (i.e., no cement) method. "A lot of people don't know that there were taro patches, fish ponds, and a whole makahiki arena here," says Peleke Flores, director of Kāneiolouma Cultural Programs. "Hopefully we can bring back some of those traditions and be able to teach that to the next generation."

This restoration project began in 2010 with initial funding from a Hawai'i Tourism Authority award. Hui Mālama O Kāneiolouma, the nonprofit organization formed to restore the village, plans to open the interior village to visitors by 2024.

Learn how you can support this project by visiting [kaneiolouma.org](http://kaneiolouma.org).



Aerial view of Kāneiolouma



# maui, moloka'i, and lāna'i



## From dust to lush

Pe'ahi Valley on Maui's north shore sustains 19 acres of palm trees — more than 3,000 palm trees of hundreds of different varieties. The lush forest is recognized as one of the world's largest and most extensive private collections of palm trees.

More than 40 years ago, the area was a barren, over-farmed pineapple field. It looked like a dirt road, but William S. Merwin and his wife, Paula, envisioned a Hawaiian rainforest that would restore and enrich the land.

Of all the native species that the Merwins planted, only the loulou, or Hawaiian fan palm, survived. It was the beginning of their palm forest.

The Merwin Conservancy was established to preserve and protect the forest while inspiring innovation in the arts and sciences. W.S. Merwin, U.S. poet laureate and two-time Pulitzer-prize winning poet, died in 2019.

The Conservancy isn't a tourist attraction, but the staff leads small groups on a free hike through the valley on Open Garden Days twice a month. To visit on one of these days, use the request form at [merwinconservancy.org](http://merwinconservancy.org). For more information, visit the website, email [info@merwinconservancy.org](mailto:info@merwinconservancy.org), or call 579-8876 on Maui.

## Meet you at the swap meet

The Maui Swap Meet has been a Saturday morning tradition for residents and visitors since 1981. Rain or shine, the swap meet is open every Saturday from 7 a.m. to 1 p.m. in the University of Hawai'i Maui College parking lot. With more than 200 vendors, there's a variety of gifts, fresh produce, flowers, and yummy food options.

Shane-Ann Matsunobu, who was born and raised on Maui and now lives on O'ahu, makes it a point to visit the swap meet whenever she can. "The Maui Swap Meet is a great place to buy fresh, locally grown fruits and vegetables," Matsunobu says. "It's a place where



Maui Swap Meet

both locals and visitors can discover some of the unique things that Maui has to offer."

For more information, call 244-3100 on Maui or visit [mauihawaii.org/maui-shopping/swap-meet/](http://mauihawaii.org/maui-shopping/swap-meet/).

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.







# a-buzz on the big island

**words** Michelle Regan

**photos** Rae Huo

Vanessa Houle was nervous the first time she put on her bee suit. Buying the crisp white suit and wearing it were two very different things. For one thing, it's hot in there. For another, she could get stung. She walked up to the first hive she'd ever seen up close, which was under glass for observation. This was a far cry from seeing a bee or two in her garden.

What had she gotten herself into?

"To be up close and personal in a hive, their home, can be overwhelming," says Houle. "They're buzzing all around and you're just kind of immersed in this world. It was an incredible thing to watch them all so busy and not even paying us any attention."

There was no turning back. She was becoming a beekeeper.



Honeycomb from Houle's spring harvest of 'ōhi'a lehua honey



## Getting buzzed

On a typical day, Houle is up before the sun hits the entrances to her 75 hives. Soon her bees will be up and out looking for food. She inspects 15-20 hives each morning, checking the queen's health, seeing whether the bees have grown, built more comb, or need more space. Some days she harvests honey, other days are for pest control and yardwork.



Vanessa Houle tends to one of her 75 beehives.


Houle learned the trade from the local beekeeper who showed her the glass-covered observation hives 10 years ago. She was growing fruits and vegetables in her garden at the time and her plants were producing flowers but no fruit. She needed bees to pollinate them. "It's been quite rewarding," she says. "You're raising your own bees, you're pollinating your own fruits and vegetables, you're helping pollinate the entire neighborhood."

Today, Houle is secretary of the Big Island Beekeeper's Association (BIBA), which she says is a great resource for anyone interested in beekeeping. "We try to increase awareness of the industry because people think bees are important, but they don't really grasp it," says Houle. "It's not something you're thinking about all the time, but they play a vital role in our food supply."



Bees are responsible for one in every three bites of food we eat. In fact, 80% of food production on the Big Island relies on honeybee pollination. Commercial industries like coffee and macadamia nuts, which need hundreds or thousands of hives, rely heavily on them. So do local farmers who grow and sell avocados, lilikoi, and guava. So does Houle, who sells honey, makes beeswax food wraps, and hopes to open a honey winery.

Bees are essential to Hawai'i's food security, but some backyard beekeepers are seeing benefits beyond

sustenance. "It's actually quite therapeutic for people," says Houle. "There's something about the humming of the hive and just watching the bees work that absorbs all of your senses. They just know what to do. It's a very full-circle feeling having them present in your yard." 

*Interested in beekeeping? Learn more at [bigislandbeekeepers.com](http://bigislandbeekeepers.com) or call (805) 399-2422.*

## Beekeeping by the Numbers

- **Hawai'i's annual bee-pollinated crop sales add up to \$212 million.**
- **There are about 15,000 hives in Hawai'i.**
- **90% of those hives are on the Big Island.**
- **Hawai'i's honey production totaled \$3.2 million in 2018.**
- **Hawai'i supplies 25% of the queen bees on the Mainland and 75% of those in Canada.**

# Hilo honey



Top photo: UH Hilo beekeeping students tend to their hives.  
Bottom photo: Professor Lorna Tsutsumi (left) and Ariana Dolan.

The University of Hawai'i at Hilo is home to a 110-acre farm, which houses about 40 beehives. It's the only school in the state that offers a beekeeping certificate. Professor Lorna Tsutsumi says the program, which has been around for 30 years, teaches students how to take care of honeybees and helps people understand their importance in growing the food that we eat. Without honeybee pollination, many cultural and traditional foods that shape our way of life would simply not exist.

Beekeeping brings together students from culinary arts to agriculture to pre-veterinary. Ariana Dolan is one of those students. She's wanted to be a vet since she was a child watching her grandmother take care of her diabetic cat. Since then, she's worked in veterinary offices and with farm animals, but working with bees was new to her.

"I was kind of nervous, but I was also excited to try a new experience," says Dolan. "Beekeeping was very different to me than my usual animal classes. I found it to be a lot more interesting. I was really engaged in it."

Beekeeping isn't a requirement for pre-vet students, but in 2017 the Food and Drug Administration decided that veterinarians can prescribe antibiotics to bee colonies. Dolan took the course to bolster her transcript but found that it quickly became her favorite class. She's taken both introductory and advanced beekeeping. Now she's working on her beekeeping certificate.

Dolan says she's still interested in a small animal practice but working with bees has opened her eyes to the possibility of assisting beekeepers in Hawai'i.

*See page 60 for recipes from Chef Alan Wong, who partners with UH Hilo in their Adopt-a-Beehive program.*



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







## from coach to ceo

When people stop Mark Mugiishi, M.D., F.A.C.S., in the grocery store or restaurant, it's usually not because they know him as HMSA's president and CEO.

"They thank me for operating on their mom or dad," says Dr. Mugiishi, who's one of Hawai'i's top cancer surgeons. "Or they remember me as the basketball coach for 'Iolani School."

Whether as a surgeon or a coach, Dr. Mugiishi has always taken on new challenges. Although he never played competitive basketball, he coached the 'Iolani varsity team to 11 league titles. He's been involved in biotechnology research that's led to medical discoveries and has helped open specialty health centers, including the Endoscopy Institute of Hawaii and Eye Surgery Center. And in 2015, he took his passion for the performing arts to Broadway to help launch the musical *Allegiance*, a story about a Japanese-American family's struggles in a World War II internment camp.

"I get involved in things that I feel passionate about," he says. "And there's nothing more near and dear to my heart than creating healthier communities for the people of Hawai'i."

Dr. Mugiishi is now taking on what may be his biggest role yet. In February, he became the first physician to lead HMSA in its 82-year history.

**interview** Craig DeSilva  
**photos** Lew Harrington

His contributions at HMSA began in 1995 as a medical director. In 2015, as chief medical and health officer, he helped launch payment transformation, a revolutionary provider payment system to help improve patient care while curbing skyrocketing health care costs. Payment transformation is now used as a model nationally. Although it was controversial, Dr. Mugiishi says the change was necessary.

"Health care is changing at a rapid pace," he says. "And we must adapt to those changes to improve the lives of HMSA members. After all, that's why we're here."



### **How does being from Hawai'i and the first physician to lead HMSA impact your new role?**

Doctors are the first people our members turn to when they're ill and they help our members stay well and manage their health. Being from Hawai'i and a physician helps me create relationships so that we can all work together. If we're going to succeed in making a community healthier, we need to engage everyone who's involved, particularly physicians.

### **What's one of HMSA's biggest goals?**

Affordability. We want people who were born and grew up here to stay here. A key part of that is affordable health care. We're managing costs while maintaining the quality of care that we've worked hard to build.



---

"We want people who were born and grew up here to stay here. A key part of that is affordable health care."

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**We hear so much about innovation in health care. Why is this so important?**

Someone said you can't solve the problem by using the same behaviors that created the problem. Health care today cannot be like it was before. Costs have gone up and people continue to get sicker. Quite frankly, it's not sustainable.

We need new ways to address health care issues. There's no limit to the innovation we can deploy to improve health. The most innovative people on the planet are getting into health care – Amazon, Walmart, Google. They're all in it because we need to transform.

**What's your outlook on life?**

I'm an optimist and a risk taker. I push forward to really work for our members. Seeing our team at HMSA work hard for our members every day gives me great hope. Solutions may not happen immediately. They may not be perfect. We may stumble a few times on the way. But that's OK.

If we keep pushing toward the right goal and keep the health and well-being of our members top of mind, we'll succeed. Ultimately, we'll get there. 



See Dr. Mugiishi talk about the future of health care at [islandscene.com/more](https://islandscene.com/more).





# under the sea

**words**

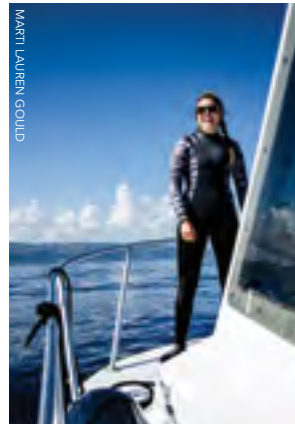
Courtney Takabayashi

Shark diving is a popular activity in Hawai'i. But is it safe for humans? For the sharks?

## **Hawai'i bound**

If done responsibly, says Andriana "Andy" Fragola, shark diving is safe for humans and even beneficial for sharks. Originally from Miami, Fragola is a safety diver and marine biologist at One Ocean Diving who practically grew up in the water. She loves giving people the experience of swimming with sharks. "What better way to learn about shark behaviors and biology?"

"I've been ocean obsessed since childhood," Fragola says. She focused on shark immunology at the University of Miami and earned a graduate degree while working at the Shark Research and Conservation Lab. Her desire to continue her work with sharks led her to Hawai'i in 2018 for a job with One Ocean Diving. The company offers shark tours on O'ahu's North Shore and has a foundation that supports collaborative ocean research, education, and conservation.



"Movies make sharks seem like they're going to eat anything they can get their teeth around, but that's simply not the case."  
: Andy Fragola



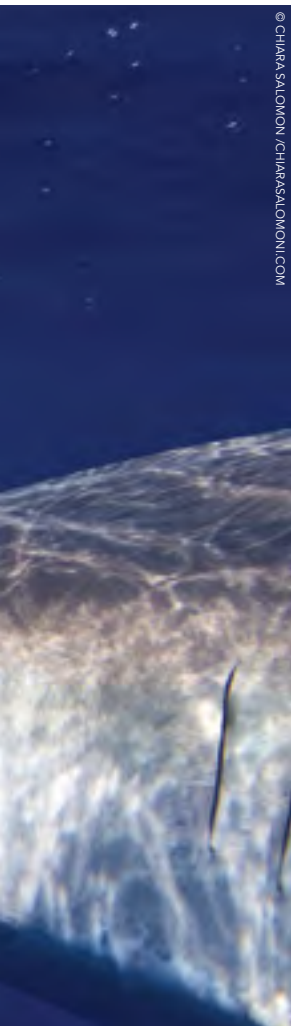


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"I love explaining the vital role sharks play as apex predators to keep the ecosystem healthy."

: Andy Fragola

### Changing perceptions

There are a lot of misconceptions about sharks due to their portrayal in movies and the media. "I think that a lot of people are scared of sharks. But it's important to understand that sharks are intelligent predators that don't see humans as prey," Fragola says. "Movies make sharks seem like they're going to eat anything they can get their teeth around, but that's simply not the case."

That's why a big part of Fragola's job is education. "I love explaining the vital role sharks play as apex predators to keep the ecosystem healthy." She teaches guests how to behave appropriately when sharing the sea with sharks, as well as describes behaviors sharks may display as warning signs. "That way," Fragola says, "they can be prepared if they encounter a shark."

### Conservation is key

In addition to education, One Ocean Diving focuses on research and conservation. Fragola's hope is to inspire guests to make small changes that can make a positive impact on the planet. "Guests are shocked to learn that over 100 million sharks are being killed each year and that if sharks are going to exist in the future, they need our help," Fragola says. Some of her suggestions to save the sharks include making sure the seafood you purchase is sustainably caught, saying "no" to shark fin soup, and reducing single-use plastics, which can injure or poison sharks.



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"If you ever have the opportunity to get in the water with sharks in a safe environment with trained professionals, I think it's an incredible experience."  
: Andy Fragola




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## Swimming with sharks

When you go on a shark dive with Fragola or another trained professional at One Ocean Diving, it's not just for entertainment. The programs teach guests about the science of sharks while having a unique experience swimming freely with them. Feeling nervous? Fragola says that's normal. But she also says there aren't many encounters more magical than those with a shark. "If you ever have the opportunity to get in the water with sharks in a safe environment with trained professionals, I think it's an incredible experience." 

Is something  
*wrong* with  
me?

Will I ever  
stop  
grieving?

I hate  
my body.

I'm so  
tired.

I don't  
enjoy music  
anymore.

I'm  
overwhelmed.

People  
make me  
nervous.

I have  
trouble falling  
asleep.

I can't  
concentrate.

My partner and I  
argue about little  
things.

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psychiatrists, psychologists, counselors, marriage and family  
therapists, and social workers. They can help you understand  
yourself and your emotions. There's no judgment.

**It's OK to get help.**



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1010-183215





# roll playing

**words** David Frickman

**photos** Romeo Collado

"You are Raln the Younger," the game master began. "You're the only one in the group who doesn't kill people. You just steal things and are kind of lazy."

Raln was part of a gang of ruffians, following in his father's footsteps. But much to his chagrin, the gang had become more violent and thuggish. The gang's latest plan was to murder a man and his pet wolf; it was up to me and my companions to stop them.

## The invite

The night was set up for me to go to a gaming store called the Armchair Adventurer at Dole Cannery in Iwilei and join a role-playing game (RPG) called Pathfinder.



Role-playing games use unique multisided dice.

I've played board games all my life. From Candy Land to Scrabble to backgammon, I'm used to games with easy-to-define rules and structure. At first glance, RPGs don't seem to be like these. Nonetheless, I was eager to try it. As I headed out for a night of Pathfinder, I really had no idea what I was getting in to.

## The game

Pathfinder is an offshoot of another popular RPG, Dungeons & Dragons. In Pathfinder, you create a character (or have one created for you) with certain characteristics and strengths. Your character goes off on adventures dictated by the game master, who develops the storyline as the game goes on.

Other players join the adventure. As you encounter obstacles (bad guys, locked doors, monsters, etc.), you use a combination of your strengths and dice rolls to find out how successful you are in overcoming them.

You also speak with other players in character, so it takes quick-thinking and imagination. Often, your character's dialogue or response to a question can change the course of the mission, as the game master takes your response and moves things in a new direction.

## The game master

I was the guest of game master Nicolas Logue, whose day job is professor of theatre at Windward Community College. With a master of fine arts in Asian theatre and two Fulbright

Nicolas Logue literally wrote the book on Pathfinder.





Earlier, I asked him what I should do to prepare for game night. His quick, half-joking reply? "Take an improv class." (Learn about improv in Hawai'i on page 32.)

### The game night

Forget what you've heard – all types of people play RPGs. On this night, Logue brought his friends, who were all experienced players: A former state representative, a program manager for Hawaiian Electric, the head of a college dance and musical theatre program, and a warehouse purchaser at Joint Base Pearl Harbor-Hickam.

Logue described the characteristics of Raln the Younger to me and gave me a character sheet that listed his strengths and abilities. This came in handy when I ran into an obstacle and had to decide how to overcome it.



scholarships to China, Logue has the knowledge and imagination needed to be a game master.

In 2008, this award-winning game adventure writer created Pathfinder Society Organized Play, the campaign that gave the game its structure, and developed story lines used by players around the world.

It would take an entire issue of Island Scene to recount all the twists and turns that led to the final standoff (sabotaging the bad guys' transport, stealing a cart full of liquor barrels, freeing one of us from an animal trap, etc.) But after three hours of story narration, planning, dialogue, and dice rolling, our team had put an end to the evil plot.

And there was laughter. Lots of laughter. The players around the table weren't just game focused, but social focused, which is what the experience was really all about for me.

For some, these characters live on in campaigns that last for weeks or months. Will there be more adventures in Raln the Younger's future? We'll see. [is](#)



Top: David Frickman, Nicolas Logue, and Matt Chang before a game.

Bottom: Figurines of all shapes and sizes add to the gaming experience.

Read about the intricate figurines and iconic gaming dice used in RPGs at [islandscene.com/more](https://islandscene.com/more).



A smiling woman with dark hair tied back, wearing a maroon short-sleeved shirt, is holding a baby. The baby is wearing a blue and white patterned dress and has two white flower clips in her hair. They are outdoors in a grassy park area with trees and mountains in the background.

# let's talk

It meant a lot to me that I was able to have someone to talk to, to reassure me and teach me and prepare me, so that I could enjoy being a mother for the first time.

Jeni Miyahira  
Mom to Mattingly, age 9 months,  
and lifelong HMSA member

**Questions? The HMSA Pregnancy Support Program** can help you get the resources you need for a healthy pregnancy.

Enroll as soon as your pregnancy is confirmed. Call 1 (855) 329-5461 toll-free, Monday – Friday 8 a.m. – 5 p.m. or go to [hmsa.com/pregnancysupport](https://hmsa.com/pregnancysupport).



# book it!

**words** Michelle Regan

Not all adventures take you on a deep dive into the ocean or back in time, but some do. Check out these recommendations from librarians and booksellers that can transport your back to Hawai'i's plantation days, into a fantasy world, and maybe even get to know an octopus along the way.





## Fiction

### ***Tuesday Mooney Talks to Ghosts***

by Kate Racculia

Recommended by Lauren Yamasaki, Adult Fiction Librarian, Hawai'i State Library

Even the most introverted person can get into exciting exploits by simply stepping out the front door. Tuesday keeps to herself, begrudgingly socializes, and spends much of her time watching old TV shows. But when Boston's most eccentric billionaire dies and leaves behind an epic treasure hunt through the city, her whole world expands as she's swept into a motley crew vying for a share of his fortune.



### ***The Name of the Wind***

by Patrick Rothfuss

Recommended by Sara Kamibayashi, Branch Manager, Nā'ālehu Public Library

This book, the first in an as-yet-unfinished series, is an adventure made of adventures. It's an ode to music, to love, and to the power of stories. And so, so much more. This fantasy has been my favorite book since I first read it over 10 years ago and I recommend it to everyone. The story alternates between past and present as our hero Kvothe recounts his life's (mis) adventures over the first of three days of storytelling. You'll be transported to a world like and unlike our own, where there's danger and suffering but also magic, music, and fierce friendships.



## Picture Book

### ***Isabella, Star of the Story***

by Jennifer Fosberry

Recommended by Sasha Kealalio, Children's Librarian, 'Aiea Public Library

Take a trip to the library with Isabella and step into the shoes of classic characters like Peter Pan, Goldilocks, and Alice in Wonderland. The end papers tell you about the characters that you visited so you can continue your adventures in their pages as well. I especially love the illustrations and, if you're familiar with some of the stories that Isabella inhabits, you might be able to guess what's coming next.





## Local

### ***Cane Fires: Short Stories***

by Kauai Philpotts

Recommended by Lani Lee, da Shop: books + curiosities in Kaimukī

A fiction debut by local writer Kauai Philpotts takes us to old Hawai'i before statehood when paradise was more idyllic and full of uncertain possibilities. Set on Maui during the plantation era, these vignettes interweave the lives of owners and workers as they learn to live together amidst their struggles. For those of us who grew up here, these stories and characters feel familiar and are bittersweet reminders of Hawai'i's yesteryear. I was impressed and absorbed by this unique collection of stories that reveals an uncommon side to our melting-pot themes.

## Nonfiction

### ***The Soul of an Octopus***

by Sy Montgomery

Recommended by Lani Lee, da Shop: books + curiosities in Kaimukī

Dive into a world you may never have thought about before and consider the consciousness of octopuses and other highly intelligent creatures. Lovingly researched with genuine adoration and warmth, naturalist Sy Montgomery explores the fascinating neuro-complexity of octopuses, their curious and emotive personalities, and the remarkable relationships they are capable of forming with humans. Her musings about these mysterious creatures completely charmed me into finishing this book within days when I usually take weeks or months to finish a book.



## Young Adult

### ***I'll Give You the Sun***


by Jandy Nelson

Recommended by Paul J. McDonald, Young Adult Librarian, Kāne'ohe Public Library

This coming of age story blew me away and took me on an incredible journey, even by the standards of a seasoned adult reader. It has several strong characters, particularly a twin sister and brother. The story follows these two over the course of three years as they live their lives, fall in love with exciting people, experience heartache and self-doubt, and make art as they figure out who they are. An intense, powerfully emotional piece of writing that stayed with me long afterward.



For more reading recommendations, visit [islandscene.com/more](https://islandscene.com/more).

A large background image showing a woman with long brown hair hugging a young child with dark hair from behind. They are outdoors with green foliage in the background.

*“Having the power to make wishes come true well beyond our lifetime resonated with us.”*

**ALAN AND MARILEE MATTSON**  
LEGACY SOCIETY MEMBERS

Three blue stars of varying sizes are positioned on the left side of the page, partially overlapping the main image and the blue background.

LEAVE A  
*legacy of wishes*

Contact our CEO Trini Kaopuiki Clark to learn how

# improv hawaii: whose line, local style

**words** Lynn Shizumura

**photos** Romeo Collado

If you're a fan of *Whose Line Is It Anyway?*, you may not need to go far to experience the magic live. You can go to shows in Kaka'ako to see everyday people improvise sketches and songs. It's lively, fast-paced, and full of surprises. You might even be called on stage to play a part in the performance.

Local actor Kimee Balmilero founded Improv Hawaii (improvhi), an improvisational and sketch comedy group, in 2012. At shows, a prompt is introduced like, "an unlikely place to have a first date," and performers build the scene from there. There's usually a short scene, a longer scene, and a musical, all with different prompts.

Although performances are improvised, a lot of preparation and practice goes into the craft.

## Learning the ropes

Before taking the stage, aspiring performers must take classes taught by veterans like Balmilero and Yoshi Shiraishi, a data scientist at The Queen's Medical Center. In 101, students learn the basics of improv. In 201, they learn to "find the funny" in their scenes. In 301, they build on everything they've learned to perform longer scenes.

Balmilero, originally from Kāne'ohe, plays medical examiner Dr. Noelani Cunha on *Hawaii Five-0* and *Magnum P.I.* Among her many TV and stage credits, she was part of the original Broadway cast of *Mamma Mia* and the second national touring company of *Miss Saigon*. She created and produces the annual Hawaii Comedy Festival and has directed plays for Diamond Head Theatre and Stage Fish, her Honolulu-based theatre company.



Kimee Balmilero

COURTESY CASSIE FAVREAU PHOTOGRAPHY







From left: Yoshi Shiraishi, Liberty Peralta, and Dayl Workman.

## Meet the improvisers

Shiraishi, who grew up in Pearl City and worked on the Mainland before moving back to Hawai'i, tried improv because of a performance review from a former employer that said he didn't take enough risks at work. "It shattered my world view a little bit," he says. "I thought about reading a book about how to get out of my shell, but I saw an advertisement for an improv class, took my first class, and got hooked."

Like Shiraishi, many of the improvhi performers and students aren't actors. They're realtors, executives, teachers, and business professionals who enjoy the variety and thrill of improv.

Dayl Workman is a business analyst from Australia who lives in Honolulu with her husband. Improv encourages her to think differently. "My work is very A plus B equals C," she says. "Improv is the opposite of that. It's A plus B equals elephant, pineapple,


and Tokyo." Workman also officiates weddings and says improv helps her think on her feet when the unexpected happens during ceremonies.

Liberty Peralta is a multimedia producer at PBS Hawai'i. She takes improvhi classes when she wants to be creative and get outside of her head. She says improv inspired her to pursue a dream of opening her own cat cafe

in Kaimuki. The business opened in February. "Improv helps with pushing past that fear of the unknown and going for it," she says.

Harvey Rackmil, chief financial officer at HONBLUE, grew up in a family of performers. His mother was a singer and his brother was the lead singer in a wedding band. Rackmil didn't perform when he was growing up but likes sharing jokes with others now. He even went on stage at a recent improv show in San Francisco. "I got some really good laughs," he says. "I never would have done that without the confidence I got from taking Improv Hawaii classes."

Nick Kawakami is a realtor who grew up on O'ahu and was in the band ManoaDNA with his brother and father. He started taking improv classes because he had retired from the band and wanted a creative outlet. In one of his first performances, Kawakami was a hole-digging robot, which he says is exactly the kind of humor you can expect at a performance.

Kawakami says getting into improv can be intimidating but the group makes the experience fun. "What I've discovered is that you're always going to be successful when you have that support," he says. 

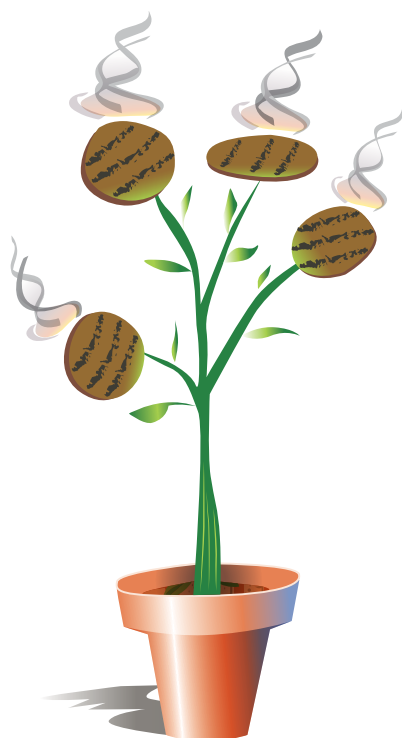
*To learn more about Improv Hawaii's class and performance schedules, visit [improvhi.com](http://improvhi.com) or call 638-3645 on O'ahu. For updates, follow @improvhi on Instagram.*



Harvey Rackmil during an Improv Hawaii performance.

## where's the veg?

**words** Craig DeSilva



**W**hen it comes to eating burgers, you really can have it your way.

The latest plant-based burgers in restaurants and grocery stores make you think you're eating meat without the guilt. These burger substitutes look, smell, feel, and taste like beef. They even sizzle on the grill and ooze pink juice when you bite into them. Got your mouth watering now?

Plant-based burgers sound good if you want to cut down on eating red meat. But are they healthier than beef?

Although they have as much protein as meat burgers, plant-based burgers are highly processed and some may contain soy, oils, and

nutrient additives to enhance the flavor and texture.

Perhaps the biggest concern is sodium. Plant-based burgers often have about five times more sodium than beef burgers. (See chart below.)

But if you're concerned about animal welfare or the environment, ingredients in plant-based burgers leave a smaller carbon footprint. They require less land and water and don't emit greenhouse gases and pollutants like cattle.

So, if your next burger has you wondering where's the beef, remember the general rules for eating: Everything in moderation and try to eat whole foods. **15**

### Beyond your burger expectations

Per serving	Beef 4 oz. lean ground beef (15% fat)	Plant 4 oz.
Calories	240	240
Carbohydrates	0	9 g
Protein	21 g	19 g
Fat	17 g (6 g saturated)	14 g (8 g saturated)
Cholesterol	80 mg	0 g
Sodium	80 mg	370 mg
Fiber	0	3 g

Numbers vary depending on the specific burger.  
Source: Harvard Medical School health blog

Make your own plant-based burger. Get the recipe and see a video on [islandscene.com/more](https://www.islandscene.com/more).





## peace at 23,000 feet

"The world is so beautiful, I tell you."

Clement Gorai was running a 50K ultra-marathon when he fell in love with the mountains. These weren't the lush green Ko'olau in his backyard. Gorai fell in love with the view of Mount Shasta in California and Mount Hood in Oregon. Their craggy snow-covered peaks called to him. Since that day almost 20 years ago, he takes every chance he gets to travel the world and climb its highest peaks.


Today, at 58, Gorai is gearing up for his biggest climb yet – Aconcagua, a nearly 23,000-foot mountain in Argentina. It'll be his fourth of the Seven Summits, the highest points on each continent. "I'm working on one big one. This, it's a heartbreaker," says Gorai. He's been training for months, hiking or biking the 14-mile round-trip to work and swimming and running to cross-train. On weekends, he hikes O'ahu's trails. Be sure to say "howzit" if you see him on Kuli'ou'ou Ridge or Keālia Trail, two of his favorites. And don't be surprised if you catch him climbing Mauna Loa to get some altitude training.

Whether he's training or mountaineering, Gorai's keenly aware of the beauty and danger that surround him. "Nature can be joyful or it can take your life, even on a nice day." He says that climbers have to love what they do, respect

nature, and build mental toughness because even the most experienced are at the mercy of the mountain.

On expeditions, teams of climbers walk uphill with guides for seven hours at a time, periodically camping to adjust to the altitude. Days start early before the snow starts to melt. Teams are in it for one goal: To make it to the top. High-altitude climbs like Aconcagua take weeks to summit and climb back down. "The journey is the most important thing, what you learn on the climb and what you experience," he says. "It's pushing your body to the limits."

He recalls the striking beauty of one of his favorite early climbs. "When we were out on Mount Rainer, maybe about five hours into the climb so we're pretty high already, nobody told me to look back and look out. But when I turned back accidentally at a reverse period, I could see all these other peaks. It was just chicken skin."

When teams reach the summit, they're overwhelmed and tired, but they celebrate, hug each other, and cry. Many climbers are in it for the rush, but it's serenity that propels Gorai to the top. "It's so serene up there. It's peaceful. It's quiet and you hear the wind blowing past you and it's cold, forest," he says. "But if it's a nice day and that's what you love the most, then it hits you. It's really an accomplishment." 



BOTTOM PHOTOS COURTESY CLEMENT GORAI

Top: Mount Aconcagua, Argentina. Bottom from left: Mount Kilimanjaro, Tanzania; Mount Elbrus, Russia; King's Peak, Utah.

# health matters



## Wash up

Recent virus and disease outbreaks throughout the world have many people covering up. According to the Hawai'i Department of Health, wearing a mask can prevent someone who is sick from spreading it to others, but it may not protect you from catching someone's illness. Save the mask for Halloween and follow regular cold and flu prevention guidelines:

- Avoid people who are sick and places where an outbreak has occurred.
- Use soap! Wash your hands with soap and warm water for at least 20 seconds before eating, after using the restroom, etc.
- See a doctor if you're not feeling well.

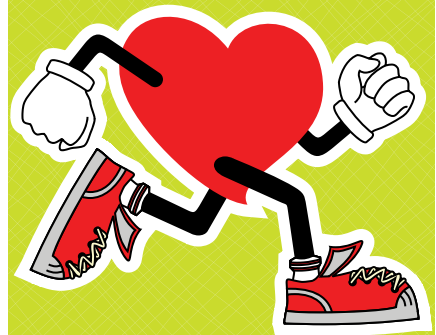
Learn more about virus and disease outbreaks and prevention guidelines at [health.hawaii.gov](http://health.hawaii.gov) or call 586-4400 on O'ahu.

## Give your heart a break

Honolulu cardiologist Gregg Yamada, M.D., wants to keep his patients out of the operating room through education and prevention. "If you give your best effort to making the necessary lifestyle changes to prevent heart disease and cancer, chances are good you'll live to a very old age," he says.

Here are a couple of his tips:

- Walk 30 minutes a day to reduce your chance of a heart attack by 30 to 40%.



- Use a commonsense approach to nutrition. For example, reduce sodium and sugar. This can help you lose weight and lower your cholesterol, blood sugar, and blood pressure, which reduce your risk of heart disease.



### Stand on your own two feet

One in four Americans age 65 and older falls each year. Kūpuna can learn how to fall safely or prevent falls at a Kupuna Aikido Hawaii class that teaches fall prevention, muscle strengthening, and techniques to protect your head and prevent broken bones. Classes are offered in several locations on O'ahu. Call 732-7066 on O'ahu or visit [kupunaaikido.org](http://kupunaaikido.org) for more information.

Everyone can practice fall prevention. While you're walking, be aware of your surroundings and potential hazards. Exercise to develop the muscles in all your limbs. And take the safer or easier path, even if it may be longer.



### Lighten your load

There's an adage that goes, "the heaviest thing you can carry is a grudge." If you need to forgive someone or yourself, try this REACH method from *Harvard Men's Health Watch*:

- **Recall.** Reflect on the wrongdoing in an objective way.
- **Empathize.** Put yourself in the other person's shoes or your shoes at the time.
- **Altruism.** Recall a time you treated someone harshly or in a way you weren't proud of and were forgiven.
- **Commit.** Decide that you're going to forgive once and for all.
- **Hold.** Focus on the feeling of forgiveness so your reaction to the person and/or memories changes.

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

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

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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](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.

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

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# travel shots: this might sting a little

words and photos Guy A. Sibilla



Top: The Thar Desert, Rajasthan, India  
Bottom: Guy Sibilla with his long vaccine list at a book signing

**My shot record** is 24 pages long.

The list of vaccines stamped into my official International Certificates of Vaccination issued by the World Health Organization can be a bit scary. It's a laundry list of every disease from cholera to yellow fever that's still lurking out there. Thankfully, I have medical science and my brilliant travel doctor, Steven Berman, M.D., on my side.

I consider myself living proof that U.S. medical care is the best in the world. Before embarking on any journey abroad, I make an appointment with Dr. Berman. Medicine is my shield against a dirty world filled with nasty bugs trying to invade this body of mine.

I once traveled to Africa to research a story on voodoo. Upon advising Dr. Berman of my itinerary, he researched WHO advisories to discuss the need for malaria prevention, antibiotics, and more. (For more on getting ready for travel from Dr. Berman, see the Ask a Doctor column on page 45.)

The basic international travel lessons are simple:

- Get a general checkup at least a year before you go.
- Fully disclose your health status and issues with your doctor.
- Consider foreign travel insurance for care and transport.

Then have fun on your adventure wherever you may go! Turn the page for some of my travel photos.





The Golden City of Jaisalmer, India



Sepik River Village, Papua New Guinea



The Roman Temple of Jupiter in Central Damascus, Syria



K2 Hawaii Base Camp, Pakistan (17,000 feet)



Baltistani porters, Pakistan



Guy Sibilla in India



### About Guy A. Sibilla

Sibilla is an intrepid traveler and writer who lives between Honolulu, Hawai'i, and Yokohama, Japan. His award-winning stories and photographs have appeared in magazines and newspapers in the U.S. and overseas.

"Travel has been my lifelong love affair with the world," Sibilla says. "And like true love, it has proven to be unpredictable but always an immeasurable delight. After all, the word joy is found within the word journey."



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Yuna Chang  
Raquel J. Chan-Ikeda  
Lisa A. Ching  
Craig B. Chun  
Seth D. Conway  
Mica J. D. Crisp  
Chad M. T. Cryer  
Michael F. Dash  
Hidemi K. Dela Cruz  
Gloria Eden G. Domingo  
Jamielu Dominguez  
Danielle N. Drew  
Elizabeth A. Dunn  
Malia G. Eischen  
Elizabeth R. England  
Jessica L. Eves  
Timothy Tien-Yuan Fei  
Hollie Marie Finneren  
Craig Y. Fujii  
Shalom Furst  
Daniel D. Gallares  
Devin Selva Ganesh  
Gabrielle G. Garcia  
Sarah T. Graner  
Jennifer Leigh Griesel  
Stephanie C. Guo  
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Funmilayo M. P. Hill  
Kristin E. Hirabayashi  
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Christopher A. K. L. Lau  
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Travis A. Thompson  
Jane H. Uyehara-Lock  
Vimala Sravanthi Vajjala  
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Nicolas A. Villanueva  
Christina Jen-Ya Wai  
Shelby L. Wilcox  
Melissa Suzuko Wun-Teng Yamauchi  
Kurt D. Yoshino  
Peter Zhu



## travel bug

**words** Craig DeSilva

**d**on't drink the water? It depends where you're going. Steven Berman, M.D., has these health tips when traveling to another country.

### Is it OK to drink the water in foreign countries?

If you're staying in a reputable hotel in a big city, the water should be fine. But if you're in a rural, impoverished area in Latin America (including Mexico), Africa, the Middle East, or southeast Asia, stick with purified bottled water.

### What should I do before I leave home?

See your doctor at least a year before you go for vaccinations or medications you may need based on where you're going and how long you're staying. You're at higher risk in places like the tropics or third-world countries than in big cosmopolitan cities like Tokyo or London. Also, check the travel notices on the Centers for Disease Control and Prevention's website at [cdc.gov/travel](http://cdc.gov/travel), which includes travel advisories on the COVID-19/coronavirus outbreak.



Dr. Steven Berman practices internal medicine in Honolulu and specializes in infectious diseases.

### What are some of the vaccinations I might need?

Depending on where you're going, I recommend a tetanus shot within the last 10 years. Some countries require you to get vaccinated for certain diseases, such as yellow fever, before you enter. Even if you got the shot before, they may require you get it within 10 years. Carry your yellow fever card as proof with your passport. I also recommend the hepatitis A vaccine if you're traveling to a third-world country. Ask your doctor for an updated record of your vaccines.

### Any other tips?

Locate the nearest hospital or clinic in the area you're traveling to in case of an emergency. And carry a list of your chronic medical issues and medications to help doctors treat you.

### Is it OK to take medications to another country?

Yes, it's OK. Just make sure that they're in pharmacy-labeled bottles. I also recommend taking over-the-counter pills for common ailments such as diarrhea, headaches, and indigestion. You spend a lot of time and money for that perfect vacation. You don't want to ruin it by getting sick.

*For more on travel adventures, see Travel Shots by Guy Sibilla on page 41.*

### airplane mode

We hope you never have to see a doctor or go to a hospital while on a trip. But if you do, choose providers that participate with the Blue Cross and Blue Shield Association for the most savings.

Locate providers in the area you're traveling to:

- U.S. travel: Call 1 (800) 810-BLUE (2583) toll-free or visit [bcbs.com](http://bcbs.com).
- International travel: Call the number above or visit [bcbsglobalcore.com](http://bcbsglobalcore.com).

Before you leave home, check your health plan benefits or call HMSA so we can help you:

- O'ahu: 948-6079
- Neighbor Islands: 1 (800) 776-4672 (toll-free)
- TTY: 711

Monday through Friday,  
8 a.m. to 5 p.m.



For more travel tips from Dr. Berman, visit [islandscene.com/more](http://islandscene.com/more).

# a fresh start at kuakini

**words** David Frickman

**photos** Earl Yoshii

For more than two years, the HMSA Health Resource Center at Kuakini has been quietly serving primary care providers (PCPs) and their patients at Kuakini Medical Center.

Recent renovations have given the center a warm, welcoming feel and improved its ability to provide health education. Patients can get a heel scan to measure bone density or take advantage of new technology and services added during renovations.

Clinicians educate and empower patients to successfully control chronic conditions such as diabetes.

HMSA members and other patients who need to see multiple specialists can sometimes feel intimidated or stressed, not knowing who to see or where to go. Alyson Kusatsu, HMSA senior manager of clinical operations,

says staff members can help them find all the resources they need at one location. A registered nurse or other professional is available during office hours to answer questions or provide referrals.

"The multidisciplinary team includes registered nurses, health coaches, certified diabetes educators, care coordinators, and a pharmacist," she says. "They all work together to provide holistic care to HMSA members whose PCPs are on the Kuakini campus."

The HMSA Health Resource Center is in the Kuakini Physicians Tower in Honolulu. It's open Monday through Friday, 8:30 a.m. to 4:30 p.m. For more information, call 547-9723 on O'ahu or 1 (855) 329-5461 toll-free on the Neighbor Islands. [is](#)





This photo, left to right:  
 Gregg Oishi,  
 senior vice president and  
 chief administrative officer/  
 chief financial officer,  
 Kuakini Medical Center  
 Katy Akimoto,  
 senior vice president,  
 Health Management  
 Operations, HMSA  
 Kahu Kordell Kekoa



# for your benefit

## Help with complex conditions

Individuals with a chronic, complex, or rare health condition often need additional care and support. That's why HMSA recently introduced AccordantCare™.

AccordantCare is built for the specific needs of each member. Nurses work with members, their caregivers, and their doctors to help manage complex conditions. They can help members establish a care plan, understand lab results, plan for future doctors' visits, find resources, and more.

AccordantCare also gives members 24/7 access to an on-call team of specially trained nurses and health care professionals.

Best of all, it's a benefit available at no extra cost to HMSA members.

AccordantCare is currently available for members with rheumatoid arthritis and hemophilia. Soon, we'll expand the program to help patients with other complex conditions, such as Lou Gehrig's disease (ALS) and lupus.

More information is available at [Accordant.com](http://Accordant.com).

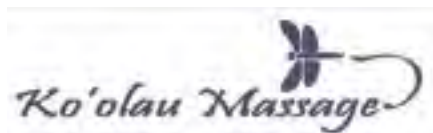
AccordantCare™ is a trademark of Accordant Health Services LLC. Accordant is an independent company providing nurse care management services on behalf of HMSA.



## For HMSA members on Maui

Your HMSA plan allows you to get care at Maui Memorial Medical Center, Kula Hospital, and Lanai Community Hospital. You can also use your plan benefits statewide and wherever you travel.

If you have questions while on Maui, visit the HMSA Center @ Kahului (70 Ho'okele St., Suite 1220) or call 871-6295.



### More HMSA365 discounts

With HMSA365, you can save money on health and well-being products and services statewide. To get a discount, just show your HMSA membership card at participating businesses. There's no paperwork to do or claims to file.

Check out these discounts:

- IMUA Orthopedics Sports & Health: 20% off healthy eating, weight management, stress management, lifestyle healthy coaching, or whole-food detox programs. 521-IMUA (4682) on O'ahu.
- Ko'olau Massage: 15% off sessions. 255-5234 on O'ahu.
- Pacific Hearing Care: 10% off products and services. 955-7366 on O'ahu or 500-7366 on the Neighbor Islands.

Go to [hmsa.com/hmsa365](https://hmsa.com/hmsa365) and browse for more discounts by island or categories. If you have questions, call 1 (855) 329-5461 toll-free.

### Free workshops for HMSA members

HMSA has workshops available that can help you improve your health and well-being. Topics such as nutrition, healthy aging, injury prevention, and more are covered in these informative one-hour sessions available at no cost to HMSA members.

For the class schedule and locations, go to [islandscene.com/events](https://islandscene.com/events) or call 1 (855) 329-5461 toll-free.





# healing through fun and sun

A weeklong camp on O'ahu's North Shore is helping children who had or have cancer feel like kids and not patients.

At Camp Ānuenue, campers can zipline, swim, dance, work on crafts, and enjoy each other's company steps away from

the beach. The camp is offered to them for free and is funded mostly by donations from the public.

Former campers and childhood cancer survivors say the camp gave them hope, joy, and comfort in their most trying times. These are their stories.

**words** Lynn Shizumura  
**photos** courtesy Camp Ānuenue



"Cancer is a lifelong journey and everyone needs lifelong support."

: B.K. Cannon

## From past to present

**Ron Acob** is a student at Portland State University. When he was 15, he was diagnosed with acute lymphoblastic leukemia, a cancer of the blood and bone marrow. He heard about the camp from his pediatric oncologist, Desiree Medeiros, M.D., who volunteers as the camp's on-site doctor.

Acob didn't want to go to camp at first, but is glad he did. "I got to meet people who really understood what we were all going through," he says.

**B.K. Cannon** is an actress and the camp's executive director. She was 3½ years old when she was diagnosed with neuroblastoma, a cancer



Ron Acob

that develops from nerve cells. Cannon went to her first camp when she was 7 and has gone every year since. "It was the best thing that could've happened," she says. "Cancer is a lifelong journey and everyone needs lifelong support."

She became the camp's director in 2016. "I'm very honored to be in this position," she says. "It's surreal."

**Maddie Komatsu** is a student at Honolulu Community College. She was 5 years old when she was diagnosed with acute lymphoblastic leukemia. "The day we found out, my mom was driving me to the hospital



Campers enjoying an outdoor activity

and she was in the front seat crying and telling my dad to pack everything and take it to the hospital," she says.

Komatsu started going to camp when she was 7. She had just ended treatment and was going into remission, a period when the signs and symptoms of cancer decrease or disappear.



B.K. Cannon as a young camper



Maddie Komatsu



B.K. Cannon today




Campers and counselors at Camp Ānuehue

She says making friends was the best part of camp. "I met the best people there," she says. "I actually met one of my best friends there — her name is Addie. We're the same age and our dads have the same name and we did Girl Scouts together. We even got tattoos of our remission dates together."

**Ruthie Mersburgh** is a student at Hawaii Technology Academy, a public charter school. She was diagnosed with neuroblastoma when she was 4 ½ years old. "It took two weeks to get a proper diagnosis and after that, there was about a year of chemotherapy, radiation, and surgery," she says.

Mersburgh went to her first camp when she was 8. She enjoyed spending time in the pool because it wasn't allowed during treatment. "At camp, I got an award for Queen of the Pool because I would stay in the pool until I was shivering and blue but still smiling," she says.

Mersburgh also made lifelong friends there. "I think we will forever try to meet up with each other because we have such deep connections."

The camp wouldn't be possible without volunteers, many of whom return year after year. Dr. Medeiros is a pediatric oncologist at Kapi'olani Medical Center for Women & Children. She first volunteered as the camp doctor in 1992 and has returned nearly every year since. In that time, she's seen keiki cancer survivors grow up and come back to volunteer as counselors. "It's so heartwarming to see them grow from little children to loving, responsible adults," she says. 

Learn more at [campanuehue.com](http://campanuehue.com) or call 349-7325 on O'ahu.



Ruthie Mersburgh

The best things in life  
are right in front of us.  
Stop, smile, breathe.  
Life is beautiful.

: Dr. Shay Bintliff, *Soular Rainbows*.

*Soular Rainbows* is a poetry book by Dr. Bintliff. Proceeds from the book are donated to Camp Ānuehue, which her granddaughter, Ileiana, attended before passing away from cancer. "It enriched her short life," Dr. Bintliff writes.

# Medicare on Your Mind?

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to know about Medicare and  
your health plan options in  
retirement.**

**To register, call Monday – Friday,  
8 a.m. – 4 p.m.**

- Oahu: 948-6402
- Neighbor Islands:  
1 (800) 252-4137 toll-free
- TTY: 711

**Seating is limited. Free parking.**

HMSA Akamai Advantage® is a PPO plan and HMSA Essential Advantage is an HMO plan with a Medicare contract. Enrollment in HMSA Akamai Advantage and HMSA Essential Advantage depends on contract renewal. A salesperson will be present with information and applications. For accommodation of persons with special needs at sales meetings, call 948-6235 on Oahu or 1 (800) 693-4672 toll-free on the Neighbor Islands. For TTY, call 711.

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## Attend a FREE workshop:

### OAHU Honolulu

#### **HMSA Building**

818 Keeaumoku St.,  
Koa Room

**10 a.m. to noon**

Monday, April 6

Saturday, May 16

**3 to 5 p.m.**

Wednesday, April 22

818 Keeaumoku St.,  
Hau Room

**10 a.m. to noon**

Saturday, April 18

818 Keeaumoku St.,  
Noni Room

**10 a.m. to noon**

Monday, May 4

### Pearl City

#### **HMSA Center @ Pearl City**

1132 Kuala St.,  
Suite 400

**10 a.m. to noon**

Saturday, April 11

Tuesday, April 28

Saturday, May 9

### HAWAII ISLAND Kailua-Kona

#### **HMSA Kailua-Kona Office**

75-1029 Henry St.,  
Suite 301

**1 to 3 p.m.**

Friday, April 10

Friday, May 8

### Hilo

#### **HMSA Center @ Hilo**

303A E. Makaala St.

**10 a.m. to noon**

Monday, April 20

Monday, May 18

### MAUI Kahului

#### **HMSA Center @ Kahului**

70 Hookele St.,  
Suite 1220

**10 a.m. to noon**

Saturday, April 25

Saturday, May 23

### MOLOKAI Kaunakakai

#### **Molokai Community Health Center**

30 Oki Place

**Noon to 2 p.m.**

Friday, May 29

### KAUAI Lihue

#### **HMSA Kauai Office**

4366 Kukui Grove St.,  
Suite 103

**10 a.m. to noon**

Friday, April 17

Friday, May 15

### LANAI Lanai City

#### **Lanai Public and School Library**

555 Fraser Ave.

**Noon to 2 p.m.**

Friday, May 1

More workshop dates at [hmsa.com/maworkshops](https://hmsa.com/maworkshops).



# keiki corner

## Searching for Adventure

Calling all explorers! Get ready for adventure by finding the hidden words.

boogie board  
camp  
go kart  
hike  
horseback ride  
kayak

picnic  
play games  
read  
skateboard  
snorkel  
surf

swim  
trampoline  
treasure hunt  
travel  
vacation  
whale watch

M D A E R X M Q X M Y K E L C  
B Q H E H H I O N H J D E G A  
T O K L G S W M U L I K L J M  
R N O H L K S D N R R E K U P  
A O R G C A K Q K O M S B N N  
V I R C I T U C N V O L D S K  
E T Q T R E A S U R E H U N T  
L A T V J B B W P A F X U K R  
V C M B E O X O E I C R A D E  
R A U S I A Z J A L C Y U N V  
L V R H F R N I Z R A N D S D  
Q O T C S D S N D K D H I V A  
H E N I L O P M A R T Y W C C  
G O K A R T L E K I H Z S T U  
H D A P S E M A G Y A L P I H

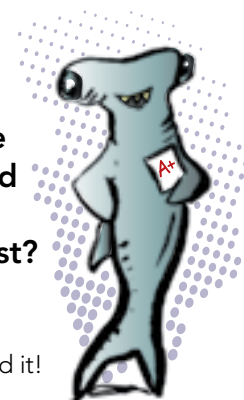
Make your friends and family laugh with these awesome/silly/funny jokes!

**Why did the cookie go to the doctor's office?**



He was feeling crummy.

**How did the hammerhead shark do on the math test?**

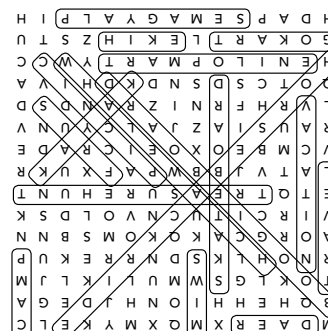


He nailed it!

**Why can't your hand be 12 inches long?**



Because then it would be a foot.



# Lost in Space

Help the young astronaut get back to his rocket safely. Avoid danger at all costs!



GARRY ONO





# spatchcock a chicken

**words** Marlene Nakamoto  
**photography** Lew Harrington  
**food styling** Marjie Beaton

**Get out of your** comfort zone and spatchcock a chicken.

Spatchcock is a fancy word for butterflying a whole chicken. It's as easy as removing the backbone. To take it even further, prepare a garlicky olive oil marinade and apply it under the chicken skin and over it. Refrigerate, roast, then dine. Serve it with an amazing, possibly spicy, cilantro sauce.

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Spatchcocking allows a whole chicken to cook more evenly and about 50% faster than a whole trussed bird.

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Spatchcocking allows a whole chicken to cook more evenly and about 50% faster than a whole trussed bird. And because almost every inch of the skin is exposed to the oven's dry heat, there's more skin to cook up to a luscious brown.

You'll need poultry or kitchen shears for the chicken and a food processor for the sauce. You'll have to plan ahead because there's a six- to 12-hour marinating period. When it's cooked, you'll carve it into eight pieces. And that may be an adventure all by itself.



## Spatchcock Peruvian Roast Chicken

- 3 Tbsp. extra virgin olive oil
- 4 garlic cloves
- ¼ cup lime juice
- 1 Tbsp. Hawaiian salt
- 2 tsp. smoked paprika
- 1 Tbsp. cumin
- 1 tsp. oregano
- 1 tsp. pepper
- 3 - 4 lb. chicken

In a small bowl, combine all ingredients except chicken. Set aside.

Rinse chicken and pat dry. Use poultry or kitchen shears to cut along both sides of the backbone to remove it. (Freeze it to make stock later.) Open the rib cage and turn the chicken breast-side up.

Press breastbone firmly with the heel of your hand to break it. Loosen the skin from the flesh over the breast and legs, being careful not to tear it. Spoon about two-thirds of the marinade under the skin, spreading it with your fingers over as much of the flesh as possible.

Place chicken skin-side down in a plastic zip-top bag and add remaining marinade. Seal the bag and refrigerate six to 12 hours.

Remove chicken from refrigerator and allow to stand 30 minutes. Preheat oven to 425 degrees. Place chicken flat on a roasting pan skin-side up and roast 45 minutes or until internal temperature reaches 165 degrees. Let chicken rest 15 minutes before carving into pieces. Makes 8 servings.

Per serving: Calories 410, protein 35 g, carbohydrates 2 g, total fat 30 g, saturated fat 8 g, cholesterol 140 mg, sodium 850 mg

## Cilantro Sauce

- 1 cup packed cilantro leaves and tender stems
- 2 garlic cloves
- 2 jalapenos with seeds
- ½ cup mayonnaise
- ¼ cup sour cream
- 1 Tbsp. lime juice
- ½ tsp. salt
- ¼ tsp. pepper
- 2 Tbsp. extra virgin olive oil

In a food processor, pulse all ingredients except olive oil until smooth. With the motor running, drizzle in olive oil until mixture is well blended. Transfer to a bowl, cover, and refrigerate. Makes about 1 cup.

Per serving (2 tablespoons): Calories 140, carbohydrates 1 g, total fat 15 g, saturated fat 3 g, cholesterol 9 mg, sodium 240 mg



For a video on how to spatchcock a chicken, visit [islandscene.com](http://islandscene.com).





# hive to table

**words** Michelle Regan

**photos** Rae Huo

The **UH Hilo Adopt-a-Beehive program** in partnership with Chef Alan Wong connects people in Hawai'i and around the world. Students take care of the hives and harvest the honey, most of which goes to donors, but some goes to Wong, who uses it in his restaurants. Hive sponsors from as far away as Australia, New Zealand, and Japan are invited to visit their hive every spring.

Try these recipes from Wong to add a touch of sweetness to any meal.

## Honey Lime Vinaigrette

"This is a staple at our Annual Adopt-A-Beehive Donor Mahalo Event in Hilo every spring. We serve a simple, fresh salad of greens grown on the UH Hilo Agricultural Farm with this vinaigrette. It's easy to make to serve with any of your favorite local vegetables."

- ½ cup honey
- ½ cup cider vinegar
- 1 Tbsp. shoyu
- 1 tsp. minced ginger
- 1 tsp. minced garlic
- 2 ½ Tbsp. minced green onion
- 1 tsp. sesame oil
- 1 tsp. Sriracha
- ¼ cup fresh lime juice
- 2 cups canola oil

Combine all ingredients in a large mixing bowl. Mix well until honey is dissolved. Store in an airtight container and refrigerate until ready to use. Makes about 3 cups.

Per serving (2 tablespoons): Calories 190, carbohydrates 6 g, total fat 19 g, saturated fat 1 g, sodium 50 mg, total sugar 6 g



## Sweet Potato Lemonade

"This bright, refreshing beverage combines the sweet/sour flavor of lemonade with the texture of nectar. The sweet potato gives this drink a light, natural sweetness while imparting body to the consistency. At the restaurant, we add Nami Hana Shochu, made in Hale'iwa with local sweet potatoes. It's been one of the highlights of our Cocktail Omakase program."

- 1 lb. sweet potato (yellow or white flesh with orange skin), roasted and peeled
- 2 cups Meyer lemon juice
- 1 cup honey
- ½ cup water

Place the roasted, peeled sweet potato in a blender with lemon juice, honey, and water. Blend until smooth. Taste and adjust to your liking. Serve immediately over ice or store in an airtight container and refrigerate until ready to use. Mix well before serving. Makes 6 servings.

Per serving: Calories 260, protein 2 g, carbohydrates 71 g, sodium 20 mg, fiber 3 g, total sugar 54 g



For recipes videos, visit  
[islandscene.com/more](https://islandscene.com/more).

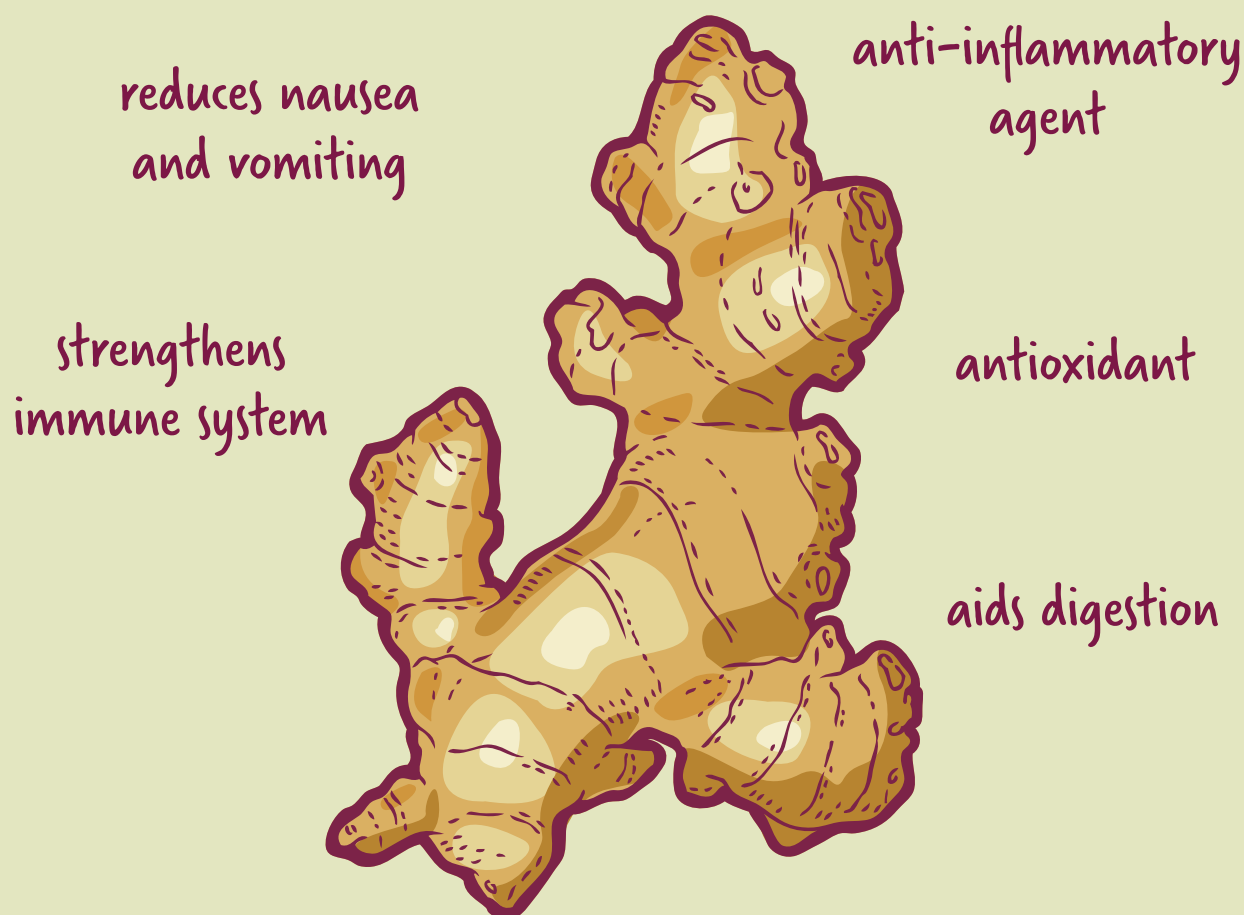




# get to the root of ginger

Almost as long as ginger's been used to flavor cuisines around the world, it's also been touted as a remedy for ailments. That's because ginger contains a variety of chemical compounds shown to have beneficial effects in the body.

Here are a few potential health benefits of ginger.



## **fresh ginger tea for one**

Thinly slice a 1-inch piece of ginger (rinsed of dirt) and place in a small saucepan with 1 cup water. Bring to a boil then simmer 5 minutes. Strain into a teacup. Float a thin slice of lemon and sweeten with honey, if desired.

**words** Marlene Nakamoto



**Note:** Since it's not always clear which claims are science-based, be sure to check with your doctor before using ginger to treat any medical condition. There's no substitute for the care you get from your doctor.

## #myislandscene



Adventure lives wherever you create it. From hiking in your backyard to exploring far-flung locales, mahalo for sharing your adventures with us.

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 next issue.

Find us on  askhmsa or  myhmsa.



Dawn Omori Lui, Lyssa Omori Fujie, and Sue Omori enjoy the beautiful fall colors in Kyoto.



Chloe Tamashiro's spring break adventure in Australia.



Halle Nowak and her best adventure buddy at Makapu'u tidepools.



Marisa Shoda enjoys the view at Ka'iwa Ridge Trail.



Garrett Schreiber tries takoyaki in Osaka.



Brayden, Leilyn, and Brandon Rosa snowboarding at Big White Resort in Canada.



Tracie Sunio completes the Spartan Beast Obstacle Course.



Mace Cueva and Janet Saito fishing on the Big Island.



Emilie Nakasone's adventures in Narita.



**ad•ven•ture** *noun* A bold or exciting undertaking or experience.





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